

HORIZON

Family Recovery Center makes improvements thanks to STAR-SI access, retention grant

Thanks to a \$40,000 grant, Family Recovery Center is now more customer-friendly. After evaluating its access and retention protocol, the agency made changes to the waiting room, as well as streamlining intake and assessment procedures.

The STAR-SI (Strengthening Access and Retention-State Initiative) grant promoted decreasing waiting time for counseling and treatment of chemical dependency, reducing no-shows and increasing the number of clients who continued treatment.

According to Director **Eloise Traina**, this grant was unusual because it funded building improvements, as well as staff time and training.

After eliminating redundant questions in required paperwork, a

“Change Team” also recommended improvements to the waiting room.

A new exterior door was installed, as well as interior doors on counseling offices to block sound and enhance confidentiality. A coffee bar, television and display of colorful brochures about various drug and dependency issues were added to the waiting room.

“Change Team” members included **Maryann Theiss, Marilyn Latham, Millie Burton, Tracy Barrow** and Traina.

“Although we had already started getting clients appointments in a timely fashion,” explains Latham, “we were able to increase our retention.” The percent of clients who attended four or more sessions increased from 40 to 60 percent in FY 2007.

One client’s story: Counseling at Family Recovery made the difference

When Josh (not his real name) came to Family Recovery Center, he admits he was at the lowest point of his young life. “I felt like I had no hope at all,” he says. “In fact, if I hadn’t entered counseling when I did, I knew I was headed for stronger substance abuse.”

After being arrested for cocaine possession over a year ago, counseling was ordered by the court. Josh says he wanted to quit doing drugs, but he couldn’t do it on his own. “The desire was there, but I didn’t know where to go for help.”

Family Recovery Center counselors **Jim Bardon** and **Cheryle Herr** stepped in with a 10-week program of group counseling followed by sessions for depression with **Mary Ann Snyder**.

Today, Josh has been clean for a year. He is working part-time and attending technical college full-time. Three times a week, he attends AA meetings.

“One step at a time,” Josh explains. “You’re never cured, but all you have to deal with is one day at a time.”

Looking back, Josh says, “I needed help just seeing the obvious. Lots of people focus on what’s wrong and can’t see the progress they’ve made. Once that was pointed out to me, things did seem better.”

Josh continues, “I’m thankful Jim and Cheryle were there.”



Maryann Theiss, Marilyn Latham, and Eloise Traina show off improvements in the waiting room.

A message from the Executive Director

Congratulations to Maureen Boals

Maureen Boals, Recovery Assistant with the MHRS Board, is the recipient of Help Hotline's 2007 Advocate of the Year Award. This award is given to an individual or organization who has provided outstanding recovery focused services. Maureen provides consistent, outstanding peer leadership, empowering other recovering people to direct their own recovery and to assume leadership within our system. She is an outstanding educator on the topics of mental illness and recovery and is well deserving of this honor.



Maureen Boals

Think Outside the Stigma

A new campaign kicks off this month as part of an effort to change the public's understanding of addiction and mental illness. Using the tagline, "Think Outside the Stigma," the concept was developed to encourage people to question negative stereotypes and misinformation. Our county will be represented at a Legislative Advocacy Day in Columbus in which local leaders will inform legislators about issues related to alcohol and drug addiction services.

Patricia A. Baumgarner
Executive Director

MHRS Board receives 'Hope Has a Home' Award

Columbiana County Mental Health and Recovery Services Board received the "Hope Has a Home" 2007 award from the Neil Kennedy Recovery Clinic in September. The Hope award is presented each year to individuals or organizations that have demonstrated commitment to treatment and recovery.

Steve Ford, son of former President **Gerald R. Ford** and **Betty Ford**, was the keynote speaker. He told the story of his battle with alcoholism, his experiences living as a teenager in the White House and his successful career as an actor.

A contract agency of the MHRS Board, Neil Kennedy Recovery Clinic provides inpatient detoxification services and access to residential treatment.



From left, Karen Bertolasio, Vice Chair of the Columbiana County MHRS Board, Steve Ford, Pat Baumgarner, Columbiana County MHRS Executive Director, and Paul Merz, Chair of the Columbiana County MHRS Board.

Bullying prevention focus of free programs

Both parent groups and teachers can learn about the Olweus Bullying Prevention Program free of charge from two local trainers.

Karen Arbogast, Family and Children First Council Coordinator, and **Betsy Barringer**, Educational Consultant with the Columbiana County Educational Service Center, have already presented to Beaver Local elementary and high school faculties, as well as to parents at Leetonia Elementary School.

The two took part in a three-day training session this summer.



Research-based, the Olweus Bullying Prevention Program is an effective way to reduce and prevent bully/victim problems in schools. As part of a local mental health needs assessment, Columbiana County schools identified bullying as a problem. Seven area schools currently participate in the Olweus program.

For more information, call Arbogast at 330-424-0195. The MHRS Board is the administrative agent for the Family and Children First Council.

Meet our new Board members



Betsy Williams

Professional brings experience
Betsy Williams, L.S.W., L.P.C.C., works in the emergency room at Salem Community Hospital as a social worker/case manager. "I'm a troubleshooter," she explains. In her position, she deals with patients who have psychiatric issues, as well as

others in crisis.

"After years and years of literally working with mental health care, I am learning new things on the Board which help me with patient care," Williams says. "I am impressed with the Board and the diversity of the members. Whatever we can do to make things better in the county is good with me."

A Lisbon resident, Williams is also a member of the

Lisbon Health Clinic board. She and her husband have lived in the community for 31 years.



Chief John Soldano

Chief John Soldano rejoins Board

Leetonia Police Chief **John Soldano** rejoined the Board after stepping down briefly after his first four-year term.

"I'm happy I'm back because I want to contribute," Soldano says. "I bring things from the law enforcement community, and I am a firm believer in treatment and getting individuals help."

Soldano serves on the Criminal Justice Advisory Committee, as well as a number of others in the community. "We need to get the funding out there to help people when they need the help," he says.

Tom Volino new director of Shining Reflections



Tom Volino

When **Tom Volino** came home to Wellsville after a career as an accountant for a major mall corporation, he wanted to change directions. Volino enrolled as a full-time student at Kent State East Liverpool and for almost three years, he has been working on a degree in Human Services.

His two internships at Shining Reflections in East Liverpool led him to his new job as Executive

Director/Fiscal Manager.

"I like it here," he says, "We have a fantastic group of people, both participants and staff."

Shining Reflections, which serves persons recovering with mental illnesses and other disabilities, offers vocational services and peer-led mental health recovery programming on Market Street.

In 2005, it received a three-year renewal of its CARF (Commission on Accreditation of Rehabilitation Facilities) accreditation for Employee Development Services. It was the first consumer-directed program in the nation to receive this accreditation.

Recovery services offered at Shining Reflections

Shining Reflections focuses on recovery by helping consumers work on their skills. Programs include:

- BRIDGES, a peer education program, is taught by individuals who are well along the road toward their own recovery. They give coaching, support and encouragement to other adults taking the next steps.
- WRAP, a peer-led course, helps recovering individuals focus on wellness and symptom management.
- Adult Basic Literacy and GED classes are offered by Columbiana County Career & Technical Center in a satellite location next door.
- Vocational services include a One Stop satellite to help clients develop work skills, conduct job searches, write resumes, secure "try outs" in employment settings and obtain jobs.
- Other classes include computer, art and life skills, like cooking and sewing.

Mental Health and Recovery Services Board Members

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 Dr. Michael Sevilla
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Executive Director

Kathleen Chaffee
Associate Director

Delores Bailey
Chief Financial Officer

Maureen Boals
Recovery Assistant

Patricia Ross
Administrative Assistant

Shirley Carter
Administrative Secretary

Contract Agencies of the Mental Health and Recovery Services Board

Big Brothers Big Sisters

Provides adult role models to help children from single parent homes.
330-424-0653

The Counseling Center

Provides comprehensive mental health and substance abuse services.
330-424-9573

Family Recovery Center

Provides comprehensive counseling and treatment for chemical dependency and mental health problems.
330-424-1468

Help Hotline Crisis Center, Inc.

24-hours a day, 7-days a week
 Crisis Intervention.
800-427-3606 or 330-424-7767

National Alliance on Mental Illness of Columbiana County

Provides support to families of persons with mental illness.
 Combats the stigma associated with mental illness.
330-332-4284

Neil Kennedy Recovery Clinic

Provides inpatient detoxification services and access to residential treatment.
800-228-8287

Shining Reflections

Provides consumers of mental health services with peer support and opportunities to work.
330-385-7000
or 866-985-8000

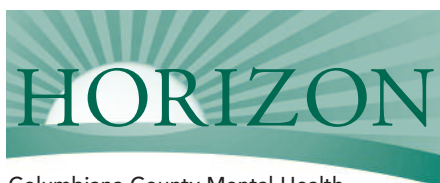
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Columbiana County Mental Health & Recovery Services Board

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Serving Columbiana County Since 1969

This newsletter is available in PDF format by calling the Board office at 330-424-0195 with your email address.



Columbiana County Mental Health & Recovery Services Board

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