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Logon to CMHRB's New Web Site

www.CommunityMHRB.org

A Message From NAMI

The Licking and Knox Counties Affiliate of NAMI (The National Alliance on Mental Illness) meets the third Monday of every other month at the Utica United Methodist Church, located at 626 North Street in Utica, from 6:30 to 8:30 p.m. We are one of 56 affiliates in Ohio with more than 220,000 members nationwide. We offer advocacy, support, education, understanding, encouragement, acceptance and hope for individuals and families dealing with mental illness/behavioral disorders/neurobiological disorders such as Bipolar Disorder, Schizophrenia, Anxiety Disorder, Obsessive Compulsive Disorder,

Depression, ADHD, or Borderline Personality Disorder.

It is our goal to make a positive difference in the lives of those who live with, or are impacted in some way by, mental illness. One way to accomplish this is by educating the community and thereby eliminating the stigma so often held by many. Mental Illness is a disease of the brain which is no one's fault. We invite all individuals with mental illness, families, providers and interested parties to attend and become part of Licking and Knox Counties' voice on Mental Illness.

People can contact the affiliate office at 740/763-0521.



Depression is Real, So is Treatment

For Licking County resident Melissa Rowland, depression had become increasingly worse over the years. Her depression was largely undiagnosed throughout her childhood and early twenties. She remembers feeling depressed as far back as she could remember but attributed that to her difficult upbringing.

It wasn't until she had gotten to the point where she could barely function, including a suicide attempt,

that she received treatment. Her treatment came as a result of an intervention by friends who noticed how far down she had slipped. "I didn't realize that it showed," said Melissa. "I'm grateful to the people who helped me get into treatment." In 1990, she became a consumer at Moundbuilders Guidance Center.

Once in treatment, Melissa was diagnosed with bi-polar disorder of which clinical depression is a major component. Through counseling Melissa has been able to understand her depression better, it's triggers and recognize when an episode is coming on. Her medication has also helped her

to return to the work force. Melissa has worked part time for years and will begin a new 30-hour a week job soon. She's excited and nervous at the same time, but feels up to the challenge.

When asked about how most people view depression, she says folks don't understand it.

Depression is a medical condition; there are treatment options available to people that can help

"There's no shame in depression. There's no shame in getting help. It's a disease like diabetes or heart disease and there is hope out

there," she said. "People say pull yourself up by your boot straps, but how can you do that when you're so debilitated you can't even find your boot straps."

Stories like Melissa are all too common. At some point in life, everyone will feel sad or down. Feeling depressed is a normal reaction to loss. But for some people, at least one in five, the symptoms last longer and begin to interfere with the person's ability to function. Symptoms vary from person to person, but if people feel "down" for more than two weeks, and these feelings are interfering with daily life, it may be a sign of clinical depression.

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Major depressive disorder, commonly referred to as "depression," can severely disrupt your life, affecting your appetite, sleep, work, and relationships.

The symptoms of depression may include:

- Constant feelings of sadness, irritability, or tension
- Decreased interest or pleasure in usual activities or hobbies
- Loss of energy, feeling tired despite lack of activity
- A change in appetite, with significant weight loss or weight gain
- A change in sleeping patterns, such as difficulty sleeping, early morning awakening, or sleeping too much
- Restlessness or feeling slowed down
- Decreased ability to make decisions or concentrate
- Feelings of worthlessness, hopelessness, or guilt
- Thoughts of suicide or death

Welcome to the fall edition of Community Care. This publication serves a resource for residents of Licking and Knox Counties regarding mental health and substance abuse prevention and treatment services. Far too often, these issues are ignored, undiagnosed or suffered in silence by people who may not know about the resources available to help.

Our community-based services provide a safety net and are there for everyone. Mental health and substance

abuse issues are real for real people. These issues are more common than you may think and they are treatable. I invite you to read this newsletter and keep it as a reference should you or someone you love ever be in need of our providers of care network services.

Wendy Williams
Executive Director

How to Help the Depressed Person

The most important thing anyone can do for the depressed person is to help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to get better (several weeks), tell their doctor or therapist if they are not feeling better or to seek different treatment if no improvement occurs.

It may require making an appointment and accompanying the depressed person to the doctor or therapist. It may also encourage the depressed person to follow treatment recommendations such as taking

medication, making life style changes and following the doctor's orders about the use of alcoholic products while on medication.

It is also important to offer emotional support through understanding, patience, affection, and encouragement.

The Community Mental Health and Recovery Board of Licking and Knox Counties provides funding for the safety net of mental health and recovery services. CMHRB can connect Licking and Knox County residents with services by calling 1-866-559-6650 or logon to www.lickingknoxcmhrb.org



Crisis Intervention Training can Help Law Enforcement and Community

Effective communication is important in all parts of life. However, effective communications is an essential part of law enforcement's job. Everything from a routine traffic stop to direct conflict requires communication in clear terms. But, what if the person interacting with law enforcement is delusional, paranoid or cannot understand the commands. Things can get out of control quickly.

Working with individuals suffering from mental illness in a crisis situation is significantly different from dealing with individuals who do not have these challenges. Many of the traditional law enforcement de-escalation techniques do not help when working with the mentally ill. In fact, it can often exacerbate the problem.

How can the community respond?

Over the past few years many law enforcement communities have started to adopt a community-based approach to help law enforcement officers handle incidents involving people challenged with mental illness.

Officers are better trained and educated to deal with the mentally ill and suicidal calls

Crisis Intervention Team or CIT is a partnership between law enforcement, NAMI (National Alliance for the Mentally Ill), mental health consumers, family members, and mental health providers to provide intensive training to law enforcement and other first responders about the techniques to de-escalate crises believed to involve mentally ill individuals. In addition, Crisis Intervention Team programs across the country help direct persons with mental illness into treatment instead of inappropriate incarceration.

Some benefits to the CIT program have been that people are more likely to call police in a crisis situation knowing that officers are better trained and educated to deal with the mentally ill and calls about suicide. This has resulted in a reduction of injury to officers and less use of force incidents. In addition, CIT officers recognize and appreciate the greater confidence in their own abilities to work with this

segment of their community that are all too often misunderstood.

In Licking County, the third CIT training was held in September to certify an additional 24 CIT trained law enforcement personnel. In addition to local presenters, Justice Evelyn Stratton and Dr. Fred Freeze donated their expertise.

The CIT training focused on:

- 1) Educating law enforcement on mental illnesses;
- 2) Having officers learn about the characteristics associated with untreated mental illnesses and practice skills designed to deescalate certain behaviors.

The Board received funding from Ohio Department of Mental Health (ODMH) and sponsored the training in conjunction with the Sheriffs Department, Adult Court Services Probation Department, and Moundbuilders Guidance Center.

Board staff are currently working with the Knox County Sheriff to bring the training to Knox County.



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
Phone # (740) 397-2660
Fax # (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
Phone # (740) 392-9491
Fax # (740) 392-9165

Moundbuilders Guidance Center of Knox County

Outpatient Mental Health Treatment
Frances Deutschle, Executive Director
8402 Blackjack Road
Mount Vernon, OH 43050
Phone # (740) 397-0442
Fax # (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
Phone # (740) 397-4357
Fax # (740) 397-1106

Licking County

Licking 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
Phone # (740) 366-7303
Fax # (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
Phone # (740) 345-6246
Fax # (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
Phone # (740) 522-1341
Fax # (740) 522-4464

Moundbuilders Guidance Center of Licking County

Outpatient Mental Health Treatment
Frances Deutschle, Executive Director
65 Messimer Drive
Newark, OH 43055
Phone # (740) 522-8477
Fax # (740) 522-2941

PATHWAYS of Licking County

Drug and Alcohol Prevention and Community Hotline
Kristin McCloud, Executive Director
1627 Bryn Mawr Drive
Newark, OH 43055
Phone # (740) 345-6166
Fax # (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
Phone # (740) 345-7030
Fax # (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
Phone # (740) 349-7066
Fax # (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 Childrens Connection of Knox & Morrow Counties

Virginia Wasserman, Executive Director
601C Pittsburgh Ave.
Mount Vernon, OH 43050
Phone # (740) 397-8733
Fax # (740) 397-8736

Knox County Family & Children First Council

Lisa Rutter, Coordinator
117 East High Street, 3rd Floor
Mount Vernon, OH 43050
Phone # (740) 397-7177
Fax # (740) 397-2617

Big Brothers Big Sisters of Licking & PERRY Counties

Jennifer Utrevis, Executive Director
62 West Locust St.
Newark, OH 43055
Phone # (740) 349-9646
Fax # (740) 349-8618

Licking County Children and Family First Council

Jennifer Hughes, Coordinator
675 Price Road
Newark, OH 43055
Phone # (740) 349-1633
Fax # (740) 349-1644