



# MHA Message

There is **NO** health without Mental Health!

## From The Executive Director



Licking County has been the scene of a lot of news about drug use lately. Around the country, stories emerge daily about people from every walk of life – a medical school dean, attorneys, teachers, stay at home moms, construction workers, celebrity actors, singers and more – who have succumbed to addiction. Too many die and many more live with the brain disease of addiction.

Yes, I said “brain disease”. Addiction is just that, a disease of the brain, and recovery from addiction is a difficult path to follow but it is possible. People often begin to use substances because of how they affect the brain by increasing feelings of pleasure or decreasing feelings of distress. Substance use problems often begin in adolescence and early adulthood so that is a critical time for early intervention.

Not everyone who partakes of a substance becomes dependent on it. If someone’s use of alcohol or other drugs has progressed into a substance use disorder, dependence on the substance will lead to problems with work, school, relationships or health. MHALC is actively educating young people in county middle and high schools as well as businesses and organizations about warning signs of mental health issues, including substance use disorders, with the goal of teaching as many as people as possible what to look for.

Addiction seldom happens in a vacuum. People close to the person with addiction normally notice signs that something is wrong. When we facilitate Mental Health First Aid training in our county, we caution people to pay attention to the warning signs and know where to get help. In Licking County, Licking Alcoholism Prevention Program (LAPP, 740-366-7303) is the entryway to treatment for substance use disorders, which often co-occur with mental health issues. The earlier a substance use disorder (SUD) is detected and treated, the easier it will be for a person to recover. Early intervention will prevent many of the long-term effects of addiction on someone’s health, relationships, education, finances and career. *See Risk Factors and Warning Signs of SUD on next page.*

If there is someone in your life in whom you recognize the signs of a substance use disorder, be supportive and reassure them that there is help available. In addition to the professionals at LAPP, there are support groups including Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) that help people who are in recovery from substance use disorders.

Substance use disorders cause a ripple effect of harm from the person with the addiction through family members, co-workers or schoolmates, throughout the community. Such disorders do not discriminate. Anyone could become addicted at any time. MHALC is at the forefront of educating our community about the impact of addiction on Licking County. I hope you’ll help us continue this important work through your support.

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# Did You Know?

## The State of Mental Health in America Today

From [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

1 IN 5 ADULTS HAVE A MENTAL HEALTH CONDITION



THAT'S  
OVER 40 MILLION  
AMERICANS



MORE THAN  
THE POPULATIONS  
OF NEW YORK & FLORIDA  
COMBINED

YOUTH MENTAL HEALTH IS WORSENING

RATES OF YOUTH DEPRESSION

8.5%



11.1%

IN 2011

IN 2014

EVEN WITH SEVERE DEPRESSION,  
80% ARE LEFT WITH NO  
OR INSUFFICIENT TREATMENT.

MORE AMERICANS HAVE ACCESS TO SERVICES



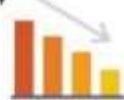
ACCESS TO INSURANCE  
INCREASED



SO DID  
ACCESS TO TREATMENT

Healthcare reform has reduced  
the rates of uninsured adults  
with mental health conditions;  
HOWEVER,

19%



13%

REMAINED UNINSURED  
IN STATES THAT  
DID NOT  
EXPAND MEDICAID.

REMAINED UNINSURED  
IN STATES THAT  
DID  
EXPAND MEDICAID.

MOST AMERICANS LACK ACCESS TO CARE



56%

of American adults  
with a mental illness  
DID NOT  
receive treatment

Even in Vermont,  
the state with the best access

43%

of adults with a mental illness  
did not receive treatment.



## Risk Factors and Warning Signs of SUD

**Risk factors that increase the likelihood of developing a substance use disorder:**

- Availability and social acceptance of the substance
- Social groups prone to substance use
- Genetic predisposition
- Less sensitivity to the substance can cause overuse
- Learned habit resulting from effects of substance
- Other mental or physical health problems – substance used as self-medication

**Warning signs of dependence on a substance include:**

- Increased use over time
- Increased tolerance for the substance
- Difficulty controlling use
- Symptoms of withdrawal
- Preoccupation with the substance
- Giving up important activities (work, social, family, etc.)
- Continued use even after recognizing a problem with substance use


# Program Highlights

## Self-Advocacy Making an Impact

Thanks to a collaboration with the Licking County Board of Developmental Disabilities (LCBDD), MHA's Self-Advocacy program is working in the schools and at the YMCA All For One Camp during the summer to help youth with developmental disabilities understand their rights and responsibilities.



Anna Jeffries, LCBDD's Public Information Officer, wrote about this innovative program in LCBDD's online newsletter: "For the past four years, LCBDD has partnered with Mental Health America of Licking County to provide self advocacy information and Project STIR curriculum to students age 14 to 21 who are supported by the board. Justina Wade, suicide prevention coordinator at MHA, has a presence in eight county schools. She teaches in classrooms several times a month, discussing communication, self knowledge and future planning. One of her larger goals is to help students understand the Individualized Education Program, or IEP, process. She's hoping to help more students feel confident to attend their own IEP meetings and advocate for themselves." "As they prepare for the future, they need to be able to have their voice and their opinions heard," Justina said. Over the summer, Justina visits with some of her students at Camp All for One, a day camp for children and teens with disabilities at the Licking County Family YMCA. Not only does she offer fun, educational activities but she takes time to get to know the campers before the school year starts. The students look forward to seeing her, and Justina said she's enjoyed seeing them apply her lessons to their daily lives. "I think it's really important that they learn to be able to use their voices as they transition (to adulthood)," she said. "They will be making life choices, like where to work, where to live and what they want."



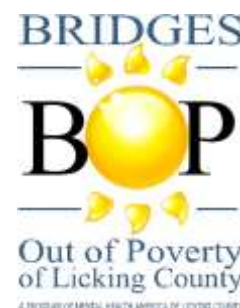
Mental Health First Aid and Mental Health First Aid for Youth are trainings offered to the community to develop the first response skills necessary to identify and respond to an individual experiencing a mental health crisis. Penny Sitler, Shari Johnston, Kay Spergel, and Tara Schultz facilitate the training for businesses, schools or any local organization interested in taking a more proactive approach. For more information contact Penny Sitler at (740) 522-1341 or Kay Spergel at (740) 522-1234.

## Bridges Out of Poverty Changing Lives

For six years, Program coordinator Donna Gibson has taken Bridges Out of Poverty (BOP) to where people need it most. Here is a story from a BOP participant from the Licking County Justice Center.

"I was incarcerated in the Licking County jail in Newark, Ohio for six months, and while being incarcerated I heard about a program called Getting Ahead. Having the willingness to enter this program to address my thoughts on drugs, life, jobs, communication and learning how to work with money was not an easy decision to make. Being honest with myself and recognizing how my life has become unmanageable led me to jail at the Licking County Justice Center. During my time, Donna created a safe environment to open up to talk about my struggles with my drinking, drugs, jobs, and just life in general to look at solutions and make a structure just for me. I will, to the best of my ability, utilize this information for long term recovery. There have been times when she said things that seemed harsh and realities which were hard to hear, but ultimately together we reached components that are making me healthy and able to cope and be a better man. I've been in many other programs before, but Getting Ahead is something different than just a program or idea. The name says it all, GETTING AHEAD, meaning getting ahead of your life no matter what the situation. Ms. Donna had the ear to listen if you had the courage to speak your mind, so I would recommend this program to anyone that's planning on getting ahead in life. If you work it, trust me, it will work! Thank you and good job Ms. Donna because I see things clearer than ever.

Thanks a million from a blessed and grateful man."



# Program Highlights

## Compeer Creating Well-Being Through Art



One of the many components of the Compeer program is the Open Art Studio that takes place at The Main Place every Thursday. One Compeer participant, while preparing several pieces for Mental Health & Recovery for Licking and Knox Counties' Art of Recovery, wrote about this wonderful medium.

"I created my first painting in June of 2017. I was apprehensive to move forward so I put a paintbrush down on the canvas and 'let it fly'. The finished artwork resembled nothing similar to my imagination. I discovered that creating art helps build self-confidence and reinforces a greater sense of well-being. After the first painting, I felt assured that Art Studio is a positive component to healing and helps to complement my recovery."



### Free Support Groups At MHA

#### Autism Caregivers

2nd Wednesday each month  
from 12 Noon to 2pm

#### Depression & Bipolar

Each Wednesday 3:30pm to  
4:30pm

#### Obsessive Compulsive Disorder

2nd and 4th Thursday each  
month from 7:00pm to  
8:00pm

#### Survivors of Childhood Sexual Abuse

2nd and 4th Thursday each  
month from 6:00pm to  
8:00pm at the Newark  
Library

#### Survivors after Suicide Loss

2nd Tuesday of each month  
from 6:30pm to 7:30pm.

**Support groups are at 65  
Messimer Drive unless  
noted otherwise.**



## YES Club Building Relationships

MHA's YES Club is an afterschool and summer program for middle and high school students that strives to empower the youth in our community through cultivating healthy relationships which help build resiliency. Here are just a few comments from the students at YES.

"The YES Club is a place of calm and family. We stand for Youth Engaged in Service. Not many kids have places like the YES Club to go. I'm a senior at Newark High School and most of the kids have nothing to do after school. At YES Club, we have more resources that I wish I had years ago. We have a clothes closet, food pantry and a music room. Newark continues to grow everyday. When I was homeless, the YES Club helped me out so much. They put new clothes on my back and a hot meal in my stomach. The kids here are very bright, and I'm so glad to call them my biggest, most diverse family in Newark, Ohio."

"I enjoy coming to the YES Club because I can get along with the kids and I like helping out the staff. This is a really great place to be because everything is so nice, and you get to enjoy yourself a lot and meet new people. The staff helps a lot too. It's just wonderful, and I'm so happy I come here. This is like my 3rd family."

### Free Programs At MHA

#### Bridges Out of Poverty

Classes provide skill-building strategies to individuals and families for moving out of poverty.

#### Compeer

A social integration program for people with mental illness.

#### Girls In Progress

A mentoring and empowerment program for middle school girls.

#### Parent Support

A program to assist parents and grandparents.

#### Suicide Prevention

An educational program for all ages about the signs of suicide.

#### Self Advocacy

An educational program to teach people with developmental disabilities how to advocate for themselves.

#### YES Club

An afterschool and summer program for middle and high school students.

# The Lou Mitchell Memorial Golf Outing



The 2017 Lou Mitchell Memorial Golf Outing was a huge success! This year's event took place on August 28th at Denison Golf Club after wet course conditions pushed back our original July date. We hosted a fantastic day of golf followed by an inspirational dinner presentation.



MHA's Suicide Prevention program would like to thank our generous sponsors:

**Title Sponsor**-Denison Golf Club

**Tournament Sponsors**- Licking Memorial Health Systems

**Beverage Cart Sponsors**-Mich Ultra

**Tee Sponsors**-Big Brothers/Big Sister of Licking and Perry Counties, Byers Auto, Cardinal Title, COTC, DLQ Properties, First Federal Savings, Gummer Wholesale, Hometeam Properties, Hope Timber Garden Center, Licking County Foundation, Park National Bank, Reese, Pyle, Drake & Meyer, P.L.L., The Heffernan Family, The Mitchell Family, Waste Away Systems, Williamson Insurance.

A very special thank you goes to Denison Golf Club for hosting our event along with MHA's Resource Development Committee and "Hole Watchers" Kathy Gummer, Monie Havens, Deb Matesich and Steve Larsen. We would also like to thank all of the event participants! The money raised from this event will provide education and training to thousands of Licking County students and community members.



Team from Tee Sponsor Park National Bank: Dave Hardy, George Seipel, Andy Fackler and Mareion Royster



This year's winning team: Tim Mercer, Greg Wessenger, Gregg Steger and Dave Kane. Way to go, guys!

## ***MHA Accepting Nominations for the 2017 Paddy Kutz Community Health Awards***



**Education:** Nominate a teacher, administrator or school program that supports the good mental health of the students of Licking County.

**Business:** Nominate a business or industry that promotes workplace wellness including mental health training and/or services.

**Community:** Nominate a person or persons who best represent the qualities and passionate commitment to good mental health that Paddy personified in her 32 years of service to Licking County.

Nominations are due by **BY October 7th**. FAX to (740) 522-4464, email Jill Goddard at [jgoddard@mhalc.org](mailto:jgoddard@mhalc.org) or mail to Mental Health America, 65 Messimer Dr. Unit 3, Newark, OH 43055

## 64th Annual

## Dinner and Celebration



*Join us for our Annual Dinner and Celebration on Thursday, November 9th at 6:00 pm at The DoubleTree by Hilton in downtown Newark. The evening will begin with dinner followed by an awards presentation and much more.*

### MHA Receives Grant From Marathon Petroleum Corporation

Zachary D. Thobe from Marathon Petroleum Corporation presented Executive Director Penny Sitler and Development/Program Manager Jill Goddard with a grant for \$6,800. Zachary said the funds were raised at a recent golf outing and earmarked for a non profit serving the Licking County community. Thank you, Marathon Petroleum Corporation!



### the Art of Recovery

**October 2017**

Recognizes the talent of community members who live with mental illnesses and addictions and the role creative outlets like art can play in the recovery process. Exhibit on display October 10-31.

**October 19, 2017–Community Recognition and Awards**

Denison Art Space  
6:00 PM  
23 W Church St, Newark

**FREE  
MENTAL  
HEALTH  
SCREENING IS  
AVAILABLE  
ONLINE AT**

**[www.mhalc.org](http://www.mhalc.org)**

**DENISON**



# THANK YOU!

## TO ALL OF OUR DONORS

Mental Health America of Licking County would like to recognize the following individuals and organizations for their support received from January 1, 2017 through June 30, 2017.

*We make every effort to accurately reflect donations. Please call Jill Goddard at 740-522-1341 if you feel we have inadvertently left your name out and please accept our apologies.*

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## TWO MORE WAYS TO HELP MHALC



### THE KROGER COMMUNITY REWARDS PROGRAM IS EASY!

The Kroger Community Rewards Program has great potential impact for MHALC! **Your information must be renewed each year so please follow the directions below.**

Every time you swipe your Kroger Plus card, while you still receive fuel rewards and coupons, MHALC receives a portion of every dollar you spend. Please follow the easy instructions below to become part of the MHALC community. If you have signed up in the past, please renew your community information each year. If we can be of any assistance, please call our office.

- Go to [www.kroger.com](http://www.kroger.com).
- Go to Community tab.
- Click on Community Rewards Program.
- Click on the COLUMBUS Enroll Now button.
- Put in your information and Kroger card #.
- Be sure to link your card to MENTAL HEALTH AMERICA OF LICKING COUNTY, Group # 91467.
- Don't forget to buy gift cards at Kroger when you are going out to eat or shopping at stores such as Lowe's, Kohl's or Best Buy or when you start your holiday shopping, **AND BE SURE TO SCAN YOUR KROGER CARD WITH EVERY PURCHASE!**



You shop. Amazon gives.

### Shop on Amazon and Support MHALC!

Through the AmazonSmile program, 0.5% of your purchase will be donated to the charity of your choice.

#### Sign-up is simple:

- Go to [smile.amazon.com](http://smile.amazon.com) and sign into your existing Amazon account.
- Search and select Mental Health America of Licking County to make it your charity of choice.
- The purchasing process and products are exactly the same on AmazonSmile as they are on Amazon.

Donating has never been as quick and easy! Please share with your friends and family and help MHALC continue to provide our important programming to Licking County.