

Board Staff

Michael Schoenhofer
Executive Director

Alice Giesken
Director of Operations

Phil Atkins
Director of Communications

Chris Karcz
Chief Financial Officer

Barb Heffner
Business Manager

Amy Morman
Administrative Assistant

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

1541 Allentown Road
Lima, Ohio 45805
(419) 222-5120
fax: (419) 222-0860

Second Support Group Training a Success

Thirty-two people participated in the second Support Group Facilitation Training on November 8 – 10, 2007. The intensive training was designed to assist clinicians, case workers, and community members to facilitate non-clinical support groups for local residents.

Doug Wentz and Associates from Youngstown, Ohio, were the trainers for the event. Based on the success of the April training, the workshop was sponsored by the Mental Health & Recovery Services Board to encourage the development of sup-

port groups on a variety of topics. Participants identified grief, divorce, Parkinson’s Disease, children of alcoholics and addicts, addictions, and domestic violence – in addition to mental health and substance abuse – as needed groups.

Representatives from churches, We Care agencies, Children’s Services, hospice, MR/DD and other “non-traditional” partners came together to practice skills for facilitation.

“I have to admit I wasn’t really looking forward to three days of training,” stated Elaine Bowen from ASTOP.

“However, I have to admit



Amy Forsyth (FRC), Chastity Tietje (LSS) and Marti Richardson (AOD Committee & Faith Partners with Kathy Wentz, Trainer).

it was one of the best trainings I have ever been to.”

That sentiment was unanimous from the participants, and many noted on their evaluations that they wish the training could have been longer! Most left with great ideas and a desire to get started right away.

The newly trained group will be meeting regularly with graduates of the first training to share ideas, get support for the “supporters” and to rekindle the enthusiasm generated during the three days.



Cindy Tordiff (LSS) and Phil Atkins (MHR SB) stop for a moment to share the support group spirit.

Support Group Training – Continued from page 1



Group participants walk the spiral of the labyrinth. The labyrinth was created with leaves, pumpkins, and other symbols of autumn.

New to this training was the inclusion of a labyrinth. A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. Kathy Wentz is an expert on the history and use of the labyrinth, and led the group in its construction.

The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools. Labyrinths and mazes have often been confused. When most people hear of a labyrinth, they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has

twists, turns, and blind alleys. It requires logical, “left brain” thought to find the correct path into the maze and out. It is quite different from a labyrinth.

A labyrinth has only one path. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

The labyrinth is a right brain task. It involves intuition and creativity. The activity added a unique dimension to the training. Participants not only walked the path to the center, but observed others on their journey.

The training is scheduled to be offered in Spring 2008. Additional pictures can be seen on our web site.



Jerry Carter, Cindy Tordiff (LSS), Peggy Wiggins (We Care Faith Partners), and Chet Conley show Buckeye solidarity on the afternoon of the Ohio vs. Illinois game.



Even long-standing rivalries were set aside in the spirit of support as Roy and Esther Baldrige display support for Michigan.



Bill Boutin uses autumnal items to create a labyrinth space.

Recipe of the Month

A great way to use the last of the Thanksgiving bird!

Crockpot Turkey Tetrazzini

1 cup hot water
 1 can (10 3/4-ounce) cream of chicken soup
 1 can (4 ounces) mushrooms, with liquid
 1/4 cup each diced red and green bell peppers
 2 cups diced cooked turkey
 1 cup shredded Cheddar cheese
 1/4 cup finely chopped onion
 1 teaspoon dried parsley flakes
 2 cups broken uncooked spaghetti



Spray inside of slow cooker crock with flavored cooking spray. In a bowl, combine the water, soup, mushrooms with liquid, and bell peppers. Stir in the turkey, cheese, onion, and parsley. Add broken up spaghetti.

Stir to combine and pour into Crockpot. Cover and cook on LOW for 4 to 6 hours, until spaghetti is tender. Mix before serving. Serves 4 to 6.

I took a journey on a path that caused me to do some soul searching. This path had one way in and one way out, with the turning point being the center. Along the way, I met other people who were on their own journey. As our paths crossed, we acknowledged one another with a warm, encouraging smile that said, "I have been where you are going and I am going where you have been." For brief moments we even walked along side of each other, but be as it may, our journeys took us in different directions. Yet, once again I was alone and left to my own thoughts.

Time and time again my thoughts focused on the center. What will it be like when I stand there alone? Would my own fears and self-doubt stop me from experiencing a chance at personal growth? And then I thought of the others who have gone before me and I knew if they could do it, so could I.

I did reach the center that day, which represented a turning point – kind of like a second chance. I turned around and began my journey back.

Suddenly, I was overwhelmed by self-doubt and became very frightened and wanted off the path I was on and desperately wanted to be back in the safety of my comfort zone of sitting on the sidelines. This fear caused me to move quickly back to the beginning of my journey. But somewhere along the way, I remembered those who crossed my path, and even walked beside me, if only for a short time. The remembrance of their encouraging smiles brought a sense of comfort to me and my fears subsided. I was able to step off the path knowing that somehow I was not the same in the end as I was in the beginning.

– Kelly Clum, We Care Faith Partners
 Training Participant

Pictures from We Care Oktoberfest

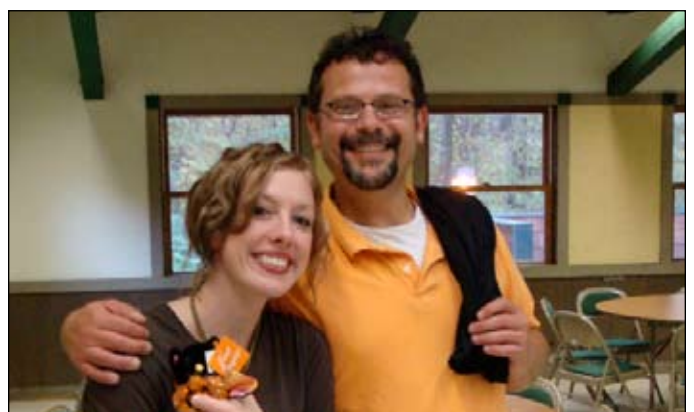


Clockwise from top left: Pam Brickner (LSS) shares concern for those trying her contribution to the Oktoberfest potluck.

LSS staffers enjoy posing for a snapshot before embarking on the outdoor scavenger hunt.

Bottom left: Rae Staton (LSS) invited a few brave souls to do a hula hoop team building exercise.

Below Left: Toby Tippe (LSS) has the back of an unnamed colleague. Below right: Katie Sielschott and Chuck Honingford.



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.