

Brain Teaser

Three travelers register at a hotel and are told that their rooms will cost \$10 each so they pay \$30. Later the clerk realizes that he made a mistake and should have only charged them \$25. He gives a bellboy \$5 to return to them but the bellboy is dishonest and gives them each only \$1, keeping \$2 for himself. So the men actually spent \$27 and the bellboy kept \$2 - what happened to the other dollar of the original \$30?

Remember, email or submit your answer to Mark Woods (woodsm@yhrc.org) and you will be entered into a prize drawing at the end of the year!

Winners so far this year: (multiple entries is OK)
 J. Fishburn (YHRC) (x2), M. Haynes (YHRC), Georgia Taylor (YHRC Board), Jeff Styer (Transitions Plus), Joi Hemphill (WC Juvenile Court)

upcoming events & announcements

MHRB Levy

On May 4th, the Mental Health and Recovery Board will have a levy on the ballot in both Wayne and Holmes Counties. Our agency, along with numerous community agencies, rely on the support of funding from the Mental Health and Recovery Board to continue to provide the high quality services we do to the community. We need your help. First, be sure to **VOTE "FOR" ON THE 4TH**. But, we also need to know if you will help us in the following ways:

- allow us to use your name to endorse the levy
- place a sign in your yard to promote the levy
- help distribute yard signs
- write a letter of support to the newspaper or in newsletters
- make a campaign donation
- help with mailings
- contact friends and family with levy information
- Identify and/or schedule an organization where the Board can give a 15-minute talk (church/civic group, other)

Please remember that our services help your family, your friends, your neighbors. If you are willing to help in these or other manners, please contact Mark Woods at 330.264.9597 or woodsm@yhrc.org. Thank you.



CompassRose

GUIDING INTO

THE FUTURE

QUARTERLY NEWSLETTER OF YOUR HUMAN RESOURCE CENTER

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steve's success

Steve (name changed) is a several-year participant in the FIAT - Fitting It All Together - program. He began the program for intervention services because of his family's history of chronic substance abuse and criminal behavior.

Steve did not allow these negative influences to destroy his life and his dreams. Steve was actively involved in the HOOPS & HOME-WORK component of FIAT with the College of Wooster. This collaboration involves college ... (continued on p.2)

clarity compiled by mark woods, mppm, msw, lsw and rachel mcvicker, intern

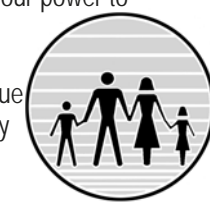
According to the Of-1-Mind campaign, based on a recent survey of Ohioans, 63% of adults have a friend or family member struggling with mental health or substance abuse issues. Data indicates that 43% of Ohio adults believe that addiction and/or alcoholism is a weakness in character, and 13% believe that mental illness is a weakness. While 83% understand that mental illnesses are diseases of the brain, just 59% are convinced that addiction is a disease.

What follows is excerpts from the of-1-mind website's (of-1-mind.org) frequently asked questions section. We republish these questions and responses here to demonstrate our commitment in eliminating the stigma attached to mental health and substance abuse issues. It is our hope that you will become informed by this and use this new information in making decisions regarding the upcoming Mental Health and Recovery Board levy (May). (continued p.3)

At this point I believe the system to be in crisis. Without the passage of the levy which will be placed on the May ballot, our system will suffer increased shortages which will cause hardship to many of our fellow citizens. Services provided by agencies under contract with the Mental Health & Recovery Board include a plethora of outpatient and residential treatment programs necessary to sustain individuals whose lives are in turmoil or who are in need of critical psychological services. Without these services, individuals will deteriorate and create additional overall hardship to the community.

Our unemployment system is being severely taxed as well as community support through programs of the Department of Job and Family Services. We need to have crucial services available in order to assure that individuals seeking help may find it without an exorbitantly long wait. When a person has chosen to do something about those issues that trouble them, timing is critical.

Every one of us knows a family member or friend who has suffered from emotional and/or substance abuse difficulties. Substance abuse includes the misuse of prescription and over-the-counter drugs which are often not viewed as the abuse of substances. I am asking that each and every one of you do everything in your power to assure that the Mental Health & Recovery Board levy is passed in May so that the system may continue to provide those services necessary to ensure the well-being of our community.



family solutions

CompassRose SFY10 QTR 2



your human resource center

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Program and Capital Campaign Your contribution is tax deductible! Want a receipt?

Your Human Resource Center Project: Parking Lot Intervention As Needed

Amount \$ _____ payment: one time semi-annual quarterly monthly

Paying by: Check Cash MasterCard Visa

Account # _____ Expires _____ Name on Card _____

Signature _____

Full Name _____

Address _____

City _____ State _____ Zip _____

Daytime phone _____

Please send gift to: Your Human Resource Center, c/o Kevin Bowen,
 2587 Back Orrville Road, Wooster, Ohio 44691



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director's report

by robert zeh, phd

In our last newsletter, I noted how important the passage of the Mental Health & Recovery System levy was in order to provide continuing mental health and substance abuse services to the residents of Wayne and Holmes Counties. Unfortunately, this levy did not pass. The system is faced with dramatic shortages in necessary programming due to the lack of funds from the levy failure and substantial cuts made by the state.

between the lines

Through a partnership with the Wayne County Children's Advocacy Center, YHRC is proud to be able, under funding from the Ohio Children's Trust Fund, to offer the Stewards of Children program to adults in the area.

Stewards of Children is a revolutionary interactive prevention program developed by Darkness to Light, a national child sexual abuse prevention organization. The program educates adults to prevent, recognize and react responsibly to child sexual abuse, and to take proactive steps to protect children.

Offerings of the training are planned throughout the year, contact Beth McCreedy, Joe Messner or Suzanne Snyder at YHRC for more information.

In addition, we are simultaneously offering Active Parenting Now and Active Parenting of Teens programs throughout the bi-county area. These programs are designed to help families of all types work through the purpose of, challenges of and goal achievement of parenting. Our trained facilitators and video sessions are offered free of charge at various times and locations—call Beth McCreedy, Joe Messner or Suzanne Snyder for details or to host a session.

330.674.4608

330.264.9597

steve's success (continued from p.1) ... college students mentoring FIAT youth through help with homework and pick-up games of basketball. Steve successfully completed FIAT two years ago, but continued with the HOOPS & HOMEWORK component because of the positive relationships he had established and the extra tutoring he received—aiding him to be more successful in school. Steve began to show more maturity and a desire to become more successful by getting his Driver's license and working part-time at a local retail store. This helped him to develop good time management skills by balancing work and school—and maintaining good productivity in both areas. In addition, he changed his peer group, which has allowed him to see life from a different perspective. Through application of the lessons of FIAT, he was able to recognize that his old peer group brought him down and represented failure whereas his new group encouraged him and demonstrated success.

Steve is now a senior at the Wayne County Schools Career Center where he studies Criminal Justice and will graduate this Spring. He scored a 26 on his ACT college entrance exam and has been accepted to matriculate to Kent State University for higher education this Fall. He plans to pursue a career in Criminal Law and he wants to be a detective. Despite all the negative influences surrounding him, Steve will be the first in his family to attend college.

In a letter regarding the HOOPS & HOMEWORK program, Steve said that the program has given him self confidence and that "[t]he people at Hoops take the time to help you not only get your work done, but make sure you understand what you're doing. With their help I have maintained a GPA of 3.5 - 4.0." Steve goes on to say that "I was heading down the wrong path in life with bad influences teaching me things. I took a stand and stopped letting people pressure me and push me toward total failure. " Steve's advice for youth just entering the FIAT program—"Take this great opportunity to do what's right. Make not only your parents happy, but you happy."

success with some help

by rachel mcvicker, intern & angie giltner, lsw, lcpc iii

We are pleased to announce the continued support of the Orrville Area United Way for the FIAT program.

For 2010, the program has been granted \$4000 to continue YHRC's collaboration with Reins for Life through the Christian Children's Home of Ohio. FIAT helps troubled teens with diagnoses of ADHD/ADD, family problems, behavioral disorders and struggling with school problems - teens that are at high risk for future court involvement.

The funds from the United Way will be used to cover direct costs for the equestrian therapy program component. Reins for Life is a cognitive-behavioral

(thoughts and behavior) therapy approach where horses are used as tools to assist in establishing emotional growth and learning. Because of this continued United Way support, youth from the greater Orrville area who are involved in FIAT will have the opportunity to explore behaviors and patterns that may create problems in their lives. They will learn to trust and practice goal setting and self-control.

The Youth Experiencing Success (YES) Group is another component of the FIAT program - a separate component for females. YES Group activities include learning stress and anger management skills, cooking lessons, women's health and healthy choices, and other pro-social activities. Young ladies were recently asked to share their thoughts about YES—here are some of their comments.

BK, 16, learned a new definition for role models in her life—"I want them to be someone who shows others how they should act and how to live their lives to the best of their abilities".

AS, 17, explains that "[e]ven though you learn things in the YES Group, it's very sneaky and you don't realize you're learning, you also make good, quality friends.

CS, 15, discusses her *choice* to join the YES Group and states, "I stuck with the YES Group because I didn't want to give up. My life before the YES Group was a little out of control and now I have more confidence to talk about how I feel and have a little more of a positive outlook.

KT, 15, explains that YES "has made me look at the bigger picture and gives me a chance to meet new people and make new friends."



(continued from p.1.)

What causes addiction?

Contrary to popular belief, addiction is NOT a moral or character defect. In fact, it is a complex brain disease. It is a chronic disease characterized by craving, seeking, and use that can persist even in the face of extremely negative consequences. Alcohol/Drug-seeking may become compulsive in large part as a result of the effects of prolonged use on brain functioning and, thus, on behavior. For many people, relapses are possible even after long periods of abstinence. Addictions affect people of all ages, all income groups, all ethnicities, all religious groups, urban and rural, male and female. *No one is immune to an addiction.*

What causes mental illness?

Evidence indicates that mental illnesses are biological based diseases of the brain. Genetics can play a part, but people can develop a mental illness with no family history of mental illness. Others may be emotional or psychological reactions to environmental or social situations. Some of these disorders may be temporary, caused by extreme stress or life change.

How many people are affected by mental illness and/or addiction, isn't it rare?

Mental Disorders affect one-quarter (25%) of all Americans. On any given day one out of every 4 people you pass may be experiencing a mental illness. By this count more than 2 million of Ohio's 11 million citizens experience some form of mental disorder including 200,000 children. It is estimated that over 1.1 million or 1 in 10 Ohioans are addicted to alcohol and/or other drugs.

How much does it cost Ohio when addiction goes untreated?

It has been estimated that every year addiction costs Ohio as much as *\$10 Billion* in terms of lost work productivity, injuries on the job, hospitalization and primary health care, traffic accidents, court hearings, incarceration, cash assistance to adults too impaired to work or hold a job and removal of children from addicted caregivers.

What are the warning signs?

If a person is compulsively seeking and using alcohol/drugs despite negative consequences, such as loss of job, debt, physical problems brought on by drug abuse, or family problems, then he or she may be addicted. Seek professional help to determine if this is the case and, if so, work to get that person into the appropriate treatment.

Ten Warning Signs

1. Marked personality change;
2. Inability to cope with problems and daily activities;
3. Strange or grandiose ideas;
4. Excessive fears, worries and anxieties;
5. Prolonged depression, apathy, sadness or irritability;
6. Feelings of extreme highs and lows;
7. Dramatic changes in eating or sleeping habits;
8. Excessive anger, hostility or violent behavior;
9. Abuse of alcohol or drugs; and
10. Thinking or talking about suicide.

How can I help someone struggling with mental illness or substance abuse issues?

Discuss the issue with your primary care physician, or in the case of a child, your pediatrician. Your physician may perform a physical evaluation to determine whether any physical problems may be the cause or contributor to the mental or emotional problem. Contact Your Human

Resource Center at 330.264.9597 (www.yhrc.org) or the Mental Health and Recovery Board of Wayne and Holmes Counties at 330.264.2527.

Do people recover? Yes,

Treatment Works... People Recover!

Advancements in medications and treatment options are continually improving the recovery rate of individuals with a mental illness. Additionally in the past two decades the recovery movement has blossomed, while treatment and support services for mental illness have improved significantly. More and more people are receiving treatments that allow them to recover and lead healthy, successful, and independent lives. Research shows that the success rates for addiction treatment are equal to the success rates for other chronic illnesses such as diabetes, hypertension and asthma. Approximately 40 – 60% of individuals who complete chemical dependency treatment and attend self help groups (such as Alcoholics Anonymous) are likely to remain abstinent from alcohol or other drugs.

How many people get the help they need?

Approximately 25% of individuals needing treatment will actually seek it. The widespread societal stigma attached to addiction is cited as the major reason why people do not seek treatment. Your Human Resource Center is committed to eliminating the stigma attached to mental illness and substance abuse. Our consumers are not just numbers or cases, they are people. We strive to provide the best quality of care to all our consumers. We CAN help.

current trends

Earlier this month, YHRC served as a linkage between the Mental Health and Recovery Board of Wayne and Holmes Counties and the University of Akron—Wayne College as we developed a grant application to the Margaret Clark Morgan Foundation to address campus safety and mental health concerns and advocacy with staff, faculty and students at UAWC. We await acceptance of the application and are excited for the opportunity to work with these partners.

employee recognition

At the agency's annual Christmas party, the Jean Brazee and Robert Biddle awards were presented.

The Jean Brazee award is given to outstanding employees at the choice of the Executive Director, Robert Zeh, PhD. This year, two individuals were awarded for their effort, management of the Orrville office and promotion of the mission of the agency - **Sam Haramis**, Therapist and **Elaine Baisden**, Secretary/Data Entry/Clerk.

The Robert Biddle award is chosen through nominations by staff of the agency. The honor represents going above the call of duty, positively promoting the agency and moving forward our mission. Nominated by peers for the award this year were **Angie Giltner**, Coordinator of Intervention Services and **Jody Calame**, Office Manager.

The employee of the month for February was **Mark Woods**, Development & Quality Improvement Officer, who was nominated for the award by front office staff who acknowledge the danger to self he put himself in while wiring the speaker/radio system in the lobby. Sorry for the mess ladies—glad to help!