

the Resource

A publication to increase awareness of mental health and substance use disorder issues in our community.

Mental Health & Recovery Board
OF PORTAGE COUNTY

September 2016

Project DAWN: Portage County Public Health & Safety Initiative Award

The Mental Health & Recovery Board of Portage County and the Portage County Health District received the Portage County Public Health & Safety Initiative Award for Project DAWN. The award was presented at Celebrate Portage in September 2016 for work completed in 2015.

In response to the growing opioid epidemic in Portage County, and all of Ohio, the Portage County Health District and the Mental Health & Recovery Board of Portage County initiated the Project DAWN program to Portage County residents in September 2015. Project DAWN (Deaths Avoided with Naloxone) is a community-based drug overdose prevention and education program. It provides Naloxone kits to friends, family, and community members who are in a position to help someone nearing an overdose and preventing a death.

Participants of the program attend a 30 minute class to learn to recognize the signs and symptoms of an overdose, perform rescue breathing, call emergency services, administer intranasal Naloxone, and identify treatment services within Portage County.

The kits and education are free to Portage County residents. Classes are held weekly at the Health District's office. Several community awareness events – in Hiram and Streetsboro – were also held in 2015 to raise awareness and distribute kits. In 2015, 16 classes were held and 55 kits were distributed.



Joel Mowrey, PhD, and Karyn Hall accepted the award from the Mental Health & Recovery Board along with Becky Lehman and Joseph Dirorio from the Portage County Health District.

Visit with Representative LaTourette



Joel Mowrey, Sarah McCully, Rep. Sarah LaTourette, and Rob Young with props from the "Too Good for Drugs" program.

Ohio Representative Sarah LaTourette met with Mental Health & Recovery Board Executive Director Joel Mowrey, PhD, and toured Townhall II to learn more about Portage County's resources for individuals struggling with substance use disorders.

The group discussed medication assisted treatment and the prevention programs that Townhall II prevention specialists implement into school districts funded by Mental Health & Recovery Board.



The Mental Health & Recovery Board of Portage County will have a .3 mill replacement levy on the fall ballot. The Board is responsible for planning, funding, monitoring and evaluating treatment, prevention and support services for adults, children, and teens with mental illness, depression, addictions, and at risk for suicide. Board funding includes 24-hour crisis hotline and services, drug and alcohol prevention programs (including drug and violence prevention training in the schools), vocational services, locating and assisting people in need, treatment for trauma, trainings for police and school personnel, and recovery housing.

Contact the Board office if you would like to display a levy sign in your yard. Visit www.mhrlevy.org to learn more.

Register for the Opiate Conference

Join us October 13 for a conference "Raising Awareness & Addressing the Opioid Epidemic in Portage County." It is being held with the Ohio Attorney General's Office and hosted by the Mental Health & Recovery Board and the Portage County Health District and sponsored by NEOMED. Topics will include medication assisted treatment, human trafficking, and the county's community health improvement plan.

The event is free, but registration is required. Contact Karyn Hall at 330.673.1756 ext 207 for more information. To register, email Veronica at Veronica.Scherbauer@ohioattorneygeneral.gov

What is Trauma-Informed Care?

Did you know that more than 60% of all children under 16 experience some sort of trauma? And that number is even higher with children from 0-5 years old? This information was provided from the American Psychological Association. The Adverse Childhood Experiences study has shown that the more traumatic experiences a person has, there is a higher risk for suicide, depression, and substance abuse during their lifetime.

What is Trauma? According to NiCole Bartlett, Certified Trauma Specialist and Director of Trauma for Children's Advantage, trauma is an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening. Trauma has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Trauma and its impact is based on a person's perception of the trauma and their resilience. Therefore, not everyone will react the same given the same set of circumstances. Examples of traumatic events can include physical and sexual abuse, bullying, and death of a caregiver.

What are Signs of Trauma? Often, a child often does not have the physical, mental or emotional maturity to tell a parent what is wrong – even when they are in their teenage years. Signs include: disturbed sleeping, heightened aggression, poor social interaction

skills, academic struggles, anger and irritability, withdrawal, engagement in risk taking behaviors.

It has been shown that children who do not have the tools to address this sort of trauma when it happens are left later in life with difficulty in establishing fulfilling relationships, holding steady jobs and/or becoming productive members of society.

What is Trauma-Informed Care?

Trauma Informed Care encompasses a variety of approaches to working with children exposed to short- and long-term traumatic events. An example of a short-term event might be a sudden death of a parent while a long-term situation could be ongoing domestic violence.

Research suggests that there are considerable benefits associated with trauma-informed care for both the child and their family. The key is for the family and child's support team to recognize and address the signs and symptoms associated with trauma.

Trauma-Informed Care helps a child to cope with trauma triggers, establish and maintain predictable routines, and use behavior management strategies.

Overall, the child needs to feel respected, informed and hopeful regarding their own recovery.

Who is Involved in Trauma-Informed Care? The short answer is everyone involved in a child's life, including but not limited to: caregivers, educators,

medical staff, child welfare workers, and first responders.

Where Does a Trauma-Induced Child Go? In Portage County, a child who experiences trauma is often referred to Children's Advantage. Again, NiCole Barlett speaking about their process to help children 0-18 years of age:

"Children's Advantage has a trauma clinic to help families heal from many forms of trauma, but the prevalent cases involve abuse and neglect.

"Our clinic receives referrals directly from several county support services such as the Children's Advocacy Center, who conduct forensic interviews and provide advocacy to children who have disclosed sexual abuse.

"Once we receive a referral, the family will meet with myself or any of our trauma certified and informed staff to complete a diagnostic assessment, as well as, a trauma evaluation. From that eval, it is determined if the child and family would benefit from trauma specific interventions."

The trauma clinic at Children's Advantage has been in operation since 2012, serving the needs of Portage County. As a partner of the Mental Health and Recovery Board of Portage County, they are instrumental in helping the trauma-stricken youth of our area.

For more information, call them at 330.296.5552.

NAMI Family & Family Class Registration

Registration is open for the NAMI Family to Family Class – an 11-week education program for family members who have a loved one with a mental illness. The class will be held on Tuesday evenings, starting Oct 11, 6:30-9:00pm at 155 E. Main Street in Kent. Contact Laura to register at 330-673-1756 x201 or laurab@mental-health-recovery.org

Family Support with OHIOCAN

Families looking for support while dealing with a friend or family member struggling with addiction are welcome to attend the OHIOCAN Portage Peer 2Peer Support Group meetings held on the 2nd and 4th Wednesday of every month at 7pm at the United Unitarian Church located at 228 Gougler Ave in Kent. For more information contact Mim at 330-620-7128.

Thank you!

The Faith Lutheran Church in Kent recently made a donation to the Mental Health & Recovery Board of Portage County. Each month, the church holds a Friday night dinner with a percentage of the proceeds benefiting a local organization. Thank you for supporting our community!

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of Portage County
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