



ADAMhs

Spring 2013

ADVANTAGE

Support Groups...

All support group meetings are free and open to the public. New participants are welcome.

Mood Disorders Group for Women Only. Evening meetings on the 2nd Tuesday each month at 6:30 p.m. at the ADAMhs Board office and day meetings on the 4th Tuesday of each month at 11 a.m. at the ADAMhs Board office on State Route 66 south of Archbold, T-761 SR 66. Contact: Jammie at 419/770-9488, or Katie at 567/239-5477.

Mental Health Support Group. For adults with any diagnosed or undiagnosed mental illness. Meets on the 3rd Thursday every month at 7 p.m. at the ADAMhs Board office. Contact: Mark at 419/923-4841, Dave at 419/758-3547.

NAMI Four County. For family members and friends of persons with a mental illness. Meets the 1st Tuesday each month at 7 p.m. at the ADAMhs Board office. Contact: Mark at 419/923-4841.

Support Group for Family Members, Friends. This group is primarily for family members and friends of persons with a diagnosed or undiagnosed mental illness. Meets the third Monday every month, 6:30 p.m. at the First Presbyterian Church, 506 Oxford Dr., Bryan. For more information, please contact Gail at 419/212-1911 or Jodi at 419/769-5106.

Dual Recovery Anonymous — Bryan group. For persons with both a mental health and addiction problem. Every Tuesday noon at Recovery Services of Northwest Ohio office, 200 Van Gundy St., Bryan.

2012 ADAMhs Board annual report insert

Included with this issue of *The Advantage* is the 2012 annual report of the Four County ADAMhs Board. The report is a financial report on the board's spending last year as well as a listing of agencies that the board contracts with to provide various services.

Health Partners opens primary care practice in Defiance, Bryan at Maumee Valley, Recovery Services

Northwest Ohio is one of the few places in the state where low income residents can have their physical and behavioral health care needs met in the same office and access medications at incredibly low prices.

All of this was made possible when the Four County ADAMhs Board approved \$650,000 in start-up funding for a partnership between Lima-based Health Partners of Western Ohio and Maumee Valley Guidance Center and Recovery Services of Northwest Ohio.

The partnership has led to Health Partners establishing medical and pharmacy offices in Defiance at Maumee Valley Guidance Center at 211 Biede Ave. and in Bryan at Recovery Services at 200 Van Gundy Dr. They have been open since early March.

Dr. Warren Morris, the primary care doctor employed by Health Partners, told NAMI Four County recently, "We are here to help people who otherwise aren't getting helped."

Ken Bond, executive director of Recovery Services, explained anyone can get their physical healthcare emergencies taken care of by going to a hospital emergency room; however, that's not a good choice for preventive or maintenance care of chronic conditions.

Furthermore, he noted many behavioral health clients served by the ADAMhs Board system have no regular family doctor even though they tend to have physical health problems as well as behavioral health issues.

Dr. Morris, who splits his time between Defiance and Bryan, told NAMI members that he and his staff (a fulltime nurse practitioner at each office and a pharmacist who also splits time at both offices) are able to manage a wide



Health Partners patients can access a low cost, full service pharmacy. From left, Linda Schlachter McDonald, Recovery Services counselor, and pharmacist Emily Nemire, Pharm D.

range of illnesses and coordinate a patient's physical health care with their psychiatrist and therapist.

During the first two months of operation, about 100 different patients became part of Health Partners' practice. Most of those patients were current clients of Maumee Valley or Recovery Services; however, anyone who needs a primary care doctor can schedule an appointment.

Health Partners accepts all insurance, including Medicare and Medicaid, as well as low income patients who are billed on a sliding fee scale. Since Health Partners is a federally qualified

health clinic, they even accept patients with no income who cannot pay.

By becoming a Health Partners' patient, the person can get prescriptions filled through their pharmacy — most at incredibly low prices.

For example, Maumee Valley CEO Connie Planson explained that a client had four psychiatric medications filled through Ohio's central pharmacy for \$300 a month. The same medications through Health Partners' pharmacy cost just \$38 a month.

Dr. Morris said Health Partners' staff will explain how to manage chronic illnesses such as diabetes. And, for conditions where specialist referrals are needed, the staff works its referral network to find a doctor who will accept the patient whether they have insurance or not.

To schedule an appointment with Health Partners in Bryan, call 419/636-0410 or 855/782-9920. To schedule an appointment in Defiance, call 419/782-8856 or 800/569-3980, ext. 2125.

"We enjoy the relationships that we are building," Dr. Morris said.

5 major psychiatric disorders linked

research updates...

An on-line study published February 28 in the *Lancet* suggests that five major psychiatric disorders (autism spectrum disorders, ADHD, bipolar disorder, major depression and schizophrenia) share common genetic risk factors. With more than 33,300 persons with one of the disorders and nearly 22,900 control subjects, this was the largest genetic study of psychiatric illness to date.

The researchers found part of two genes that are involved in the balance of calcium in brain cells were implicated in the disorders. And, knowing this could provide a potential target for new treatments.

Blood test for suicide risk?

Suicidal thoughts and behavior may be uniquely linked to inflammatory markers in patients with major depression, according to a study published in the April issue of *Depression and Anxiety*.

The study of 122 adults in Ireland showed that those with major depression and high suicidal ideation had significantly higher levels of inflammation than those with depression and low suicidal ideation and healthy controls. What is not clear, according to the researchers, is whether the higher levels of inflammation (as indicated from blood draws) was related to the suicidal thoughts or a stress response that followed the feeling of being suicidal.

Dietary supplement may help with schizophrenia symptoms

Supplementing antipsychotic medication with folate plus vitamin B12 as an adjunctive treatment can improve the negative symptoms of schizophrenia, according to a study published online March 6 in the *JAMA Psychiatry*.

However, the randomized clinical trial also noted that the effect is more significant if the individual has a specific gene variant involved with folate metabolism. The positive note about the study, though, is that the dietary supplements addressed the aspects of schizophrenia (apathy, social withdrawal, cognitive impairment and loss of emotional expressiveness) that antipsychotic medications are not effective with.

A different study reports that oxytocin may also help improve social functioning in people with schizophrenia. This study, presented at the 14th International Congress on Schizophrenia in April, was a small randomized controlled trial. Nevertheless, it showed that oxytocin delivered as an intranasal spray significantly improved the patient's ability to discern moods.

Once monthly schizophrenia drug

The FDA has approved long-acting aripiprazole (Abilify Maintena) for maintenance treatment for adults with schizophrenia. The injectible medication has the same success and safety profile as the oral formulation.

ADHD that persists into adulthood increases other risks

As rates of childhood attention deficit hyperactivity disorder diagnoses increased from 2.5% to 3.1% in the last decade (January 21 online *JAMA Pediatrics*), a study said that 30 percent of children

with ADHD continue to struggle with the condition as adults. And, for the adults who had ADHD as children there is a greater risk for mental health problems and suicide.

The study, published online March 4 in *Pediatrics*, was based on 5,718 adults with childhood ADHD and non-ADHD control participants from 1976 to 1982. Nearly 57 percent of the adults who had childhood ADHD had at least one other mental health issue compared to 35 percent of the control group. (The most common disorders were substance abuse, antisocial personality disorder, bipolar, anxiety or depression.) And, the incidence of death from suicide was nearly 5 times higher among the adults with childhood ADHD.

Dementia, cognitive decline news

A study published in the April 30 issue of *Neurology* reported *less cognitive decline among persons who followed a Mediterranean diet.* Lead author Georgios Tsivgoulis, M.D. from the University of Athens in Greece, said, "What you eat affects your cardiovascular health...and your brain cells."

More than 30,000 persons were part of the study. A Mediterranean diet typically features fresh fruit, use of raw olive oil in salads and more oily fish, such as salmon. Fried foods are not part of such a diet.

Low-level light therapy with red to near-infrared light-emitting diodes enhances brain activity and memory retention — at least in some animal experiments. The study was published online in the *Journal of Alzheimer's Disease*. If the therapy produces similar results in humans, it would be a promising, non-invasive tool.

Drugmaker *Eli Lilly & Company has developed an antibody that can remove beta-amyloid plaques from the brains of mice with Alzheimer's disease.* Previous animal studies have shown it is possible to prevent the formation of the brain plaques, which are thought to be a key component of Alzheimer's disease. However, this is the first study that was able to remove the plaque.

Published in the journal *Neuron* late last year, the Lilly researchers were able to develop an antibody that was able to cross the blood-brain barrier, bind to the plaque and clear about half of it without causing any microhemorrhage.

An Alzheimer's study from Taiwan reports that *older patients who had a higher level of cognitive functioning when starting treatment had a better response than slightly younger patients* (77 years of age vs. 74 years). The study was presented at the 28th conference of Alzheimer's Disease International in April.

Although more research is needed to prove if the relationship is causal, *a recent study has linked exposure to viral or bacterial infections to cognitive decline.* The research was published in the March 26 issue of *Neurology*. Dr. Mira Katan, the lead author, said if further research proves the viral exposure to be causal, then "if we can eradicate these pathogens we might be able to reduce the risk not only for dementia but also for stroke..." Dr. Katan suggested that infections might trigger chronic inflammation in blood vessels, which could lead to vascular dementia.

According to a 2013 report from the Alzheimer's Association, one in three seniors in the United States dies with Alzheimers or another dementia. While deaths from most major diseases declined from 2000 to 2010 (stroke by 23% and heart disease by 16%), deaths from Alzheimers increased by 68% and is now the sixth leading cause of death in the U.S. — the only leading cause of

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Alzheimer's updates...

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death without a way to prevent, cure or even slow its progression. Further, Alzheimers takes a huge toll on loved ones and caregivers. In 2012, 15.4 million people provided 17.5 billion hours of unpaid care valued at \$216.4 billion. Most caregivers rate their own stress as high or very high, and they incur billions in additional healthcare costs of their own.

Depression voids benefit of heart-healthy behaviors

Untreated symptoms of depression can negate the anti-inflammatory benefits typically associated with physical activity and light to moderate alcohol consumption, according to a study reported online March 26 in *Brain, Behavior and Immunity*.

The effect seems to be specific to inflammation as measured by C-reactive protein since depression did not affect other health markers, such as fasting triglyceride or cholesterol levels. The lead author Dr. Edward Suarez noted that the results suggest that if medical providers don't combine management of depression with other ways of reducing cardiovascular risk, then exercise and dieting might not produce the hoped for results.

A related study that focused on childhood depression found a relationship with factors that puts teenagers at risk for later cardiovascular problems. Specifically, childhood depression is associated with a higher rate of obesity, a higher prevalence of smoking and a more sedentary lifestyle during the teenage years according to a study presented at the 71st annual scientific meeting of the American Psychosomatic Society. The study was done in Hungary with a cohort that included 210 teens with a history of major depression as children, 195 siblings who had never been depressed and 161 controls. Researchers found the teens with a history of depression had 22.4% overweight or obese and 33.5% daily smokers compared to siblings who were 17.0% overweight/obese and 13.6% smokers vs. 11.1% of the controls who were overweight and 2.5% who were smokers.

Depression medication updates...

An anti-depressant that is still being tested by Alkermes PLC shows promise for treating resistant major depression, according to the drug company. It is based on modulation of opioid receptors in the brain and is designed as a non-addictive, oral, once daily medicine.

Late last year, the *FDA approved loxapine (Adasuve) inhalation powder for the acute treatment of agitation associated with schizophrenia and bipolar I disorder in adults.* The 10 mg dosage carries a warning risk for bronchospasm and increased mortality in elderly patients with dementia-related psychosis.

A study published online March 12 in *PLoS Medicine* reports that *adding an atypical antipsychotic to an antidepressant provides only a small to moderate benefit when treating depressive symptoms in adults.* The meta-analysis noted the benefits were small while the potential for treatment-related harm was evident (weight gain, sedation and abnormal metabolic lab results).

The experimental drug ebselen may work like lithium for bipolar disorder, but without lithium's side effects according to a study in mice that was reported in the journal *Nature Communications*. Ebselen has been tested in people for other

research updates...

conditions, but it does not have some of the unpleasant side effects of lithium such as weight gain, thirst and the potential for kidney damage. So, if it can be "repurposed" and

licensed to treat bipolar disorder it could achieve some of the positive results of lithium for treating depression and mania and reducing suicide without the risks.

Brain patterns distinguish autism

Analyzing brain activity patterns in children may allow confirmation of an autism spectrum disorder (ASD) diagnosis with striking accuracy, according to a study published online April 17 in *PLoS One*.

The study showed that the use of a particular imaging to measure functional connectivity from one region of the brain to another and background noise in 19 children provided an accuracy rate of up to 94 percent in differentiating those with and those without an ASD.

The principal investigator Dr. Roberto Galan, an assistant professor of neuroscience at Case Western Reserve University in Cleveland, said he would like to see if the measure would work for other psychiatric conditions such as schizophrenia.

Autism may span generations

A study published online March 20 in *JAMA Psychiatry* reports that men who fathered children later in life have an increased risk of autism not only for their children...even their grandchildren. Researchers in Stockholm showed a statistically significant association between advancing grandparent age and the risk for autism in their grandchildren, suggesting that the risk for autism could span generations.

Good and bad for depression...

New observational research hints that *regular consumption of sweetened beverages, particularly diet soda, may raise the risk for depression in adults, while drinking coffee may protect against depression.* Dr. Honglei Chen with the National Institutes of Health presented the research at the 65th annual meeting of the American Academy of Neurology. The study was based on 263,925 U.S. adults who were assessed in 1995-96 and again in 2004-06. People who drank 4 or more cans of pop a day were 30 percent more likely to develop depression than those who drank no soda. And, 4 or more cups of coffee a day were 10 percent less likely to develop depression.

According to a survey of 1,101 adults 65 or older that was reported December 10 online by the John Hartford Foundation, *many older Americans with depression, anxiety or other mental health disorders are not receiving treatment that meets evidence-based standards.* Stigma issues were low among this group; however, awareness of health risks associated with mental illness was also low. Among those receiving mental health treatment, 46 percent said their doctor had not contacted them within several weeks of starting treatment to see how the treatment was working. Thirty-eight percent said their doctor had not discussed possible medication side effects with them and 40 percent did not explain how long it may take for the treatment to work. Also, 22 percent said their doctor had not worked with them to determine the best treatment option for them.

Family Medical Leave: Knowing your rights

Family Medical Leave Act (FMLA) allows eligible employees to take up to 12 weeks of leave a year for qualifying family and medical situations with restoration of the employee to the same or similar position upon return to work.

Most people associate a qualifying condition with the birth or adoption of a child; however, being the care-giver of an immediate family member with a mental illness would also be a qualifying condition.

To be an eligible employee, the person must have (1) worked for the employer for at least 12 months, (2) worked at least 1,250 hours in the 12 months prior to the requested start of an FMLA leave, and (3) been employed at a worksite where 50 or more employees are employed or a total of 50 or more are employed within 75 miles of the worksite.

Medicaid expansion would save money

Continued from Page 6

be eligible for Medicaid under the governor's proposal. This would save the local ADAMhs board at least \$1.5 million a year as clients' services would be funded by Medicaid instead of the ADAMhs Board.

Additionally, the clients would have access to regular physical healthcare, including screening and preventive medicine. With better overall health, they would likely need fewer crisis services and hospitalizations for untreated or undertreated medical problems. This, in turn, would result in less, unpaid charity care for area hospitals when uninsured, low income persons go to emergency rooms with an urgent medical problem.

NAMI Ohio urges members and friends to contact state legislators, urging their support of Medicaid expansion. Local legislators are State Rep. Tony Burkley (Defiance Co.), Lynn Wachtmann (Henry, Williams, part of Fulton counties), and Barbara Sears (rest of Fulton Co.). The state senator is Cliff Hite.

The mailing address for state representatives is Riffe Center, 77 S. High Street, Columbus, Ohio 43226. The mailing address for Senator Hite is Senate Building, Columbus, Ohio 43215. For additional contact information go to this web site: www.legislature.state.oh.us/.

Mind over mood

Singing in the rain...

The following is reprinted from the Fall 2012 issue of *Bipolar Magazine Hope & Harmony*.

By Stephen Propst

It was a rainy Tuesday in Atlanta. I wondered to what extent the weather would impact support group attendance that evening. How many might decide that venturing out simply wasn't worth it?

Well, some did brave the elements. And, their tenacity made me wonder if the forecast for wellness might be brighter for these weather warriors. Let's look at 10 possible reasons why a positive correlation might exist between their willingness to rough the rain and their chances of realizing full recovery.

1. **They are more willing to work at overcoming obstacles**, in day-to-day life as well as those encountered with bipolar. They aren't easily intimidated by inconveniences, like enduring a little bad weather or working through their issues.
2. **They maintain a healthy perspective**. Every day can't be rain-free or symptom-free.
3. **They tend to see the positives in life over the negatives**. Though the weather outside may be frightful, attending a support group can still be delightful!
4. **They have a can-do spirit and don't give up easily**. When battling the blow of bipolar, they bravely try to weather the storm.
5. **They don't look for excuses for not doing what's in their best interest**, from taking medication to getting sound sleep.
6. **They are more likely to have and follow through on an established contingency plan**, whether driving carefully when roads are slick or contacting a loved one in a crisis.
7. **They value consistency and commitment**. They stick to proven recovery strategies, such as routinely attending support groups to help stay on top of mood management.
8. **They realize that dark, dreary days can negatively impact a person's spirit**. Choosing to get up, get out, and go to group helps keep potential depression at bay.
9. **They are not easily defeated**. They see challenges — from avoiding puddles to making it through a difficult day — as

conquerable.

10. **They rely on trusted resources**, from using an umbrella to stay dry to relying on a competent, compassionate psychiatrist or a capable, caring therapist to help see them through a difficult diagnosis.

When you're facing rough weather or a challenging period in your life, how do you respond? Many decide to do nothing. Others develop a doom and gloom disposition. But some choose to do what it takes to keep forging ahead!

Dealing with bipolar is no picnic. But you don't have to let routine rainy days dampen your spirits. A line from the movie *Singing in the Rain* really hits home for me: "The show must go on. Come rain, come shine, come snow, come sleet. The show must go on."

In living with bipolar, I eventually accepted the notion that life must go on. When weathering storms, I try not to dwell on my despair but to envision, in my mind's eye, the possibility of sunnier days ahead. Consciously choosing to see circumstances from the most positive perspective possible is the beginning of changing things for the better.

When the dark clouds of bipolar are "raining" heavily upon you, you can still actively choose to manage your mindset for the better. You can decide to make the most of a difficult situation. You can keep dancing down the road to recovery — singing in the rain.

The gentle Bible...

Pathways to Promise, an interfaith ministry that focuses on mental illness, has a link to something called "the Gentle Bible." This is a selection of Bible readings by Craig Rennebohm specifically created for those struggling with a brain disorder.

The readings were carefully chosen for persons who may be confused, depressed or delusional due to their illness. Each month has a theme such as hope, companionship, comfort, healing, wellness and wisdom with a daily reading adapted from the Bible.

The Pathways to Promise web site is www.pathways2promise.org and the link to the Gentle Bible is <http://www.pathways2promise.org/links.htm>.

‘Be healthy plan’ offered by former NAMI presenter

Bob Moyers, a past presenter at NAMI Four County meetings, reminds us of his “Be healthy plan for positive people.”

Essentially, the plan focuses on taking control and owning your emotions and thoughts. He offers the following pro-active, preventive strategies for healthy, happy, stress-free living. As with any plan, it requires work and a commitment over time...particularly to make changes that may have never been part of someone’s approach to life.

Here are his suggestions...

- ◆ Declare the day a joy-filled, happy day when you wake up.
- ◆ Speak the truth with love. Ask good questions. Listen with understanding and not just for agreement. Think in silence. Do not interrupt.
- ◆ Do not give permission for fear, anger, sadness or hurt to take away your joy. This is a happy day. Have joy and be glad in it.
- ◆ When you feel uncomfortable, believe it may be a sign that there is something wrong and there is conflict. Resolve the situation first by saying “thank you” and then by trying to see what lessons you can learn from the experience.
- ◆ Restore and rebuild relationships by asking what you can do to make the relationship better.
- ◆ Ask for forgiveness and forgive others. Say these wellness words: *Please forgive them. Help me to forgive them. Please forgive me. Help me to forgive myself. Please remove my bitterness. Please restore my joy.*
- ◆ Know that distress is caused by having to be right, by finding fault, by trying to control things we cannot control, and by being selfish.
- ◆ Stop bad habits and break addictions and distress by saying the following: *I want to stop. I can’t stop. Take away my desire.*
- ◆ Use your seven super powers. You have the power to control your attitude, honesty, communications, love, encouragement, forgiveness and being humble and admitting your shortcomings.
- ◆ Say these 21 wonderful wellness

Please see **Be Healthy Plan** on Page 6

Dr. Williams stresses need for team approach to treatment

“**T**he patient is the pilot while the doctor serves as a co-pilot or navigator,” Dr. Russ Williams explained at a



Dr. Russ Williams from the Fulton Stress Unit spoke at the April NAMI meeting. NAMI members Roger Weaver, left, and Gail Sito.

recent NAMI Four County meeting. He repeatedly emphasized the importance of active patient participation in the treatment process.

In fact, he said it’s important for the patient to be brutally truthful with his or her doctor.

“It won’t get fixed if you don’t present it as an issue. You have to take responsibility for your own health as best you can.”

For example, he urged patients to go to their first doctor’s appointment with a list of all medications (prescription and non-prescription) that they are taking along with the dosage and frequency. Also, a list of allergies, doctors they are seeing and most important: Their expectation of what they hope the doctor can accomplish.

Patients should also ask the following questions of their doctors and get an acceptable answer. The questions include...

1. How can I reach you? And, when can I expect a return call?
2. How do I get re-fills of medications?
3. How to get the required paperwork done?

Dr. Williams referred to the approach of a “therapeutic team” which includes the

patient, physician, therapist and family members.

While psychiatric medications are the single biggest advance in the treatment of mental illness, he also acknowledged that they can be “frightening.” He noted that it requires a great deal of trust in a doctor and urged patients to tell the doctor any concerns they have about taking a medication.

Maybe it’s a concern about side effects, or, particularly for some of the newer medications, cost can be difficult for some persons...especially if medications aren’t covered by their insurance.

“You will live a longer, healthier, happier life if you take your meds,” he said. And, with cost, there may be ways the psychiatrist can help...if you share your concern.

However, he added, the goal of psychiatry is different from the goal that most doctors have. “We treat to remission, not to cure,” he explained. When the medication is successful, sometimes the patient believes his or her mental illness has been cured.

“But (at least for now) there is no cure. Medications are the single biggest reason for relapse. You’re feeling normal because you are on the right medication, but people will want to test the wall (and stop taking the medication). Unfortunately, it gets harder to treat with each relapse.

NAMI, ADAMhs Bd. offer CIT class for police

In May, NAMI Four County and the Four County ADAMhs Board co-sponsored the area’s third Crisis Intervention Team training for law enforcement. The week-long class is designed to help law enforcement better understand mental illness and how to more effectively deal with crisis situations when a mentally ill person is involved.

This year, seven law enforcement agencies sent participants: Defiance Police Dept., Swanton Police Dept., Hicksville Police Dept., Napoleon Police Dept., CCNO, the Juvenile Detention Center, and the Williams County probation office.

Over the years, 13 different law enforcement agencies have participated in the free class.

2-1-1
Need help? Don’t know who to call? Get answers. Always toll-free, 24 hours a day.

NAMI picnic will be Thursday, Aug. 8

You are invited to attend NAMI Four County's annual summer picnic on Thursday, August 8 at the Scout Cabin in Archbold's Ruihley Park.

Grilled hot dogs, ice cream, soft drinks, water, and paper products are furnished. Those attending are simply asked to bring a favorite salad, casserole or dessert to share with everyone.

Serving will begin about 6:15 p.m. Every year the event offers an excellent opportunity to share a meal and fellowship. The picnic serves as NAMI's August meeting.

Be healthy plan...

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words as often as possible: *I'm wrong. I'm sorry. Forgive me. You did a good job. What is your opinion? I love you. Thank you. Please.*

The "be healthy plan" is part of Bob's Positive People Partners — Center of Unconditional Love program. To read more, go to the web site: www.unconditionallovelive.com

NAMI Four County 2013 Membership Form

Now is the time to join the nation's largest advocacy group for mental health.

NAME: _____

ADDRESS: _____

PHONE (daytime): _____ (evening) _____

E-MAIL ADDRESS: _____

Membership Levels: ___ \$35 individual/family ___ \$3 individual/family on limited income
 ___ \$50 corporate member rate

Please mail your 2013 NAMI Four County dues to:

NAMI Four County, Attn: Patricia Allomong, 430 Park Lane, Bryan, Ohio 43506.

NAMI Ohio pushes hard for Medicaid expansion to improve overall health

NAMI Ohio and most organizations in the state concerned that low income Ohioans have regular access to physical and behavioral healthcare strongly support the expansion of Medicaid to include individuals and families earning up to 138 percent of the federal poverty level.

Ohio Governor John Kasich proposed this in his 2-year budget; however, Republicans in the General Assembly have removed it from the budget, but continue to consider legislation

outside of the budget bill. As proposed by the governor, nearly 300,000 Ohioans currently without healthcare would become eligible for Medicaid, giving them free access to a family doctor, preventive healthcare and medications.

Nearly all families in the four county area who now receive behavioral healthcare at no cost on the sliding fee schedule through ADAMhs-funded agencies would be eligible

Please see Medicaid expansion on Page 4

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