



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.

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.

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.

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.

Defiance family support group being planned

A mental health family support group is being planned to start this fall in Defiance. The group would be for family members with a loved one who has a diagnosed or undiagnosed mental illness. If you would be interested in being part of a Defiance area family support group, please contact Wendy Golden, the support group facilitator, at 419/785-4072.

Comprehensive men's addiction treatment facility planned for area

Men struggling with addictions and mental health issues will have a new treatment and recovery option possibly as soon as early next year – The Renewal Center, a 12,000 square foot facility that will likely be built somewhere in Henry County.

(Editor's Note: The Center had been planned for an area on Napoleon's north side, but that location needed a zoning change from industrial to commercial and the change was not approved.)

Matt Rizzo, the CEO and president of A Renewed Mind, spoke recently with NAMI members about the facility his organization will be building with support from the Four County ADAMhs Board.

He explained that A Renewed Mind has operated Fresh Start, a men's residential addiction program in Alvornton, for nearly 1 ½ years. With its main office in Toledo, the agency also provides a wide range of behavioral health services in Lucas, Wood and Hancock counties.

Once completed, The Renewal Center will provide an extensive range of integrated addiction and mental health services for male residents of Defiance, Fulton, Henry and Williams counties. Those services would include: on-site assessment, a 16 bed residential program, ambulatory detox, outpatient counseling, and,



Matt Rizzo, CEO and president of A Renewed Mind, talked with NAMI earlier this year about the agency that he leads and its plans to build a comprehensive men's addiction treatment facility in the four county area. NAMI Four County president Dave Durham (right) is with Matt Rizzo.

eventually, adjacent recovery housing.

Rizzo explained that while A Renewed Mind started as an addiction agency in a church basement in Toledo, it quickly transitioned to serving their clients' mental health needs as well. "Addiction is a diagnosable mental health issue," he said.

Today, about half of the services provided by A Renewed Mind at its northwest Ohio locations are mental health in nature. About one-third of their clients have addiction as their primary diagnosis. Roughly 65 percent of all clients served have co-occurring mental health and addiction issues.

"We are a faith-based organization that is committed to serving the underserved who

Please see *New men's addiction center* on Page 4

ADAMhs Board plans to place seven-tenths mill renewal levy on fall ballot

The Four County ADAMhs Board plans to place a seven-tenths of one mill renewal levy for mental health and addiction services on the November 8 ballot.

The tax, which was first approved by voters in Defiance, Fulton, Henry and Williams counties in 1982, would be collected for five years and raise about \$1.7 million each year.

The board is supported by two, seven-tenths of one mill property taxes. Together, the two taxes generated \$4,182,203 last year, or approximately 60 percent of the board's total

revenue.

Most of the board's spending (56%) is used to support mental health services with alcohol and drug service spending at 18% and integrated healthcare at 12%.

Some 3,704 adults received services in 2015 that were funded by the ADAMhs Board while 2,128 children received ADAMhs-funded services. The ADAMhs Board integrated health partnership with Health Partners of Western Ohio served 1,205 patients last year.

Mental illness costs over \$200 billion in U.S.; spending on treatment saves money

The latest estimates of the cost of all types of medical conditions in the United States show that the \$201 billion spent on mental health disorders in 2013 make mental illness the costliest disease in America. In 1996 when Altarum Institute in Ann Arbor first published its report, heart conditions were the most expensive class of illnesses to treat with mental illness a distant second.

Charles Roehrig, the director of the Institute, said, "Not only is spending on mental disorders way ahead of heart conditions (today), the spending is growing unusually fast. We are getting better at preventing heart disease and stroke, but spending on anxiety and depression has grown very rapidly within the mental disorders area."

More than 40 percent of the \$201 billion is spent on mental health is for people who are in nursing homes and other institutions.

The top five spending areas are (1) mental disorders, (2) heart conditions, (3) trauma, (4) cancer, and (5) pulmonary conditions.

However, a study by the World Health Organization published in the online April 12 *Lancet Psychiatry*, reports that for every dollar spent on improving treatment for depression and anxiety, the return on investment could be greater than four times the cost because of increased productivity and improved health.

Their report pegged the total cost, including counseling and medication, at \$147 billion. However, the return in worker productivity was set at \$399 billion with an additional \$310 billion as the value for improved health.

The WHO reported rates of depression and anxiety had increased 50 percent worldwide from 1990 to 2013, increasing from 416 million to 615 million people — nearly 10 percent of the world's population. At the same time, world governments spent an average of only 3 percent of their healthcare budgets on mental health.

Deep TMS promising for OCD, ADHD, other mental illnesses

Deep transcranial magnetic stimulation (TMS), already approved for treatment-resistant depression, is proving beneficial for obsessive-compulsive disorder, adult ADHD, PTSD, and the negative symptoms of schizophrenia, according to research presented at this year's annual meeting of the American Psychiatric Association.

How successful the treatment is apparently depends on targeting the most appropriate regions of the brain.

TMS works because it targets areas of the brain with abnormal neuronal activity patterns, which are associated with a number of psychiatric disorders.

The non-invasive technology sends brief magnetic pulses to the brain. Deep TMS differs from the conventional TMS in that it sends the pulses deeper into the brain and reaches a wider, broader field. Thus, it is more successful.

For example, deep TMS was used on 10 patients who had failed drug therapy and at least one course of electro-convulsive therapy. As the intensity of the pulse was increased, the depression improved with 7 of the 10 achieving remission. The typical round of treatments is 22 to 44 sessions for five days a week.

Head turning: tip for Alzheimer's?

A simple, rapid test called the Head Turning Sign (HTS) may help determine Alzheimer's disease. It's when a patient turns their head

research updates...

toward their caregiver for assistance or cues to help answer simple questions. It indicates a greater likelihood the patient has Alzheimer's than mild cognitive impairment.

This study, presented at this year's Congress of the European Academy of Neurology, involved 78 patients. HTS was present in 83 percent of the Alzheimer's patients and 44 percent of those with mild cognitive impairment.

Exercise, eating right in your 40s may ward off cognitive decline

A study published online May 18 in the *American Journal of Geriatric Psychiatry* says that being physically active, keeping normal blood pressure and healthy levels of HDL cholesterol when you are in your 30s and 40s may prevent cognitive problems much later in life.

Researchers noted that changes in the brain that are associated with dementia can take 20 to 30 years to develop, so they developed a study that followed 387 women who were part of a Women's Healthy Aging Project.

Their findings showed that physical activity was the most important factor predictive of better verbal memory later in life with HDL cholesterol levels as the next most predictive. High blood pressure negatively affected verbal memory over time.

Lithium: The old bipolar standby

A study of more than 6,500 patients with bipolar disorder reports that those taking lithium had lower rates of self-harm and unintentional injury than those taking mood stabilizers such as valproate, olanzapine or quetiapine.

Lithium was widely used in the 1960s and 70s — before the newer medications were available. However, since patients with bipolar are 15 times more likely to die by suicide than the general population, the researchers suggested using lithium as a first line maintenance treatment. However, lithium poses concerns about its possible effects on the kidney and thyroid, and it requires careful monitoring.

Autism rate still at 1 in 68

Autism spectrum disorder rates remain at 1 in 68, according to the CDC. However, they also report that the prevalence of autism is greater among boys than girls (23.5 vs. 5.3 per 1000) and higher among non-Hispanic white children than non-Hispanic black children or Hispanic children (15.5 vs. 13.2 vs. 10.1 per 1000).

Parkinson's drug very effective for treatment-resistant depression

Pramipexole, used to treat Parkinson's disease, can significantly improve symptoms of treatment-resistant depression, according to a report presented to the 2016 conference of the Anxiety and Depression Association of America. The catch is patients need to tolerate fairly high doses (typically 2.46 mg/day) of the drug.

Some 76 percent of those who could tolerate the medication achieved a 50 percent or better reduction in symptoms with nearly half of the group achieving remission.

Nausea was the main side effect as the dosage was increased and older patients (45+) seemed to tolerate the higher doses better than the younger patients.

Using antidepressants off-label

Off-label prescribing of antidepressants is increasing, particu-

Please see **Off-label** on Page 3

Off-label prescribing

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larly for insomnia and pain, even though no studies have established proof that they work.

The study was published in the May 24 issue of *JAMA*. The investigators at McGill University in Montreal found that 45% of the antidepressants prescribed for more than 100,000 adults were for conditions other than depression with most for anxiety (18.5%), insomnia (10.2%) and pain (6.1%).

Exercise and teenage depression

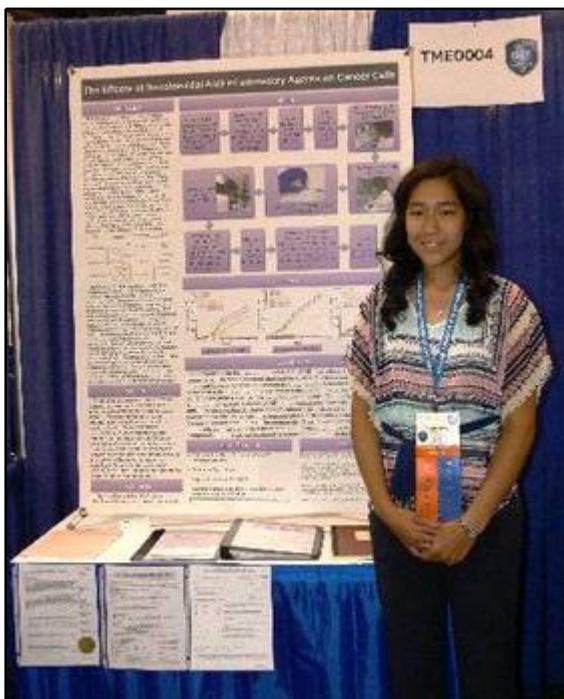
Physical exercise may be helpful in improving the symptoms of depression in teens, according to a study published online May 10 in the *Journal of the American Academy of Child and Adolescent Psychiatry*.

A meta-analysis of clinical trials found that even light to moderate exercise three times a week for at least 6 to 12 weeks could bring about an improvement. Although the authors say their results are far from conclusive, they noted that the teens who participated in exercise said they had better sleep, more energy, more confidence, more self-esteem, did their homework, and got along better with others.

Trauma linked to psychosis risk

Persons diagnosed with traumatic stress disorder are at great risk

of developing bipolar disorder and schizophrenia, according to a large scale



ADAMhs Board science fair winner. Karena Langhals from Columbus Grove won the ADAMhs Board sponsored award at the Northwest Ohio Science and Engineering Fair earlier this year for the best behavioral health/medicine project. She also qualified for the INTEL International Science and Engineering Fair in Phoenix with her research project on cancer cells. There, Karena won a four-year renewable University of Arizona scholarship valued at \$48,000. Kate Murphy, a Hicksville senior who won the top ADAMhs Board award at the 2015 science fair, also competed at this year's INTEL IS&EF where she earned a fourth place award in behavioral sciences out of 1,760 students. Her research project: *Analyzing Women's Representation in the Healthcare Field on American Television from 1965 to 2015.*

research updates...

study presented at the 24th Congress of the European Psychiatric Association. Dr. Niels Okkeis from Denmark found that there was an 8-fold increased risk of developing schizophrenia and a 4-fold risk for bipolar disorder five years after experiencing trauma.

Cannabis, meds and psychosis

With all the talk about medical marijuana, these two studies from England and presented at the 2016 biennial meeting of the Schizophrenia International Research Society are interesting.

One study said that a cannabis compound (cannabidiol) when used with an antipsychotic medication seemed to reduce psychotic symptoms in patients with schizophrenia. The lead investigator said the improvements were not dramatic, but they were significant.

Another study that analyzed 15 studies involving 3,678 patients found that the use of cannabis (smoking) more than doubled the risk of nonadherence to antipsychotic medication and that continued use increased the risk by five times.

The only difference appears to be that one study focused on pill form while the other was smoking marijuana.

Schizophrenia updates....

A **once-monthly injection** of a long-acting form of risperidone seems to work well and improved health-related quality of life in patients who participated in an eight week, multicenter, randomized, double-blind trial. The drug is RBP-7000.

ECT may be a viable option for patients with schizophrenia. Long used for treatment-resistant depression, more than 75% of the 144 patients in the study who had schizophrenia responded well to ECT with very few (9%) having any cognitive problems. The study was presented at this year's annual meeting of the American Psychiatric Association.

NAMI Four County recognized as public charity by IRS, Ohio

NAMI Four County is now recognized by the IRS and the state of Ohio as a 501c3 public charity, meaning that it can accept tax deductible donations to support its mission, educational programs, support, advocacy for individuals and families living with mental illness, and community awareness efforts.

Although the local affiliate of the National Alliance on Mental Illness has been incorporated as an Ohio non-profit since 1999, its officers and members only decided last year to apply to the IRS for public charity status and complete other requirements of the national NAMI organization to become a stand-alone affiliate.

Last month, its newly formed board of directors held its organizational meeting and elected Lori Robison, president; and Katie Lloyd, secretary.

The NAMI Four County board of directors currently include:

Lori Robison, dean of allied health

& public services, Northwest State Community College, Defiance. Term through 2017.

Katherine Lloyd, associate attorney, Newcomer, Shaffer, Spangler and Breininger, Bryan. Term through 2018.

Dave Durham, president of NAMI affiliate, farmer, Napoleon. Term through 2016.

Lou Levy, secretary of NAMI affiliate, retired, Paulding. Term through 2016.

Tim Reynolds, pastor Zion's Lutheran Church, Defiance. Term through 2017.

Todd Ziegler, commercial lender, First Federal Bank, Archbold. Term through 2018.

Additional members will be recruited for the board, which can have up to 14 members. The board intends to meet every other month for at least the first year.

Patient's DNA can help determine best medication, dosage for illness

Genetic research is helping doctors in our area select the most effective medication with the fewest side effects for patients who are suffering from a variety of illnesses, including hard to treat depression and other disorders such as bipolar and schizophrenia.

And, more good news: Many insurance companies, including Medicaid, Medicare and the Veterans Administration system, are paying for the testing.

Dr. Enedina Berrones, Maumee Valley Guidance Center's medical director and one of the area doctors who are using the DNA testing, explained the procedure earlier this year to NAMI members.

The testing used by Dr. Berrones is called GeneSight. Developed by Assurex Health six years ago, it is based on technology developed by the Mayo Clinic and Cincinnati Children's Hospital Medical Center.

The test analyzes a sample of the patient's DNA, which is collected by swabbing the inside of the mouth, and compares it with the pharmacology of the various medications that are FDA-approved to treat the patient's illness.

The test examines 12 specific genes that determine how the liver metabolizes medications used to treat psychiatric illnesses such as depression, bipolar and schizophrenia as well as drugs used to manage and treat ADHD and folic acid deficiency.

Medications that the liver breaks down normally can be given at the recommended dose. However, if the testing indicates that the patient is a rapid metabolizer, then the recommended dose may not provide enough of the medication to have the desired effect and if the liver breaks down the drug very slowly, then the recommended dose may cause unwanted and intolerable side effects.

Additionally, Dr. Berrones noted that some genes produce proteins in the brain that affect how well a medication achieves the desired effect. The GeneSight testing also looks at this.

According to clinical studies, GeneSight patients are twice as likely to get a better performing medication with the test and see a 70 percent greater improvement in their symptoms compared to the usual treatment.

"GeneSight's use of both genes that determine how the body breaks down a medication (in the liver) and how the drug



Dr. Enedina Berrones, medical director for Maumee Valley Guidance Center, explains GeneSight testing to NAMI Four County vice-president Sharon Weaver (left).

acts on the body (in the brain) is what allows it to more accurately predict outcomes than other types of testing," Dr. Berrones said.

However, she explained that GeneSight testing is not for all patients. She said it is designed for patients who...

- Have uncontrolled symptoms,
- Experience a lower than desired medication response or unwanted side effects,
- Take multiple medications due to various illnesses to avoid drug to drug interactions, and
- Are younger than 18 years of age with concerns about tolerability and effective dosing.

Dr. Berrones shared a sample test result for a patient with major depression. The print-out listed all FDA-approved medications for major depression and grouped them in one of three categories based on the patient's genetic profile.

One list of medications could be used as directed.

A second list included medications that could be used with caution, noting for each medication specific things to watch for, including dosing levels, side effects and more.

The third list of medications were those that would be most problematic and possibly least effective for this specific patient. Medications on this list would require close and frequent monitoring with specific things to be concerned about for each drug on the list.

Dr. Berrones, a psychiatrist, has worked

Please see **Dr. Berrones** on Page 8

New men's addiction facility expected to open early next year

Continued from Page 1

struggle with addiction and mental health," he said. "By faith-based, we mean that our treatment culture is driven to be non-judgmental, merciful, and respectful. We treat others how we would like to be treated."

Once the new facility is completed, he said they will no longer operate Fresh Start in Alfordton.

The Renewal Center campus will include nearby recovery housing that Rizzo said is essentially transitional housing. It is for men who complete the residential program and need a step down before they fully integrate back into the community.

For the men in recovery housing, outpatient counseling and groups will literally be just across the driveway from where they live. Their case managers will help them transition from an addiction life style to a life of recovery. Helping find jobs will likewise be close at hand.

Rizzo explained the housing will be "family friendly."

"We have seen people who want to get their life back eventually experience the rewards of recovery," he said. "Relationships are restored. They get a job and learn to find and enjoy a natural high."

However, he noted that relapse can still occur and it isn't a treatment failure. "People can learn from their mistakes," Rizzo said. "Our mission is to keep people in treatment and help them get back in the community."

Open house for Upton Heights Apts. will be Wednesday, June 29

It will be an open house for Upton Heights Apartments in Defiance and a 25th birthday party for New Home Development Company, the apartment owners, on Wednesday, June 29 from 2 to 6 p.m.

The event will be at Upton Heights, 1725 Upton St., across from the Kroger grocery store on the east side of Defiance. Light refreshments will be served.

Upton Heights is a 10 unit apartment building for residents with both an addiction and mental health diagnosis. The property is managed by New Home Development Company and clinical services are directed by A Renewed Mind.

Family matters...

Talking about 'IT'....

By Janet Hitchcock

The wedding reception had already begun when we finally mustered the courage to walk through the door. A lovely young thing in tuxedo shirt and tie came by with a tray of wine coolers. I usually don't, but tonight . . . well, I needed to maintain my courage. Holding a drink in my hand gave me a reason to sip rather than speak.

Then it happened—the friend I hadn't seen for a long time picked me out of the crowd and made her way toward me. Exit hubby, stage left.

"Janet, so good to see you! How long has it been? At least ten years. How are you?" she bubbled.

"Rachel! It's probably been more like fifteen years. You look wonderful. So what are you up to these days?" I sip rather than answer her question.

Then, it happens. You know what I mean: the question. "We're just back from Jake's graduation. He graduated with honors from MIT last week. We're so proud of him. How's _____ (insert your loved one's name)?"

That's why I don't like to go to social events. What do you say? How do you answer that question?

I don't have any problem at all talking about brain disease with my Family to Family friends, but in a situation like this, I am stumped. I would love to answer her honestly and share what I've learned about living with mental illness, but . . .

The book we Family to Family people

17 graduate from spring CIT training

Seventeen law enforcement officers from nine different departments participated in the spring CIT (Crisis Intervention Team) training that was sponsored by the Four County ADAMhs Board and NAMI Four County. This is the sixth year that the program has been offered and 90 officers have completed the program.

A fall class is being planned because more registrations were received for the spring class than could be accommodated.

The purpose of CIT is to provide education and training for officers on effective ways of dealing with crisis situations

that involve someone who is mentally ill. Throughout the week-long training, participants learned about the local mental health system and how persons receive treatment.

They also learned techniques that can de-escalate crisis situations as well as understand why some of the methods that have been taught to use are more likely to escalate a crisis involving someone who is mentally ill.

During the training, the officers learned from a panel of persons who have a mental

could write might be titled "How to Instantly End a Conversation." We celebrate small victories: My son didn't get kicked out of class today, we ate a whole meal without an incident, she's been clean for six days now, he's stayed on his meds for two months!

Those are milestones. But presenting any one of those at a cocktail party leaves the mother of the MIT grad totally speechless. Conversation over.

So, we whose loved ones suffer a brain disease become masters of diverting conversation. Fortunately, most people would rather talk about themselves than anything else. Diverting the conversation away from me and back to you is usually very successful. And for me it is much safer.

That's why it is so important to have Family to Family support. A safe place to talk. A place where you don't have to be on guard. A place where the conversation is on equal footing.

We all understand med issues, rages, addictions, mood swings, etc. Your issues do not shock me, leaving me with nothing to say. My small victories look like mountaintops to you. We get each other.

In addition to Family to Family, I have two prayer groups and an equally challenged accountability partner. These ladies listen to my stories, have gotten over the shock of them, and let me vent. I couldn't do this without them. So, when they are attending the same social event, I latch on to them. I know about their kids' successes and they know about mine. They are safe.

That's the challenge of social events and the need for close friends. But what about the extended family? How do we deal with grandparents, aunts, uncles, cousins, and all those family get-togethers?

That's a story for next time.



CIT class and instructors. Top photo, front row: Sgt. Bryan Coger, Deputies Marv Zumfelde and Justin Galbraith, Fulton Co. Sheriff Dept.; Swanton Patrolman Mitchell Martin. Back row: Archbold Patrolman Isaac Breneman; CIT instructor Brenda Byers; Delta Sgt. D.C. Walker; Swanton Patrolman Lee Kusz; Mike Temple, CCNO; CIT instructor Drena Teague; Keith Serey, CCNO. Bottom photo, front row: Deputy Justin Coffman, Williams Co. Sheriff Dept.; Brooke Schroeder, Defiance police probation; Napoleon detective Jamie Mendez; Shelly Reinhart, JDC. Back row: Earl Weingarden, JDC; CIT instructor Lt. Dave Mack; Defiance Patrolman Levi Paul; CIT instructor Leslie VanAusdale; Defiance Patrolman Rashaun Amey; Napoleon Patrolman Mike Foreman.

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Recovery isn't just a hope anymore, it's an expected outcome....

Medication-assisted treatment has changed how we treat addictions; now a win-win all around

By Les McCaslin
CEO Four County ADAMhs Board

In just the last few years, the way we treat addictions – particularly addictions to heroin, prescription pain medications and other opioids – has changed significantly and meaningfully.

The difference can be explained in three words: *medication-assisted treatment* or MAT. Although the concept has been around for decades, we no longer think of using one narcotic (such as methadone) to replace another, more dangerous narcotic (such as heroin) for the user.

Today, we're using a drug called *Vivitrol* that effectively blocks the high or the pleasure that opioids and even alcohol cause.

And, Dr. Warren Morris, the certified addictionologist who directs the MAT program at the Bryan Community Health Center, is even having some success with anti-anxiety medications to help calm the fears that some persons have about withdrawal from opioids. He has found that if he can help relieve that anxiety about withdrawal, then he has removed a significant impediment that keeps some of his patients from even starting their journey to recovery.

Consequently, the Four County ADAMhs Board has strongly embraced

MAT and invested in its use to help persons who are committed to changing their lives. In many ways, our board area is way ahead of much of the rest of the state when it comes to incorporating new approaches to treating addictions, integrating those approaches to the client's overall physical and behavioral healthcare, and, finally, working with all of the players who need to be part of the client's treatment team to maximize their likelihood of recovery.

The success rate is high – nearly 90 percent when coupled with counseling and peer support. And, when the client is involved with the courts and probation, it's critical for those persons to be involved and participate as part of the treatment team.

When everyone works together and is committed to doing what it takes, persons who have used and abused can achieve and maintain recovery.

With some \$1.28 million allocated this year for addiction services, the ADAMhs Board is heavily invested in successfully treating addictions through our support of Recovery Services of Northwest Ohio, Health Partners of Western Ohio, and A Renewed Mind -- providers who offer a variety of services locally.

Besides MAT and outpatient counseling, their array of services includes residential

treatment for men and women, supportive housing with case management to coordinate the residents' treatment and vocational services, intensive outpatient therapy, and ambulatory detox.

We also contract with Arrowhead Behavioral in Lucas County for sub-acute detox. But, with our increasing use of medication-assisted treatment, spending on hospitalization will be reduced by about \$50,000 this year compared to last year.

When I started working in behavioral health nearly 40 years ago, we didn't have a lot of success helping people with addictions get clean and sober on their first, second or even third try. Granted, part of the problem was their denial that they even had a problem. Almost every client was court-ordered to treatment.

Not only were we trying to help someone who didn't want our help, we frankly didn't have much more than counseling to offer.

Today, most of our clients with opioid problems are self-referred. They know they have a problem and want help. And, with medication-assisted treatment, we now have the science to help them find and maintain their recovery from addiction.

A lot has changed.

NAMI quilt raffle in progress

NAMI's annual quilt raffle fund-raiser is now underway. This year's raffle features a queen size quilt measuring about 90 by 102 inches. The pattern is called Carpenter's Star.

Although the background appears cream colored in on-line photos and on the NAMI website, it is actually yellow. The star patterns are various blocks of red and blue with a blue binding and a blue flower pattern on the back side of the quilt

Rene' Levy made and donated the quilt for this year's raffle.

Tickets are \$1 each or 6 for \$5. They will be distributed at NAMI meetings for members who wish to sell them to friends, families and others as a way to explain NAMI and raise money to help support our free education classes and support groups.

The NAMI chapter may try to secure community locations in the fall where the quilt can be displayed and also serve as an opportunity to promote NAMI and its programs as well.

The drawing will be held in November during the spaghetti dinner fund-raiser that will be held Thursday, November 10 at the Stryker Lutheran Church. Last year's dinner raised nearly \$2,300 for NAMI.

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



Rene' Levy with this year's NAMI quilt.

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.

For the most up to date meeting information, please visit NAMI's website at www.namifourcounty.org.

Tuesday, July 5

No monthly meeting. Have a wonderful Fourth of July holiday.

Thursday, August 4

Annual NAMI and support group summer picnic potluck starting at 6:15 p.m. at the Scout Cabin in Archbold's Ruihley Park. Grilled hot dogs, ice cream, soft drinks and water are provided along with paper products and plastic eating utensils. Those attending are asked to bring a dish to share.

Tuesday, September 6

Betty Blockberger, program manager of The Coping Center at Defiance Promedica Hospital, will explain and demonstrate verbal (spoken and unspoken) techniques to de-escalate situations involving a loved one. 7 p.m., ADAMhs Board office, T-761 State Route 66, south of Archbold.

Sunday, October 2

The 17th annual Candlelight Vigil for Mental Health, 6 p.m. at St. John's United Church of Christ, 950 Webster St., Defiance.

There will be no Tuesday NAMI meeting in October. Please attend the Vigil or watch it rebroadcast on TV-26 during the month of October.

Spring CIT class

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illness as they explain how they respond to others when they are not doing well.

The CIT program was originally developed by the NAMI affiliate in Memphis and the Memphis police department. Today, CIT is taught to police agencies around the country and is credited with safely and effectively resolving a crisis.

When family members have to call law enforcement concerning their loved one, they are encouraged to make clear that the person they are calling about has a mental illness and request a CIT officer if the department has one on duty.

Free NAMI community trainings....

Mental Health First Aid. Fourteen persons participated in the day-long training held in April. The goal was to train people in helping professions learn how to recognize someone who is experiencing a mental health crisis by teaching them how to assess for the risk of suicide or harm, to listen nonjudgmentally, to give reassurance and information, to assist in seeking appropriate professional help, and to encourage continued self-help and treatment. Here, Pastor Jim Brehler from St. John's United Church of Christ in Defiance softly reads a

script into the ear of Pastor Don Leonard from the Defiance Church of the Nazarene while he attempts to carry on a conversation with Sandy Herman, a community volunteer. The purpose of the exercise was to give participants a sense of how hearing voices, even for just a short period of time, disrupts thinking. Six pastors, two county health department employees, a corporate



human resources manager and other community volunteers were among the

participants. This was the third Mental Health First Aid class that NAMI has sponsored.

Youth Volunteers.

Dr. Clarissa Barnes, director of the Hench Autism Studies Program at Defiance College, taught a 3-hour training in April for volunteers who work with youth. The goal of the training was to offer practical, easy to implement techniques that the participants could use with children who may have an autism spectrum disorder, including ADHD. Here, Dr. Barnes works with a group from the Praise Church in Defiance. The 23 participants learned how to discourage challenging behaviors that can disrupt learning for other youth in their programs and how to promote positive behaviors. Participants came from a variety of settings, including area churches, child care programs, schools and even grandparents. By the end of the training, everyone had an action plan that they could use in their



youth program as well as an understanding of how to adapt it for different youngsters. This is the second year that NAMI Four

County has coordinated this training in cooperation with the Hench Autism Studies Program.

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).

Dr. Berrones explains GeneSight testing to NAMI

Continued from Page 4

for Maumee Valley Guidance Center since 2010. As medical director, she oversees a medical staff that includes three other psychiatrists and two registered nurses.

She earned her medical degree from the Central America Health Sciences University School of Medicine, Juarez, Mexico campus, and completed her psychiatry residency at MetroHealth Case Western Reserve in Cleveland. Dr. Berrones sees patients at the agency's Defiance and Bryan offices. Her special practice interests include adult patients and those with both a mental health and addiction diagnosis.

Prior to becoming a doctor, she was trained as a registered nurse, working for nearly 20 years as an intensive care nurse at hospitals in Laredo, Texas.

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

NAMI Four County 2016 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

Please mail your 2016 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
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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