

WOOD COUNTY

Alcohol, Drug Addiction
and Mental Health
Services Board

Across the BOARD

Spring/Summer 2009

Volume 15, Issue 2

WCADAMHS Board Officers:

Judy Ennis, Chair

Frank McLaughlin, Vice-
Chair

Stan Korducki, Treasurer

Linda Amos, Secretary

WCADAMHS Board Members:

Michael Linthicum

Jerome Carpenter

Eric Reynolds

Rickey Rudey

Steve Spirn

Jay Salvage

William Culbertson

Tom Vermilya

Margie Harris

Bev Hirzel

Casey Cromwell

Harold Rosenberg

Meeting Schedule Full Board

3rd Monday, 7:30 pm

Finance Committee

2nd Wednesday, 11:30 am

Program Committee

2nd Tuesday, 7:30 a.m.

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

WCADAMHS Board Staff

Larry Mershman
Executive Director

Thomas Clemons
Associate Director

Ken Glassford
Finance Director

Pamela Shumaker
Office Administration
Coordinator

Michelle Roller
MACSIS Coordinator

Cheryl Critton
Data Coordinator

Britni Hagelberger
Secretary/Receptionist

It's been said that suicide is a double tragedy: it ends one life, and forever changes the lives of those left behind. Adding to the pain of living through a loved one's suicide is the taboo that still taints this subject. Though suicide is not rare—over 30,000 Americans take their own lives each year, and last year twelve of them were in Wood County—a conspiracy of silence still surrounds it. Survivors of cancer, for example, can talk about their experiences. But suicide is still a taboo subject.

To break the silence that can rob survivors of any chance for comfort, Barb Applebaum, MRC, Kathy Stenfors, MA, and Monika Lewis of NAMI Wood County co-founded the Out of Darkness suicide bereavement group. It meets the second Wednesday of each month from 6:30-8:00 PM at Family Service Counseling Center of Wood County (1616 East Wooster St., Bowling Green.) People of all ages from all over Wood County and beyond are welcome to the Out of Darkness group. For more information, call Barb Applebaum at 419-352-0777.

As Barb notes, Out of Darkness is not a therapy or treatment group, but a support group for anyone who has lost anyone they care about to suicide. The loss can be recent or years in the past; the person lost may be a friend, family member, colleague, or neighbor. As another group leader, Monika Lewis, says: "It doesn't matter how recent or how long ago the death happened; the pain doesn't go away."

Another local group, Help for the Grieving Heart, has a slightly different emphasis. Held at St. Mark's Lutheran Church (315 South College Drive, Bowling Green), Help for the Grieving Heart is faith-based and designed for adults only who've lost a loved one to suicide. Cindy Adcock, a local mental health advocate, facilitates this peer support group, which meets the second Thursday of each month from 7:00 to 8:30 PM at St. Mark's. Those interested should call Cindy at 419-575-6478 before attending.

All discussion at both groups is confidential, and participants are under no pressure to share thoughts or feelings until they are ready to. Leaders understand that it sometimes takes years for those bereaved by sui-

cide to talk about their feelings. And sadly, often there is no one to listen.

Barb, Cindy, and Monika know this because each has lost either a friend or relative to suicide. And they've received specific training in leading groups for people who've had this same experience. Last August Barb and Cindy learned how to facilitate suicide bereavement groups at a training given by the American Foundation for Suicide Prevention. The two-day workshop covered how to establish a group, group simulations, and facilitation-skills training.

They also bring many years of personal and professional experience to the group. Barb received a Masters degree in Rehabilitation Counseling from BGSU and has worked at the Epilepsy Center of Toledo, the Toledo Alcohol and Drug Treatment Center, and in geriatric counseling. Kathy Stenfors, a counselor at Family Service of Wood County, has a Masters in Guidance and Counseling. A ten-year NAMI (National Alliance on Mental Illness) of Wood County member, Monika Lewis is a long-time advocate for those with brain disorders and has displayed the "Faces of Wood County Suicide" in many communities. Cindy Adcock has advocated for people with mental illness for years, focusing particularly on the issue of suicide since her daughter died through suicide in 2004.

The Out of Darkness group is supported in part by funding from the Wood County Out of Darkness suicide awareness and prevention walk, and by the Wood County Alcohol, Drug Addiction, and Mental Health Services Board. Help for the Grieving Heart is supported by St. Mark's Lutheran Church.

Website:
www.wcadamh.org

Across the Board is a publication of The Wood County Alcohol, Drug Addiction and Mental Health Services Board, which funds six community agencies.

Christen Giblin, Newsletter Editor - Britni Hagelberger, Assistant Editor

BOARD BYTES

A new ODADAS appointee and two familiar faces will serve on the Wood County ADAMHS Board beginning this summer. Dr. Casey Cromwell, Associate Professor of Psychology at BGSU, was appointed by the Ohio Department of Alcohol and Drug Addiction Services in April. He will serve through June, 2013.

Another professor from the University's Psychology department, Dr. Harold Rosenberg, returns to the Board this spring. Dr. Rosenberg was a member of the Board from 1997-2005. He returns as the Ohio Department of Mental Health appointee to finish a partial term that expires in June 2010, and will begin a full term starting July 2010.

Wood County Commissioners' appointee Mrs. Beverly Hirzel is coming back to the Board to finish a term she resigned from in October, 2007. She will begin her first full term on the Board this July.

AGENCY ACTION

The Children's Resource Center plans to offer the award-winning, internationally recognized "Incredible Years" parenting program beginning this summer. The Incredible Years is a three-part program involving components for children, parents, and teachers; the CRC will offer the parenting component in August. According to its web site (IncredibleYears.com), the program's goals are to reduce conduct problems in children and promote their social, emotional, and academic competence. Recommended by the American Psychological Association, The Incredible Years has also been selected as a model program by the Center for Substance Abuse and Prevention. For more information about the program, contact Dr. Deborah Goldberg at the CRC, 419-352-7588.

More insights for parents will be offered through The Parent Project offered by the Wood County Educational Service Center this July. The Parent Project's aim is to give parents the skills and support crucial to navigating the challenging teen years. The series also teaches parents about adolescent depression and suicide, gangs, and the influence of music and media on our youth. Please call Lorrie Lewandowski at 419-354-99010, Ext. 113 to register. The registration fee of \$20.00 is refunded to participants who attend all ten sessions.

It's up to adults to recognize, prevent, and react responsibly to child sexual abuse. The Stewards of Children: Re-

solving Child Sexual Abuse in Community training shows them how to do so. Taught by JoAnne Carson of the Family and Child Abuse Prevention Center, the training will be offered from 9:00 AM to 12:00 noon June 24 at the Simpson Building, 1291 Conneaut Ave. in Bowling Green. For more information about Stewards of Children, call JoAnne Carson at 419-352-7027. To register, contact BG Parks and Recreation at 419-354-6223.

Behavioral Connections is expecting it records review by the Ohio Department of Alcohol and Drug Abuse Services this June or July, reports Mark Haskins, Clinical Director. He also notes that the agency has been designing an adolescent sex offender treatment program with the help of Judge David Woessner.

***With your Support, Treatment Works-
People Recover***

RESORTED
STANDARD
US POSTAGE PAID
BOWLING GREEN, OH
Permit No. 94

ADDRESS SERVICE REQUESTED

745 Haskins Road Suite H
Bowling Green, Ohio 43402
(419) 352-8475