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Logon to CMHRB's New Web Site

www.CommunityMHRB.org

Six Local Organizations Awarded Mini-Grants

The Community Mental Health & Recovery Board of Licking and Knox Counties (CMHRB) has awarded six mini-grants to community organizations. These organizations have established small projects that provide creative opportunities for recreational and learning experiences that improve and build upon positive mental health and/or provide alternatives to substance abuse.

The grants were reviewed by a committee of seven community citizens, including Licking County Commissioner Tim Bubb, Mount Vernon Mayor Richard Mavis, Business Owner Chris Neely, Mount Vernon

News Reporter Corby Wise, Time Warner Cable Sales Consultant, Merrilee Huber and CMHRB members Cliff Davis and Sherry Paprocki.

The following organizations have received a mini-grant award:

Mount Vernon High School Academic Boosters - \$1,000 grant award to provide one-on-one tutoring for students who have fallen behind.

Knox County Mental Health Association - \$1,900 grant award to provide the Conscious Parenting Support Group to parents who have completed the Conscious Discipline Parenting Program.

Orange Barrel Production Company and Central Ohio Drama Club -

\$1,350 grant award to support their Knox County Youth Theater allowing youth to use their talents and make healthy choices.

Club Serenity - \$4,913 grant award to improve the interior of their Newark facility.

Licking Valley High School SADD Chapter - \$5,563 grant award to provide an awareness campaign to promote a healthy lifestyle, educate students about drugs and alcohol, and to prevent destructive decisions in the lives of teenagers and the community.

PRIDE Team of Licking County - \$3,701 grant award to help team members attend the PRIDE International Youth Conference.



The Road to Recovery

For years, Nancy has been challenged by bi-polar disorder, ADHD and is a recovering addict. While in college, Nancy was being treated for depression and began to experience symptoms for bi-polar disorder. She realized that her depression would send her into mania and she struggled to cope with the additional issues.

Unfortunately for Nancy she slipped further away from her friends and family as she became more and more dependent on drugs.

That's a part of her life that resulted in serious consequences including run-ins with the law and court system. "My friends at the time were only interested in getting high and doing things that ultimately led to me being placed on probation. I guess I didn't care either."

That all changed. When her baby was born Nancy knew she had to get serious about her recovery. "I looked into his face and realized I had to be there for him," she said. But it wasn't

easy. Nancy was still an addict and was not consistently seeking treatment. Nancy voluntarily placed her son with trusted friends so she could begin her journey back. She disassociated herself with the life she was living and moved to the country. "Whenever I would see my 'so-called' friends they wanted me



to still get high and it seemed that they were rooting against me and not wanting me to succeed." That reinforced to Nancy that she was doing the right thing. "I really had to just cut-off everything I knew from that life."

Nancy also began seeing a counselor at Moundbuilders Guidance Center who

also told her recovery would be a struggle unless she addressed her drug use. Nancy moved in with friends and agreed to strict ground rules when she started her recovery. She was soon reunited with her son and still lives with her friends who are a big part of her support system. "I can count on

one hand the people who have stuck by me and my son. Without them, and my wonderful counselor, I would not be in the situation today." Nancy also credits her parents for being extremely supportive.

The birth of her son also led her to investigate the circumstances of her own childhood. It is highly likely Nancy's birth mother had

mental health issues which furthered Nancy's resolve to be there for her son should he begin to encounter mental health issues too.

"I know it's a cliché, but I am truly taking it one day at a time." For Nancy and her son that's a plan everyone can support.

New Web Resources Available

Two new internet resources are available for Licking and Knox County residents. Within the last few months, CMHRB redesigned our web site, www.communitymhrb.org, and launched Network of Care for Behavioral Health, a partnership with CMHRB and the State of Ohio.

Network of Care is a resource for individuals, families and providers concerned with behavioral health issues and can be found at www.knox.oh.networkofcare.org and www.licking.oh.networkofcare.org. The Network of Care site provides information about mental health and drug and alcohol

services, local supports and community resources, legislative issues as well as current information about a variety of mental health and addiction topics. It also offers vital information about diagnoses, insurance and advocacy, and daily news from around the world concerning behavioral health. There is a specific section for service members and veterans and the site can be viewed in multiple languages.

CMHRB's web site has been renovated. This easy-to-use web site provides information about the Board, updates and a directory to put people in touch with the right Licking and Knox County services.

Eating Disorders Need to be Taken Seriously

By example, the average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds. In fact, most fashion models are thinner than 98% of American women. Unfortunately, far too many girls, women and even men suffer from eating disorders and their consequences in their desire to be thinner and thinner. While eating disorders are more prevalent with females than males, we are learning that this disorder is increasing with boys and men.

While the reasons for eating disorders are far more complicated than self-comparisons to fashion models, our culture continues to celebrate this body type as the ideal.

Eating disorders are not just a "fad" or a "phase" and should not be treated as such. They are serious, potentially life-threatening conditions that affect a person's emotional and physical health. Eating disorders are complex conditions that arise from a combination of long-standing behavioral, emotional, psychological, interpersonal, and social factors.

While many of the underlying causes are unknown, there is awareness of some of the general issues that can contribute to the development of eating disorders. For example, people with eating disorders often use food and the control of food in an attempt to compensate for feelings and emotions that may otherwise seem over-whelming. For some, dieting, binging, and purging may begin as a way to cope with painful emotions and to feel in control of one's life,

but ultimately, these behaviors will damage a person's physical and emotional health, self-esteem, and sense of competence and control.

In some individuals with eating disorders, certain chemicals in the brain that control hunger, appetite, and digestion have been found to be imbalanced. Researchers are still trying to determine the implication. In addition, it has been shown that eating disorders run in families, indicating a genetic link.

Physical effects can be devastating as well. Issues such as abnormally slow heart rate and low blood pressure, heart disease, osteoporosis, kidney failure, peptic ulcers and pancreatitis, diabetes and many others can cause permanent damage.

One of the most common mistakes made by concerned parents or friends of an individual suffering from an eating disorder is that it will "take care of itself" or it will not be a long-term problem. However, that couldn't be further from the truth. Once started, eating disorders can create a self-perpetuating cycle of physical and emotional destruction.

People with eating disorders need to seek professional help. Early diagnosis and intervention significantly enhances recovery. If not identified or treated in their early stages, eating disorders can become chronic, debilitating, and even life-threatening conditions.

For more information about local providers of care log on to www.communitymhrb.org.

Wonder if you're dealing with disordered eating? Think about this...

- Do you avoid eating meals or snacks when you're around other people?
- Do you constantly calculate numbers of fat grams and calories?
- Do you weigh yourself often and find yourself obsessed with the number on the scale?
- Do you exercise because you feel like you have to, not because you want to?
- Are you afraid of gaining weight?
- Do you ever feel out of control when you are eating?
- Do your eating patterns include extreme dieting, preferences for certain foods, withdrawn or ritualized behavior at mealtime, or secretive binging?
- Has weight loss, dieting, and/or control of food become one of your major concerns?
- Do you feel ashamed, disgusted, or guilty after eating?
- Do you worry about the weight, shape, or size of your body?
- Do you feel like your identity and value is based on how you look or how much you weigh?

If you answered "yes" to any of these questions, you could be dealing with disordered eating. It is likely that these attitudes and behaviors are taking a toll on your mental and physical well being. It is important that you start to talk about your eating habits and concerns now, rather than waiting until your situation gets more serious than you can handle. Facts and research provided by the National Eating Disorder Association www.edap.org

Compulsive Overeating

People suffering with Compulsive Overeating have what is characterized as an "addiction" to food, using food and eating as a way to hide from their emotions, to fill a void they feel inside, and to cope with daily stresses and problems in their lives.

People suffering with this Eating Disorder tend to be overweight, are usually aware that their eating habits are abnormal, but find little comfort because of society's tendency to stereotype the "overweight" individual. Words like, "just go on a diet" are as emotionally devastating to a person suffering Compulsive Overeating as "just eat" can be to a person suffering Anorexia. A person suffering as a Compulsive Overeater is at health risk for a heart attack, high blood-pressure and cholesterol, kidney disease and/or failure, arthritis and bone deterioration, and stroke.



Provider Network

The Board provides the community safety net and manages a full continuum of mental health and alcohol/drug prevention and treatment services designed to address the needs of persons in Licking and Knox Counties.

Knox County

Alcohol and Drug FREEDOM CENTER of Knox County

Outpatient Drug and Alcohol Treatment and Prevention

Rick Schlegel, Executive Director

106 East Gambier Street

Mount Vernon, OH 43050

Ph# (740) 397-2660 • F# (740) 392-3613

The Main Place Inc. dba The Recovery Center of Knox County

Consumer-Operated Recovery Services

Glenn Hopkins, Executive Director

100 South Gay Street

Mount Vernon, Ohio 43050

Ph# (740) 392-9491 • F# (740) 392-9165

Moundbuilders Guidance Center of Knox County

Outpatient Mental Health Treatment

Patrick Evans, Interim Executive Director

8402 Blackjack Road

Mount Vernon, OH 43050

Ph# (740) 397-0442 • F# (740) 392-1814

New Directions

Domestic Violence Shelter for

Battered Women and their Children

Mary Hendrickson, Executive Director

P.O. Box 453

Mount Vernon, OH 43050

Ph# (740) 397-4357 • F# (740) 397-1106

PATHWAYS

24 Hour Crisis and Community Information Hotline

Kristin McCloud, Executive Director

Ph# 1-800-544-1601 • F# (740) 349-9894

Licking County

Licking County Alcoholism Prevention Program (LAPP)

Outpatient Drug and Alcohol Treatment

James E. Takacs, Executive Director

62 East Stevens Street

P.O. Box 4160

Newark, OH 43055

Ph# (740) 366-7303 • F# (740) 366-7305

The Main Place Inc. of Licking County

Consumer-Operated Recovery Services

Glenn Hopkins, Executive Director

112 S. 3rd Street

Newark, OH 43055

Ph# (740) 345-6246 • F# (740) 345-3697

Mental Health America of Licking County

Mental Health Advocacy,

Education and Prevention

Paddy Kutz, Executive Director

65 Messimer Drive

Newark, OH 43055

Ph# (740) 522-1341 • F# (740) 522-4464

Moundbuilders Guidance Center of Licking County

Outpatient Mental Health Treatment

Patrick Evans, Interim Executive Director

65 Messimer Drive

Newark, OH 43055

Ph# (740) 522-8477 • F# (740) 522-2941

PATHWAYS of Licking County

Drug and Alcohol Prevention and

Community Hotline and 24 Hour Crisis

and Community Information Hotline

Kristin McCloud, Executive Director

1627 Bryn Mawr Drive

Newark, OH 43055

Ph# (740) 345-6166 • F# (740) 349-9894

The Sheryl L. Kraner, Esq. Youth and Family Behavioral Health Campus

Residential and Outpatient Alcohol and

Drug Treatment

Patrick Evans, Executive Director

P.O. Box 4005

69 Granville Street

Newark, OH 43055

Ph# (740) 345-7030 • F# (740) 345-7454

The Woodlands

Outpatient Mental Health Treatment and

Shelter for Victims of Domestic Violence

Tim Figgins, CEO

195 Union Street, Suite B1

Newark, OH 43055

Ph# (740) 349-7066 • F# (740) 345-6028

For Hotline Help
24 hour/7 day crisis
assistance
call 1-800-544-1601
or 740-345-4357

Community Support Services

The Children's Connection

Virginia Wasserman, Executive Director

8868 Columbus Road, P.O. Box 616

Mount Vernon, OH 43050

Ph# (740) 397-8733 • F# (740) 397-8736

Knox County Family & Children First Council

Joy Harris, Coordinator

Ph# (740) 397-7177

Big Brothers Big Sisters of Licking & Perry Counties

Jennifer Utrevis, Executive Director

62 West Locust St.

Newark, OH 43055

Ph# (740) 349-9646 • F# (740) 349-8618

Licking County Children and Family First Council

Jennifer Hughes, Coordinator

Ph# (740) 349-1633