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www.CommunityMHRB.org

Eight Local Organizations Awarded Mini-grants

for Positive Mental Health and Substance Abuse Prevention Projects

To foster a better understanding and awareness of behavioral health issues, eight local organizations have been awarded mini-grants by The Community Mental Health & Recovery Board of Licking and Knox Counties (CMHRB). 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 Member Merrilee Huber, Mt Vernon News Reporter Corby Wise, and CMHRB members Cliff Davis, Dr. David Kale and Sherry Paprocki. The following organizations have received a mini-grant award:

Knox County Special Education Advisory Committee: \$2,435 grant award to provide instructional activities from a research-based Fetal Alcohol Syndrome Disorders curriculum to at risk students in grades 9-12. The focus is to provide students a support structure and role model environment

that will lead students to make good choices and not engage in premarital sex and alcohol consumption

East Elementary PTO: \$2,360.75 grant award to provide monthly Family Fun Nights. The focus is to bring families together for scheduled time to teach and practice positive interactions among family members. This will be open to all Knox County elementary students and their families.

Twain Oak Elementary & Dan Emmett Elementary PTO's: \$1,424.15 grant award to provide Career Night: I Can Be SOMEBODY! The focus is to encourage students in grades K-5 to learn, work and earn throughout their lives by introducing them to a variety of career options.

Linnville Lighthouse Teen Center After School Program: \$700 grant award to fund Dance for Drug and Alcohol Prevention. The focus is to provide middle school student of Licking County a planned, structured activity which will project a drug and alcohol free message.

Kairos Academy Teamworks Youth Ventures: \$3,000 grant award to provide Gender-Specific Teamworks Book Groups. Through this project, at-risk girls can build a foundation for deeper understanding of their own behavior and decisions within their own

lives and establish healthier relationships with their family, school and community.

Newark Church of the Nazarene/Small Groups: \$1,050 grant award towards their Women's Wellness Group. The focus is to help improve overall health for women of all ages: mentally, physically, and spiritually through support, education, recreation and giving back to the community through group volunteer activities.

Homer Elementary Guidance/Physical Education Class: \$3,049 grant award towards their Healthy Choice Days. The focus is to help students learn that they have many choices to make. They will learn that they do not have power over others and circumstances, but they do have power over themselves.

Public Health Partnership of Licking County, Inc.: \$1,000 grant towards We're Active Licking County Downtown Walking Program. The focus is to encourage increased physical activity among people who live and work in the downtown Newark area resulting in improved physical and mental health, along with opportunities for healthy social interaction.

A reception and check presentation ceremony was held earlier this year at the CMHRB offices.



Changes at Moundbuilders

“You wouldn’t go on a road trip without getting directions first, would you?” asked Karen Kasten. “Why would you continue to receive therapy without knowing where you are going?” Kasten, a clinical social worker at Moundbuilders Guidance Center, has seen treatment models for mental illness change over the years. However, Moundbuilders new direction has created positive feedback and results as they continue to embrace a realigned recovery model.

Moundbuilders new approach is designed to better assess the level of care needed on an individual basis to assure the appropriate amount of treatment services are being provided. There is also increased emphasis on better care coordination.

Current Moundbuilders clients have appreciated the shift. Martha and her son Ryan have been receiving treatment for about three years. In the past, Martha would be treated for her bi-polar disorder at one session and Ryan would be treated for his ADHD at a different session. “It was tough to get Ryan to open up at the sessions. Here’s a 12 year-old boy who clearly wasn’t comfortable in this type of clinical setting,” Martha said.

Moundbuilders has now combined the two sessions into one and conducts it at their home. “It’s much more effective now – he’s really an active participant.” Martha has also noticed that there is a greater emphasis on setting goals for her and Ryan. “Before we were kind of going along not knowing where we would end up, now it feels like things are much more specific. I think as Ryan becomes more comfortable he may no longer need treatment.” When asked about her own treatment, Martha said “I look forward to the possibility of no longer needing treatment – as long as I know it’s there should I need it again someday.”



Moundbuilders is also changing its intake process for new clients to better decide the course of treatment. This includes care coordinators, therapists and the clients themselves allowing everyone to be on the same page from the start of treatment.

Another major change for Moundbuilders is they are taking more of a case management approach. As part of working with each client, an effort is made to address basic needs before therapy begins. For example, if there are issues with housing or food, Moundbuilders will work to resolve those issues first and then assess therapy needs.

Newark resident Lacie has seen a change in how Moundbuilders operates. “I feel like they’re more helpful and we’re more focused on addressing specific areas.” Lacie has participated in developing her goals to address her social phobias and she believes they are paying off. “Now the number of sessions is based upon how I am doing. If I’m doing well I don’t come as often, rather than every week regardless of how I feel.”

Staff at Moundbuilders are excited about the change, but know that change can often be difficult for people. “Change can be hard, particularly if you think you’re losing your safety net,” said Karen Kasten. “We need to make sure we’re letting people know that is not the case at all, in fact we’ll be even more effective going forward.”

NAMI

The National Alliance for the Mentally Ill (NAMI) is a family and consumer grass-roots organization. NAMI provides self help support and advocacy for people and their families living with severe mental illness. The Licking Knox Counties Chapter is currently providing two educational programs at various dates in both counties – “Hand to Hand” for parents of children with

emotional/mental/neurobiological disorders and “Family to Family” for family members of adults with severe mental illnesses. Support groups are also available for family members. Please call 740 763-0521 for more information. All services are FREE. For web based information, please refer to www.namiohio.org

What is Realigned Recovery?

Treatment works. People recover. This is more than a slogan. Successful treatment for mental health issues must be based upon the belief that people will recover. It is within this context that newer treatment models and guidelines are being adopted by funded agencies of the Community Mental Health and Recovery Board to assure the proper utilization of services.

This utilization management is the process of using clinical information to determine a set level of care that guides future service delivery. This process develops and implements a recovery-based, clinically sound, and consistent process of assessment and reassessment that

would enable the identification of level of care for each individual. The continual reassessment is critical because it provides real-time feedback regarding the progress made and the goals achieved.

These treatment decisions are not solely decided upon by the providers of care. Consumers of mental health treatment services are engaged and their input is sought throughout the treatment process. Consumers gain greater control and become more empowered by this engagement – and work to plan for a time when they won't need treatment anymore. This model also seeks to deliver a greater level of service at a reduced cost.

Old Paradigm

Care is long term and based on the assumption that clients always will need services.
The most care is the best care.
The service package is based solely on staff's clinical judgment.
Clients need someone to make decisions for them.
Clients participate in whatever services they want.
If we cannot provide what the clients need, then we look for natural resources.

Recovery Paradigm

Care is provided only as long as needed and is based on the assumption that clients will recover.
The focus is on the right amount of the right type of care at the right time. The wrong care or too much care can be as counterproductive as too little care.
The service package is based on assessment of medical necessity, levels of care, and best practices with client input. Only by making their own choices can clients become empowered.
Clients participate in services they want within the parameters of assessed needs.
We provide services only when the clients' needs cannot be met through the use of natural resources.

Source: Greater Cincinnati Behavioral Health Services

Depression Affects Many People

Almost everyone feels "sad" or "blue" at some point in their life. These feelings are normal and will usually go away in a short period of time. However, if there is an overwhelming sense of despair, lack of energy, inability to concentrate or feeling irritable all the time for no apparent reason then it may be a sign of a more serious condition.

While these symptoms vary from person to person, if you feel "down" for more than two weeks, and these feelings are interfering with your daily life, it may be sign clinical depression.

Unfortunately, many people with depression never seek help even though the majority will respond to treatment. Treating depression is especially important because it not only affects an

individual, but their family and workplace too. In addition, some people with depression try to harm themselves in the mistaken belief that how they are feeling will never change. Please understand depression is a treatable illness.

Causes of Depression

Depression has no single cause; often, it results from a combination of things. Depression is not just a state of mind. It is related to physical changes in the brain, and connected to an imbalance of a type of chemical that carries signals in your brain and nerves.

Some of the more common factors involved in depression are:

Family history. Genetics play an important part in depression. It can run in families for generations.

Trauma and stress. Things like financial problems, the breakup of a relationship, or the death of a loved one can bring on depression.

Pessimistic personality. People who have low self-esteem and a negative outlook are at higher risk of becoming depressed.

Physical conditions. Serious medical conditions like heart disease, cancer, and HIV can contribute to depression.

Other psychological disorders. Anxiety disorders, eating disorders, schizophrenia, and (especially) substance abuse often appear along with depression.

If you or someone you know is suffering from depression CMHRB can help. Logon to our web site at www.CommunityMHRB.org or dial 211 to find a provider of care near you.



Providers of Care

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

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

117 W. High Street
Mount Vernon, Ohio 43050
Ph# (740) 392-9491 • F# (740) 392-9165

Moundbuilders Guidance Center of Knox County

Outpatient Mental Health Treatment

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
P.O. Box 453

Mount Vernon, OH 43050
Ph# (740) 397-4357 • F# (740) 397-1106

PATHWAYS of Central Ohio

24 Hour Crisis and Community Information Hotline

1-800-544-1601 • F# (740) 349-9894

Licking County

Licking County Alcoholism Prevention Program (LAPP)

Outpatient Drug and Alcohol Treatment

62 East Stevens Street
P.O. Box 4160
Newark, OH 43055
Ph# (740) 366-7303 • F# (740) 366-7305

LAPP Pataskala Office

Outpatient Drug and Alcohol Treatment
196 E. Broad Street
Pataskala, OH 43062
Ph# (740) 366-7303 • F# (740) 366-7305

The Main Place Inc. of Licking County

Consumer-Operated Recovery Services
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
65 Messimer Drive
Newark, OH 43055
Ph# (740) 522-1341 • F# (740) 522-4464

Moundbuilders Guidance Center of Licking County

Outpatient Mental Health Treatment
65 Messimer Drive
Newark, OH 43055
Ph# (740) 522-8477 • F# (740) 522-2941

PATHWAYS of Central Ohio

Drug and Alcohol Prevention and Community Hotline
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
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
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
740-345-4357
or call 211**

Community Support Services

Children's Connection

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

Ph# (740) 397-7177

Big Brothers Big Sisters of Licking & Perry Counties

62 West Locust St.
Newark, OH 43055
Ph# (740) 349-9646 • F# (740) 349-8618

Licking County Children and Family First Council

Ph# (740) 349-1633