

WOOD COUNTY

Alcohol, Drug
Addiction
and Mental Health
Services Board

WCADAMHS Board Officers:

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Allan Baer
Jessica Clements
Corey Speweik
Cary Wise
Judy Ennis
Tom Kiger

Meeting Schedule Full Board

4th Monday, 6:00 pm

Finance Committee

2nd Monday, Noon

Program Committee

2nd Monday, 5:30 p.m.

Other committees as needed.
Please call
419-352-8475 for meeting place
and other details.

WCADAMHS Board Staff

Tom Clemons
Executive Director

Aimee Coe
Director of Community Programs

Chris Streidl
Manager of Clinical Programs and
Quality Improvement

Julie Launstein
Finance Director

Pamela Shumaker
Office Administration Coordinator

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Across the BOARD

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SUPPORT GROUPS HELP FAMILIES AND FRIENDS COPE WITH ADDICTION, MENTAL ILLNESS

Addiction is an illness that affects entire families. With this in mind, A Renewed Mind is offering FACES (Families of Addiction: Critical Education and Support.) The group meets Tuesdays from 6:00 to 7:30 PM at St. John's Episcopal Church, 1505 West Wooster Street in Bowling Green. During weekly sessions participants will receive information about addiction and recovery. They will also learn about enabling behaviors and setting boundaries, and explore support resources and self-care. Instruction on the use of emergency medication (Narcan/Naloxone) is also included. The Addiction Response Collaborative is co-sponsoring this course with support from the Wood County Alcohol, Drug Addiction and Mental Health Services Board, Ohio Mental Health and Addiction Services, and CARF International. For more information, call A Renewed Mind at 419-873-8280.

Despite the fact that one in five Americans has a mental illness at any given time (National Institute of Mental Health,) families touched by mental illness often feel they are alone. A stigma still surrounds these biological brain disorders, making it difficult for those affected to find help and support.

That's why NAMI (National Alliance on Mental Illness) Wood County offers its NAMI Connection Recovery Support Group and its Family Support Group. Both ongoing groups meet free of charge and are facilitated by trained leaders who themselves have experience with mental illness. The NAMI Connection Recovery Support Group—a peer support group—meets Wednesdays from 12:00 noon to 1:30 PM at the NAMI Wood County office (541 West Wooster Street in Bowling Green.) This group is for any adult living with a mental illness. During sessions participants share their challenges, coping skills, and successes, and offer support to each other. New members are welcome at any time.

The NAMI Family Support Groups meets the last Wednesday of every month from 7:00 to 8:30 PM, also at the NAMI Wood County offices. This group is for family members and loved one of adults living with a mental illness. Trained facilitators—who themselves care for relatives with mental illness—share practical advice on coping with loved ones' symptoms and getting the best treatment for them. They also give participants a safe space for voicing their frustrations and hopes. Participants form a helping network as they share their coping skills with each other. New members are welcome at any time.

A group combining the above two groups meets the first and third Thursdays of each month from 6:00 to 7:00 PM at Perrysburg's Way Public Library. This group welcomes both those with mental illness and their families and loved ones.

NAMI's Parent and Caregiver Support Group is a peer-led support group for parents and caregivers of children and adolescents with

mental illness. The group's trained facilitators are themselves caregivers of people with mental illness. In addition to offering support and reinforcement in an environment of acceptance, the group provides tools for caring for self and loved ones. It meets the third Tuesday of every month from 6:00 to 7:00 PM at the NAMI Wood County offices. During sessions childcare for children eighteen and under who can use the restroom independently is provided through NAMI's KidShop program.

For more information on NAMI Wood County classes and support groups call 419-352-0626, e-mail info@namiwoodcounty.org, or visit namiwoodcounty.org.

WCADAMHS Welcomes

Aimee Coe

The fresh face around the ADAMHS office is Aimee Coe, its new Director of Community Programs. Aimee may be familiar from Zepf Center, which she directed for four years. She has also worked at Northwest Community Corrections as Clinical Manager, and at Behavioral Connections. With a Master's degree in Rehabilitation Counseling from BGSU and a BS in Criminal Justice from the same institution, as well as Licensed Professional Clinical Counselor (LPCC-A) and Chemical Dependency Counselor (LCDC III) credentials, Aimee has a great deal of experience and expertise to offer in her new role. "I am looking forward to making a positive impact on our community and working with such dedicated and compassionate providers, Board members, and staff. I hope to strengthen our existing coalitions and create new partnerships across many of our systems in Wood County. We have wonderful collaboration in Wood County and it shows within our community," she says. Aimee has been married eighteen years. She and her husband have one child at Otsego and another in junior high school. The family stays busy raising and showing turkeys, rabbits, and chickens, and attending the children's hockey, baseball, softball, and gymnastics events.



Thanks Christen Giblin

The Board, NAMI of Wood County, and the Wood County Community will be saying best wishes to Behavioral Health Educator, Christen Giblin. Christen is retiring in May. She has been a splendid advocate and supporter of the mentally ill in Wood County.

Christen was honored as the ADAMHS Board Mental Health Advocate of the Year and for years she wrote articles for the *Sentinel Tribune*. Her series was aptly named "We're All In This Together". Through her writing, Christen showed compassion for people suffering from mental illness and brought awareness and understanding to the general public. She has also written and edited this newsletter.

Christen hopes to keep writing her column for the Sentinel. Christen and her husband Geoff have planned a trip to Salzburg, Austria to attend the fiftieth anniversary of the study aboard program that took them there five separate years in the 'nineties and beyond.

Christen has contributed much to the mental health community and for that we extend our sincere appreciation. Christen, we wish you the best in all of your future endeavors and we hope you enjoy your retirement! You will be missed.

MOMS PROGRAM COMES TO WOOD COUNTY

Here's a disturbing statistic: around 75% of pregnant women who use opiate drugs do not receive prenatal care. Either they fear withdrawal (which can cause miscarriage) or they worry they'll get in trouble with the law should they acknowledge their usage.

A Renewed Mind wants to help women get around these fears and receive the prenatal care they and their babies need. With funding from the Wood County ADAMHS Board, it has instituted the MOMS program in several Northwest Ohio counties, including Wood. MOMS—Maternal Opiate Medical Support—provides wrap-around care for opiate-dependent pregnant women. Medicaid or private insurance pays for the treatment, which includes visits with an obstetrician-gynecologist, nursing care, and case management. Currently, women who need these services can get them in A Renewed Mind's Perrysburg's office. (Call 419-330-1349 and speak with contact nurse Sarah Caumartin to schedule an appointment or with insurance questions.) When A Renewed Mind opens its Bowling Green office in early April, the MOMS program will be even easier to reach.

"Our goal is to keep women who use opiates engaged in treatment throughout their pregnancy," says A Renewed Mind's Jeff Howell, Clinical Director of Wood

County Mental Health. Skipping prenatal care is dangerous in any pregnancy, but addicted mothers who never see an ob/gyn are likely to give birth to babies who are going through withdrawal, also known as Neonatal Abstinence Syndrome. They often end up struggling for their lives in neonatal intensive care units. (This is a growing problem; according to a 2015 report from the Ohio Department of Health, the rate of Neonatal Abstinence Syndrome increased from twenty per 10,000 live births in 2006 to 155 per 10,000 live births in 2015) With the proper care, NICU admissions can be avoided or the length of stay in the NICU reduced.

Though the ultimate aim of addiction treatment is to get the user to stop using, the goal of the MOMS program is to make the mother-to-be's pregnancy—and the baby's first weeks -- as healthy as possible. To this end women in the program receive safe doses of Buprenorphine, or methadone if they are already involved in a methadone program. Subutex is also used sometimes.

The MOMs program in Northwest Ohio is fortunate to have at its helm Dr. Patrick Bruno, twenty-five year veteran of Ob/Gyn practice who five years ago did a second residency in addiction medicine and is board-certified. Though Dr. Bruno does not provide direct ob/gyn care through A Renewed Mind in Wood County, he can consult with a client's existing providers to coordinate care. The program also involves care from nurses, chemical dependency counselors, and case workers. In the soon-to-open Bowling Green office, the nurse on staff is also a case manager. The BG office will have a staff physician who can prescribe Buprenorphine, and Dr. Bruno may eventually have hours there also.

The MOMS program began in southern Ohio, where the opiate epidemic is most virulent. When Wood County and other are hospital began to notice more opiate-addicted mothers giving birth, the medical community looked into bringing MOMS to northwest Ohio. Because it reduces NICU stays, the program saves money as well as lives. "We want to let opiate-using pregnant women know there are pre-natal care options and that it's okay to use them," says Jeff.

AGENCY ACTION

A Renewed Mind has moved into new offices at 735 Haskins Road in Bowling Green. It has also begun offering walk-

in appointments at its Perrysburg location on Mondays, Tuesdays, and Thursdays from 8:30 AM to 3:00 pm.

All those needing help with mental health or substance abuse problems can walk in for an assessment on these days; no appointment is necessary. Walk-in clients should bring with them: picture identification, proof of address (for example a current utility bill,) social security number, and insurance information (for example an insurance ID card.) For more information, call 419-873-8280 or 419-330-1349.

Family Service of Northwest Ohio is now **Unison Health**. It occupies the same office space (1084 South Main Street) in Bowling Green, and the same staff is serving clients and providing the same services. Unison Health also has a Perrysburg office dedicated to anxiety disorders. Currently the office is open two days each week, but it may expand its hours. To contact the Bowling Green location, please call 352-4626.

Zepf Center has moved to a new location, in the new Huntington Bank Building at Main Street and Washington in Bowling Green (its entrance is at 221 Church Street in the back of the building.) The new offices are larger and more accessible, with an elevator on the first floor lobby. In its new location, the center now offers walk-in assessments for mental health and substance abuse referrals (no appointment is necessary for these assessments.) Walk-in clients should bring picture identification, proof of address, social security number, and insurance information. Contact Zepf Center in Bowling Green at 419-373-6560, or the main line at 419-841-7701.

NAMI Wood County has expanded its CIT (Crisis Intervention Team) training to include criminal justice education for behavioral health professionals. Dozens of area police officers have already received CIT training in how to help those in a mental health crisis; this companion course helps counselors support clients involved with the criminal justice system. Held March 14-16 at NAMI Wood County's offices (541 West Wooster, Bowling Green,) the free training explained law enforcement culture, including stressors and barriers to seeking help. It shared strategies for assessing a criminal justice clients and understanding criminal thinking pattern. Participants heard from graduated CIT officers about how the

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