



ADAMhs

ADVANTAGE

Summer 2018

Support Groups...

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

Mood Disorders Group for Women Only — Archbold. 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.

Mood Disorders Group for Women Only — Wauseon. The group meets the third Thursday every month at 11 a.m. at the First Church of God, 507 North Fulton St., Wauseon. Contact: Andrea at (419) 583-9998 or Julie at (567) 395-5620.

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.

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 Tonie at 419/267-3355, ext. 5.

NAMI Four County. Meets the first Tuesday every month. For a listing of monthly topics, please turn to Page 7.

A Renewed Mind Behavioral Health takes over crisis care, opens new men's addiction residential center

What was going to be a big year for A Renewed Mind Behavioral Health anyway got a lot bigger when Family Service of Northwest Ohio, the agency that provided a variety of crisis services for the Four County ADAMhs Board, went out of business on May 1.

Matt Grafton, A Renewed Mind's four county clinical director, recently gave NAMI members a tour of the agency's residential addiction facility for men that opened just before Thanksgiving last fall in Napoleon. Following the tour, he explained the crisis services that A Renewed Mind has taken over as well as how their original plans for service expansion in Defiance, Fulton, Henry and Williams counties have been affected by the recent changes.

The Renewal Center, located along US 24 at 1895 Oakwood Dr. on Napoleon's northside, is a 20-bed facility. He explained that typically nearly 70 percent of the men in treatment at The Renewal Center also have co-occurring mental health issues that their staff addresses as well as the drug or alcohol addiction problems that were the primary reason that resulted in their referral to the center.

Matt told NAMI that many of the clients in outpatient treatment at A Renewed Mind's offices in

Defiance, Bryan, Wauseon and Napoleon are also being treated for both addiction and mental health issues.

Additionally, the agency is responsible for clinical services at Upton Heights Apartments in Defiance and a women's residential house in Wauseon.

Last fall, the ADAMhs Board awarded the agency a contract to provide a variety of behavioral health services for youth and their families. That contract included funding to provide a behavioral health counselor in

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Matt Grafton, four county regional clinical director for A Renewed Mind Behavioral Health, recently gave NAMI members a tour of The Renewal Center, a residential facility for men with addictions in Napoleon; explained some of the agency's new crisis care responsibilities; and talked about plans for the future.

800-468-4357: New crisis hotline number & information/referral

If you or someone you know is experiencing a mental health crisis, the number to call that will connect you with someone who can help is 800-468-4357. The call will be answered by an employee who works at the Crisis Care and Counseling Center in Napoleon.

The center is operated by A Renewed Mind Behavioral Health.

By calling 800-468-4357, an immediate mental health assessment can be arranged, questions can be answered and if you only need to know where to call for any type of help — referrals can be made.

The 2-1-1 number is no longer in service. Instead, call 800-468-4357 for any behavioral health emergency or social services question.



Job stress as a risk for mental illness

A high stress, demanding job that you have little control over may be a contributor to depression and anxiety in midlife, according to a study published online May 10 in *Lancet Psychiatry*.

Although several previous studies have suggested this, those studies did not try to control for other factors that may have influenced reported associations between job stress and mental health. This study involved 6,870 participants and took into account other factors such as divorce, death of family or friends, financial difficulties and other issues that can be stressful.

Based on the results, it is possible that 14 percent of the new cases of depression, anxiety and other common mental health disorders could be prevented by eliminating high levels of job strain. Job strain is defined as a combination of high pace, high intensity, conflicting demands and low control for decision-making in a job.

Depression, anxiety more likely in patients with thyroid disease

According to a report in the May 2 online issue of *JAMA Psychiatry*, about 45 percent of those who have a depressive disorder and 30 percent of those with anxiety also have autoimmune thyroiditis (thyroid disease). The researchers reviewed 19 studies that involved more than 36,000 patients.

Dr. Teja Groemer, one of the researchers, said that patients with thyroid disease and anxiety or depression can be difficult to treat. However, if the thyroid condition is the source of their depression and anxiety, then they usually do well with treatment.

The treatment usually includes weight-neutral antidepressants, psychotherapy for generalized anxiety and relaxation strategies along with selenium supplementation.

Raw fruits, veggies are best

Eating raw fruits and vegetables do a better job of promoting better mental health than fruits and vegetables that have been processed, according to a study published online April 10 in *Frontiers in Psychology*.

Some 422 adults in New Zealand and the United States were part of the study that looked at six aspects of mental health and wellness: depressive symptoms, anxiety, negative mood, positive mood, life satisfaction and flourishing.

After controlling for unrelated variables, eating raw fruits and vegetables was associated with fewer depressive symptoms and higher positive mood, life satisfaction and flourishing as well as reduced negative moods. Processed fruits and vegetables were only positively associated with mood.

The top 10 raw foods were carrots, bananas, apples, dark leafy greens, grapefruit, lettuce, citrus fruits, berries, cucumber and kiwi.

Additional screening tool helps predict dementia

When dementia can be accurately predicted sooner, clinicians are better able to tailor treatments and patients and their caregivers can better plan for their future needs. According to a study published online May 14 in the *Annals of Family Medicine*, adding the Visual Association Test to the Mini-Mental State Examination increases both the accuracy and an earlier prediction.

The researchers said the Visual Association Test is good at predicting dementia in its early stages (the Mini-Mental State

Examination isn't as good) and it has a better predictive value for dementia than other cued recall tests.

Overall prescriptions are down for US youth, but....

A study published in the online May 15 *JAMA* reports that between 1999 and 2014, overall drug prescriptions for children and teens were down; however, several classes of medications during that time period showed an increase.

Specifically, among medications prescribed for behavior issues, there was an increase in attention deficit/hyperactivity medications from 2.8 percent of the sample to 3.5 percent.

CDC says autism rate up slightly

The U.S. Centers for Disease Control and Prevention reports that the prevalence of autism was up slightly in 2014 (1 in 59 children) compared to 2012 (1 in 68 children). Boys are still far more likely to be diagnosed than girls — 26.6 per 1,000 compared to 6.6 per 1,000.

Identifying autism at a younger age is important as it leads to earlier intervention. However, fewer than half are diagnosed by age 4 even though concerns about development are noted in health records by age 3 for 85 percent of the children with an autism spectrum disorder. The problem is only 42 percent of those children are formally evaluated for autism by that age.

Lurasidone (Latuda) ok'd for kids with bipolar depression

The US FDA has approved Latuda for use in children with bipolar depression. Research also shows that it is safe and effective over the longer term, is well-tolerated (only 10.3 percent of patients quit the medication due to side effects), and during trials suggested that there is little weight gain associated with lurasidone.

Very high risk of substance use, mood disorders in schizophrenia

Individuals with schizophrenia have a high and persistent risk for subsequent substance use and mood disorders, according to a large (nearly 6 million people) population-based study presented at the 2018 biennial meeting of the Schizophrenia International Research Society.

Compared to the general population, persons who had been diagnosed with schizophrenia were four times more likely to develop substance use disorder and more than 2.5 times more likely to develop a mood disorder.

Avatars help mute voices in schizophrenia

Another study presented at the 2018 meeting of the Schizophrenia International Research Society reported that schizophrenia patients with auditory hallucinations that have not responded to treatment may find relief by using the computer to create an avatar of their tormentor before confronting it.

The patients who partici-

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

Avatar therapy

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pated in avatar therapy experienced significant improvement in the auditory verbal hallucinations as well as levels of anxiety, schizophrenia symptoms and quality of life.

Essentially, the patient uses their computer-generated avatar to engage in a dialogue with their distressing voices.

An emerging stimulant epidemic greater than the opioid crisis?

Medscape reported in early April that a new wave of addiction is coming and it could pose greater health harms than the current opioid crisis.

The article quotes John Eadie, coordinator for the National Emerging Threat Initiative which provides research to the government. Eadie says that abuse of stimulants such as methamphetamine, cocaine and even prescription drugs like Adderall and Ritalin is surging because of cheap, potent and plentiful supplies.

For example, for every kilogram of heroin seized over the last five years, he said drug enforcement agents seized 15 kilograms of stimulants. Data from government surveys on drug use reported that in 2016 an estimated 3.8 million people said they used opioids to get high within the last month, while 4.3 million people said they used stimulants. And, data from the CDC report that in 2017 the number of drug overdose deaths from stimulants jumped nearly 30 percent — from 5,992 in 2016 to 7,663 last year.

research updates...

Melvin Patterson with the Drug Enforcement Administration is Washington said, “The harms are probably greater (with stimulants than opioids) because it affects the cardiovascular system...causing a great deal of hypertension and end-organ damage like heart disease, lung disease, brain disease and stroke.”

Vitamin D may ease depression

Vitamin D supplementation may help reduce depressive symptoms, according to results from a meta-analysis that was presented at the American Psychiatric Association annual meeting. Marissa Flaherty, MD, University of Maryland School of Medicine, explained that she noticed during her residency that when she gave depressed patients with very low Vitamin D levels a supplement their depressive symptoms would improve.

The study reported that patients who were depressed and had low Vitamin D levels responded best to supplementation.

Resistance exercise cuts depressive symptoms

Resistance exercise (lifting weights for example) significantly reduces depressive symptoms, according to a study reported online May 9 in *JAMA Psychiatry*. And, it didn’t seem to matter how long, how frequently or how much weight was lifted. The study said that resistance exercise would be a good alternative or additional therapy for persons with depression.

My name is Wil Wheaton, and I have Chronic Depression.

Wil Wheaton, a well-known actor, author and producer, was the keynote speaker at this year’s NAMI Ohio conference. The following is the text of his address.

Hi, I’m Wil Wheaton. I’m 45 years-old, I have a wonderful wife, two adult children who make me proud every day, and a daughter in-law who I love like she’s my own child. I work on the most popular comedy series in the world, I’ve been a New York Times Number One Bestselling Audiobook narrator, I have run out of space in my office for the awards I’ve received for my work, and as a white, heterosexual, cisgender man in America, I live life on the lowest difficulty setting – with the Celebrity cheat enabled.

My life is, by every objective measurement, very very good. And, in spite of all of that, I struggle every day with my self esteem, my self worth, and my value not only as an actor and writer, but as a human being.

That’s because I live with Depression and Anxiety, the tag team champions of the World Wrestling With Mental Illness Federation.

And I’m not ashamed to stand here, in front of six hundred people in this room, and millions more online, and proudly say that I live with mental illness, and that’s okay. I say “with” because even though my mental illness tries its best, it doesn’t control me, it doesn’t define me, and I refuse to be stigmatized by it.

So. My name is Wil Wheaton, and I have Chronic Depression.

It took me over thirty years to be able to say those ten words, and I suffered for most of them as a result. I suffered because though we in



America have done a lot to help people who live with mental illness, we have not done nearly enough to make it okay for our fellow travelers on the wonky brain express to reach out and accept that help.

I’m here today to talk with you about working to end the stigma and prejudice that surrounds mental illness in America, and as part of that, I want to share my story with you.

When I was a little kid, probably seven or eight years old, I started having panic attacks. Back then, we didn’t know that’s what they were, and because they usually happened when I was asleep, the adults in my life just thought I had nightmares. Well, I did have nightmares, but they were so much worse than just bad dreams. Night after night, I’d wake up in absolute terror, and night after night, I’d drag my blankets off my bed, to go to sleep on the floor in my sister’s bedroom, because I was so afraid to be alone.

There were occasional stretches of relief, sometimes for months at a time, and during

those months, I felt like what I considered to be a normal kid, but the panic attacks always came back, and each time they came back, they seemed worse than before.

When I was around twelve or thirteen, my anxiety began to express itself in all sorts of delightful ways.

I worried about everything. I was tired all the time, and irritable most of the time. I had no confidence and terrible self-esteem. I felt like I couldn’t trust anyone who wanted to be close to me, because I was convinced that I was stupid and worthless and the only reason anyone would want to be my friend was to take advantage of my fame.

This is an important context. When I was 13, I was in an internationally-beloved film called *Stand by Me*, and I was famous. Like, really famous, like, can’t-go-to-the-mall-with-my-friends-without-getting-mobbed famous, and that meant that all of my actions were scrutinized by my parents, my peers, my fans, and the press. All the weird, anxious feelings I had all the time? I’d been raised to believe that they were shameful. That they reflected poorly on my parents and my family. That they should be crammed down deep inside me, shared with nobody, and kept secret.

To read the rest of Wil Wheaton’s keynote address, please go to the NAMI Four County website by using this link: <http://www.namifourcounty.org/in-the-news.html>.

Or, go to www.namifourcounty.org and click on the “In the news” button on the left side of the page.

Cognitive Behavior Therapy explained

Cognitive Behavior Therapy (CBT) is commonly used to help persons who struggle with mood disorders such as depression and anxiety as well as those with addiction disorders.

Earlier this year, Jasmine Torbet, LPCC -S, LICDC, the clinical coordinator for Maumee Valley Guidance Center, told NAMI members how CBT works and why it is so effective.

“CBT is based on a theory that it’s not events that upset us, but the meanings that we give to the events,” she said. So, a counselor using CBT would help their client identify the thoughts that they associate with events that make them anxious or cause them to be depressed.

The thoughts are typically distorted or inaccurate, but they are used to create a reality that the person accepts.

With CBT, the role of the therapist is to help the client see and understand the distortions and ultimately help them develop long-term strategies to change their thinking about whatever is bothering them.

For example, a worker may be convinced that his co-workers don’t believe he is doing a good job, that they don’t like him and don’t want to work with him. He’s convinced of this because they don’t talk to him, never smile or say “hello.” The more he thinks about it, the more certain he is that they don’t like him and the more depressed he becomes and

he eventually begins to call in sick.

A therapist might help him realize that he never smiles or greets his co-workers either and help him realize that everyone at work is under pressure to boost production to meet a tight deadline caused by new orders the company has received.

Jasmine gave some examples of the types of distorted thinking that can create the problems. Some of those include...

- Filtering or ignoring positive things to focus on the negative.
- Over-generalization or taking one bad experience and assuming that bad experiences will always occur.
- Polarized thinking or seeing everything as black or white, right or wrong with no room for any other way of

thinking or considering an event.

Jasmine explained that a therapist has a number of techniques to use to help a client change their way of thinking about something. For example...

- Journaling or writing down their thoughts.
- Re-scripting the event to look for different ways of thinking.
- Exposure to the troubling event to explore different responses that aren’t negative.
- Relaxation techniques to relieve stress when the event is encountered.

“A good therapist (using CBT) helps the client understand the why behind the thought and how to begin to make a change,” she said.

About 94 percent of counselors use CBT on a regular basis.

The therapy is short-term and goal-oriented. It typically lasts 5 to 10 months with weekly or bi-weekly one hour sessions. By the time the therapy is complete, the client should understand and be able to use a variety of tools to avoid distorted thinking.

“When using CBT, the therapist and client work together to identify the problems that the client is facing, to come up with effective strategies for them, and thinking of positive solutions,” Jasmine concluded.



Jasmine Torbet, clinical coordinator for Maumee Valley Guidance Center.

Fulcare seeks NAMI input on how to improve services

In April, Fulcare Behavioral Health hosted a NAMI meeting at the Fulton County Health Center in Wauseon to seek input on mental health services and interactions with mental health providers that families and individuals living with mental illness have experienced.

Aaron Harmon, the Fulcare inpatient program director, has arranged these dinner meetings for two years now. He explained that both the inpatient and outpatient staff are looking for ways to improve services.

“We want to be the best provider (of mental health services) in the area,” he said.

Fulcare regularly seeks patient input through satisfaction surveys, but getting family input is more difficult. That’s where NAMI comes in.

“Regardless of where NAMI members or their loved ones have received mental health services, NAMI families are experts by virtue of their experiences,” Harmon said. “They’ve seen it all –

both good and not so good. We view their input as essential.”

Tanya Harrison from the adult mental health day treatment

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Fulcare Behavioral Health staff: Aaron Harmon, RN, inpatient program director; Tanya Harrison, LSW, adult mental health day treatment; and Nancy Gilligan, adult mental health day treatment coordinator.

Free mental health education class for persons with a mental illness to start July 11

NAMI Four County will offer a free, 10 session mental health education class for persons with a mental illness. The class starts at 6 p.m. Wednesday, July 11 and will be held at the Four County ADAMhs Board office, T-761 State Route 66 south of Archbold.

The class, called Peer to Peer, will be led by Katie Beck and Connie Krieger and last about two hours. Participants will receive weekly handouts to put in a three-ring binder that they will be given.

Each week's class covers different material, such as: the physical causes of mental illness, treatments and medications, the benefits and challenges of medications, relapse prevention, information on and discussion of all major mental illnesses, the relationship between physical and mental health, suicide and what to do if someone you know may be considering suicide, disclosing your illness to others, surviving a hospital stay, advance directives for health care, spirituality, mindfulness and more.

Material presented in the class has been professionally developed by the National Alliance on Mental Illness (NAMI) and both class leaders have been trained to present the material. But, even more important, both class leaders have been treated for mental illness.

Although the class is free, registration is required before the first class. To register or for more information, call or text either class leader: Katie at 567-239-1131 or Connie at 419-789-3646.

More free mental health classes planned for fall

A free mental health education class for family members and friends with a loved one who has a mental illness will be offered in Archbold starting Monday, Sept. 10 from 10 a.m. to 12:30 p.m. The 12-week class will be led by Roger and Sharon Weaver. For more information or to register, please call Roger or Sharon at 419-335-1099.

A free day-long adult Mental Health First Aid class will be held Monday, October 29 in Archbold at St. John's Christian Church. The training is intended for persons who work or volunteer in helping professions. For more information or to register, please call Lou Levy at 419-393-2515.

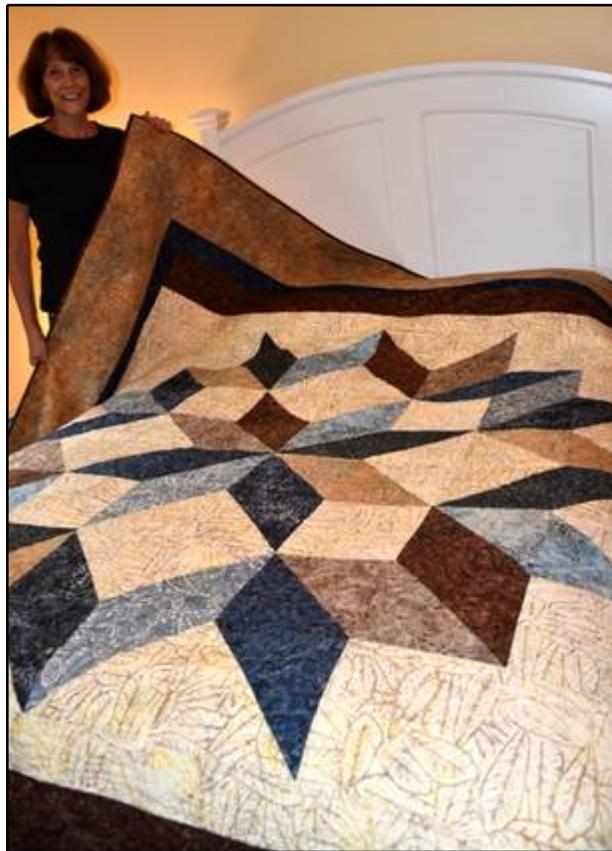
8 attend NAMI Ohio conference in May



Eight NAMI Four County members attended the two day NAMI Ohio conference in May.

In addition to attending workshops on a variety of topics, the conference featured keynote speaker Wil Wheaton, a successful author, actor and producer who also lives with depression and anxiety; as well as Penn State student Cecilia McGough, the founder of a non-profit called Students with Schizophrenia that empowers college students to raise awareness of and provide support for peers with schizophrenia; and several other featured speakers.

Pictured at the conference are (front row) Ruth Thind and Ed Clinker and (back row) Julie Schantz and Andrea Knapp. Also attending, but not pictured, were Tim and Lisa Holley, Lois Pifer and Mark Krieger, who also serves on the NAMI Ohio board of directors.



NAMI quilt raffle....This year's NAMI quilt raffle features a queen size (88 by 100 inches) bed cover with medium and dark brown batik fabrics around the sides. The star also includes navy, medium blue and cream colored batik fabrics. The pattern is called Carpenter's Start. Once again, the quilt was cut, pieced and donated for the raffle by Rene' Levy. Tickets are \$1 each or six for \$5 and will be sold through the Spaghetti Dinner on November 1 when the drawing will be held. Last year's raffle winner was Tonie Long. This is the seventh quilt that Rene' has donated for the raffle with the first six quilts raising a total of \$7,769 for NAMI Four County. If you would like to support NAMI's free family and community education classes, support groups and community awareness efforts by purchasing quilt raffle tickets, simply send a check for the number of tickets desired with your name and phone number to NAMI Four County, Barb Arnos, treasurer, 01083 US 127, Bryan, Ohio 43506.

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).

New women's mood disorders group

A new mood disorders support group for women only has been started in Wauseon. The group meets the third Thursday every month starting at 11 a.m. at the First Church of God, 507 North Fulton Street.

The facilitators are Julie Schantz and Andrea Knapp. Both have completed a two-day NAMI Ohio training on leading a support group. For more information on the group, please contact Andrea at (419) 583-9998 or Julie at (567) 395-5620.

NAMI now sponsors three mood disorders support groups for women. In addition to the Wauseon group, a group meets twice a month at the Four County ADAMhs Board office. The group meets at 6:30 p.m. on the second Tuesday and at 11 a.m. on the fourth Tuesday every month.

Addiction support group for families meets in Bryan

Families and friends of persons struggling with or who have lost someone as a result of alcohol or drugs are welcome to attend a monthly support group that meets from 7 to 8:30 p.m. the second Tuesday of the month in the Bard conference room at Community Hospitals and Wellness Centers, 433 W. High St., Bryan.

The group is sponsored by Never Let Go Ministries and is led by Mary Juarez, the organization's founder. She says, "Our mission is to educate and comfort one another regarding the devastating effects addiction has on those we love and hope to impact in a positive way."

For more information about the group, please contact Mary or Victor Juarez at 419/971-4791.

800-468-4357

**Emergency Crisis
Hotline
Need help. Don't know who
to call?
Toll-free,
24 hours a day, every day.**

800-468-4357

A Renewed Mind takes over crisis care

Continued from Page 1

the Bryan City Schools as well as introduce two intensive, short-term counseling programs that are offered to families across the four county area.

One of those programs targets families that have one or both parents struggling with an addiction problem and at risk for family violence while the other targets families with youth who have a severe behavioral problem and are also at risk of becoming involved with the juvenile justice program.

Matt explained that A Renewed Mind would like to expand the counseling program to more schools and had plans to do so; however, adding the area's crisis services to the agency's list of responsibilities when Family Services closed may delay some of those plans.

Specifically, when Family Services notified the ADAMhs Board in January that it would be closing by May 1, the board began discussing the transfer of all mental health crisis services to A Renewed Mind.

Those services include providing emergency mental health assessments whenever and wherever needed in the four county area, staffing a local crisis hotline around the clock and operating a 10-bed crisis stabilization unit for adults and a 10-bed crisis stabilization unit for youth – all out of a facility located in Napoleon on Freedom Drive.

Matt explained that A Renewed Mind successfully transitioned into providing the mental health crisis assessments on May 1 and have actually reduced the response time by hiring additional staff to respond to the calls.

The crisis stabilization units have been temporarily closed until the board and A Renewed Mind can determine why the units

were operating at less than one-third of capacity. Both the adult and youth units are expected to reopen once changes can be made that will result in operating the units closer to capacity.

Unfortunately, he explained, it was discovered that the 2-1-1 crisis hotline and information/referral telephone number could not simply be transferred from Family Services to a different agency. Therefore, when Family Services went out of business, the 2-1-1 number in Defiance, Fulton, Henry and Williams counties was shut down as well.

Instead, A Renewed Mind is answering crisis calls and providing information/referral with the same staff and data base to calls made to 800-468-HELP (4357).

"With the closure of Family Services, we have taken on a lot of new responsibilities and staff all of a sudden," Matt said. "There are a lot of areas where we had planned to grow (before assuming the crisis services), but it's a balancing act. We need to provide quality services without growing too fast.

"The planned expansions will happen, but just not as quickly," he said.

In addition to The Renewal Center, A Renewed Mind has outpatient offices in Defiance at 201 East Second St. (419-359-0336), in Wauseon at 138 North Fulton St. (419-359-0110) and in Napoleon at 600 Freedom Dr. (419-599-1660).

Crisis care operates out of the Napoleon outpatient office on Freedom Drive and that is also where the crisis stabilization units will be when they reopen.

The Bryan out-patient office will be moving soon to a one story location. The phone number there is 419-633-0705.

Fulcare seeks NAMI input to improve services

Continued from Page 4

staff agreed. "They are the public. We listen to what NAMI members tell us and then share that with our employees."

So, how has patient and NAMI input affected services at Fulcare? Aaron provided several examples.

Music therapy has been offered as part of the older adults (60 and older) services program. It has been popular with patients and an effective part of the clinical programming. So much so that when the music therapist's family moved to another part of the country, customer feedback prompted the recruitment of a replacement.

Also, since Fulcare offers several day treatment programs, meals are part of the patients' day. Aaron explained that the participants' input has placed a premium on both the quality

and delivery of the food that is served.

Several years ago as Fulcare Behavioral Health transitioned from what had been known as the Stress Center, changes were made to the program.

Today, Fulcare's inpatient and older adult intensive outpatient programs are limited to persons who are 60 and older. However, outpatient counseling, a partial hospitalization and intensive outpatient program area available to all adults who are 18 and older.

Fulcare's treatment staff includes four psychiatrists, two advance practice nurses, other nurses, social workers, and marriage and family therapists who provide traditional counseling as well as dialectical behavior therapy, eye movement desensitization and reprocessing, and hypnosis.

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.

No meeting in July Tuesday, August 7

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

Tuesday, September 4

Billie Jo Horner, one of the Mental Health First Aid trainers, will explain the goals of the adult and youth Mental Health First Aid trainings that NAMI Four County has sponsored for four years.. Meeting starts at 7 p.m. at the ADAMhs Board office, T-761 State Route 66 south of Archbold.

Sunday, October 7

19th Annual Candlelight Vigil for Mental Health. Program starts at 6 p.m. at St. John United Church of Christ, 950 Webster St., Defiance, with a candlelight walk to follow. **NAMI Four County will not hold a regular meeting in October.**

Thursday, November 1

Annual Spaghetti Dinner fund raiser from 5 to 7 p.m. at the Bryan Knights of Columbus Hall, 1216 Buffalo Rd., Bryan. Free will donation for dinner (spaghetti, salad, bread sticks, dessert and beverage). Chinese raffle, 50/50 drawing and last chance to buy quilt raffle tickets, so bring some extra money.

Tuesday, November 6

Kelly Tong, program supervisor of Kaitlyn's Cottage, a respite center as well as activity center for individuals with various disabilities on the Promedica Defiance Regional Hospital campus, will be our speaker. Meetings starts at 7 p.m. at the ADAMhs Board office, T-761 State Route 66 south of Archbold.

Thursday, December 6

Annual holiday party starting at 6 p.m. with potluck dinner at the Scout Cabin in Archbold's Ruihley Park.

2nd annual bike ride on July 21

Suicide awareness motorcycle benefit

The second annual Suicide Awareness motorcycle benefit ride in memory of Dennis Deeds will be held Saturday, July 21. Check-in begins at 10 a.m. at the Wauseon VFW Hall, 1133 N. Ottokee St., Wauseon with kickstands up at noon.



Some of the participants at last year's Suicide Awareness motorcycle benefit ride held in memory of Dennis Deeds.

According to Julie Deeds, who along with her son Justin Deeds is organizing the event, a ride of 75 miles or so is planned. The last bike should be returning by 3 p.m.

Music will be provided by Big Fish and Dad DJ and Karaoke.

Please contact Julie at 419/583-6649 with any questions.

The cost is \$20 per rider and \$10 for passengers and non-riders. So, if you are not a biker, but still want to support the benefit, the cost is \$10.

Proceeds will be given to NAMI Four County and to help veterans with PTSD.

Dinner will be served once the riders return and a silent auction and raffles will also be conducted.

NAMI holds spring trainings, classes

One of NAMI's missions is to provide free community and family mental health trainings and education classes. During the spring, NAMI held two community trainings that focused on youth behavioral and mental health topics that were attended by 41 people.

Most of the participants worked or volunteered in youth serving capacities; however, a number of parents and grandparents also attended the trainings.

NAMI also offered two family education classes during the spring. Each week, the classes focused on a different topic designed to help family members better understand, help and advocate for a mentally ill loved one.

Sixteen family members from across a five county area attended a 12-week Family to Family class that met in Bryan. The Family to Family class addresses issues that are relevant to family members with an adult with a mental illness.

Nine parents and grandparents participated in a 5-week NAMI Basics class that met in Archbold.

Next month a 10-week mental health education class for adults with a mental illness begins. (Story on Page 5.) And, after Labor Day a new Family to Family class begins. (Story on Page 5.)



Managing challenging youth behaviors. In partnership with the Defiance College Hench Autism Studies Program, NAMI offered a 3-hour Saturday morning training that was attended by 18 persons. Dr. Clarissa Barnes, director of the autism program, has taught the training for several years.



Youth Mental Health First Aid. Some 23 persons participated in an all-day training to help youth-serving workers or volunteers identify the signs that a young person might be having a mental health crisis and then helping them get the appropriate professional help. This training has been offered three times.

Winners of NAMI meat raffle announced

The winners of NAMI Four County's meat raffle were **Karen Connolly**, a quarter of beef, and **Lori Beckler**, half of a hog. Congratulations!

Thank-you to everyone who purchased tickets and to NAMI board member Nathen Henricks for donating the hog.

NAMI netted \$1,890 from the meat raffle. The money helps to support NAMI's free mental health education classes for families impacted by mental illness as well as free community trainings, Mental Health Awareness Week community awareness efforts, free peer-led mental health support groups, and the Crisis Intervention Team trainings for area law enforcement.

Check out the NAMI Four County website to learn about other fund raising events that are either in progress or will be held soon, including the quilt raffle and a motorcycle poker run that will be held Saturday, July 21.

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

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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