

Mental Health & Recovery Services Board of Allen, Auglaize, and Hardin Counties

January 2010

www.wecarepeople.org

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Positive Psychology Offsets Effects of the Negative

Every year for the last four years, the Mental Health & Recovery Services Board has teamed with the Mental Illness/ Developmental Disabilities (MIDD) Task Force to host an annual conference on dual diagnosis. This year's conference, to be held February 19th, will feature ways to "Accentuate the Positive". The focus will be developing positive performance for employees working with persons with dual diagnosis, and on changing organizational cultures into more positive, growthful environments for both staff and consumers.

The conference is made possible through the support of the MIDD Coordinating Center of Excellence at Wright State University, the Ohio DD Provider Association, and the Ohio DD Superintendent's Association. Due to their generosity, there is no charge for the event.

Featured speakers will be Paul Hershberger, Ph.D., and Kate Graber. Hershberger is a professor of Clinical Health Psychology at Wright State University Boonshoft School of Medicine. He is an expert in the field of Positive Psychology, focusing on personal growth, quality relationships, and developing a positive quality of life.

Kate Graber is the co-developer of the *Capability Teaching and Neutralize & Redirect* method. She began her career as a Home Supervisor providing intervention for individuals who have dual diagnosis and high aggression. Her "no restraint" message challenges systems and service providers to reshape their thinking and feelings about the important jobs they perform. Hershberger will present the morning session and Graber will present in the afternoon.

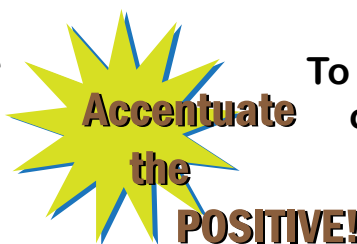


Members of the MIDD Task Force collaborate to plan the annual conference to be held February 19, 2010.

The MIDD Task formed in 2005 to address the complex needs of persons with dual diagnoses of mental illness and developmental disability. The team consists of the Mental Health & Recovery Services Board, the three Boards of Developmental Disabilities (Allen, Auglaize, and Hardin), Lutheran Social Services, and several private providers.

Multisystem training has been a priority of the team since its inception. Prior trainings have resulted in program innovations including the hiring of a regional Traumatic Brain Injury Coordinator.

The group, which meets quarterly, has presented the successes of the collaboration around Ohio and has served as a model for other communities.



To register for the conference look for this icon on www.wecarepeople.org!



FRC Names New Clinical Director for Allen County

Family Resource Centers has announced that Chuck Honigford, MRC, LPCC, will be the new Director of Clinical Services for Allen County. The position was official December 14, 2009. Honigford replaces Susan Hawk who is now directing the Behavioral Access Unit at St. Rita's Medical Center. He was formerly an outpatient clinician with the agency specializing in creative treatments such as play therapy.

Honigford brings a wealth of mental health and alcohol and drug treatment and prevention experience to the position.

"I actually began my career in mental health at FRC in 1985. I was a Vista volunteer and worked on the hotline," stated Honigford. "I have very fond memories of working here in those days."

From his early work at FRC, Honigford worked in many capacities and organizations including St. Rita's Addiction Services, the Hancock County Mental Health Clinic (now Century Health), Catholic Charities, LSS, and Foundations in Mercer County. He was also a parish counselor for St. John's Catholic Church in Delphos. "I really liked that position. We were able to offer free professional counseling to anyone in

the parish. I think it was very helpful. I also enjoyed working in the school."

Honigford's background in alcohol and drug treatment and in prevention will be a significant asset to the management team of Family Resource Centers. The agency provides hundreds of hours of prevention services each year to schools and community organizations.

At one time, he was very involved with prevention services and did professional mental health and alcohol/drug prevention services as Chuckles the Clown. Clowning was a way of introducing difficult topics to children. "We always had someone who could help them process the information after the skits so they could really get what it was about."

Honigford is grateful for the opportunity to step into a leadership role at FRC. "I think we have some excellent talent here. I want to continue with the level of professionalism I see and build sta-



bility with staffing and supervision of our core programs. I think we have the potential to be really creative and work with our kids and families in ways that really help. I do my best work when people let me do my thing with good, supportive supervision. I want to free people up to be creative and develop their special skills."

Honigford remains busy in his home town of Delphos and is involved in many community organizations. He is co-owner of (the) Grind Cafe and Coffee House in Delphos which will be opening soon in its new location. "There's a lot going on but I'm excited about it. It is good to have a challenge."

MHRSB Helps Juvenile Court Receive Grant

The Mental Health & Recovery Services Board facilitated the submission of a grant to the U.S. Department of Justice, Bureau of Justice Assistance to expand the CAST program and increase the number of Mental Health Liaison workers assigned to the Allen County Juvenile Court.

The grant, totalling \$138,514, will be used to add additional staffing for the Court Assessment Services Team (CAST). This team is a multidisciplinary approach to help youth in the juvenile justice system and their families access mental health and substance abuse services. The Mental Health Liaison workers also support the secure detention center and assist court staff with mental health emergencies.

The CAST process has been in place since 2004. In 2008, the MHRSB funded a Mental Health Court Liaison to coordinate the services of the CAST. The program uses evidence-based wraparound approaches to ensure that the multiple needs of youth and families are addressed. This holistic approach works to remove the mental health, alcohol and drug, socioeconomic, and delinquency barriers that keep youth involved with the juvenile justice system.

The grant pays for the additional staffing, national training in best practice service interventions, coordination at the court, and training in the wraparound model. The goal of the program is to increase access to care and ensure that the CAST Program is sustainable beyond the grant.



Recipe of the Month

Hot Buffalo Chicken Dip

- 2 twelve ounce cans chicken breast
- 2 eight ounce packages cream cheese
- 2 cups shredded cheddar cheese
- 1 cup ranch dressing
- 1 cup hot wing sauce or other hot sauce
- Tortilla chips

Combine all ingredients except chips and place in baking dish. Bake until bubbly and browned on top. Serve with tortilla chips. Hot sauce may be adjusted to taste.

A great idea for Superbowl Sunday!



Calendar of Events Winter 2010

January 18 and 25, 2010 (Monday/repeated) 7:00 pm - Depression Recovery Program Introductory Sessions

Nancy and Ed Hoffmeyer will overview the Depression Recovery Program in these information sessions. No registration necessary for information sessions. Classes begin February 8, 2010 (registration required). Registration and classes held at MHR SB office, 1541 Allentown Road, Lima. For more information visit www.wecarepeople.org or call Nancy Hoffmeyer at 419-303-8576.

January 20, 2010 (Wednesday) 12:00 - 2:00 pm - Annual Board Training - Future of Behavioral Health in Health Care Reform

Jonas Thom and Suzanne Clifford will discuss the latest in health care reform, the importance of integrating behavioral health into the reformed environment, and the basic principles or prioritizing strategies for developing a board benefits package. Mental Health & Recovery Services Board office, 1541 Allentown Rd., Lima. Free and open to the public. RSVP to info@wecarepeople.org.

January 29, 2010 (Friday) 8:00 am - 3:30 pm - Nonviolent Crisis Intervention Training and Mental Health 101

Tammie Colon, Ed Monfort, Mike Schoenhofer, and Phil Atkins will present on effective ways to intervene with clients who are angry and upset (Colon), information about common mental health and substance abuse concerns (Monfort), and ways to understand and access the public mental health and substance abuse system (Schoenhofer and Atkins). St. Rita's Auxiliary Conference Room, 718 W. Market St. Free and open to the public. Register by emailing info@wecarepeople.org. No CEUs will be awarded but participants will receive a certificate of attendance.

February 19, 2010 (Friday) 8:00 am - 4:00 pm - Accentuate the Positive - Annual MIDD Training

Paul Hershberger, Ph.D. and Kate Graber will present on the importance of creating positive work environments and service systems to meet the needs of both employees and consumers. St. Rita's Auxiliary Conference Room, 718 W. Market St. Free and open to the public. Register by visiting www.wecarepeople.org. (See article page 1.)

February 20, 2010 (Saturday) 8:30 am - 10:00 am - We Care Faith Partners - Monthly Meeting

Mental Health & Recovery Services Board office, 1541 Allentown Rd., Lima. Free and open to anyone who wants to learn more about the role of the faith community in developing supports for mental health and substance abuse concerns.



From Our Blog...

January 18th marks the 81st birthday of Dr. Martin Luther King, Jr. This is a time for us to reflect on those things which we have accomplished in our journey to a more socially just community, and to identify those areas which are our growth edges.

Traditionally, mental health and substance abuse systems and professionals have been a proactive group about issues of inclusion, equality, access, and dignity. A simple scan of our system shows so many people and organizations working to balance justice for our consumers. Every day, people who are marginalized by larger majorities are included in our services, shown compassion by our providers, and restored to their rightful places through the recovery supports they receive.

All of the agencies and providers in the We Care system have strong policies and leadership about respecting the differences of clients - their cultures, races, unique experiences, points of view, and histories. I have personally seen directors of our agencies take strong stands against discriminatory practices and interactions, advocating on behalf of our consumers with conviction that makes me proud to be their colleague. Every day our providers set aside the confines of their own culture and experience to nourish their understanding of our consumers' culture and to create a niche of safety for them to express themselves and to grow.

To read the entire text of this post, including the characteristics of a culturally competent counselor, visit our blog:

www.wecarepeople.blogspot.com

We have a unique asset in Lima UMADAOP. One of only 12 such organizations in Ohio, the Lima UMADAOP exists to ensure that African American and Hispanic/Latino people in our area receive prevention programming that is culturally appropriate. Lutheran Social Services, whose parent organization has a long history of attention to social justice, has one of the only Spanish-speaking counselors in our region, and has opened a thriving set of group services for people who are lesbian, gay, bisexual, and transgendered. Family Resource Centers, our agency that concentrates on children and families, works every day in community settings such as schools to empower consumers who represent all types of families, not just the traditional family with two parents and a white picket fence. It's all tough work, and in some ways very countercultural.

Even with these great examples, we need to do more. Cultural competence is often a sideline or even an afterthought in our program design and evaluation. Though we are well intentioned, we often neglect to ask the question of our consumers: "what do you really need from us, and do we create it with you in a way that celebrates the unique person you are?"

Throughout 2010, it is our commitment to remember to ask the questions of our consumers, our providers, and our system that lead us to a deeper understanding of the true cultural needs and aspirations of our consumers and our workforce. Every time we raise the question, we learn and we move our system and ourselves toward a deeper justice for all.