



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 — Defiance. *This support group has been cancelled due to lack of participation.* It had met the first Tuesday of the month at the Second Baptist Church in Defiance.

Mental Health Support Group — Bryan. For adults with any diagnosed or undiagnosed mental illness. Meets on the 3rd Thursday every month at 7 p.m. in the Horizon Apartment commons, 617 N. Walnut St., Bryan. 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: Katie at 567/239-5477.

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.

Survivors After Suicide. For anyone 15 or older who has lost a loved one to suicide. Meets the first Thursday of the month at 7 p.m. at the Four County ADAMhs Board, T-761 SR 66, Archbold. For more information, please call Pam at 419/267-3355, ext. 7.

Comprehensive health clinic with dental, mental health to open in Bryan by Labor Day

A new comprehensive health center will open in Bryan in the former Williams County One Stop building at 228 S. Main Street by Labor Day or soon thereafter, according to Les McCaslin, CEO of the Four County ADAMhs Board. The center will house a low income dental clinic, primary care medical practice, mental health services and medication-assisted opiate treatment.

It is estimated that it will take about six or seven months to convert the 10,400 square foot building into a medical practice as significant plumbing work will need to be done.

When open, the health center will have about 20 employees, including a full time primary care doctor, a dentist, a pharmacist, nurse practitioners, dental hygienists and office staff. The dental clinic will have six chairs, which is double the number now available at the only

other dental clinic in the four county area. That clinic, operated by the Henry County Health Department in Napoleon, will close when the Bryan clinic opens, according to McCaslin.

He said a number of organizations beside the ADAMhs Board and Health Partners have worked together to make this possible. They include the Ohio Department of Health, the Ohio Department of Mental Health and Addiction Services, and the Henry County Health Department.

When planning for a comprehensive health center began, it was learned that the Henry County Health Department was interested in having another organization take over its dental clinic, which receives an \$80,000 subsidy from the Ohio Department of Health.

Please see Bryan health center on Page 4

NAMI sponsors 2 free mental health trainings: one for clergy, other for youth-serving volunteers

NAMI Four County will offer two free trainings primarily geared to the faith community next month.

The first will be geared to church volunteers who work with youth, such as Sunday school or vacation Bible school teachers, pre-school classes and other youth activities. The three-hour workshop will focus on learning and practicing specific strategies for children who have problems such as ADHD or other behavioral issues that don't respond well to traditional learning approaches.

The workshop will be presented Saturday morning, April 18 from 8:30 to 11:30 a.m. on the Defiance College campus by Dr.

Tonie Long will again be the instructor for a free, day-long Mental Health First Aid (MHFA) training for area clergy and faith leaders on Thursday, April 30 at the Archbold United Methodist Church. Last fall, 25 clergy and lay leaders from various denominations participated in the first MHFA training. It was held in Defiance.

Clarissa Barnes, the director of the college's Hench Autism Studies Program.

Adult and teenage youth volunteers are welcome to register for the workshop.

The other training is a day-long program called Mental Health First Aid. Its focus is to teach a five step action plan that will help clergy and lay leaders assess persons who are experiencing a mental health crisis by listening nonjudgmentally, giving reassurance and

Please see Free NAMI classes on Page 7



Suicidal behavior spreads from parent to child

Suicide is a leading cause of teenage deaths. Research published on-line December 30 in *JAMA Psychiatry* reports that children with a parent who has attempted suicide have nearly a fivefold increased risk of attempting suicide themselves. The study was conducted from July 1997 through June 2012 and included 701 children with a mean age of 17.7 years of 334 parents who had mood disorders. Of the parents, 191 had also made a suicide attempt. The investigators said the results drive home the importance of assessment and early intervention in families of parents with mood disorders and a history of suicide attempt.

Brain imaging shows differences in suicidal behavior

Teens with bipolar disorder who have attempted suicide have abnormalities in the prefrontal cortex and related brain areas, according to preliminary research presented at the American College of Neuropsychopharmacology 53rd annual meeting by Hiliary Blumberg, MD, Yale University.

Using MRI, the researchers compared the brain imaging of bipolar patients who had not attempted suicide and healthy patients with those bipolar patients who had attempted suicide. They noted differences only between those who had and those who hadn't attempted suicide.

Depression continues to keep many U.S. workers off the job

Depression continues to affect workplace productivity in America according to a study released late last year in *Medscape Medical News*. Nearly 25% of American workers have been diagnosed with depression in their lifetime and more than one-third needed time off work because of it. However, the survey found that 58% of the employees had not told their employer about their depression because they felt (49%) that it would put their job at risk. The study said U.S. employers have spent an estimated \$100 billion a year on depression costs, including \$44 billion in lost productivity. Mental illness short-term disability claims are growing by 10% a year.

A little more than one-third of the managers surveyed said they had no formal support or resources to help their employees with depression.

EEG may help diagnose schizophrenia, improve treatment

EEG may help diagnose patients at risk for psychosis and even help determine the best treatment options, according to two studies both co-authored by Gregory Light, PhD.

The first study, published on-line October 23 in *Schizophrenia Research*, showed that those with schizophrenia had impaired auditory processing compared to their healthy peers as evidenced in EEG brain activity. The second study, published in the October issue of *NeuroImage: Clinical*, showed that the EEG testing results were limited to "patients' cognitive and psychosocial impairments."

The investigators suggest that these studies could be used to measure the severity of the condition and possibly alleviate some of the symptoms of schizophrenia with cognitive exercises to strengthen auditory processing.

research updates...

Biomarker for autism?

Movement patterns that the unaided human eye cannot see but are present in children with autism spectrum disorders and their parents may provide a clue to the disorder's severity, according to research presented at the Society of Neuroscience 2014 annual meeting.

"We found speed fluctuation at millisecond time scale that could serve as a quantitative biomarker for ASD," said Di Wu, study investigator. The movements distinguish ASD subjects from others and also distinguish within the autism spectrum that are unique to their abilities to speak. When the movement patterns of children with ASD are compared to their parents there are some similarities that support a possible genetic link.

Some 30 children and adults with autism, 8 healthy adults, and 21 parents of children with autism were part of the study.

Genetics key for autism

Nearly 60% of the risk for autism is genetic and most of the risk is due to inherited gene variants that are common in the population, according to a Swedish study reported on-line July 20 in *Nature Genetics*. About 3,000 individuals with autism and a matched control group were part of the study that analyzed DNA sequence variations. About 52.4% of autism cases were due to both common and rare inherited genetic variations.

Walking groups boost health

People can lower blood pressure, resting heart rate, body fat, total cholesterol and improve depression by joining outdoor walking groups, according to a meta-analysis. Published on-line January 19 in the *British Journal of Sports Medicine*, researchers reviewed medical databases of 42 studies on walking groups published through 2013. The group aspect helped foster positive attitudes toward physical activity.

Schizophrenia, inflammation, antipsychotics and the brain

Two recent studies that have focused on schizophrenia have come to some similar, yet differing conclusions on what causes the loss of gray matter in the brain.

Research published January 14 on-line in *JAMA Psychiatry* says that treatment with antipsychotics is associated with gray matter loss. However, it notes that the medications are effective in controlling the symptoms of schizophrenia and it's unclear whether the reduction in gray matter has a serious consequence. The study included 23 first episode persons with schizophrenia who received antipsychotics, 22 who did not, and 37 healthy controls. Those who were medicated had the gray matter reduction compared to both of the other groups.

Another study published January 15 in *Biological Psychiatry* suggests that the loss of prefrontal gray matter in young persons with schizophrenia who experience a full psychosis is due to neuroinflammation and specifically state the tissue loss is not caused by antipsychotic medications. This study was involved MRI longitudinal research at eight different locations with 274 patients with schizophrenia. The lead investigator, Tyrone Cannon, a professor of psychology and psychiatry at Yale, said there is a growing body of evidence to suggest a connection between psychosis, schizophrenia and inflammation. He suggests that anti-inflammatory medications may be used to treat the onset of psychosis. If that works out, he noted those medications have fewer side effects than the antipsychotics.

Depression, irritability and sleeplessness may precede dementia

Irritability, depression and difficulty sleeping precede mental decline in cognitively normal patients who go on to develop dementia, according to a study published on-line January 14 in *Neurology*.

Researchers used data gathered from 34 Alzheimer's disease centers between September 2005 and March 2013. It included 2,416 participants who were cognitively normal at baseline, but nearly half (some 1,218) later developed dementia. They found three phases that those who developed some level of dementia passed through. First: irritability, depression and sleeping changes. Next: anxiety, appetite changes, agitation and apathy. Finally: elation, motor disturbances, hallucinations, delusions and disinhibition.

Nondrug therapy useful for managing agitation in dementia

Several drug-free therapies can help manage agitation in individuals with dementia — at least temporarily. The research was published in the December issue of the *British Journal of Psychiatry*. The study involved 33 random controlled trials of dementia patients in care homes. It showed that training the staff in personalized care and better communication skills decreased agitation immediately and for up to six months.

Music therapy and sensory intervention also reduced the symptoms for the short term only. Exercise and aroma therapy had no effect.

The training of staff focused on ways to talk better with a patient, to find out what they want, and to treat the patient as an individual rather than a task.

Another Alzheimer's drug moves to large scale trial

Late last year, AstraZeneca and Eli Lilly announced that they had started a large trial for an experimental Alzheimer's drug that is designed to slow the progression of the disease. Another drug-maker, Merck & Co., began their Phase III trials of a similar type of drug about a year earlier.

The 'eyes' have it...maybe

A simple eye test examining involuntary eye movements may provide an objective way to tell whether individuals have ADHD and whether stimulant medication will be an effective treatment, according to research published last August in *Vision Research*.

Investigators from Tel Aviv University in Israel observed increased blink rates in adults with ADHD. When treated with a stimulant, the rates normalized.

Study claims community-based care for ADHD varies widely

A study published in the November 3 *Pediatrics* reported that current pediatrician-delivered ADHD care "leaves room for improvement." In the study, pediatricians across 50 diverse practices (socioeconomically and demographically) in central and northern Ohio used DSM-4 criteria to assess for ADHD in roughly two-thirds of the patients and they used parent and teacher rating scales in about half of the cases. The study noted that the American Academy of Pediatrics consensus guidelines recommend using *both* criteria.

research updates...

And, in terms of treatment, the study found that the majority of ADHD patients received medication, but few received psychosocial treatment, even though *combined treatment* is recommended as the most effective strategy

for children with ADHD.

The charts of some 1,594 randomly selected patients were used to calculate this information.

Depression can be effectively treated in primary care

Many patients with depressive disorders can be effectively treated in a primary care setting according to a pair of reviews and meta-analyses that appeared in the January/February issue of the *Annals of Family Medicine*.

Reviewing data on more than 5,000 primary care patients treated for depression, investigators found that a variety of face to face and remote interventions were comparably effective at improving scores on validated depression scales. They also found that less resource-intensive interventions such as guided self-help cognitive behavioral therapy appear to have treatment effects similar to those seen with more intensive interventions such as psychotherapy.

The meta-analysis involved 30 studies with more than 5,159 patients. The investigators were interested in the effectiveness of various drugs to treat depression by primary care doctors. The strongest support was for the use of either tricyclic and tetracyclic antidepressants or selective serotonin reuptake inhibitors.

Mania and entrepreneurial link?

The short answer: No. Despite the popular belief that successful entrepreneurs have at least some manic traits, the evidence says there is none.

Investigators from the University of California, Berkeley, found that mania-related traits were either absent or not helpful among persons who either intended to become entrepreneurs, who were in the process of becoming or had achieved success as entrepreneurs. The study was published on-line November 8 in the *Journal of Affective Disorders*.

New tool to identify soldiers at highest risk of suicide

A new risk algorithm may help identify soldiers at the highest risk for suicide following psychiatric hospitalization, according to a study published on-line November 12 in *JAMA Psychiatry*. The study indicated that the 5% of the soldiers classified as being at highest risk for suicide accounted for 53% of all suicides within 12 months on inpatient discharge.

The strongest predictors of suicide in this group included being male or at a late age at enlistment, access to a number of firearms, past criminal offenses, prior suicide attempts or ideation, and the number of antidepressant prescriptions filled in the previous year.

The study also noted that posthospitalization suicides account for only 12% of all suicides in the Army. However, the investigators said the algorithm would likely help target preventive interventions with the others.

OCD: risk for other diseases?

Patients with OCD appear to have a higher risk for schizophrenia (12 times), and bipolar and schizoaffective disorders (13 times) as well, and the same is true for their relatives — even cousins, according to a study that included over 40 years of data from more than a million Swedes. The study was published on-line December 15 in *Schizophrenia Bulletin*.

Bryan health center will have dental, mental health care on a sliding fee scale

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Additionally, both of the state health departments were willing to allow their funds to be used to support low income dental services provided by Health Partners of Western Ohio, which already operates dental clinics at some of its other health centers.

Two years ago, the ADAMhs Board, Maumee Valley Guidance Center and Recovery Services of Northwest Ohio formed an agreement with Health Partners of Western Ohio, a Lima-based federally qualified health clinic, that led to primary care practices with a physician, nurse practitioners and a pharmacy being established in the Defiance office of Maumee Valley Guidance Center and the Bryan office of Recovery Services of Northwest Ohio.

“At that time, we knew that dental care was also needed for clients served by the ADAMhs Board system, but we didn’t have the space or funding to make it happen then,” McCaslin said.

The initial partnership has gone far better than expected, according to McCaslin. The two Health Partners’ offices are now seeing more than 2,200 patients and roughly 50% of them are community residents with no connection to the behavioral health system.

However, it’s the Health Partners’ pharmacy that has made the new facility possible. The pharmacy, which qualifies for federally discounted medication rates, has

saved the ADAMhs Board system some \$1.1 million that it would have otherwise spent on psychiatric medications through the state’s central pharmacy.

Last November, those savings allowed the ADAMhs Board to allocate up to \$1.2 million for Health Partners of Western Ohio to establish a comprehensive health clinic somewhere in the four county area that would include a low income dental clinic that would accept Medicaid patients.

McCaslin explained that few dentists in the four county area accept Medicaid, so those clients have either gone without dental care or scheduled appointments at the dental clinic in Napoleon where the wait could stretch weeks or longer.

With nearly two-thirds of the clients served by the ADAMhs Board system now covered by Medicaid, access to dental services has become even more critical to assure the overall health of persons who are clients of ADAMhs-affiliated agencies.

The new health center is a win all around, McCaslin explained.

Not only has the capacity to provide low and moderate income families dental care doubled, the services will be available to the entire community – not just clients served by the ADAMhs Board system. Further, the capacity to provide primary care medical services on a sliding fee basis will be expanded. Finally, about 20 jobs will be created once the health center is up and running.

5 things to do instead of complain

1. **Practice gratitude.** Research shows that when we count three blessings a day, we get a measurable boost in happiness that uplifts and energizes us. It’s also physiologically impossible to be stressed and thankful at the same time. Two thoughts cannot occupy our minds at the same time. If you are focusing on gratitude, you can’t be negative. You can also energize and engage your co-workers by letting them know you are grateful for them and their work.

2. **Praise others.** Instead of complaining about what others are doing wrong, start focusing on what they’re doing right. Praise them and watch as they create more success as a result. Of course, point out their mistakes so they can learn and grow, but make sure you give them three times as much praise as criticism.

3. **Focus on success.** Start a success journal. Each night before you go to bed, write down the one great thing about your day. The one great conversation, accomplishment or win that you are most proud of. Focus on your success and you’ll look forward to creating more success tomorrow.

4. **Let go.** Focus on the things that you have the power to change and let go of the things that are beyond your control. You’ll be amazed that when you stop trying to control everything it all somehow works out.

5. **Meditate.** Research indicates that meditation reduces stress, boosts positive energy and promotes health, vitality and longevity. When you are faced with the urge to complain or you are feeling stressed to the max, stop, be still and recharge.

Pets, people & health

Contact with pets of various species can decrease anxiety, lower blood pressure and improve cardiovascular health. Owners may benefit from the structured routine of pet care.

Researchers measured women’s cardiovascular reactions to stress in the presence of their dogs, and then with a supportive female friend. The result: The dogs were associated with lower responses to stress than friends. The explanation: The dogs aren’t judgmental.

Sixty-three percent of pet owners considered their pets to be family members. Some psychologists specialize in human/dog conflict, claiming that people can suffer the same insecurities with their dogs as with other people.



The former Williams County One Stop building at 228 S. Main St. in Bryan will become a comprehensive health center serving low and moderate income families by Labor Day. Operated by Health Partners of Western Ohio, the center will include a dental clinic, primary care practice, outpatient mental health services and a pharmacy. The Four County ADAMhs Board led the effort to establish such a clinic in the four county area; however, it would not have been possible without the combined efforts of Health Partners of Western Ohio, the Ohio Department of Health, the Henry County Health Department, and the Ohio Department of Mental Health and Addiction Services.

Wanted: caring persons to help the survivors of a suicide

A free, day-long training will be held in late March to prepare potential volunteers who are willing to respond to the home where new survivors of a suicide are gathered.

The Local Outreach to Survivors of Suicide or LOSS team is 3 to 4 trained volunteers who respond to the home to help new survivors feel supported as well as offer hope and share available resources to the family — most of whom will otherwise never seek help after a loved one's suicide.

The LOSS team typically includes at least one survivor of a suicide and may also include clergy, health care professionals and other trained compassionate individuals who are committed to helping families in the immediate aftermath of their tragic loss.

The training will be held Monday, March 30 starting at 8 a.m. (registration) at the Voinovich Auditorium at Northwest State Community College. Registration is required and is free unless continuing education credit is needed. Then, it may cost \$20 to receive 6.75 CEUs for behavioral health professionals and nurses.

The primary presenter is Frank Campbell, who has spent more than 20 years working with those bereaved by suicide. Through his work and trainings, the LOSS team concept has been replicated around the world as well as in many communities in the United States.

The goal of the local training is to explain the model and provide the instruction needed so participants can decide afterward if they would like to be part of LOSS teams serving Defiance, Fulton, Henry and Williams counties.

To receive a brochure and registration application for the March 30 training, please contact Pam Pflum with the Four County Suicide Prevention Coalition, the group that has organized the training, by email at pam@fourcountyadamhs.com or by phone at 419/267-3355, ext. 7.

The training is also sponsored by the Four County ADAMhs Board and Behavioral Health Professionals of Northwest Ohio.

2-1-1

Need help? Don't know who to call? Get answers.

Always toll-free,

24 hours a day, every day.

Family matters...

My best advice...

By Janet Hitchcock

Whenever I tell our story of living with loved ones with brain disease, someone will ask me for advice. Since this has been our life for the last thirty plus years, it is logical to assume we have gained some wisdom along the way. My answer has varied over the years. It is difficult when you are face to face with a person who is eagerly waiting, sometimes pen in hand, for some word that will make their life easier. Something that will make sense out of the chaos they are experiencing.

The Family to Family class spends a lot of time offering tips and advice, sharing stories to help each other handle specific issues. Family to Family support groups meet monthly to do the same.

Still, each of us holds out for the one piece of information that says, *"I've found the answer; all you have to do is _____."* If you are expecting me to fill in this blank, you will be very disappointed. I'm guessing only God can do that.

But, ever eager to share what little wisdom I have, here is how I now answer that question. What is my advice for how to live with these brain disorder issues? Two big things: *learn to laugh* and *never give up*.

Frustration, anger, humiliation, exasperation, disappointment, heartache, etc.

can really wear you down. After a while, these can become habit. When these emotions come knocking on your door, take a breath ... or three or four ... step out of the situation and try to find the humor in it.

Laugh. If necessary, laugh until you cry. Both laughing and crying cause you to breathe, but laughing feels better. Can't find anything to laugh about? Look at yourself in the mirror and see what you look like wrapped in these emotions. That should do it. Laugh.

And then go back and deal with it again. And again. And again. But don't give up. One of my most comforting thoughts is: God never gives up on us. If God isn't going to give up on me, why on earth would I give up on my loved one? You might need to separate from them if things get out of control, but don't give up. If one thing doesn't work, try another. And another.

That's it. All the advice I have. Those two things have held our family together over the years and continue to be the driving force for meeting each day. Learn to laugh at your situation, but most importantly, learn to laugh at yourself. Don't be so serious. You have many serious things to deal with. Lighten up. And be persistent. Tomorrow will come. Things will get better. Then they'll probably get worse again. So smile, giggle, guffaw, and don't give up.

NAMI holiday party

Nearly 25 persons attended NAMI's annual Christmas party and potluck in the Scout Cabin at Archbold's Ruihley Park, enjoying a wide assortment of salads, casseroles and desserts to go with the ham that was provided. Ed Clinker and Mark Krieger played and sang Christmas carols.

Everyone enjoyed the gift exchange was fairly uneventful until several gifts (particularly a Subway gift card and poinsettia) became the target of repeated steals. Afterward, many enjoyed the Festival of Lights in Ruihley Park on their way home.

The chapter's next social event will be the annual NAMI/support group picnic, also at the Scout Cabin in Ruihley Park. It will be held Thursday, August 13 starting at 6:15 p.m. with hot dogs, ice cream and soft drinks provided. Participants bring a covered dish to share.



Medicaid expansion saves ADAMhs Bd. at least \$1.5 million

Whether the Ohio legislature approves Governor John Kasich's proposed budget with Medicaid expansion later this spring is a big deal for the Four County ADAMhs Board. About \$1.5 million worth of big deal, according to board CEO Les McCaslin.

Two years ago when the governor implemented Ohio's participation in the expansion of Medicaid, he did so without the approval of the Republican-controlled legislature. Their opposition was largely based on the fact that providing Medicaid to individuals and families whose income was up to 138 percent of the federal poverty level was a huge expansion of the program and acceptance of Obamacare, both of which they opposed.

Then, and now, the Republican governor argued that it was merely returning tax dollars that Ohioans had sent to Washington and using it to help low income persons who otherwise could not afford healthcare.

As Gov. Kasich told Montana Republican legislators earlier this year, "I brought (Ohio tax dollars) back to Ohio. And what did we do with it? We treat the mentally ill. We treat the addicted, and we help the working poor stop going to emergency rooms and forcing me to pay their medical bills because they go there sicker."

Last year, when Medicaid was expanded, some 451,000 Ohioans signed up giving them access to the full range of medical care covered by Medicaid.

Locally, the number of Medicaid clients served by ADAMhs Board-funded agencies increased from 39% of the total client base to 67%. That explains how Medicaid expansion has saved the board at least \$1.5 million as those clients' treatment services are now funded by Medicaid instead of the board.

Without the expansion, an adult's income would have to be at or below the federal poverty level to be eligible for Medicaid – about \$11,670 a year. With the expansion, adults with income ranging from the federal poverty level up to about \$16,105 are eligible for Medicaid.

As a reference, persons working

Please see Medicaid on Page 8

Treating family violence

Whether it's domestic violence or child sexual abuse, the Center for Child and Family Advocacy has staff to counsel both the victims to help them heal and the offenders so they don't re-offend. The agency has been doing this for more than 30 years.

Beth Gerken, the executive director of the Center, recently talked with NAMI Four County about the agency and its wide array of programs, including many designed to prevent the violence in the first place by talking to middle school age students about bullying and safe dating and explaining what abuse is to children as young as third grade.

She explained that many of the offenders who they work with in treatment explain that their behaviors often started when they were in grade school. "So, you can't wait too long to talk about these things if you want to prevent them from happening in the first place," she said.

The Center's main office is located in Napoleon; however, they also have office space in Bryan, Defiance and Wauseon and work closely with the Family Justice Centers in Defiance, Fulton and Henry counties. She explained that the justice centers primarily provide advocacy services to victims of domestic violence and other crimes by supporting the victim with their presence, helping to explain the legal process and more.

In terms of domestic violence, the Center operates a battered women's shelter (House of Ruth) that can house up to 22 women and their children for up to 90 days if needed. While in shelter, the woman receives counseling, gets connected with a victim advocate, and receives help to re-establish their independence so they can support themselves and their children. The Center also has a 24/7 domestic violence hotline – 800/782-8555.

The domestic violence offender program typically takes 40 weeks to complete, two hours each week.

The Center also offers anger management help. However, Gerken said that anger and domestic violence are not the same.

"Everyone gets angry, it's a matter of how you handle it," she said. "Domestic violence offenders may not be angry people. Domestic violence happens behind closed doors. In fact, the offender may be great around other people all day. Domestic violence is an issue of power and control."



Beth Gerken, executive director, Center for Child & Family Advocacy.

Child sexual abuse counseling is provided for both children and adults who were abused as children. With children, the therapy can take several forms, including play therapy and sand tray therapy. In both cases, the therapist uses the child's play to communicate with and help the child.

When working with sex offenders, staff use the "emerge model" where offenders participate in a group orientation session that will also include offenders who have successfully completed treatment and victims – each of whom confront the offenders and confirm the consequences and damage of their actions on the victims and the offender as well. After completing orientation, offenders typically take a two year education program.

Gerken noted that many times individuals

Please see Family violence on Page 7

Health Partners of Western Ohio is accepting new patients at its clinics in Bryan and Defiance.

Patients will have access to a primary care physician, nurse practitioners, and the Health Partners' pharmacy and pharmacist. Services are provided on a sliding fee basis and most insurances, including Medicare and Medicaid, are accepted.

Call 419/636-0410 (Bryan) or 419/782-8856 (Defiance).

NAMI Four County meetings & programs

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

Tuesday, March 3

Program will be presented by Kathy Helmke, director of Comprehensive Crisis Center and Four County Family Center.

Tuesday, April 7

Program on Fulcare Behavioral Health at the Fulton County Health Center will be presented by Aaron Harmon, program manager.

Tuesday, May 5

Program on homelessness and mental health with a tour of The PATH Center, 1939 E. Second St., Defiance. 7 p.m. Kimberly Hurtt, PATH manager. *Meeting will be held in Defiance at The PATH Center.*

Tuesday, June 2

Program to be announced.

July: *No meeting. Summer break.*

Thursday, August 13

Annual NAMI/support group picnic starting at 6:15 p.m. at the Scout Cabin in Archbold's Ruihley Park. Those attending are asked to bring a dish to share. Hot dogs, ice cream and soft drinks are furnished.

Family violence...

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who are in counseling for family violence show the symptoms that are associated with various mental illnesses such as ADHD, oppositional defiant disorder, anxiety and depression.

However, Gerken cautioned that with any type of family violence there has been a tremendous amount of trauma inflicted on the victim. "So, sometimes what it (the symptoms) looks like isn't exactly what it is," she said, noting that it's important for the therapist to consider everything the person has gone through and help them deal with everything.

For more information on the Center and the services that it provides, call 419/592-0540 (219 E. Washington St., Napoleon). The agency is funded in part by the Four County ADAMhs Board and the United Way. Services are provided on a sliding fee scale.



Thank-you, Subway and Mama DeLuca's! The Subway and Mama DeLuca's restaurants in Stryker and in the Bryan and Defiance Walmart stores that are operated by Quadco Rehabilitation Center raised \$389.88 to support NAMI Four County's free mental health family education classes and family and consumer support groups. The restaurants donated a portion of their one day sales during Mental Health Awareness Week and also distributed information about NAMI Four County to their customers throughout the week. Here, Sharon von Seggern (left), operations manager for the restaurants, presents the check to past NAMI Four County treasurer Pat Allomong.

NAMI Basics class to start April 11

NAMI will be offering a free education class for parents, grandparents and care-givers of children and adolescents with emotional, behavioral and mental health issues next month.

The six week class, called NAMI Basics, will start Saturday morning, April 11 at the Four County ADAMhs Board office at T-761 State Route 66 south of Archbold. The 2 1/2 hour classes start at 10 a.m. and last for six weeks (May 16).

NAMI Basics is a professionally developed education program that is taught by trained teachers who are also parents of children with an emotional, behavioral or mental health problem.

The goals of NAMI Basics are (1) to give the parent information necessary to take the best care possible of their child, (2) help the

parent cope with the impact that mental illness has on the child and the entire family, and (3) provide the parent with the tools that will help them make the best possible decisions for their child.

Different topics are covered each week, including: information about most major disorders (ADHD, depression, bipolar, conduct disorder, oppositional defiant disorder, anxiety disorders and substance abuse), stages of emotional reaction of the family to the illness (crisis, shock, denial, grief and acceptance), treatment information for the disorders, working with the various systems that the child is involved with such as schools, and more.

For more information or to register for the class, please call the class instructors: Lisa Hollley at 419/438-7384 or Kathi Yevtich at 419/822-5212.

Free NAMI classes for clergy, youth volunteers

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information, encouraging the person and/or family to seek appropriate professional help, and then encourage self-help and other support strategies.

Participants receive a manual that covers mental illnesses and addiction disorders.

Mental Health First Aid will be taught by

Tonie Long, a therapist with Four County Family Center, on Thursday, April 30 from 8 a.m. to 4:30 p.m. at the Archbold United Methodist Church.

Both trainings are free, but pre-registration is required. For more information or to register, please contact Lou Levy, NAMI secretary, at louandrene@artelco.net or 419-399-0952.

New NAMI officers

NAMI Four County has elected officers for 2015. Katie Beck was re-elected president with Dave Durham as vice-president and Lou Levy as secretary. The new treasurer is Dan Beck. He replaces Pat Allomong who had completed three years as treasurer and wished to step down.

Medicaid expansion

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fulltime at the current federal minimum wage (\$7.25 an hour) would earn \$15,080 a year.

To make his expansion proposal more acceptable to some, Gov. Kasich has proposed a monthly premium payment ranging from \$15 to \$22 for adults whose income is above the federal poverty level. The goal: To make them aware that as they work and earn more money they have a responsibility for paying a portion of their healthcare. Currently, they are responsible for a co-pay.

In December, Gov. Kasich told members of the Ohio Chamber of Commerce that Medicaid expansion "...has saved lives, no question about it."

Twenty-eight states and the District of Columbia last year approved Medicaid expansion.

NAMI Four County 2015 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 2015 NAMI Four County dues to:

NAMI Four County, Attn: Dan Beck, treasurer, 06789 Co. Rd. 1950, Stryker, Ohio 43557.

Check out NAMI Four County's updated website.

www.namifourcounty.org

Photos, Links to Service Providers Serving the Area, Free Class Schedules, Support Group Meeting Times & Places, Information on Mental Health, and Links to Other NAMI and Mental Health Websites

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