



**MENTAL
HEALTH &
RECOVERY
SERVICES BOARD**

of Allen, Auglaize and Hardin Counties



The We Care Monthly

www.wecarepeople.org

June 2008

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*“To reach out and
provide vital prevention
and treatment services
to every resident.”*

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We Really *Do* Care About Seniors!

The Mental Health & Recovery Services Board has developed many community-based partnerships with local organizations to make sure that people stay mentally healthy. One such partnership that has had great success is with the Allen County Council on Aging (ACCOA).



Diane Bishop, Executive Director of ACCOA

understands the importance of keeping local seniors active and engaged, and the role that social networking plays in preventing and alleviating depression.

“Getting seniors to be active with their peers is so important to their quality of life,” stated Bishop. “It makes such a difference in their happiness and overall well-being. We really appreciate the support of the Mental Health & Recovery Services Board in sponsoring our events.”



Research on senior adult mental health shows that suicide rates increase as we age, the highest rates being among senior adult men. Many of these tragic deaths are due to feelings of isolation and loss. Being with people and having fun – even a dance – can literally be life-saving! *✍*

Take a Moment to Refer a Kid...

On July 11th and 12th, the We Care Faith Partners, Covenant Ministry Services, and the Mental Health & Recovery Services Board will sponsor the first annual "Kid's Kamp". The two-day experience is designed to give children who are experiencing addiction in their families a safe place to learn, grow, and play. It is a place where the natural resilience of children in difficult family circumstances can emerge and be nurtured.

Children ages 8 – 10 who have experienced the reality of substance abuse in their family are invited to attend.

Children must be comfortable staying away from home overnight. Kid's Kampers will be supervised at all times by volunteers who have had background checks.

Kid's Kamp uses a national curriculum that is both fun and educational.

Kids will learn:

- That addiction is a family disease.
- What happens if a family member is in treatment.
- How to find supportive adults in the community.
- How to express their feelings and have their experiences validated.
- That recovery is a process.
- How to use their natural resilience to cope with the stress of addiction.
- Most of all, that they are unique and deserve all kinds of love and support!



If you know a youngster that would enjoy the camp, please visit our website at

www.wecarepeople.org for a brochure.

MARK YOUR CALENDARS



August 7 and 8, 2008 - Faith-Based Intervention Training

This two day interactive training will help clergy and laypersons in local congregations to develop an in-depth understanding of the nature of addiction, how families and communities are impacted, and hands-on methods for helping facilitate positive change. Program is limited to 32 participants.

November 6, 7, and 8, 2008 - Support Group Facilitator Training

The Mental Health & Recovery Services Board will sponsor the third support group facilitator training. This training is designed to equip participants to facilitate a variety of support groups in their churches, agencies, and communities.

Both trainings will be presented by Doug Wentz and Associates. To register visit our website at www.wecarepeople.org.

What We Fund: Understanding the Board’s Benefits Packages

The Mental Health & Recovery Services Board has worked hard over the last year to define our local “benefits” package. Just like private insurers, the publicly funded community mental health and substance abuse system needs to be clear about our priorities for funding. The following benefits packages show what are the most basic requirements by law or priority (**Core Benefits**); the service benefits we often think of as what most community mental health and substance abuse systems provide (**Traditional Benefits**); and those services and relationships that we are able to provide because of effective management of resources (**Value Additions**).

If resources decrease, the Board uses this as a guide to make decisions about programming. In the same way, if more funds become available, the Board has identified services that can be added to support recovery. For more information about the Board’s benefits package, check out the FAQs on the web at www.wecarepeople.org.

Core Benefits

Those benefits guaranteed all residents if needed, regardless of their ability to pay.

- Prevention/Education
- Screening
- Hotline
- Crisis Intervention
- Inpatient Hospitalization
- Alcohol/Drug Detox
- Central Pharmacy
- Medicaid Match

Traditional Benefits

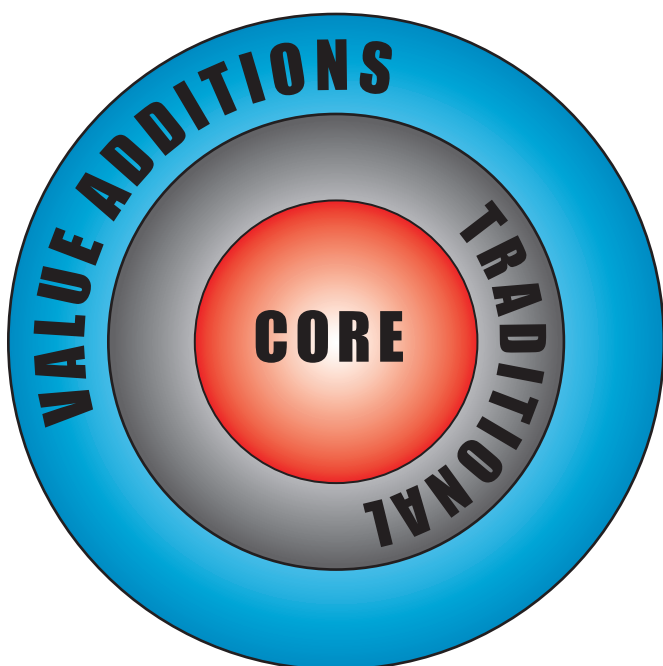
Those additional services offered with current resources.

- All Core Services
- PLUS
- Diagnostic Assessment
- Group Counseling
- Community Psychiatric Supportive Treatment (CPST)
- Pharmacological Management

Value Additions

Those additional services offered through special resources and partnerships.

- All Core Services
- All Traditional Services
- PLUS
- Individual Counseling
- Housing
- Jail-Based Services
- Peer Support Services
- Criminal Justice Services
- Early Childhood Mental Health
- Vocational Support
- Mental Retardation/ Mental Illness Dual Diagnosis
- Traumatic Brain Injury Supportive Services
- Aging-Specific Services
- NAMI Hope Alliance
- Faith Community Partnerships
- Domestic Violence Services



Check out our Core Benefits Informational Brochure on the web:
www.wecarepeople.org.

Another great recipe from the Club Hope Cookbook!

Recipe of the Month

Strawberry and Spinach Salad Delight

- 1/3 cup raspberry vinaigrette
- 1/2 cup sugar
- 1 teaspoon salt
- 1/4 teaspoon prepared mustard
- 1/2 cup vegetable oil
- 4 1/2 teaspoons poppy seeds
- 1 package (10 ounce) fresh baby spinach
- 1 pint fresh strawberries, sliced
- 1/2 cup coarsely chopped pecans, toasted



In blender, combine raspberry vinaigrette, sugar, salt and mustard. While processing, gradually add the oil in a steady stream. Stir in the poppy seeds. Transfer to a small pitcher or bowl. Refrigerate for one hour or until chilled. Just before serving, toss the spinach, strawberries, and pecans in a large bowl. Serve with dressing. Makes 8 servings.

Submitted by Juna Konst



Club Hope's Taste of Heaven Cookbook

Order Form

Name _____

Address _____

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Please make checks payable and send to:

Club Hope
529 S. Elizabeth St.
Lima, OH 45804



Our Mission

"To reach out and provide vital prevention and treatment services to every resident."

Our Values

Hope

Every person has a chance for recovery.

Help

Give each person immediate attention.

Care

We give of ourselves.