

# *The Mental Health, Drug & Alcohol Services Board of Logan & Champaign Counties*

June2016 Newsletter

## **OUR MENTAL HEALTH**

Here are some mental health facts that affect us all:

- ◆ 20% or more than 2 million Ohioans –nearly one in five- experience some type of mental illness or emotional disturbance each year.
- ◆ 50% of all cases of mental illness are diagnosed by the time the person is 14 years old.
- ◆ 40% of youth in the criminal justice system are diagnosed with a significant mental health disorder.
- ◆ 30% to 40% of children in Ohio’s child welfare system are diagnosed with a mental illness.
- ◆ 20% or around 596,000 kids age 0 to 17 have a diagnosable mental illness and only about 33% of these youth receive treatment.
- ◆ 30% of homeless Ohioans have a serious mental illness.
- ◆ 650,000 is the number of additional seniors that will be diagnosed with a mental illness due to increased life expectancy in the next 15 years.

The majority of these people receive no services even though recovery rates for the most common mental illnesses have nearly the same successful rate of recovery as medical conditions such as, asthma, and heart disease.



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Many environmental factors also put young people at risk for developing mental health disorders. Examples include:

- ◆ Exposure to environmental toxins, such as high levels of lead;
  - ◆ Exposure to violence, such as witnessing or being the victim of physical or sexual abuse, drive-by shootings, muggings, or other disasters;
  - ◆ Stress related to chronic poverty, discrimination, or other serious hardships; and
  - ◆ The loss of important people through death, divorce, or broken relationships.
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## What We Can Do

One way to decrease these numbers is by focusing on children and taking care of little problems before they become big problems. Like adults, children and adolescents can have mental health disorders that interfere with the way they think, feel, and act. Mental health problems affect one in every five young people at any given time. When these problems are untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide. Untreated mental health disorders can be very costly to families, and the community.

Mental health disorders in children and adolescents are caused mostly by biology and environment. Examples of biological causes are genetics, chemical imbalances in the body, or damage to the central nervous system, such as a head injury.

As a community we need to focus on the fact that every child's mental health is important and that their mental health problems can be recognized and treated. We do this by recognizing that caring families and communities working together can provide the support needed to make a difference in a child's life. Providers and consumers working together can develop effective solutions. Our community has already started to develop effective ways to serve children.

- ◇ Students in our area high schools are presented Signs of Suicide curriculum by local mental health professionals and then given a screening to identify adolescents at risk for depression and suicide. Counseling is made available to any identified students and their families.
- ◇ Champaign County Family and Children First and the Drug Free Youth Coalition was awarded a federal Drug Free Communities grant that have led to reductions in youth access to alcohol, improved alcohol retailer compliance rates by 45%, reduced 30 days past use of alcohol amongst 8<sup>th</sup> grade students by 33%, and reduced 30 days past use of tobacco amongst 8<sup>th</sup> grade students by 25%. Additionally, the coalition has increased prevention efforts through partnerships with local school districts to implement evidence-based Botvin Life Skills programming at middle school grade levels. In two years, a 14% increase was found in drug resistance skills amongst 8<sup>th</sup> grade students. Expansion of this programming to elementary and high school is planned – as evidence suggests that multiple doses of prevention are needed throughout one's life to prevent youth from using substances.

For those families interested in meeting with a counselor who specializes in working with children / youth and their families, both Consolidated Care (937-465-8065) and Wellspring (937-653-5990) have available qualified staff and programs to meet the needs of the community.

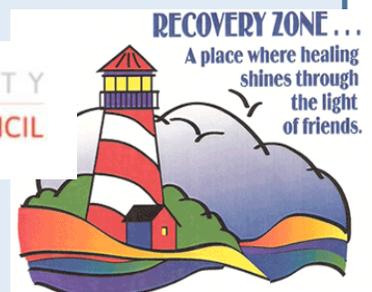
The message that needs to get out is that: ***Treatment Works, People Recover.*** Our community is committed to providing the appropriate treatment to our children. By supporting the Mental Health Levy, the community is making a commitment to the children and their future.



Logan-Champaign  
Counties



CHAMPAIGN COUNTY  
FAMILY & CHILDREN FIRST COUNCIL



# Recovery is Possible

## Ideas for Staying Healthy

(Physically & Emotionally).....

### GET A PET

Regular exercise can help improve self-esteem and help prevent depression.

**People who are active have less anxiety and stress!**

### Eliminate Bad Habits

Avoid alcohol and other drugs

### Trust Yourself

### RELAX!

Find a balance between work and play by:

- Listening to music
- Watching comedies on TV
- Taking a walk

### Communicate...

Ask for help from family, friends, church, co-workers

### Mind Your Body

### Help Someone Else

# Mental Health Levy

In November The Mental Health, Drug, and Alcohol Board of Logan and Champaign Counties will be running a .7 mil replacement levy. The cost of this levy for the owner of a \$100,000 home is \$.07 cents a day. These pennies per day provide inpatient and outpatient care for those in need. The pennies provide education and prevention services for grade school and high school kids. Your support of this levy helps to fight the opiate and heroin problems that are ravishing our communities. *Please vote YES for the mental health, drug, and alcohol levy.*



**VOTE YES Nov. 8**



Services for...

- Kids & Youth
- Seniors
- Veterans
- Adults & Families

**Mental Health, Drug & Alcohol Services Board**  
**REPLACEMENT Levy**

Paid for by Friends of Logan/Champaign Mental Health, Drug & Alcohol Services Board, Deryse Baylis, Treasurer, P.O. Box 765, West Liberty, OH 43357

Give us a call for more information about mental health or alcohol/drug addiction services in our counties.

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Name:  
Mental Health &  
Recovery Services  
Board for Logan &  
Champaign Co.

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BOARD OF LOGAN & CHAMPAIGN COUNTIES**

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