In hard times, mental health services even more important

Individually and families in Columbiana County dealing with the stress of job loss and home foreclosures, as well as the fallout from the economic situation, can find help close to home through a number of local resources.

Help Hotline directs callers to all kinds of services, including emergency assistance and community resources, in addition to suicide prevention, crisis intervention and counseling referrals.

“Although a number of our clients cope with continuing economic challenges, we want those who may be facing job loss and other problems for the first time to know there is help out there,” says Pat Taylor, L.P.C., Coordinator of Clinical Community Education at the Counseling Center.

A new Support/Education/Referral Group will hold its first meeting on Monday, March 16, at 1 p.m. at the One Stop Center at 7860 Lincole Place in Lisbon. This is a collaborative effort linking a number of local agencies. Taylor says everyone is welcome at the meeting. “Just drop in and tell us how we can help you.”

“At the Counseling Center, we are seeing more people dealing with issues related to difficult economic times,” says Jerry Semivan, manager of the Center’s Psychotherapy Services. “Losing a job or business can be devastating, not just for the person but also for their family. If this happens, it’s important to remember where to turn for support and guidance.”

Eloise Traina, Executive Director of Family Recovery Center, says counselors and case managers are seeing increased levels of stress, which can lead to alcohol and drug abuse. “We are also directing clients in need to the Community Action Agency and local food pantries,” she says.

“All residents in Columbiana County can be reassured that we will be there to help,” says Pat Baumgarner, MHRS Board Executive Director.

Need help?

Help Hotline is available 24 hours a day, 7 days a week. Call 330-424-7767 or 800-427-3606 for crisis intervention, suicide prevention and intervention and referrals for counseling and support.

Family Recovery Center provides comprehensive counseling and treatment for drug and alcohol dependency and mental health problems. Call 330-424-1468.

The Counseling Center provides comprehensive mental health and substance abuse services. Call 330-424-9573.

www.columbiana.oh.networkofcare.org
Cultural Competency training held

In December 2008, the Board along with the Multiethic Advocates for Cultural Competency (MACC) sponsored “Impacting Attitudes toward Alcohol Use in Appalachia.” Presenter for this training was Les Helms, Ph.D., President of L & L Training Solutions in Columbus. Forty-five mental health and drug and alcohol professionals learned how to take into consideration an individual’s values and attitudes in addressing alcohol use. They were also provided with clinical strategies in modifying behavior related to alcohol use.

A message from the Executive Director

Economic crisis hits home

The economic crisis being felt by the nation and the state of Ohio has extended to our publicly funded behavioral health system. During this fiscal year, our service system lost over $300,000 in state funds, and it is likely that we will lose even more in FY 2010. This occurs at a time when the number of uninsured people and those in need of alcohol, drug addiction and mental health services is increasing. The stress and uncertainty of this unstable economy and job market are hard on individuals and families. This is not a time to cut back on the safety net of services, which can help those in need.

It’s all healthcare

Today, healthcare benefits are being promoted for all citizens of our country, and public funding is being protected toward this end. It is important to recognize that behavioral healthcare is healthcare. Mental illnesses and addictions are brain disorders. It is shortsighted to fail to treat the whole person and to view behavioral health services as somehow less essential than other aspects of healthcare.

Contact your legislators

Local service providers, recovery leaders, and the MHRS Board will continue to promote recovery for all in need. Even in the tough times, hope for the future survives. By working together to make the most of scarce resources, we will become stronger. Please talk with your legislators about the need to protect funding for mental health and addiction services especially in these difficult economic times.

Patricia A. Baumgarner
Executive Director

Recovery group triples donation for Children’s Christmas Fund

Raising funds for the Children’s Christmas fund at the Counseling Center is a very meaningful project for members of the Columbiana County Recovery Initiative. This year their donation of $1,557 more than tripled that of previous years.

The Children’s Christmas Fund gives vouchers to low income clients of the Counseling Center so they can buy Christmas gifts for their children.

This year, recovery group members sold chances for a “Money Tree” they put together, which was loaded with cash, gift cards and lottery tickets.

“The Columbiana County Mental Health Recovery Initiative is led by adults with severe and persistent mental illnesses who are working hard on their own recovery and promoting recovery opportunities for all adults,” explains Maureen Boals, Recovery Assistant with the MHRS Board. “Having the opportunity to use their talents and skills and make contributions to the community are important elements of the recovery process.”

The Recovery Initiative presented a check to Roger Sikorszky from the Counseling Center for the Children’s Christmas fund. From left, Maureen Boals, Recovery Assistant with the MHRS Board, Leadership Chairperson Thelma Rist, Socialization Chairperson Jeff Pitzer, and Community Involvement Chairperson Eunice Burkey.
Shining Reflections Vocational Training Program recently received a three-year CARF accreditation for its Employee Development Services programs.

CARF, the Commission on Accreditation of Rehabilitation Facilities, is a private, not-for-profit organization that promotes quality rehabilitation services.

This marks the third, three-year accreditation this international accrediting commission has awarded to Shining Reflections.

Shining Reflections is a nonprofit organization located in East Liverpool, which has provided employee development services in Columbiana County since 1993.
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

The Columbiana County MHRS Board will not discriminate because of race, ethnicity, religion, color, creed, sex, national origin, age, sexual orientation, lifestyle, physical or mental handicap, developmental disability, HIV infection, AIDS related complex, AIDS or the ability to pay.

Visit our website: www.columbiana.oh.networkofcare.org