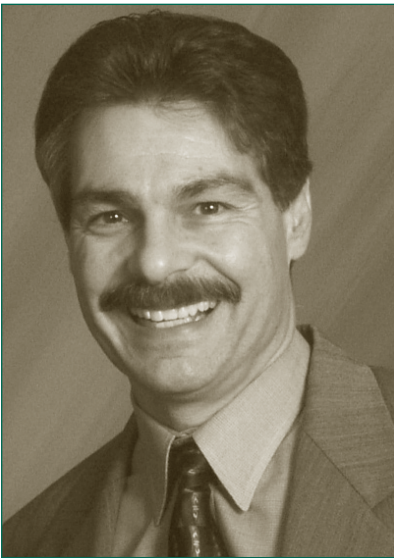


Treatment Works – People Recover

HORIZON

‘Continue the Caring’ dinner May 12 supports upcoming mental health levy



Dr. Ray Guarendi

On Wednesday, May 12, 2010, the MHRS Board is sponsoring a fundraising dinner to support the

upcoming mental health levy which will be on the November ballot.

The “Continue the Caring” dinner will be held at the Columbiana County Career Center. Featured speaker is **Dr. Ray Guarendi**, a nationally known clinical psychologist who once worked at the Counseling Center.

Guarendi, a father of 10 children, has expertise in child and family mental health. He speaks around the country and also hosts a nationally syndicated radio program called “The Dr. Is In.” He has appeared on regional radio and television shows in over 40 states and Canada, including *Oprah*, *Joan Rivers*, *Scott Ross Prime Time*, *The 700 Club*, *Gordon*

Elliot and *CBS This Morning*.

Guarendi has worked as a program psychologist for *Cleveland’s Morning Exchange*, *Pittsburgh 2-Day*, and *AM Indiana*. He has written several books, including *Discipline That Lasts a Lifetime*; *You’re a Better Parent Than You Think!*, now in its twenty-fifth printing; *Back to the Family*; *Good Discipline, Great Teens*; and his newest book, *Adoption: Choosing It, Living It, Loving It*.

Dinner tickets are \$25. A Chinese auction and 50/50 raffle will be held that evening. Please contact **Pat Ross**, MHRS Board Administrative Assistant, at 330-424-0195 to reserve your seat or obtain additional information.

Help Hotline gets new accreditation linked to 211 non-emergency helpline



Help Hotline, a 24-hour crisis intervention hotline serving Columbiana and Mahoning counties, recently was accredited by the Alliance of Information and Referral Systems.

This 5-year, national accreditation allows Help Hotline to maintain their 211 status and be eligible for funding. According to Executive Director **Duane Piccirilli**, “What’s

important about our new accreditation is that it permits us to continue to offer and promote our 211 non-emergency help line.”

Columbiana County residents are encouraged to dial 211 with any non-emergency questions or concerns. Hotline operators have access to many community resources, including services for elderly and homeless people,

as well as for parents seeking help for their children. Others may have questions about accessing services for alcohol and drug issues, as well as mental health counseling.

“Call 211 with your questions about needing food, housing and other resources,” Piccirilli says. “It’s an easy phone number to remember.”

News briefs

Nila McKinley named to Ohio Empowerment Coalition

Nila McKinley, Program Director of Shining Reflections, was recently appointed to the Interim Board of the Ohio Empowerment Coalition.

This is the first official board for the growing and evolving statewide peer-run advocacy organization dedicated to support recovery for persons with serious mental illness. The Ohio Empowerment Coalition is working to create a new advocacy organization after the Ohio Advocates for Mental Health disbanded in 2008.

Donations needed for garage sale

Gently used clothing, household items and other donations are needed for the 7th annual garage sale. Sponsored by the Columbiana County Recovery Initiative, the garage sale benefits the Kids' Christmas Fund.

Donate your items until May 14. For more information, call **Maureen Boals** at the Board office at 330-424-0195 or e-mail her at mboals@ccmhrs.org.

Counseling Center reaccredited by CARF

The Counseling Center recently received another 3-year certification by CARF, (Center on Accreditation of Rehabilitation Facilities.)

In order to be CARF-accredited, the Counseling Center must pass an in-depth review of its services and meet rigorous CARF guidelines for service and quality.

A message from the Executive Director

Need for levy more critical today

Because of extensive state budget cuts to mental health and addiction services, the upcoming November tax levy is more important than ever. Next month, the Columbiana County MHRS Board will start the process to officially renew or replace its 10-year, 1.3-mill tax levy.

State reductions have forced the MHRS Board to cut more than \$1 million from our budget during the past 18 months, resulting in fewer services for people who need them more than ever in these tough economic times. Because of the state cuts, the MHRS Board has been able to purchase fewer services from various local providers, including the Counseling Center, Family Recovery Center, Shining Reflections, Help Hotline Crisis Center, Neil Kennedy Recovery Clinic and Big Brothers/Big Sisters. The Board also significantly reduced its operating and program budget.

Service cuts have meant that many Columbiana County residents have to wait longer to get into services. When an alcoholic is ready to stop drinking, it is essential for him or her to get help right away. When a person is depressed, suicide may result if the person has to wait. While providers do their best to identify and quickly serve those at greatest risk, more people will inevitably fall through the cracks as fewer services exist to serve more and more people in need.

We are painfully watching an excellent system of care erode due to lack of available resources, but the system is not as important as the people who will go without needed services and supports. Over many years, the local levy and the support of the community have been key in helping Columbiana County to develop model services in both mental health and addiction prevention and treatment. We will continue to need your support as we persevere during these very tough times.

We need you to "Continue the Caring"

In order to run a successful campaign, we need you! We need the help of people who receive services, their families and friends, as well as community supporters. "Word of mouth" marketing and help from our volunteers makes a real difference.



Pat Baumgarner

Patricia A. Baumgarner
Executive Director



New Board member is longtime advocate



Thelma Rist

Lisbon resident **Thelma Rist** was recently named to the Columbiana County MHRS Board after a number of years of work with county, state and national mental health advocacy groups.

Rist has been involved in the mental health system for 20 years, and she has volunteered in a number of capacities since 1995. Locally, she is a volunteer with the

Recovery Advisory Committee and serves as Chair of the Leadership Work Group.

Rist is also a Peer Support Specialist and an Advanced Level WRAP facilitator, as well as a BRIDGES teacher. She conducts workshops for those who receive services on topics including psychiatric advance

directives and peer support .

On the state level, Rist has been involved with a number of projects with the Ohio Department of Mental Health and the Ohio Advocates for Mental Health, where she served as president for two terms. She has also served on the PAIMI Council with Ohio Legal Rights for eight years.

Nationally, Rist has presented the keynote speech at the Alternatives national conference in 2005, and at various state conferences, telling her own recovery story. She also serves as the Ohio representative for the National Disabilities Rights Network, specifically on the Community Education and Self-Advocacy Committee.

"I'm excited about serving on the MHRS Board – they have done some great work," Rist says. "I hope to really help the Board stay focused on recovery and to let people know that recovery is possible."

Prevention Coalition wants to know your thoughts

What do residents of Columbiana County think about underage drinking and drug use? That's what the Columbiana County Drug and Alcohol Prevention Coalition wants to know.

Over 700 people have already taken the community survey. Coalition leaders say they hope to collect opinions from at least 1,000 Columbiana County residents.

Any Columbiana County resident who is age 18 or older and has not yet taken the survey is encouraged to complete it online. Just log on to the

MHRS Board website at www.ccmhrsb.org and click on the survey link at the bottom of the home page.

Containing just 20 questions, the survey takes about five minutes to complete. If you prefer a paper version, please contact **Pat Ross**, Administrative Assistant in the Board office, at 330-424-0195 to obtain a copy,

The survey is anonymous. However, the Coalition is especially interested in receiving responses from men, as 80 percent of those who have completed the survey are women.

Rep. Linda Bolon receives OACBHA award

Rep. Linda Bolon received the 2009 Ohio Association of County Behavioral Health Authorities Award for Legislative Excellence in Columbus last month.

Nominated by Columbiana County MHRS Board Executive Director **Patricia Baumgarner**, Bolon learned of the award at a special meeting at the Board office. Board Chair **Karen Bertolasio** and directors of the Counseling Center, Family Recovery Center and Shining Reflections, as well as MHRS Board staff were in attendance.

Baumgarner wrote in her nomination letter, "As Vice-Chair of House Finance, Rep. Bolon made sure that the local recovery leaders were able to testify before the committee during the budget process. She has been attentive to our positions and has helped our system to advocate for funding."



OACBHA Governance Chair Steve Hedge, OACBHA President Precia Stuby and Columbiana County MHRS Board Executive Director Patricia Baumgarner present the Legislative Excellence Award to Rep. Linda Bolon.

Mental Health and Recovery Services Board Members

Karen Bertolasio
 Charlie Burgess
 Joyce Campian
 Judith Dunlap
 Kay Edwards
 Nancy Francis
 Linda Haller
 Irene Halverstadt
 Philip Kelly
 Thelma Rist
 Dr. Michael Sevilla
 Sandra Smith
 John Soldano
 Deborah Ann Towns
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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

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.

Columbiana County Mental Health & Recovery Services Board

330-424-0195 • 330-424-8033 • bdmail@ccmhrs.org • www.ccmhrs.org

Serving Columbiana County Since 1969.

Thank you for continuing the caring. Services are supported by the mental health and recovery local tax levy.

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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