

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

January 2018

CIT Officers of the Year

Officer John Pettit of the Brimfield Police Department and Officer Anne Spahr of the Kent State University Police Department were recognized as Crisis Intervention Team (CIT) Officers of the Year by the Mental Health & Recovery Board of Portage County and the Portage County Police Chiefs Association.

The officers were awarded for practicing the communication and de-escalation techniques they learned during their CIT training in dealing with individuals who are experiencing a mental health crisis or are struggling with addiction.

In at least two incidents within the past year, Officer Pettit utilized the skills learned through CIT training to assist with suicidal individuals. Through an empathetic approach, he was able to convince people to get help and defuse potentially violent encounters. He then was able to connect the individuals with needed mental health resources.

After evaluating one of the incidents, Sgt Pettit stated "the CIT training was huge in getting [the individual] calmed down and cooperative with the officers."

Kent State Police Officer Spahr responded to nine CIT calls this past year as the primary officer and three as the supporting officer. In all cases, Officer Spahr displayed remarkable compassion and patience in dealing with people experiencing emotional trauma.

In nominating Officer Spahr, Chief Tondiglia stated, "Officer Spahr has a calm and caring demeanor and is very successful in helping people in need, whether it is someone with suicidal ideations, bipolar disorder, or paranoid personality disorder, which are all examples of situations that Anne has managed very successfully this past year."

Joel Mowrey, Ph.D., Executive Director of the Mental Health & Recovery Board of Portage County explained that the CIT training is designed to create partnerships between law enforcement, behavioral health professionals, service recipients, and families. "CIT helps to provide a



The awards were presented at the January Mental Health & Recovery Board meeting. (from left) Chief Roy Mosley, Brimfield Police; CIT Officer of the Year John Pettit, Brimfield Police; CIT Officer of the Year Anne Spahr, KSU Police; Chief Dean Tondiglia, KSU Police.

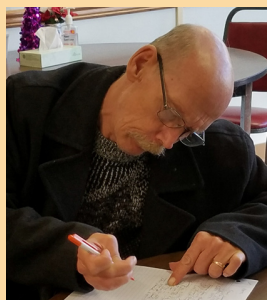
forum for effective community problem solving and communication to help our residents in Portage who are in crisis. We have numerous real-life examples of Police Officers in the County, trained in the CIT Program model, saving lives, getting people the help they need, and keeping people out of the criminal justice system," said Mowrey.

Since 2006, more than 250 officers have completed the class in Portage County. Every law enforcement agency in the county has CIT officers. The course is supported nationwide by the National Alliance on Mental Illness.

Poetry & Healing

The Wick Poetry Center of Kent State University is holding expressive writing workshops with clients in the Coleman Options program and women residing at Family & Community's Portage Area Recovery Center. The workshops are being funded through the Portage Medical Center Foundation at UH Portage Medical Center.

Read the Record Courier article on the project on our website, www.mental-health-recovery.org



Children's Advantage Expands Psychiatry Staff

Megan Clark, an advanced practice registered nurse, recently joined the psychiatry staff at Children's Advantage.



Clark has experience in providing services for children, adolescents, and caregivers in conjunction with therapists to improve outcomes in areas including depression, anxiety, obsessive compulsive disorders, mood and bipolar disorders, disruptive behaviors, impulse control disorders, attention deficit hyperactivity disorders, autism, thought disorders, and schizophrenia. Her experiences include medication management, psychiatric evaluations, consultations, and diagnostic clarification.

For more information on Children's Advantage or to make an appointment, call 330-296-5552.

Mental Health Roundtable

Incorporating good mental health habits into the school culture was the topic at a roundtable for Portage County school personnel hosted by the Suicide Prevention Coalition of Portage County.

The meeting began with a presentation on the Red Flags framework and toolkit for school based mental health education and suicide prevention. Penny Frese, PhD, Red Flags founder, offered ideas and materials for teachers and counselors to use. "Entire school communities need to come together to expand mental health literacy; promote sound mental health habits; and identify, refer, and accommodate students with developing mental health concerns," said Frese. "Our children's mental health and its impact on learning and teaching is a serious issue."

School counselor Ira Campbell shared the success Streetsboro has had with the Actively Caring for People movement in the high school and strategies for student involvement.

Other programs and ideas discussed were posting positive notes on student lockers, holding a Start with Hello week, developing protocol for students returning from suspensions or hospitalization, creating student led groups for anti-bullying and kindness projects, and training for staff.

Counseling and prevention staff from Children's Advantage, Coleman Professional Services, and Townhall II facilitated the discussion.

"It was encouraging to see the participation from each school district in Portage County. The emotional well-being of our county's children is a priority," stated Joel Mowrey, PhD, executive director of the Mental Health & Recovery Board. "Schools everywhere are stretched thin. The Mental Health & Recovery Board along with our agencies are here to help."



Upcoming Events

March 5 & 6, 8am-noon each day
Mental Health First Aid
Coleman Ravenna

March 10, 10am-noon
Community Addiction & Drug Awareness
Mantua Center Christian Church

April 21, 9am-12:30pm
Family Conference on Addiction
NEOMED

May 19, Noon-4pm
OhioCAN's Steps of Change, Ravenna

Save the date!
October 23:
Portage Opiate Conference
NEOMED

Family Conference on Addiction

Topics include: Support vs Tough Love, Legal Issues & the Drug Court, Trauma & Self-Care, Addiction as a Chronic Disease, Pathways to treatment, Project DAWN, support and resources. Free & open to the public.

Register at 330.673.1756 ext 204 or www.mental-health-recovery.org

NAMI's Mental Health Education Course

Family to Family is a 12-week education program for family members who have a loved one with a mental illness. The free class is being held on Tuesday evenings, starting March 20, 6:30-9:00pm at the Mental Health & Recovery Board in Kent. To register call 330.428.2656.

NETWORK OF CARE FOR ALL GENERATIONS



Mental Health & Recovery Board
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www.mental-health-recovery.org • 330.673.1756