

**WCADAMHS Board
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Bev Hirzel

Casey Cromwell

Harold Rosenberg

Tom Kiger

Dave Miller

**Meeting Schedule
Full Board**

4th Monday, 7:30 pm

Finance Committee

2nd Wednesday, Noon

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 Fackler
Secretary/Receptionist

**BOARD MAKES STRIDES TOWARD REACHING
LONG-TERM GOALS**

At the Wood County Alcohol, Drug Addiction and Mental Health Services Board's annual retreat in 2007, it set several long-range goals for better meeting the County's behavioral health needs. Since then, thanks to hard work from the Board and its five provider agencies, it has made great progress toward achieving many of these goals. Judy Ennis, Board President, and her fellow trustees want to share these achievements with readers of "Across the Board."

These improvements wouldn't have been possible without citizens' levy tax support. Here are some examples of the way the Board has met its objective of serving Wood County citizens better. (This is the first of a series of articles in this newsletter and on the Board's website.)

Promoting client empowerment tops the list of Board goals. The first step to empowerment—taking charge of one's own recovery—is easy access to treatment that works. This last fiscal year, the Board implemented a uniform and fair subsidized sliding-fee scale across the entire behavioral health system. This removes practically all financial barriers to getting help, explains Tom Clemons, the Board's Associate Director.

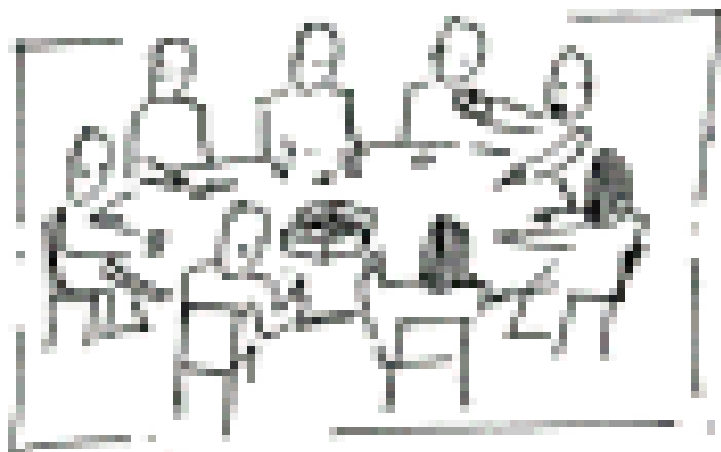
No resident needing services will be turned away because of inability to pay, and there are no up-front fees for initiating treatment. Client fees are assessed on the basis of income and ability to pay, and no resident living at 200% of the federally-designated poverty-level income pays any fees at all.

As Board President Judy Ennis notes, "Clients and families who actively participate in their treatment achieve a longer-lasting recovery, which benefits not only them but the community as well."

To take charge of their recovery, clients also need to educate themselves about their mental health or substance abuse problems and available treatments.

The Wood County ADAMHS Board has supported this by expanding its funding of NAMI (National Alliance on Mental Illness.) Throughout its twenty-plus year history, Wood County NAMI has offered support, education, and advocacy for families of those diagnosed with mental illness. It now provides a recovery support group for people living with a mental illness diagnosis, and one-on-one WRAP (Wellness Recovery Action Plan) that teaches clients to discover and build on their own healing strategies. Wood County NAMI, one of over 1,100 NAMI affiliates all over the United States, also hosts regular peer education courses such as Family-to-Family, Hand-to-Hand, Peer-to-Peer, and NAMI Education Nights. Last year's Mental Health 101, a one-day seminar on the basics of mental illness, will be followed by Mental Health 102: Life Stages, this coming fall.

Helping clients help themselves is just one of the goals the Wood County ADAMHS Board has set for itself. Further issues of this newsletter will share more about how the Board and the provider agencies are making our system work better for Wood County residents.



Website:
www.wcadamh.org

AGENCY ACTION

The SAP (Sexual Abuse Prevention) Program, formerly jointly administered by the Family and Child Abuse Prevention Center in Wood and Lucas Counties and **The Children's Resource Center**, is now operating solely from the CRC with support from the Wood County ADAMHS Board. SAPP has both preschool and third-grade components. SAPP for preschoolers is an age-appropriate, four-session curriculum that teaches children ages four and five about safe and not-safe touches while presenting other prevention skills. Now in its twenty-fifth year, the SAPP preschool program has reached many preschool classrooms in Wood County, including Head Start settings as well as public and private schools. SAPP will expand to North Baltimore and Perrysburg this year. For more information on preschool SAPP call Penny Evans-Meyer at the CRC: (419) 352-7588.

Third-grade SAPP provides in-service training in sexual abuse prevention to third-grade teachers, school counselors, and school nurses. School staff then presents the curriculum to all third-grade students. The CRC regularly surveys teachers about their satisfaction with the curriculum. All nine school districts in Wood County, as well as several private schools, have benefited from third-grade SAPP training. The next in-service SAPP training is planned for this October. For more information call Lori Worline at the CRC at (419) 352-7588.

NAMI (National Alliance on Mental Illness) of Wood County will offer "Mental Health 102: Life Stages" October 7, 2011 at BGSU at Levis Commons. The follow-up to last winter's successful "Mental Health 101," this in-depth seminar will examine the various mental health problems that may occur at different stages in a lifespan, from childhood through old age. Presentations will include personal accounts of mental illness and the search for treatment. The cost of \$40.00 per participant covers lunch. To pre-register, call NAMI Wood County at 419-352-0626. Space is limited.

Frances Diehl is **Behavioral Connections of Wood County's** new Outpatient Services Program Manager for mental health and substance abuse. A resident of Defiance, she earned a graduate degree with a clinical concentration from the University of Illinois. Before coming to Behavioral Connections she worked in outpatient psychiatry in North Carolina. Frances joined Behavioral Connections this April.

BOARD BYTES

Over one hundred seventy people attended the Wood County Suicide Prevention Coalition's Suicide Prevention Conference April 29 at the French Quarter in Perrysburg. Speakers included local mental health professionals and suicide survivors as well as Jerry Reed, Ph.D., Director of the Health and Human Development Suicide Prevention Resource Center and David Jobs, Ph.D. of the Catholic University of America's Psychology Department. Presentations covered not only the latest research and best practices in suicide prevention but also special populations (elders, children, the military) affected by suicide. Mark Haskins, Clinical Director of Behavioral Connections at the time of the conference, led the event's planning committee. **The Wood County ADAMHS Board**, BGSU Continuing and Extended Education, the Bowling Green Community Foundation, NAMI of Wood County, The Children's Resource Center, the Bowling Green Rotary Club, and private donors sponsored the conference.

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