



**ADAMhs**

Summer/Fall 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 1st Thursday every month at 7 p.m. at First Call for Help conference room, 600 Freedom Dr, Napoleon. Contact: Mark at 419/913-8576.

**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.

## 3rd Thursday meeting at ADAMhs cancelled

The mental health support group meeting at the ADAMhs Board on the third Thursday has been cancelled. However, if you are interested in attending a peer led support group on the third Thursday in Bryan, please call Mark at 419/923-4841 for details.

## ADAMhs Board places 7/10ths mill renewal levy on Nov. 5 ballot

The fate of nearly \$2.15 million for the Four County ADAMhs Board will be decided on November 5 when voters cast their ballots on a seven-tenths mill renewal levy for the board.

First approved in 1989, the seven-tenths mill levy has been extended by voters four times since then. The levy will expire next year unless it is renewed in November.

The revenue is mostly used to pay for mental health services for children and adults in Defiance, Fulton, Henry and Williams counties. Services are provided on a sliding fee schedule that is based on family size and income. Some of the money is also used to treat and fight drug and alcohol abuse as well as family violence.

Last year, more than 5,700 children and adults received behavioral health services funded by the ADAMhs Board and provided by agencies that are under contract with the board to offer the services.

About 70 percent of the board's spending supports mental health services such as local hospitalization, free psychiatric medications, counseling, case management, job training and housing.

Additionally, outpatient and residential alcohol and drug services are available as well as counseling and support for domestic violence and child sexual abuse. Some funding is also provided for prevention and education programs intended to reduce underage drinking, drug use and bullying.

Agencies currently under contract with the board include Maumee Valley Guidance Center, Recovery Services of Northwest Ohio, First Call for Help, Four County Family Center, the Fulton County Health Center/Stress Unit, the Center for Child and Family Advocacy, New Home Development Company, Quadco

Please see *Renewal Levy* on Page 4

## NAMI Ohio executive director to speak at October 6 Candlelight Vigil

NAMI Four County will sponsor the 14th annual Candlelight Vigil for mental health starting with a program at 6 p.m. Sunday, October 6 at St. John United Church of Christ, 950 Webster St., Defiance.

Terry Russell, executive director of NAMI Ohio, will be the keynote speaker for the hour long program. Weather permitting, a candlelight walk across the Defiance College campus will follow the program with refreshments and fellowship to follow after the walk.

Ron Hofacker has served as the coordinator for all 14 vigils. Persons who are unable to attend the vigil may watch the program afterward on TV-26 throughout October. However, the event is open to the public and NAMI encourages its members and others to attend if they can.



Terry Russell



Last year's candlelight walk.

## Antidepressant use with bipolar offers no benefit, might harm

Findings presented at the annual meeting of the American Psychiatric Association said that the use of an antidepressant for a patient with bipolar disorder provides no benefit and may be harmful. And, recommendations released by 70 bipolar disorder treatment experts at the 10th International Conference on Bipolar Disorders in June reinforce those findings. Dr. Eduard Vieta, a professor of psychiatry at Spain's University of Barcelona, told the conference that the experts agree antidepressants should never be used in mania or mixed episodes of bipolar. Further, when used in bipolar depression, it should only be with patients who have a history of good response and no history of rapid cycling.

## New drugs for bipolar disorder

An Alzheimer's medication may help improve memory problems associated with bipolar disorder. Memantine, which has been approved for moderate to severe Alzheimer's, was reported to show some improvement in memory for some of the 72 bipolar patients. The study was reported at the 10th International Conference on Bipolar Disorders. And, the FDA has approved lurasidone (Latunda), which is already indicated for schizophrenia, to treat major depression in adults with bipolar 1 disorder.

## Causes of reduced lifespan with bipolar are analyzed

The July 17 online *JAMA Psychiatry* says the leading illnesses that shorten the lives of bipolar patients are cardiovascular disease, diabetes and COPD. On average, women with bipolar die 9 years earlier than the general population and men 8.5 years earlier than the general population. The study reviewed outpatient and inpatient data from 6,587,036 Swedish adults, including 6,618 diagnosed with bipolar disorder. The investigators suggested that there are a number of possible explanations for the lower life expectancy, including: less access to primary, preventive medical care and a higher prevalence of unhealthy lifestyle factors such as smoking, other substance misuse and obesity.

## Early response to depression treatment boosts productivity

Depression costs US employers an estimated \$149 billion every year. However, a study published in the June issue of the *American Journal of Psychiatry* says that early response to treatment offers a significant return on investment as the employee's work productivity improves much more than employees whose response to treatment took longer to achieve. Some 1,928 employed, depressed outpatients participated in the study.

The principal investigator Madhukar Trivedi, M.D., said, "We recommend that even patients whose symptoms improve need to assess work productivity as they may need additional strategies, such as exercise or cognitive behavioral therapy to provide concrete improvements in function, including work productivity."

## Brain imaging may indicate best treatment for depression

Neuroimaging may help determine the best first-line treatment

*research updates...*

for patients with major depression, a study published online June 12 in *JAMA Psychiatry* says.

Results showed that a PET scan predicted whether depressed patients would best achieve remission with an antidepressant or cognitive behavioral therapy.

The study, which involved 38 patients, was funded by the National Institutes of Health. Currently, various brain imaging is used mostly as a research tool. However, this use could remove some of the trial and error that decisions now are based on as fewer than 40 percent of patients achieve remission following initial treatment.

## Imaging used to find depression biomarker in preschoolers

Yet another imaging study suggests that functional MRIs may be able to identify preschoolers with disrupted brain function that is typical of major depression. This study was published in the July issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*.

Some 54 children, aged 4 to 6 who had been identified as health or having major depression (as identified with the Preschool Age Psychiatric Assessment), were part of the study. They underwent a functional MRI while viewing images of faces showing happy, sad, fearful or neutral expressions.

The lead author Michael Gaffrey, a clinical psychologist, said the study needs to be replicated on a larger scale, and the results aren't suggesting that antidepressant medications be prescribed for preschoolers. Rather, he said that parents of children who test positive for major depression could receive specialized training to help their child gain coping skills.

## Impact of sleep and meditation on anxiety disorders

A lack of sleep increases activity in areas of the brain involved with emotional regulation and natural worriers seem most vulnerable to the loss of sleep, according to a study published in the June 26 issue of the *Journal of Neuroscience*.

The patterns observed in the brain mirror those seen in anxiety disorders, and those who are already prone to anxiety disorders seem to be the most impacted by the loss of sleep. Senior investigator Matthew Walker, a professor of psychology at UC Berkeley, suggests that those with a generalized anxiety disorders may benefit from sleep therapy. The study involved 18 healthy young adults with a wide range of anxiety levels, none of whom met the criteria for clinical anxiety.

Another imaging study reported on-line April 24 in *Social Cognitive and Affective Neuroscience* says individuals who participate in mindful meditation training sessions for as little as 4 days show changes in the brain that correlate with a reduction in anxiety.

## Mindfulness training & kids

Mindfulness training taught in schools may decrease the risk of developing depression and improve overall well-being in teens, according to an on-line study published June 20 in the *British Journal of Psychiatry*. More than 500 students participated in a

## Mindfulness study

Continued from Page 2

feasibility study. Students in six of the 12 schools were taught a 9-week mindfulness in schools program by trained teachers, while students in the other six schools did not have any special mindfulness training. Those who had the training not only had fewer depressive symptoms three months after the program ended, they also had significantly better well-being and stress scores.

## Various uses for ketamine

Two recent studies both involving small numbers of people report effective uses for the intravenous infusion of ketamine (NMDA). One study involving 15 adults with moderate to severe obsessive/compulsive disorder experienced a rapid relief (50% reduction within 7 days) in symptoms when they received intravenous NMDA. This was reported at the 2013 annual meeting of the American Psychiatric Association.

The May issue of the *Journal of Psychopharmacology* reported that serial infusions at a lower dosage than usually given in a single infusion may be more effective at reducing the symptoms of depression. Only 10 patients were part of this study. However, the researchers weren't sure whether the results were more a function of the lower dosage or the repeated dosage.

## Lead linked to schizophrenia risk

A study published online in the *Schizophrenia Bulletin* suggests exposure to lead plus a specific gene abnormality may increase the risk of developing schizophrenia. This study of mice that had both received a human gene for schizophrenia and early and repeated exposure throughout their life had greater behaviors and brain changes associated with schizophrenia than a control group that didn't have the same exposure. A 2004 study had found that prenatal lead exposure in humans was linked to an increased risk for schizophrenia later in life.

## Schizophrenia and brain loss

Extended period of recurring psychosis in schizophrenia patients contributes to progressive loss of brain tissue, according to a study published in the June issue of the *American Journal of Psychiatry*. The same study also showed that antipsychotic treatment is also linked to brain loss in a dose-dependent manner.

However, in terms of relapse, the length of the relapse was the key factor rather than the number of relapses.

Dr. Nancy Andreasen with the University of Iowa Carver College of Medicine explained that the results speak to the importance of taking steps to prevent relapse and using the lowest possible dosage to control symptoms.

Some 202 patients were involved and 157 had experienced at least one relapse. The study used brain imaging to measure brain loss.

## Flexible does injectable effective for acute schizophrenia

A flexible dose intramuscular paliperidone palmitate (Invega Sustenna) is safe and clinically effective for adults with acute schizophrenia who have previously been unsuccessfully treated

research updates...

with oral antipsychotics. The study involved 212 patients with acute schizophrenia who received the once monthly shots. More than half of the formerly acute participants were rated as "normal to mildly ill" at the end of the study.

According to the study, the treatment was well tolerated and not associated with any new safety signals.

## Possible early biomarkers for autism identified

Excessive cerebral spinal fluid and enlarged brain size in infancy may signal increased risk for autism and help determine a need for early intervention, according to a study published online July 10 in *Brain*. The anomaly, which can be identified before autism symptoms, are spotted using a structural MRI. The study involved 55 infants (6 to 36 months old) including 33 who were determined to be high risk (older sibling with autism) and 22 low risk.

## Brain wave and eye test for ADHD

The FDA has approved the first brain wave test to help diagnose ADHD in children and adolescents. The noninvasive test computes the ratio of theta and beta brain waves in 15 to 20 minutes. Children with ADHD have a higher theta-beta ratio than those who do not.

In other news, a small (20 participants) German study reported that examining the retina of the eye may aid in the diagnosis of ADHD. The study was reported at the annual meeting of the American Psychiatric Association. The results found that patients with ADHD displayed significantly elevated background noise on a pattern electroretinogram than persons who did not have ADHD.

## Alzheimers disease updates...

**Tempted to try an online test** to determine if you or someone you care about may have Alzheimer's? Forget it! That's the conclusion of an evaluation of 16 free online Alzheimer's tests. In a presentation at the Alzheimer's Association International Conference this year, the evaluators used words like "fraud," "not valid" and "potentially harmful" to describe the online tests.

Dietary guidelines to reduce the risk of Alzheimer's may or may not be helpful for the stated purpose; however, the guidelines developed by the Physicians Committee for Responsible Medicine certainly aren't harmful. The seven dietary principles include...

- ◆ Minimize saturated and trans fats.
- ◆ Vegetables, legumes (beans, peas and lentils), fruits and whole grains should be the primary staples.
- ◆ One ounce of nuts or seeds daily for Vitamin E.
- ◆ Reliable source of Vitamin B12 through fortified foods or a supplement daily.
- ◆ Choose multivitamins without iron or copper.
- ◆ Avoid use of cookware, antacids, baking powder or other products that contribute dietary aluminum.
- ◆ Aerobic exercise equal to at least 40 minutes of brisk walking 3 times a week.

## ADAMhs Boards asks for 7/10ths mill renewal levy

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Rehabilitation Center and Northwest Ohio Community Action Commission/PATH Center.

Since 2008 when this issue was last approved, the ADAMhs Board has lost \$1.6 million in state funding for behavioral health services that has not been replaced. Additional federal funding cuts for addiction services are expected later this year, according to board CEO Les McCaslin.

“So, by necessity the board has cut spending and looked for ways to provide services more cost-effectively while improving overall efficiency,” he explained.

Administrative costs, 6.8 percent last year, have been contained by increasing employees’ participation in their healthcare premiums and switching from a traditional healthcare plan to an H.S.A. (health savings account) for employees.

McCaslin noted that mental health crisis stabilization is now provided by the Fulton County Health Center’s Stress Unit at a savings of \$10,000 or more a month.

Additionally, a partnership with Health Partners of Western Ohio (a federally qualified health clinic), Maumee Valley Guidance Center, Recovery Services of Northwest Ohio and the ADAMhs Board is yielding improved overall health for clients served by the board system and saving the system thousands of dollars every month in medication costs when clients use the Health Partners’ pharmacy for their psychiatric medications.

The seven-tenths mill renewal that is on the ballot will cost the average home owner (\$100,000 home) roughly \$20.95 a year, the same amount they are now paying. However, the \$2.15 million that it generates represents about 20 percent of the board’s overall revenue.

## Handbook for healthy living

We received the following list for healthy living earlier this year and thought it pretty much covered everything...

### Health:

- ◆ Drink plenty of water.
- ◆ Eat breakfast like a king, lunch like a prince and dinner like a beggar.
- ◆ Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- ◆ Live with the 3 E's -- Energy, Enthusiasm and Empathy
- ◆ Make time to pray.
- ◆ Play more games.
- ◆ Read more books than you did last year.
- ◆ Sit in silence for at least 10 minutes each day.
- ◆ Sleep for 7 hours.
- ◆ Take a 10-30 minute walk daily. And while you walk, smile.

### Personality:

- ◆ Don't compare your life to others. You have no idea what their journey is all about.
- ◆ Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
- ◆ Don't overdo. Keep your limits.
- ◆ Don't take yourself so seriously. No one else does.
- ◆ Don't waste your precious energy on gossip.
- ◆ Dream more while you are awake.
- ◆ Envy is a waste of time. You already have all you need.
- ◆ Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.
- ◆ Life is too short to waste time hating

anyone. Don't hate others.

- ◆ Make peace with your past so it won't spoil the present.
- ◆ No one is in charge of your happiness except you.
- ◆ Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
- ◆ Smile and laugh more.
- ◆ You don't have to win every argument. Agree to disagree.

### Society:

- ◆ Call your family often.
- ◆ Each day give something good to others.
- ◆ Forgive everyone for everything.
- ◆ Spend time with people over the age of 70 and under the age of 6.
- ◆ Try to make at least three people smile each day.
- ◆ What other people think of you is none of your business.
- ◆ Your job won't take care of you when you are sick. Your friends will. Stay in touch.

### Life:

- ◆ Do the right thing!
- ◆ Get rid of anything that isn't useful, beautiful or joyful.
- ◆ God heals everything.
- ◆ However good or bad a situation is, it will change.
- ◆ No matter how you feel: get up, dress up and show up.
- ◆ The best is yet to come.
- ◆ When you awake alive in the morning, thank God for it.

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



*NAMI summer picnic...* More than 60 people attended NAMI's summer picnic/hot dog roast in early August with a bounty of salads, casseroles, desserts and ice cream also on the menu. Ed Clinker once again entertained on the piano as NAMI president Mark Krieger led the group through the service line. Our next social event will be our holiday potluck and party on Tuesday, December 3.



## NAMI Four County meeting schedule through December

All NAMI meetings, which are open to the public, start at 7 p.m. at the ADAMhs Board office unless otherwise noted.

### Tuesday, September 3

Nancy Shannon, outpatient clinical social worker at Promedica Defiance Hospital, will speak on the importance of family members taking care of themselves.

### Sunday, October 6

14th annual Candlelight Vigil for Mental Health. Story on Page 1. No Tuesday meeting in October.

### Tuesday, November 5

Andy Lesniewicz, professional clinical counselor at Fulton Stress Unit, will speak on building and maintaining relationships when mental illness is involved.

### Tuesday, December 3

Annual holiday party and carry-in dinner starting at 6 p.m.

## Nat'l Forgiveness Day Saturday, October 26

National Forgiveness Day is the last Saturday of October — a day when people are encouraged to ask and give forgiveness to one another.

## 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.**

## 3 fall NAMI education classes planned

After Labor Day, several free mental health education classes will be offered by NAMI Four County.

A new class, called Peer to Peer, is just for persons with a mental illness. The 10 week class will be from 6 to 8:30 p.m. starting Wednesday, September 4 at the Faith United Methodist Church, 202 Huntington Dr., Bryan. Although the class is free, registration is requested. Please call Mark Krieger, a class leader, at 419/913-8576.

The fall Family to Family class for persons with adult loved ones who suffer from a mental

illness starts Tuesday, Sept. 17 at 6 p.m. and goes for 12 weeks. It will meet at Community Hospitals in Bryan. Registration is requested for this class as participants receive extensive hand-outs each week. To register or for more information, please call Trish Vassar at 419/237-3103.

Finally, a 6 week class for parents or adult caregivers of children and adolescents with emotional, behavioral or mental health problems will start this fall. For more details on when and where the class will meet, please call Trish Vassar at 419/237-3103 or Lisa Holley at 419/428-7384.

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