



## Support Groups...

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

**Mood Disorders Group for Women Only.** The group meets twice a month — the 2nd Tuesday at 6:30 p.m. and the fourth Tuesday at 11 a.m. at the ADAMhs Board office on State Route 66 south of Archbold, T-761 SR 66. Contact: Connie at 419/789-3646 or Jammie at 419/770-9488.

**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: Dave at 419/966-3006.

**Bryan 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.

**Defiance Support Group for Family Members, Friends.** This group is for family members and friends of persons with a diagnosed or undiagnosed mental illness. Meets the second Tuesday each month at 7 p.m. at Zion's Lutheran Church, 1801 E. Second St., Defiance. For more information, please contact Wendy at 419/785-4072.

**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 Nancy at 419/439-6907 and leave a message or Tonic at 419/267-3355, ext. 5.

## Area businesswoman says her illness is a chance to give hope to others

*Wauseon resident Bev Miller* has been many things during her life.

Along with her brother, Ed, she is co-owner of Miller Tire, a national and global company that specializes in all sizes of farm tires including those for antique equipment. She has taught Sunday school and Bible school classes, been involved with community theater, sings in the choir, and early in her professional life spent a short time doing what she absolutely loved — teaching math.

And that's where the longest continuous part of her life began in 1975 as she was beginning what would have been her first full year of teaching high school math at Western Mennonite High School in Salem, Oregon.

During Thanksgiving break that fall, Bev had her first hospitalization with what would eventually be diagnosed as manic-depression or bipolar disorder.

At a recent NAMI meeting, Bev shared her 40 plus year

journey with mental illness — the ups and downs and how it closed one door that she had hoped would lead to a life-long career, but opened other doors that she has come to love.

Bev explained that after graduating from college, she left her friends, family and home to take a teaching job and serve as the assistant dean of students in Oregon.

"It was my first time away from my

Please see **Bipolar** on Page 6



**Ups and downs.** Those words aptly describe Bev Miller's early experience with bipolar disorder — the illness that dashed her hopes of teaching math. However, the last 40 years have been much better. Now, a co-owner of Miller Tire with her brother, Ed, she has set her sights on giving hope to others with bipolar disorder as well as their families. And, by participating in a national bipolar research study, she hopes to help scientists develop better medications for treating the illness.

## Free mental health classes scheduled

NAMI Four County has several free mental health education classes scheduled for spring that are open to the public.

The first class, NAMI Basics, starting Saturday, March 17 will be held in Archbold. It is for parents, grandparents or caregivers of children with emotional, behavioral or mental health problems.

A three-hour class that focuses on simple strategies to encourage positive behavior and discourage disruptive behavior for students

who may have an autism spectrum disorder will be offered Saturday, April 14 in Defiance.

And, a day long Youth Mental Health First Aid class will be held Friday, April 20 in Archbold. This class will help persons who work with youth be able to recognize a mental health crisis and know how to help the child or teenager get the professional help that is needed.

*Please turn to Page 5 for more detailed information on these free classes.*

## Genetic testing can improve medication effectiveness

A study published online January 12 in the *American Journal of Psychiatry* reports that genetic testing of certain genes can determine how well medications will manage symptoms and at what dose. Specifically, the study focused on the antidepressant Lexapro (escitalopram).

After genotyping the enzyme that metabolizes the medication, they were able to draw conclusions that certain genotypes resulted in rapid metabolism and poorer results. The conclusion was that better medication decisions and more effective outcomes are likely if genetic testing is done — particularly for patients who have not responded to the medication as expected.

**Note:** Nearly two years ago, Dr. Enequina Berrones with Maumee Valley Guidance Center made a presentation to NAMI about the GeneSight testing program that they use for some patients to achieve better, faster results. At the time, she explained that clinical studies showed that GeneSight patients were twice as likely to get better performing medications with a 70 percent greater improvement in their symptoms compared to patients who did not receive any genetic testing.

## Genetics & environment are equal contributors to depression risk

A large retrospective study (over 56 years) of 2.2 million people in Sweden found that genetic factors and the environment were equal contributors to the odds that depression would be passed from parents to children.

Published online December 13 in *JAMA Psychiatry*, this study, which used adopted and biological siblings, contradicts twin sibling studies that said genetics was more important.

One implication of this study is the importance of enhancing the home environment when a parent has mental illness. In other words, help the children develop emotionally so they learn how to experience, process and regulate their emotions.

## Music therapy to ease depression

Music therapy may help persons with depression when added to their regular therapy or medication regimen. According to a study reported online November 16 in the Cochrane Library, a review of nine previously completed experiments found that patients felt less depressed when music was added to their treatment.

The music therapy also seemed to help ease anxiety. It didn't seem to matter whether the therapy was simply listening to music or actively creating music; however, it did seem to work better when it was led by a person with training in counseling or treating depression.

Brain imaging has shown that music therapy activates regions in the brain that are involved in mood regulation.

## Your mother was right — eat your green leafy vegetables

Eating one serving of green leafy vegetables a day may help slow cognitive decline, according to a study published online December 20 in *Neurology*. Some 960 persons living in 40 retirement communities participated in the study, which had a follow-up of just over 4 1/2 years. All participants were free of dementia at the time of enrollment in the study.

The rate of decline for those who ate one to two servings of green

*research updates...*

leafy vegetables every day was the equivalent of 11 years younger, according to the study. The best sources of green leafy vegetables include spinach, kale, collards and lettuce.

## Higher sugar intake linked to male depression

Men who eat or drink more than 67 grams of sugar a day (about two cans of pop) could be increasing their risk for common mood disorders by 23 percent after five years compared to those who have a lower sugar intake.

The study was based on 10,308 participants (about two-thirds male) who were part of a British study that started in 1985 with data collected every two to five years. One piece of the self-reported data focused on sugar consumption and mental health.

There was no similar correlation among the female participants.

## Some psychiatric medications may boost risk for dementia

Anticholinergic medications, including antipsychotics used to treat schizophrenia such as clozapine and olanzapine, may pose a cumulative burden that increases the risk for developing dementia.

Specifically, the study published online November 28 in the *Journal of Clinical Psychiatry*, considered patients treated for schizophrenia. Noting that other, non-psychiatric medications also have anticholinergic effects, the researchers suggested that when all medications a patient may be taking are factored in, those with schizophrenia had twice the risk of developing dementia by the age of 80 compared to the general population.

The researchers suggested that as patients age (starting at age 50) reducing the dosage of medications that have an anticholinergic effect should be considered.

## 68% increase in self-harm among young British teenage girls

A review of a large British clinical practice database that was published online October 18 in the *British Medical Journal* reported that over a four year period the incidence of self-harm among girls age 13 to 16 increased by 68 percent.

The study urged physicians to consider self-harm a distress signal and urgent need for intervention by a mental health professional because it is the strongest risk factor for subsequent suicide. However, it also noted that primary care practices in socially deprived areas are less likely to refer children and teens who self-harm to mental health professionals.

In this study, 80 percent of the self-harm reports were drug overdoses.

## Facebook, Google target suicide risks

Facebook with more than 2.1 billion users worldwide announced late last year that it is expanding its use of artificial intelligence beyond American users to detect users with suicidal intent.

Facebook said it began using

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If you need to contact *The Advantage*, please email Lou Levy, the editor, at ...  
[louandrene@artelco.net](mailto:louandrene@artelco.net)  
 or call — 419/393-2515.

## Facebook uses AI to prevent suicide

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pattern recognition software last March in the United States to scan the text of posts and comments for phrases that could be signals of an impending suicide attempt.

If the software detects signals of a potential suicide attempt, a team of Facebook workers who specialize in handling such reports is informed and responds by suggesting resources such as a suicide prevention hotline and sometimes even calling local authorities.

Specifics about the technology were not released. However, Google's search engine displays the phone number for a suicide hotline in response to certain searches.

## Prevalence of autism stabilizes

Over the last three years the prevalence of autism has stabilized at roughly 2 1/2 percent among US children between the ages of 3 to 17 years, according to a study online January 2 in a JAMA research letter.

Boys are still more likely to have autism than girls (3.54 vs 1.22 percent).

## Depressed high school students more likely to drop out

A study out of Canada has an important message: Placing an emphasis on student mental wellness may reduce high school drop out rates and all types of difficulties that teens who never finish high school face later in life.

Published online November 28 in the *Journal of Adolescent Health*, the study found that teenagers struggling with depression were more than twice as likely to drop out of high school as their peers who did not have depression or those who had recovered from depression earlier in life.

Some 6,773 students in 12 disadvantaged high schools with high dropout rates in and around Montreal participated — first completing a screening questionnaire at the start of the school year and then one year later a smaller group of those students were interviewed by a graduate assistant who assessed their mental health.

Almost a quarter of the 183 students who had dropped out of high school had clinical depression in the months before quitting.

To put those numbers into an American perspective, the National Institute of Mental Health estimated that in 2015 some 3 million 12 to 17 year olds in the U.S. had experienced at least one major depressive episode in the previous year.

## History of suicide attempt linked to shorter life expectancy

Both men and women who attempt suicide are more likely to die sooner than peers who never attempted suicide, according to a study reported online December 14 in *Acta Psychiatrica Scandinavica*. And, death from suicide or an undetermined cause only accounted for about 20 percent of the earlier deaths.

For those attempting suicide by age 20, life was shorter by 18 years for men and 11 years for women. For those whose attempt occurred at age 50, life was shortened by 10 years for men and 8 years for women. The Swedish researchers used a database compiled over four decades of 185,000 individuals older than 18 who had attempted suicide and been hospitalized.

research updates...

Shorter life expectancy due to all causes has been well documented in studies comparing persons who have a mental illness compared to the general population; however, this was the first study to make the comparison based on suicide attempts.

## Huge projected increase in suicide and overdose deaths in next 10 years prompts call for more prevention, resiliency

A report issued late last fall that was founded by the Well Being Trust and the Robert Wood Johnson Foundation projects more than 1.6 million deaths due to drugs, alcohol and suicide in the United States between 2016 and 2025. That's a 60 percent increase over the previous decade.

The report, *Pain in the nation: The drug, alcohol and suicide epidemics and the need for a national resilience strategy*, was based on data from the CDC. The numbers may be conservative because of the rapid increase in the number of opioid-related deaths.

The report's recommendations include...

- **Improve pain management** and treatment to help people heal physically, mentally and emotionally,
- **Address the issue of multigenerational** substance abuse to break the cycle of addiction,
- **Implement evidence-based** programs to reduce excessive alcohol use,
- **Reduce suicide** by expanding crisis intervention programs and integrating mental wellness into primary care,
- **Focus on the "whole health" of the individual** by integrating care — particularly in rural and underserved urban areas,
- **Prioritize prevention**, reduce risk factors, promote resiliency and mental wellness in children, families and communities, and
- **Enhance evidence-based programs** for developing life skills and coping skills and increasing the availability of mental health services in the schools.

## Add-on therapy promising with bipolar depression

Transcranial direct current stimulation was safe, effective and well tolerated as an add-on treatment for bipolar depression. The treatment showed superior improvement for depressive symptoms and did not induce manic episodes, according to the research that was reported online December 27 in *JAMA*.

This was the first randomized sham-controlled, double-blind study of this add-on treatment for bipolar depression.

## No way to stop late-life dementia

There is no way to prevent late-life dementia. The University of Minnesota Evidence-Based Practice Center published four reviews online December 18 in *Annals of Internal Medicine* and that's what they have concluded.

They looked at studies that examined physical activity, various medications, vitamins and supplements, and cognitive training. None of them showed much benefit.

One possible exception: A study that combined cognitive training, exercise and diet showed "some improvement."

# Promoting mental wellness will prevent illness for some, encourage others to get help sooner

**S**pending on prevention programming by the Four County ADAMhs Board has increased by nearly 250 percent in the last year – climbing from roughly \$300,000 to a little more than \$750,000.

ADAMhs Board CEO Les McCaslin believes that the decision to do so will ultimately be one of the better things that he has accomplished since he became the board’s CEO 14 years ago.

Making sure that easy access to high quality, affordable mental health and addiction treatment services has always been and will continue to be the board’s priority for residents of Defiance, Fulton, Henry and Williams counties.



**Les McCaslin**

However, McCaslin explained that developing a comprehensive, on-going plan to promote mental wellness and awareness will eventually prevent illness for some and encourage others to get help sooner. As a result, the community will have improved health, the need for more expensive services such as hospitalization will be reduced, and tax dollars will be saved.

**One of the board’s largest** prevention expenditures has been a \$250,000 partnership with the four county health departments using their community health staff to implement a mental wellness awareness campaign.

Called “4 YOUR MENTAL HEALTH,” the multi-media campaign is patterned after other public health initiatives, such as the annual push to promote flu shots and other vaccinations.

The initial push is to use traditional media (radio, newspapers and billboards) and social media (Facebook, Twitter and so forth) to raise awareness of why the flu shot is important. The campaign then enlists various healthcare professionals (doctors, hospitals, clinics and others) to reinforce the message and encourage their patients to get the shots. The campaign extends to employers, health insurers, schools and colleges, and more to encourage their people to get the flu shot. And, finally, the message is delivered by

friends and family to one another as something that’s important and needs to be done.

**“Changing behavior is difficult** because people not only have to understand the importance of the change to them, they also have to decide that they want to change,” said Megan Riley, the director of community health for the Williams County Health Department.

She and her counterparts at the other three health departments are responsible for developing and implementing the 4 YOUR MENTAL HEALTH campaign. This year, most of the public campaign will focus on awareness.

“Now we are trying to educate the general public on how mental health impacts physical health and vice versa,” Riley explained.

For example, the messages focus on ways everyone can improve their mental wellness and also their physical health by exercising more, developing social relationships with family, friends and even pets, and eating healthy.

Riley acknowledged that a mental wellness campaign that incorporates physical health is something new for the health departments.

But, McCaslin looks at combining mental and physical health as the only approach. Several years ago, the ADAMhs Board became one of the first rural mental health boards in Ohio to fully integrate the delivery of behavioral and physical health services at one location when the board partnered with Health Partners of Western Ohio, a federally qualified health center.

The partnership led to primary healthcare (including a pharmacy and dental services) being provided in the same office as mental health and addiction

services.

“You can’t separate mental health from physical health,” McCaslin explained. “Each affects the other.”

For example, McCaslin said that for many years every county has completed community health assessments.



**Megan Riley**

“It doesn’t matter which county we look at, nearly 25 percent of the youth say that they have been sad, depressed and have thought about suicide,” he said. “And, when we looked at other data from the survey, we also find that many of those kids also have poor nutrition and don’t exercise.”

“It’s time we address this as a mental **and** physical health issue,” McCaslin said. “We haven’t gotten very far treating it as just a mental health issue.”

Riley added that it will take time to see the impact of the campaign because attitudes and behaviors have to change first. However, the community health surveys will begin to measure the campaign’s effectiveness by showing if people are getting the help that they need, whether they are eating better and their

Please see **Prevention programming** on Page 7

**4 YOUR MENTAL HEALTH**

**A Collaboration between the Four County ADAMHS Board & the Four County Area Health Departments**



## Free mental health family education class for caregivers of youth starts Saturday, March 17

NAMI Four County will offer a free, 5 session mental health education class for parents, grandparents or caregivers of youth with behavioral or emotional issues from noon to 2:30 p.m. starting Saturday, March 17 in Archbold.

The class, called NAMI Basics, will be held at St. Martin's Lutheran Church, 203 S. Defiance Street (State Route 66), Archbold.

Taught by Lisa Holley and Kathi Yevtich, parents of children with behavioral difficulties, NAMI Basics was developed by the National Alliance on Mental Illness.

The class is open to the public. Each week participants will learn about a different aspect of their loved one's illness and receive extensive hand-outs to put in a binder that they will be given.

The goals of the class are to give the caregiver the basic information necessary to take the best care possible of their child, their family and themselves and to help the parent or caregiver cope with the impact that the illness has on the child and the entire family.

Topics covered include information about all of the common illnesses, including attention deficit disorder, depression, bipolar disorder, anxiety disorders, conduct disorders, and more. Information on effective treatments, tips on record keeping that are helpful when working with schools and mental health professionals, strategies that are effective in handling challenging behaviors, improving problem-solving, listening and communication skills, and how to locate appropriate services and supports for the child.

NAMI will offer free child care for a limited number of families and gas cards for families needing them.

Although the class is free, pre-registration is required so enough materials can be prepared. To register or get more information, please call Lisa at 419/438-7384 by Monday, March 12.

## Free trainings on Youth Mental Health First Aid & managing challenging behavior

*If you, your church or your organization is involved with helping youth* (children through teenage), then the all-day Youth Mental Health First Aid training that NAMI will sponsor on Friday, April 20 starting promptly at 8 a.m. and concluding by 4:30 p.m. at St. John's Christian Church, 700 S. Defiance Street (State Route 66), Archbold is for you.

You will learn to identify risk factors and warning signs that a child or teenager may be having a mental health crisis. You will learn how to listen nonjudgmentally and how to give reassurance and information to the young person. But, most importantly, you will learn how to effectively encourage the youngster and his or her family to get the appropriate professional help before actions are taken that cannot be reversed.

The instructors have completed a week long training offered by Mental Health First Aid USA and taught this training before.

Each participant will receive a comprehensive 200 plus page manual, a continental breakfast and lunch at no cost. Those completing the full training will receive a certificate that they are certified Youth Mental Health First Aiders, and those who are not

able to stay for the full 8 hours will receive a certificate of attendance.

**Registration is required by Friday, April 13.** For more information or to register, email or call Lou Levy at [louandrene@artelco.net](mailto:louandrene@artelco.net) or 419-393-2515.

*If you are a parent, caregiver or volunteer who works with children who have disruptive, challenging behaviors* that may be an autism spectrum disorder and you would like to learn some simple ways to promote positive behavior and discourage the challenging behavior, then a three-hour training Saturday morning, April 14 starting at 8:30 a.m. and concluding by 11:30 a.m. in Room 18 of Defiance Hall on the Defiance College campus is just for you.

In partnership with the Defiance College Hench Autism Studies Program, NAMI will sponsor the training that is led by Dr. Clarissa Barnes, director of the autism program. The training emphasizes practical, doable strategies to modify behavior. You will work on strategies during the training.

**Registration is required by Tuesday, April 10.** For more information or to register, email or call Lou Levy at [louandrene@artelco.net](mailto:louandrene@artelco.net) or 419-393-2515.



### Empty Bowls for PATH.

Some 13 juniors in the Defiance College social work program planned the 18th annual Empty Bowls fundraiser for The P.A.T.H. Center, a Defiance soup kitchen/drop-in center operated by Northwest Ohio Community Action. An estimated 600 persons were served a variety of soups, breads, desserts and beverages donated by area merchants. For the last few years, the event has annually generated about \$4,000 to support The P.A.T.H. Center.

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

Patients will have access to primary care providers, behavioral health counselors, and the pharmacy team.

A full service dental clinic is at the Bryan office.

Services are provided on a sliding fee basis and most insurances, including Medicare and Medicaid, are accepted.

**Call 567/239-4562 (Bryan) or 419/785-3827 (Defiance).**

# 2-1-1

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

**Always toll-free, 24 hours a day, every day.**

# Bev Miller: ‘Bipolar is a life sentence, but with treatment I have not been imprisoned by it.’

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friends and family,” she said. After the first year, she got a full time job teaching high school math and moved out of campus housing to live by herself. Her time in Oregon had also become a spiritual awakening.

Although she grew up Mennonite, graduated from a Mennonite college and taught at a Mennonite high school, she was intrigued the church’s charismatic movement, which put a different spin on her faith.

“*I had become super spiritual* by the fall of 1975,” Bev said. She began to see and interpret things that happened to her as messages from God. Her thinking and the incredible energy that she felt was likely fueled by a manic episode that finally overwhelmed her around Thanksgiving.

Her family first became aware of the seriousness of her illness when the school called her parents to come to Salem to bring her home.

They had no idea what they were getting into until they got to Oregon. None of them did.

Bev was hospitalized three times in two years with each hospitalization lasting about a month.

Doctors warned her family that she would be in and out of the hospital all of the time. Her brother told her sisters during the first hospitalization: “Don’t ask Bev any questions that can’t be answered yes or no. Don’t ask her to think. She’s lost the ability to do so.”

*Those were the darkest days* for Bev and her family, and they lasted for nearly three years. There were times when she was ok, but they were always followed by a relapse.

When she could, she worked at the family tire business and helped at her church. But, she couldn’t get over the fact that this illness had cost her the job that she dearly loved – teaching math. And, in the 1970s she knew that the way she had lost her job meant that she could never teach again.

The roller coaster ride that is bipolar disorder finally caused Bev to attempt suicide by taking all of her mother’s

***‘I’m glad that I’m bipolar. If my voice (my story) can help others, then I’m glad.’***

prescription medication. “I didn’t want to live any longer. I felt relieved after taking the pills believing that I would never wake up. But I did,” she said. “And look at what I would have missed!”

Doctors finally gave her illness a name – bipolar disorder. They found a medicine that worked – lithium. And, for nearly 40 years, the doctors have made adjustments to her medicine as needed to manage the symptoms of her illness.

“That’s my first message when I talk to people (with a mental illness). Stay on the medication,” she said.

*Early on in her illness* when the lithium was working and she was doing really well, her doctor said she didn’t need to take it anymore. Eventually, she had a relapse. After that, she knew that she would always have to take her medication.

Two years ago, Bev wrote an article for various Mennonite publications. In it, she introduced herself by writing:

“I am bipolar. I cannot say ‘I was bipolar,’ because there is no cure. It is a life sentence. But with treatment, I have not been imprisoned by it.”

The purpose of her article was to encourage other Mennonites with bipolar disorder to participate in a National

Institute of Mental Health (NIMH) research study, which she has been part of for nearly five years.

*The research hopes to identify* specific genes that trigger bipolar disorder. Once that gene or genes are identified, they then hope to develop improved medications that can manage bipolar symptoms better.

She explained that the study is only using Amish and Mennonite families because both groups historically have married within their respective faiths, and they usually have large families. So, the genes are easier to isolate.

Bev, along with her siblings and her mother (none of whom have bipolar disorder), have completed lengthy questionnaires, given blood samples, and Bev and one of her sisters have provided a skin sample.

The NIMH study has covered all of the costs of their participation.

Although the study hasn’t led to any new medications yet, Bev reports that it has isolated genes that seem to be involved.

So, why does Bev feel so passionate and committed to sharing her story and participating in the NIMH study? Here’s what she said at the NAMI meeting.

“I want to give hope to others who are dealing with bipolar disorder and their families. I believe my family suffered more than I did from this.”

Although there were times when she questioned why “my loving God would make me like this,” now she says, “I’m glad that I’m bipolar. If my voice (my

## Learn more about NIMH research studies

The National Institute of Mental Health is part of the National Institutes of Health, the nation’s medical research agency. Located in Bethesda, Md., NIH scientists have led research that has improved health and saved lives for more than 100 years.

If you would like to know more about the National Institute of Mental Health and the research projects that are currently seeking participants, please visit their website: [www.nimh.nih.gov](http://www.nimh.nih.gov).

At the top of the home page, click on the “Health and Research” tab and then select “Clinical Trials.”

From there, you can get answers to common questions about the clinical trials that NIMH researchers conduct, learn who can participate in these studies, the benefits and risks of participating, and questions to ask the researchers before deciding whether to participate in a study.

## NAMI Four County meetings & programs

All NAMI meetings, which are open to the public, are on the first Tuesday of the month starting at 7 p.m. at the ADAMhs Board office unless otherwise noted. For the most up to date meeting information, please visit NAMI's website at [www.namifourcounty.org](http://www.namifourcounty.org).

### Tuesday, March 6

Jasmine Torbet, LPCC-S, LICDC, clinical coordinator for Maumee Valley Guidance Center, will explain the use of cognitive behavior therapy (CBT). Meeting starts at 7 p.m. at the ADAMhs Board office, T-761 SR 66 south of Archbold.

### Tuesday, April 3

Fulcare Behavioral Health will host NAMI members and friends for a dinner at the Fulton County Health Center to conduct a focus group to discuss what families and individuals living with mental illness find helpful, frustrating or could be improved in the way behavioral health professionals interact with them. Those attending do not need to be Fulcare clients, but you do need to be willing to share experiences with the goal of helping to improve the quality of care. Meeting starts at 6 p.m. at the Fulton County Health Center. Reservations are requested for meal planning.

### Tuesday, May 1

NAMI will meet at The Renewal Center's outpatient area in Napoleon, 1895 Oakwood Ave., to see the recently opened facility, hear their plans for future expansion and learn how staff work with clients who have both addiction and mental health problems. Meeting starts at 7 p.m.

### Tuesday, June 5

ADAMhs Board CEO Les McCaslin will talk about his nearly 40 years of working in the behavioral health field and the changes that he has seen in terms of how mental health and addiction services have evolved since the 1980s. Meeting starts at 7 p.m. at the ADAMhs Board office, T-761 State Route 66 south of Archbold.

### No meeting in July

### Tuesday, August 7

Annual NAMI picnic starting at 6:15 p.m. at the ADAMhs Board office, T-761 State Route 66 south of Archbold. Grilled hot dogs, ice cream and drinks provided. Participants are asked to bring a dish to share.

# Prevention programming saves money

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answers to other relevant questions.

However, not all of the ADAMhs Board prevention efforts are directed to the general public.

A Renewed Mind Behavioral Health is implementing two intensive, short-term, evidence-based programs that target families struggling with addiction and other problems. Participants in the programs – Celebrating Families! and functional family therapy – are generally encouraged to do so by the courts or jobs and family services because of issues that have put the entire family at risk.

**“It’s well known** that a pattern of addiction is cyclical within a family,” said Ryan Pickut, associate vice-president of clinical services for A Renewed Mind. “So, if you can prevent the environmental impact of addiction in the home from extending to the children, then you can break the cycle of addiction. That’s what Celebrating Families! Is all about. The entire family participates in the 16 sessions.”

During those sessions, parents and their children learn how a well-functioning family behaves and what everyone in the family has to do to achieve that. They learn why and how addiction destroys a family and how the family has to work together and develop healthy relationships.

**Functional family therapy** is similar and has been used by A Renewed Mind in Lucas County. Many of the youth from these families have already been involved with juvenile court, according to Pickut.

“It has been a real effective program for youth who are already on probation,” he said. “We have seen a reduced number of probation violations and other issues with youth who are in the program.”

According to Pickut, evidence-based programs like Celebrating Families! and functional family therapy don’t only save families and change lives, they save money by reducing the need for costly services.

For example, he said if the programs can keep a youngster out of the hospital, then that’s a savings of \$500 to \$1,000 a day. And, if an out-of-home placement can be avoided, the savings is even greater as those placements can cost \$20,000 to \$50,000 a year.



**Ryan Pickut**

**Pickut credits the ADAMhs Board** for funding prevention programs.

“Insurance doesn’t pay for (behavioral health) prevention. It just pays for treating symptoms – even though effective prevention programs can prevent the symptoms from occurring in the first place,” he said.

He went on to say that prevention can have a huge positive impact on schools and the community as well.

**“Effective prevention programming** can ultimately help kids function at their highest possible level, so they are able to learn in school and be involved in school programs and activities. Otherwise, mental health and addiction issues create problems

that keep them from taking advantage what school can offer.

“And, in the workplace,” he continued, “an increasing number of businesses are having trouble maintaining a drug-free work force. Prevention at the front door (for youth) can provide a better work force that has learned coping skills and is ready to be a productive part of society.”

## Additional ADAMhs-funded prevention programming

In addition to the prevention programs and mental wellness campaigns mentioned in the story about ADAMhs Board prevention funding, the board also funds the following programs.

- **Families and Schools Together (FAST):** An 8-week program to strengthen struggling families by developing parenting skills and improving school success.
- **It Takes Two:** Teaches the non-custodial parent how to play a positive role in their child’s life.
- **Signs of Suicide (SOS):** School-based program that teaches youth to identify signs of suicide in their peers, importance of sharing their concern to their friend, and telling a responsible adult about their friend.
- **Local Outreach to Survivors of Suicide (LOSS):** A trained team of volunteers to immediately respond to families who have experienced a suicide death of a loved one to offer support, hope and resources.
- **Healthy eating and mental wellness:** An elementary awareness program implemented by the county United Way organizations.
- **Drug-Free Coalitions:** Four community coalitions that plan and implement campaigns promoting drug-free living and discouraging drug and alcohol use and abuse by youth.

### NAMI beef, pork raffle tickets on sale soon

NAMI Four County is sponsoring a meat raffle (either a quarter of beef or half a hog) with tickets on sale starting March 6 and continuing through early May. The winners will have their meat in time for Memorial Day cook-outs.

Tickets are \$10 or 3 for \$20. The first ticket drawn will choose either the beef or hog with the second winning ticket getting whichever meat the winner did not choose.

Each meat package will include the basic cuts of meat for a quarter of beef or half a hog.

Proceeds from the raffle will support NAMI's free mental health family education programs, support groups, and community education programs such as those listed on Page 5 of this newsletter.

To purchase a meat raffle ticket, simply mail a check payable to NAMI Four County for the number of tickets desired to our treasurer Barb Arnos at 01038 US 127, Bryan, Ohio 43506. Be sure to include your phone number.

Winners will be contacted no later than May 15.

### NAMI Four County 2018 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: \_\_\_ \$60 family \_\_\_ \$40 individual \_\_\_ \$5 individual, limited income

*Please mail your 2018 NAMI Four County dues to:*

NAMI Four County, Attn: Barb Arnos, treasurer, 01038 US 127, Bryan, Ohio 43506.

### Check out NAMI Four County's updated website.

[www.namifourcounty.org](http://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

ADDRESS SERVICE REQUESTED

PRSR STD  
U.S. Postage PAID  
Archbold, Ohio  
43502  
Permit #8

ADAMhs Advantage  
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Archbold, Ohio 43502  
419/267-3355