



Prevention Resources & Tools

"What we see depends mainly on what we look for."

—John Lubbock

Phone:
937-465-1045

Website:
www.mhdas.org

Crisis Hotline # :
800-224-0422

Crisis Text Line:
Text "4hope" to 741741

Partners in Prevention



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40 Developmental Assets® - Search Institute

Cost:

\$0

Trainers:

- > Cecilia Yelton
- > Stacey Logwood



40 Developmental Assets® - Search Institute - Everyone's an Asset Builder introduces the 40 Developmental Asset framework, research, and the powerful role of individual asset builders in the lives of youth. This workshop will help builders and their own personal strengths and challenges; understand "circles of influence" and identify those circles in which there is potential for asset building; and make and share a personal commitment to asset-building action. This 2-3 hour training highlights the 40 key ingredients to healthy youth development and local youth data on asset levels, risk-taking, and thriving behaviors.

** Alternative options: This training is flexible for a variety of audiences and customizable. We can train parents during Kindergarten registration, Parent/Teacher Organization/Assn. meetings, parent forums, faith-based congregations, creative arts groups, 4H leaders, the possibilities are endless. Let us know your timeframe and audience and we can customize to your needs!*

Active Parenting of Teens, this evidence supported parent education program is for any caregiver of tweens and teens (10-19) audience. The six-session curriculum discusses teens and technology, the latest in teen drug use prevention (including prescription drugs), teen bullying - how to spot it and how to handle it, special stepfamily considerations, how brain development affects teen behavior and decision-making, improved discipline and communication, and teen sexuality issues.

Active Parenting of Teens

Cost:

\$15 (workbook)

Trainers:

- > Cecilia Yelton



ACT - Acknowledge, Care, Tell

Cost:

\$0

Trainers:

> Stephanie Ketchell

ACT - Acknowledge, Care, Tell is a youth suicide gatekeeper model presented as part of the SOS - Signs of Suicide, program that helps students to identify signs of depression, self-injury, or suicide in themselves and others and respond to them effectively, as a medical emergency. The main message of the program is to Acknowledge: that you are seeing signs of depression, self-injury or suicide in a friend and that it is serious; Care: let your friend know that you care about them and that you are concerned that he or she needs help you cannot provide; Tell: a trusted adult, with your friend or on his or her behalf. This training can be provided to students in middle and high school.



ALC—The Alcohol Literacy Challenge is an evidenced-based intervention proven to reduce underage and binge drinking in a single session. The ALC is available in age appropriate lessons for 5-6th grade, 7-8th grade, high school, college, and parents.

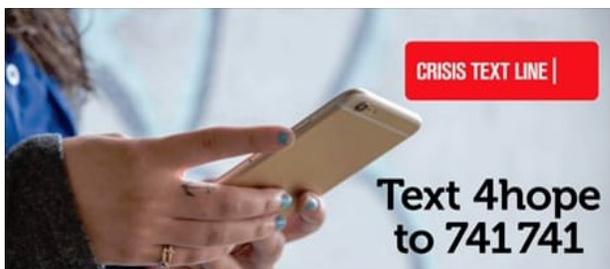
ALC - Alcohol Literacy Challenge

Cost:

Consult—Cecilia Yelton

Trainers:

- > Cecilia Yelton
- > Stacey Logwood
- > Rachel Miller



You are not alone

Crisis Text Line

Free. Available 24/7. Confidential.

Botvins LifeSkills Training



Evidence-Based Prevention Programs for Schools, Families, and Communities

Cost:

\$0

Trainer of trainers:

- > Cecilia Yelton
- > Kevin Bowdle

Coordination:

- > Cecilia Yelton

Botvins LifeSkills Training is a universal, school-based program that aims to prevent alcohol, tobacco, and marijuana use and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. Each program has a series of 40-45 minute sessions for the identified audience. Locally, this training is implemented by classroom teachers, school staff, and TCN Behavioral Health prevention staff.

Elementary School Program - The LST Elementary School program consists of 8 class sessions per year across all three years of upper elementary school. The elementary program can be implemented over one, two, or three years, depending on the availability of time. It is designed to be implemented either as a stand-alone program or in combination with the Middle School program.

Middle School Program - The LST Middle School program is designed to be taught in sequence over three years in either middle or junior high school. The first year of the program has 15 class sessions (plus 3 optional violence prevention sessions), the second year contains 10 sessions (plus 2 optional violence prevention sessions), and the third year consists of 5 sessions (plus 4 optional violence prevention sessions).

High School Program - The LST High School program comprises 10 class sessions. The program is typically taught in one year in either grade 9 or 10, and can be used alone or as a maintenance program in combination with other LST programs.

....Continued

Prescription Drug Abuse Prevention Module - The LST Prescription Drug Abuse Prevention Module is one class session that can be used as a standalone component for programs that need content to explicitly address this serious public health issue, or in conjunction with LST Middle School program (intended to be implemented after Assertiveness in any LST Middle School level).

Transitions Program - The LST Transitions program is for youth and young adults ages 16-20. The six session program (40-45 minutes each session) is a highly interactive, and uses a skills-based curriculum designed to promote positive health and personal development. This program helps young adults navigate the transition into the workforce and/or higher education. LST Transitions helps participants achieve competency in the skills that not only are key to success but also have been found to reduce and prevent substance use and violence.

Bridges Out of Poverty – A time and audience customizable training that is a relationship driven community support program to assist organizations and individuals understand the element of poverty. This training provides a family of concepts, workshops, and products to help employers, community organizations, social service agencies, and individuals address and reduce poverty in a comprehensive way. Bridges brings people from all sectors and economic classes together to improve job retention rates, build resources, improve outcomes, and support those who are moving out of poverty. Training is flexible and can be scheduled for a minimum of 2 hours, maximum of 20 hours over desired time period. Minimum recommended training is 4 hours.

Bridges Out of Poverty

Cost:

\$0

Trainer of trainers:

> Stacey Logwood



Catch My Breath—A free, evidence-based universal, vaping program shown to significantly reduce the likelihood of vaping. This program is intended for grades 5-12 and is taught in four 40 minute sessions.

[Home I CATCH My Breath \(vevapefree.org\)](http://vevapefree.org)

Catch My Breath

Cost:

\$0

Trainers

>Deb Orr

>Any teacher can deliver this curriculum with no formal training

Counseling on Access to Lethal Means

Cost:

\$0

Trainers:

> Colin Fowler

Online Availability at:

www.training.sprc.org

Counseling on Access to Lethal Means (CALM) - Access to lethal means can determine whether a person who is suicidal lives or dies. This course explains why means restriction is an important part of a comprehensive approach to suicide prevention. It will teach you how to ask suicidal patients/clients about their access to lethal means, and work with them and their families to reduce their access. This training can be attended by anyone, it was designed especially for providers who counsel people at risk for suicide, primarily mental health and medical providers, but also clergy and social service providers.

It is available online and in a two-hour face-to-face training. Participants who complete the course will be able to:

- Explain why reducing access to lethal means is an effective way of saving lives.
- Describe the role of impulsivity, ambivalence, and differing lethality of methods in contributing to suicide deaths and attempts.
- Describe how counseling on access to lethal means fits into suicide prevention counseling.
- Ask your patients/clients about their access to lethal means.
- Work with your patients/clients on reducing access to lethal means, particularly firearms and medications, including:
 - Communicate effectively with your patients/clients about this issue
 - Set goals for reducing access and develop a plan that is acceptable to both you and your patients/clients, reducing access to lethal means is an effective way of saving lives.

CAST is an evidence-based, selected and indicated program for at-risk or high-risk youth in upper middle or high school. The program consists of twelve, 55-minute sessions facilitated by an adult who works well with at-risk youth and who is trained to implement the CAST program. The 12 CAST sessions are usually offered twice per week in a (middle or high) school setting as a pull-out program, or outside of the school setting by youth-oriented agencies, mental health professionals, and community centers. The CAST Group is comprised of 6 – 8 students, who are INVITED to participate. CAST youth evidenced significant and sustained reduction in suicide risk behaviors; anxiety; depression; drug use; alcohol use; and increases in problem-solving/coping, personal control, and family support.



c a s t
Coping And Support Training

Coping and Support Training (CAST)

Cost:

\$0

Facilitators:

- > Cecilia Yelton
- > Veronica Brady
- > Stephanie Ketchell

Crisis Intervention Training (CIT)

Cost:

\$0

Trainers:

- > Adam Sorensen
- > Sgt. Adam Fullerton
- > Det. Dwight Salyer
- > Sgt. Matt Henry
- > Jan Rhoades



CIT (Crisis Intervention Training) is a community collaboration between mental health professionals, law enforcement, and family and consumer advocates. CIT encourages the training of law enforcement officers, corrections officers and dispatch workers to understand more about mental illness and thereby increasing the safety and effectiveness for assisting individuals with mental illnesses and other brain disorders when they are in crisis. This advances public safety and reduces the stigma commonly associated with mental illness. The 25+ hour training is a collaboration of the MHDAS Board of Logan & Champaign Counties, MHRS Board of Union County, TCN Behavioral Health, Maryhaven, all Logan, Champaign and Union county law enforcement entities, Logan County Jail and JDC, Tri-County Regional Jail, NAMI Ohio, NAMI of Logan & Champaign Counties and NAMI of Union County.

Creating Lasting Family Connections

Cost:

\$0

Trainers:

> Cecilia Yelton

The Original Creating Lasting Family Connections® (CLFC)

Program is a comprehensive, scientifically proven, up to 40-hour personal and family strengthening program [listed on the National Registry of Evidence-based Programs and Practices](#) that builds family skills and knowledge related to how childhood experiences can influence our behaviors and beliefs as adults; the differences between thoughts, feelings and behaviors; the developmental stages of children; characteristics of healthy families; emotional awareness and healthy emotional expression; developing expectations and consequences in relationships; saying “no” to people we’re close to in a manner that preserves and/or strengthens our relationship with them;

our experiences with alcohol while we were growing up; examining the differences between abstinence from alcohol use, drinking alcohol in low risk ways, becoming drunk and developing alcoholism; examining the possibility of drinking responsibly; the characteristics of positive, influential parents and adults; cultural influences on attitudes and behaviors related to alcohol use; how to recognize when someone may be having problems with alcohol (or other drugs); methods for the prevention of, intervention in, and treatment of the development of a substance addiction; how alcoholism affects families; and the view that any substance addiction (including alcoholism) is a disease.

The *Original CLFC Program* is a structured curriculum for youth ages 9-17 and their parents, guardians, and other family members to improve their ability to provide a nurturing environment for each other in a very effective and meaningful way. Participating youth and adults are encouraged to improve their personal growth through increasing self-awareness, expression of feelings, interpersonal communication, and self-disclosure. Participants are taught social skills, refusal skills, and appropriate knowledge and healthy beliefs about alcohol and drugs, which provide a strong defense against environmental risk factors that can lead to negative outcomes for youth. The *Original CLFC Program* also provides parents and other caring adults with family management, family enhancement, and communications training. All participants are provided opportunities to practice these skills in a safe, peer-group setting.



QPR—Gatekeeper Training - This is a universal, evidence-based prevention training which enables participants to identify people whom may be at risk of depression or suicidal thoughts, provide an appropriate initial response to those identified, assist them on how to get help, and serve as a gatekeeper in the community. Participants learn the QPR technique (Question, Persuade, Refer) to identify risk and encourage help-seeking behaviors and life-saving measures. Gatekeepers are not mental health professionals or doctors. They are responsible adults who spend time with other people who might be vulnerable to depression or suicidal thoughts, ie: teachers, coaches, police officers, EMT's, eldercare workers, physicians, 4H leaders,

Youth Group leaders, Scout masters, and members of the clergy or other religious leaders.

Trainings last 1-3 hours and can be tailored to address many specific target audiences including: teachers, school nurses, clergy, criminal justice, eldercare, physicians, or general audiences.

QPR—GateKeeper Training

Cost:

\$0

Trainers:

- > Colin Fowler
- > Cecilia Yelton
- > Tammy Nicholl
- > Rachel Miller

Hidden In Plain Sight

Cost:

\$0

Contact:

- > Cecilia Yelton

The Hidden in Plain Sight was designed to help parents/caregivers become empowered to understand the concealment techniques and substance use paraphernalia utilized by youth that may otherwise go unnoticed. This presentation provides opportunities for parents/caregivers to field questions/concerns about early identification and recognition of items that are often overlooked but hidden in plain sight.



INDEPTH

Cost:

\$0

Trainers:

>Cecilia Yelton

>Stephanie Ketchell

>Deb Orr

INDEPTH: – intervention for Nicotine Dependence, Education, Prevention, Tobacco and Health. A new convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence establishing health alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

Coordination - Cecilia Yelton—for assistance with incorporating screening and brief intervention and school vaping policies.

Kognito - offers universal research-proven training simulations designed to prepare middle and high school educators, staff and students to: (1) recognize when someone is exhibiting signs of psychological distress or underlying trauma and (2) manage a conversation with the goal of connecting them with the appropriate support. In these online courses, users engage in practice conversations with virtual humans. With the help of a virtual coach, users learn effective methods for engaging in difficult conversations, including applying motivational interviewing skills, asking open-ended questions, and avoiding common pitfalls. These conversations address PTSD, behavioral health, suicide prevention and social change, among others, and provide users with a low-risk environment to proactive conversations hands-on. Most students can complete the simulation in 25-35 minutes.

To access the training:

1. **Go to: www.kognitocampus.com/peer**
2. **Have student click on Create Kognito Account**
3. **Select course Friend2Friend - ****Do not click on Educators only tab******
4. **Enter course code/enrollment key: studentmhds**
5. **Launch course**
6. **Take brief survey**
7. **Launch simulation**
8. **Take survey/print certificate**

Kognito

Friend2Friend

Cost:

\$0—Subscription expires 1/1/2022

Online and self-paced training for middle and high school students, educators, and staff.



Mental Health First Aid (MHFA)

Cost:

\$0 for Logan/Champaign
Co residents/employees
(when grant funding is avail-
able)

\$20/manual

MHFA Adult Trainers:

- > Debbie Terrill
- > Steve Terrill
- > Julie Wilcox
- > Rachel Miller

MHFA Youth Trainers:

- > Veronica Brady
- > Becky Lentz
- > Rachel Miller

Mental Health First Aid - This program is an 8-hour certification course that trains individuals how to help someone encountering a mental challenge or crisis, including depression, anxiety, psychosis, and substance abuse/addictions. It teaches a 5- step action plan to offer initial help to people exhibiting signs and/or symptoms of a mental illness and how to find help. This course is eligible to all adults (age 16+) via two curricula: Adult MHFA and Youth MHFA.



NAMI

Family-to-Family

Cost:

\$0

Trainers:

> Pete Floyd

> Lori Taylor

NAMI Family-to-Family - is an evidence-based, free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family



NOT

Cost:

\$0

Trainer:

> Deb Orr

The American Lung Association's **Not on Tobacco (NOT)** program is an evidenced based voluntary youth centered cessation program inclusive in addressing all tobacco product use, including e-cigarettes. This program is available through a referral system for youth who need additional support.



Parent Project® – Available to Logan County parents/ caregivers of selected or indicated adolescents. The Parent Project® is a 10-week parent education and support program designed specifically for parents of strong-willed or out-of-control adolescent children. The curriculum teaches concrete identification, prevention, and intervention strategies for destructive youth behaviors (poor school attendance and performance, alcohol and/or drug use, gangs, runaways, and violent teens).

Why Try? - Why Try is a teen resiliency program offered during the Parent Project for youth between the ages of 13-17 in Logan County. Why Try works to build resiliency skills to decrease destructive behaviors, expulsion and rule breaking behaviors, while increasing GPA, overall academic behavior and graduation rates. Why Try facilitators work to build positive relationships and relevance in the classroom.

Parent Project®

Cost:

\$0

Trainer:

> Veronica Brady



PAX/Good Behavior Game teaches students self-regulation, self-control, and self-management. A form of classroom management implemented directly by classroom teachers, this program has longitudinal studies indicating that it is currently the prevention program with the greatest return on investment of any prevention program to date. This program is best implemented in elementary school and expanded.

PAX/Good Behavior Game

Cost:

Estimates provided during consultation

Coordination:

> Cecilia Yelton



WE BUILD GREAT KIDS!



Pax Tools

Cost:

\$0

Trainers:

- > Cecilia Yelton
- > Stephanie Ketchell
- > Stacey Logwood

PAX Tools - PAX Tools is a collection of trauma-informed, evidence-based behavioral strategies for families and communities to intentionally teach children behavior and to promote the development of self-regulation of the children in their lives. PAX Tools draws on decades of science to create strategies that support parents, youth workers, and other caring adults to create a nurturing environment that ultimately helps kids thrive!

Rx Medication Disposal

Medication Take-Back Coordinators:

> Cecilia Yelton



Rx Medication Disposal – There are five permanent drug drop-box locations in both Champaign and Logan Counties. In Champaign County, unused or expired prescription medications can be disposed of at the Urbana Police Dept, Champaign County Sheriff's Office, Mechanicsburg Police Dept, St. Paris Police Dept, and Mercy Health Emergency Room entrance. In Logan County, disposal sites are located at the Logan County Sheriff's Dept, Russells Point Police Dept, and Mary Rutan Hospital, CVS, and Community Market. Both communities offer 24/7 disposal via the drop-box locations and host medication take-back days twice annually in April and October.

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used universally across the age span to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. Organizations can be trained to utilize this screening for high risk behaviors, provide prevention messages to those identified at risk, and creates an immediate path to treatment for those in need.



SBIRT - Screening, Brief Intervention & Referral to Treatment

Cost:

\$0

Contact:

> Tammy Nicholl

Trained Trainers:

> Jan Rhoades

> Cecilia Yelton

Strategic Prevention Framework (SPF)

Cost:

\$0

Trained Trainers:

> Stacey Logwood

> Cecilia Yelton

Strategic Prevention Framework (SPF)– Utilization of data-driven decisions can lead to community change. Learn how to apply this public health model for prevention to your work. Participants will learn about the five areas of the SPF: assessment, capacity, planning, implementation, evaluation and the underpinnings of each area: cultural competency and sustainability. Creating sustainable changes are possible with the SPF. Trainings can be tailored to your organization's time allowances. Organizations seeking 7 or more hours of training will develop a logic model and draft strategic plan.

The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through “gatekeeper” education, and 5) encourage schools to develop community-based partnerships to support student mental health.

Both the middle and high school programs provide age-appropriate, educational DVDs for school staff to play for students. The middle school video (Time to ACT) and the high school video (Friends for Life) inform students how to ACT® (Acknowledge, Care and Tell), demonstrate the right and wrong ways to help, and show a student talking with a school counselor. The program includes an optional student screening that assesses for depression and suicide risk and identifies students to refer for professional help as indicated. The program also includes a video, Training Trusted Adults, to engage staff, parents, or community members in the program's objectives and prevention efforts. This program includes an education session and passive permission brief screening following the education.

Signs of Suicide (SOS)

Trainers:

> Stephanie Ketchell



Suicide Prevention Coalition

Logan-Champaign

Coalition Chairs:

- > Cecilia Yelton
- > Megan Arbogast

LOSS Coordinator

- > Megan Arbogast

Event Coordinator:

- > Stephanie Ketchell

SOS Facilitator:

- > Stephanie Ketchell

Logan-Champaign Suicide Prevention Coalition - The Suicide Prevention Coalition of Logan and Champaign Counties started in 2005 and continues with the important work of local suicide prevention. The Coalition is devoted to raising awareness around the important topic of suicide prevention, the impact suicide has on our community, as well as supporting families that have been touched by suicide. Our mission is to instill hope, support healing, provide education, and preserve life.



The Coalition's work towards Prevention and Awareness includes:

- Monthly Coalition meetings, 1st Tuesday of every month 3-4:30 pm at the West Liberty office of TCN Behavioral Health;
- The promotion and coordination for mental health screenings in local schools;
- Awareness campaigns thru community events and media campaigns;
- Collaboration with local stakeholders, including local churches, schools, law enforcement and community organizations and businesses for prevention and awareness efforts; and
- Provide speakers and trainings to any interested groups or organizations.

Our Coalition is also deeply committed to Suicide Postvention, supporting those families touched by suicide. Our community was the first in Ohio to offer a LOSS Team response, which is a trained group of volunteers that can respond to a family at the time of their loss to offer immediate support, resources and information as well as connect families to other local survivors. This response is done in collaboration with local law enforcement agencies and Coroners offices. The Coalition's work towards suicide Postvention includes:

- LOSS Team Responses for family and loved one's;
- The Survivor of Suicide Support Group (SOS) meets monthly at the West Liberty office of TCN Behavioral Health, 1521 North Detroit Street, on the 2nd Thursday of the month from 6:30-8:30 pm; and
- SOS Memory Walk, Ohio Caverns (September).

Trauma 101

Cost:

\$0

Champaign County
Trained Trainers:

- > Roni Burden
- > Trisha Foster
- > Jacqueline Howley
- > Alex Keller
- > Stacey Logwood
- > Richele Shepard

Logan County Trained
Trainers:

- > Roni Burden
- > Stacey Logwood
- > Richele Shepard

Trauma 101 – This 2-3 hour training curriculum provides an introduction to trauma and trauma-informed approaches in behavioral health and human services. The training is intended for a wide range of audiences and forms the basis for developing trauma-informed environments. Participants will have a shared understanding of trauma, be able to identify examples of traumatic events, awareness of the impact of trauma and prevalence of traumatic experiences amongst the people you serve. Participants will learn how the events, experiences, and effects of trauma impact the brain, body, and behavior. This training promotes healthy supportive relationships to aid healing/change.



Working Minds

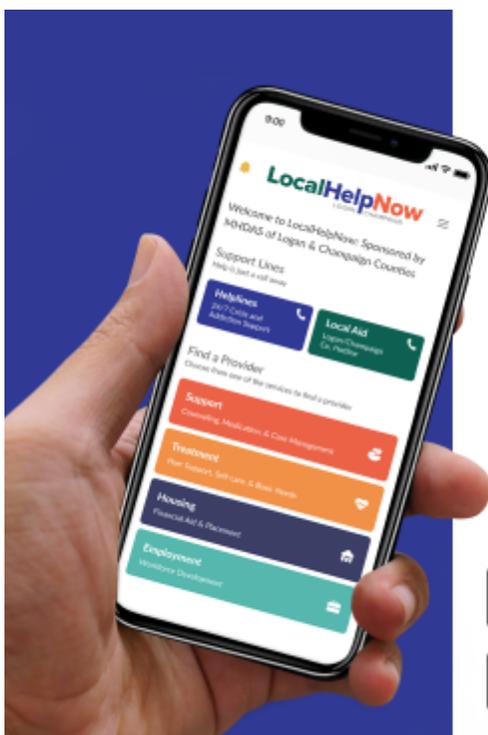
Cost:

\$0

Trainers:

- > Stephanie Ketchell
- > Rachel Miller
- > Stacey Logwood

Working Minds is an evidence-based program designed to promote mental health and reduce stigma around mental illness in the workplace. By reducing stigma and discrimination, Working Minds helps organizations create a culture that fosters greater awareness and support for mental health among employees, managers, and employers.



Struggling with mental health or substance abuse?

**When you're ready,
we are here.**

You're worth it!



Contact Information

Sgt. Adam Fullerton, afullerton@co.logan.oh.us, 937-599-8111

Alex Keller, BSN, RN, CLC, akeller@champaignhd.com, 937-484-1671

Becky Lentz, blintz@riverside-k12.oh.us, 937-585-5981 x2220 or cell 813-928-3863

Cecilia Yelton, OCPS, cyelton@mhdas.org, 937-465-1045

Colin Fowler, LPCC-S, colin.b.fowler.ctr@mail.mil, 937-631-0258,

Fowler Consulting & Counseling *specializing in military and veteran services

Debbie Terrill, dterrill@nc.rr.com, 919-623-0952

Det. Dwight Salyer, dsalyer@ci.bellefontaine.oh.us, 937-599-1010

Jacqueline Howley, Jacqueline.howley@mccesc.org, 937-484-1557

Jan Rhoades, LISW-S, LICDC-CS, jrhoades@tcn.org, 937-599-1975

Julie Wilcox, MA, LSW, jwilcox@tcn.org, 937-599-1975

Karey Thompson, MSW, LISW-S, kareyannwilkinson@hotmail.com, 937-441-4419

Kevin Bowdle, kevin.bowdle@urbanacityschools.org, 937-653-1439

Contact Information

Sgt. Matt Henry, Union Co. Sheriff's Office, mhenry@co.union.oh.us, 937-645-4110

Paul Waldsmith, Champ Family Y, pwaldsmith@champymca.org, 937-653-9622

Pete Floyd, handfrepairs@ctcn.net, 937-750-1702

Rachel Miller, OCPC, M.Ed., LSW, rmiller@tcn.org, 937-347-1813

Richele Shepard, LPC, Richele@wellspringfield.org, 937-325-5564

Roni Burden, rburden@councilonruralservices.org, 937-652-1642

Stacey Logwood, OCPS, Stacey.logwood@mccesc.org, 937-635-4127 x 2264

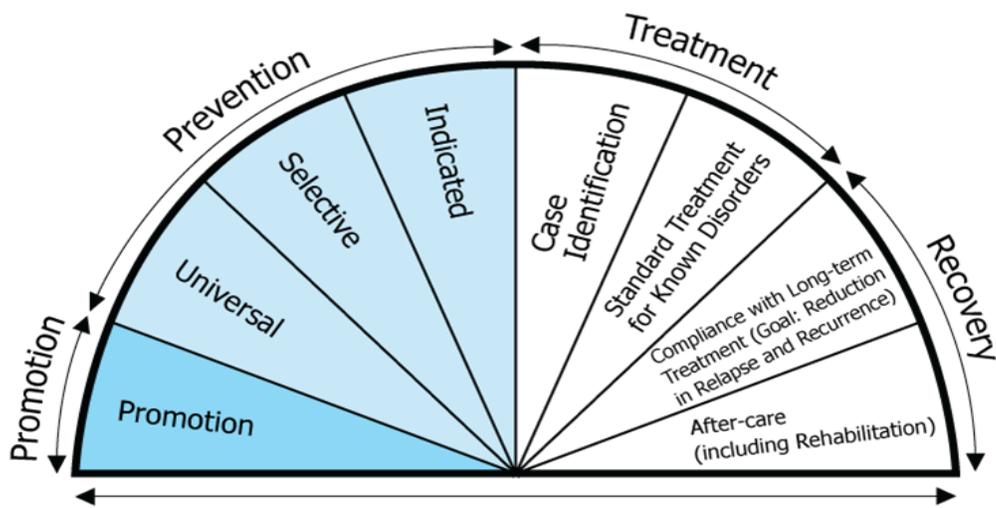
Stephanie Ketchell, OCPSA, sketchell@tcn.org, 937-599-1975

Steve Terrill, sterill1@gmail.com, 919-623-0952

Tammy Nicholl, LSW, MPA, tnicholl@mhdas.org, 937-465-1045

Trisha Foster, tfoster@champaignhd.com, 937-484-1605

Veronica Brady, vbrady@logancbdd.org , 937-292-3087



Promotion—These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services across the lifespan.

Prevention—Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

Universal preventive interventions take the broadest approach and are designed to reach entire groups or populations. Universal prevention interventions might target schools, whole communities, or workplaces.

Selective interventions target biological, psychological, or social risk factors that are more prominent among high-risk groups than among the wider population. Examples include peer support groups for adults with a family history of substance use disorders.

Indicated preventive interventions target individuals who show signs of being at risk for a substance use disorder. These types of interventions include referral to support services for young adults who violate drug policies or screening and consultation for families of older adults admitted to hospitals with potential alcohol-related injuries.

Treatment—These services are for people diagnosed with a substance use or other behavioral health disorder.

Recovery—These services support individuals' abilities to live productive lives in the community and can often help with abstinence. -Source: SAMHSA.gov

Wellness is related to health promotion and disease prevention. Wellness is described as the attitudes and active decisions made by an individual that contribute to positive health behaviors and outcomes. -Source: World Health Organization