

# Mental Health & Recovery Board of Ashland County



1605 County Road 1095 Ashland, Ohio 44805  
419-281-3139 www.ashlandmhrb.org

... Offering Rays of Hope

AUGUST 2012

## The Lives They Left Behind: Suitcases from a State Hospital Attic

Darby Penney will be presenting Suitcases from a State Hospital Attic at the MHRB's annual dinner on September 25th. This presentation is open to the public free of charge. She will also be a featured keynote presenter at the 5th Annual RSVP Conference the following day. Contact kdaniels@ashlandmhrb.org or see registration on page 3 for more information.



*Photo by Lisa Rinzler*

When Willard Psychiatric Center in rural New York closed in 1995, staff discovered more than 400 patients' suitcases in an abandoned attic. Using photos of suitcase contents, the suitcase owners, and material from hospital records, this presentation challenges common stereotypes of mental patients by

depicting the lives of these people in all their complexity and individuality. The suitcases' contents - letters, diaries, photographs, personal mementos - speak to aspirations and accomplishments, and also to loss and isolation.

Among the suitcase owners were Dmytre, a Ukrainian immigrant and survivor of Nazi slave labor whose wife's death sent him into despondency; Margaret, a Scottish nurse whose many physical ailments and worries about her relatives' wartime safety landed her in Willard; Frank, an African-American World War II veteran whose angry outburst over an insult in a restaurant resulted in life-long hospitalization; and Ethel, sent to Willard because of emotional distress resulting from a drunken husband's abuse and the loss of two

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### Board Members

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- Kim Harrison  
Secretary
- Nancy Udolph  
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- Pam Mowry  
Finance Committee Chair
- Jenny Whitmore  
AOD Committee Chair
- Sylvia Adrian
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- Ryan Emmons
- Ginny Telego
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- Mary Jones
- Mike White
- Rebecca Owens
- Shari Shafer
- Diana Spore
- Gail Sweet
- Barbara Workman

# Message from the Chair



**Tom Gaus - Board Chair**

There is no question that the public mental health system is undergoing major reforms which are creating significant challenges and at the same time opening up exciting possibilities for mental health care. Major changes in Medicaid funding have caused mental health boards across the state of Ohio to re-evaluate our role in the community. Although our resources have diminished, community mental health and recovery boards have increase-

flexibility in terms of how our resources can be utilized and managed. With more flexibility, funds can be directed to increased community education and awareness as well as the provision of specialized services and advancing recovery oriented care.

The Ashland County Board is reorganizing its strategic planning efforts this fiscal year. While the board's mission remains clear and resolute, the journey to making it a reality requires careful navigation, and at times there are forks in the road. Guidance from the community is a vital part of this navigation process and the board would like to invite all community members to provide feedback to us. Board members will also be attending a retreat in the late fall to continue to discuss the board's changing

roles and responsibilities.

More information about changes to funding and services will be provided at the board's annual dinner on September 25th. This year the board will be hosting a keynote speaker following the dinner. Darby Penney's presentation, *Suitcases in the Attic*, will be open to the community free of charge at the Ashland University Convocation Center. Please plan to join us for this powerful and moving presentation.

The Board is always interested in your input, the community, to assist us in our planning process. Please contact us or attend our public meetings if you would like to contribute your thoughts and ideas about how we can best promote mental health in Ashland County. Thank you all for your continued support and encouragement as we move through this important transition.

**Suitcases, con't** ..... From pg. 1 infant children. None of these individuals apparently benefitted from the treatment they received, and most of them died at the facility after decades of isolation and loneliness. The experiences of the suitcase owners raise questions about the history of psychiatry in America and the state of public mental health services today.

**Darby Penney** is a leader in the human rights movement for people with psychiatric disabilities. She is currently a Senior Research Associate with Advocates for Human Potential, Inc., where she works primarily on issues related to trauma. With Peter Stastny, MD, she is co-author of *The Lives They Left Behind: Suitcases from A State Hospital Attic* (Bellevue Literary Press, 2008). Darby Penney is a 2007 Fellow in Nonfiction Literature of

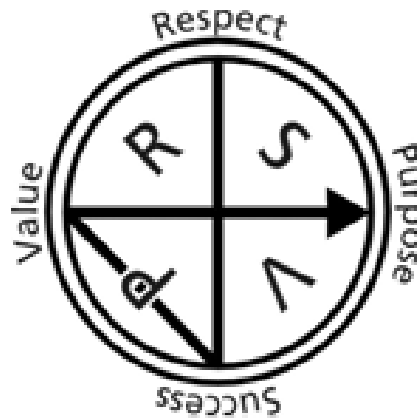
2 the New York Foundation for the Arts.

## Board Staff Thanks Fulton for Service!

Mr. Ed Fulton's term as a member of the Mental Health & Recovery Board of Ashland County ended in June 2012. Board members, the Executive Director and Board staff have appreciated Mr. Fulton's many contributions to the mission of the board over the last four years. Mr. Fulton chaired the Alcohol and other Drug Committee and was an active Finance

Committee member. His observations, suggestions and support made the Board stronger and the community better served. As many of you know, Ed is an avid golfer and supporter of local youth athletics. Ed will continue to be involved in the community, making a difference with his insights, experience and sense of humor. You will be missed Mr. Fulton!

# 5<sup>th</sup> Annual RSVP Recovery Conference



Join us for the fifth annual regional RSVP Conference promoting a greater understanding of recovery from mental illness and addictions, and the important role our communities can have in supporting recovery.

This conference is for consumers, professionals and those who want to learn more about recovery and how we can support people in their recovery process.

Questions: Call or email Sue Zarlengo at the Mental Health & Recovery Board 330-264-2527 or [szarlengo@whmhrb.org](mailto:szarlengo@whmhrb.org). Or see the brochure at [www.ashlandmhrb.org](http://www.ashlandmhrb.org) or [www.rsvpmentalhealth.com](http://www.rsvpmentalhealth.com)

## Conference Sponsored by:

**Mental Health & Recovery Board**



**of Ashland County**



To register, clip below and return to the Mental Health & Recovery Board 1985 Eagle Pass Wooster, OH 44691

### RSVP Conference

Registration Fee- \$25 or \$45 with CEU's

**CANCELLATIONS RECEIVED AFTER Sept. 1, 2012 & NO-SHOWS ARE NON-REFUNDABLE**

Note: Check or money order must be included with registration \*\* No credit cards accepted\*\*

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone# \_\_\_\_\_ Cell# \_\_\_\_\_

E-Mail: \_\_\_\_\_

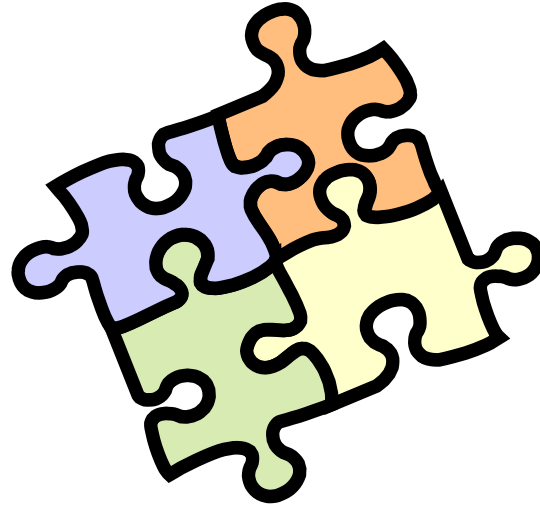
Enclosed \$25 \_\_\_ \$45\_\_\_ (includes CEU's)

CEU Credit Requested: CEU \_\_\_\_\_ RCH \_\_\_\_\_ MCE \_\_\_\_\_

Make checks payable to: YHRC  
 Training Fund  
 Mail to:  
 Mental Health & Recovery  
 Board  
 1985 Eagle Pass  
 Wooster, OH 44691  
 Questions?  
 Call Sue Zarlengo at  
 330-264-2527  
[szarlengo@whmhrb.org](mailto:szarlengo@whmhrb.org)

# T.A.L.K. Moves In!

Starting this month the Mental Health and Recovery Board will be sharing its offices with T.A.L.K., Ashland's Community Mediation Services provider. As this young organization has grown the board has been encouraged by the work they are doing and their vision for the community. The opportunities for collaboration with T.A.L.K are extensive and include work with agencies, board committees, and community coalitions. Their location in the board's building will be of benefit to both agencies, logistically and aesthetically.



## Types of TALK Cases

**Housing** – evictions, foreclosures, deposits, repairs, damages, discrimination, etc.

**Neighbor** – noise, pets, litter, parking, property line infringement

**Family** – parent/juvenile, parent/adult child

## What Is Mediation?

- › A voluntary process in which the parties, aided by an impartial mediator, achieve their own resolution.
- › Controlled by the parties so the potential exists for an agreed-upon solution which preserves the essential interests of all the disputants (a win-win situation)
- › An empowering solution. It gives the parties a sense of ownership both in the dispute and its resolution, making voluntary compliance with the result more likely than in the the case of an imposed solution.

## The History of T.A.L.K.

TALK grew out of the Ashland Center for Nonviolence's 2009 "Creating a Caring Community" Symposium. After presentations by Shelly Whalen, founder of Community Mediation Services of Central Ohio, and then first lady Francis Strickland, the Ashland Center for Nonviolence and the Salvation Army Kroc Center collaborated to discuss mediation possibilities for Ashland County. After receiving an AmeriCorps VISTA member to develop and coordinate the program, TALK was officially established in 2010.

Since its inception, four mediators have been trained and a Steering Committee comprised of members from six area agencies developed. It met every other week for 12 months, developing the program and offering guidance and advice to its VISTA member. In June of 2011 the Steering Committee concluded its duties and an Advisory Council was formed. This council, comprised of individuals from the Steering Committee as well as representatives from other community agencies and organizations, meets quarterly and works to plan the future of TALK.

## The #'s

- 20** individuals served through mediation
- 50** individuals served through circle process
- 15** mediation cases
- 1** business served
- 5** months of community circles
- 3** years as an organization

## Top 10 Ways to Improve Reading

1. Set aside regular time to read to your children every day.
2. Surround your children with reading material.
3. Have a family reading time.
4. Encourage a wide variety of reading activities.
5. Develop the library habit.
6. Be knowledgeable about your children's progress.
7. Look for reading problems.
8. Get help promptly for reading problems.
9. Use a variety of aids to help your children.
10. Show enthusiasm for your children's reading.

Find more information at [www.familyeducation.com](http://www.familyeducation.com)

## Find Your Child's Learning Style

"The National Institutes of Health (NIH) estimate that the incidence of learning disabilities in the general population is 15 to 20 percent. Fifty-one percent of all the students enrolled in the nation's special education programs are classified as learning disabled (U.S. Department of Education)." Unfortunately, this diagnosis is often viewed as a hindrance rather than an opportunity for growth and understanding.

Parents and students, please note: Individuals diagnosed with learning disabilities are not "stupid." In fact, to qualify as having a learning disability, you must have average intelligence. This means that you have to be at least a little bit smart.

### Types of Learning Styles

Students that have learning disabilities have one commonality, a processing deficit that interferes with their learning. Nevertheless, it is important to remember that every individual learns differently and thus has a unique learning style. Approximately 20 to 30 percent of the school-aged population remembers what is heard; 40 percent recalls well visually the things that are seen or read; many must write or use their fingers in some manipulative way to help them remember basic facts; other peo-

ple cannot internalize information or skills unless they use them in real-life activities such as actually writing a letter to learn the correct format.

For some, auditory input is most valuable; others rely upon a visual style. Still others learn through kinesthetic means, or a combination of the three. Every person has one primary learning mode. Once you identify that mode, you can learn to maximize it and enhance your child's education.

### Auditory Learners

Auditory learners tend to benefit most from traditional teaching techniques. Many teachers use a lecture-style forum, presenting information by talking to their students. Regulating voice tone, inflection, and body language will help all students maintain interest and attention. Auditory learners succeed when directions are read aloud, speeches are required, or information is presented and requested verbally.

### Visual Learners

Some students rely upon a visual learning style: "Show me and I'll understand." Visual learners benefit from diagrams, charts, pictures, films, and written directions. These students will value to-do lists, assignment logs, and written notes.

Many of these techniques, however, also benefit kinesthetic learners.

### Kinesthetic Learners

Most of the school population excels through kinesthetic means: touching, feeling, experiencing the material at hand. Kinesthetic learners are most successful when totally engaged with the learning activity. They acquire information fastest when participating in a science lab, drama presentation, skit, field trip, dance, or other active activity. Because of the high numbers of kinesthetic learners, education is shifting toward a more hands-on approach; manipulatives and other "props" are incorporated into almost every school subject, from physical education to language arts. Hands-on teaching techniques are gaining recognition because they address the challenging needs of kinesthetic learners, as well as the diverse needs of auditory and visual learners.

When your child identifies his or her unique learning style, you can begin to build upon it. Understanding learning styles is only a first step in maximizing potential and overcoming learning differences.

# The Opiate Epidemic in Ohio

## ACCADA's Efforts

**The Goal:** Treat opiate addicted persons and reduced the damage of opiate abuse to the community.

**The Objectives:**

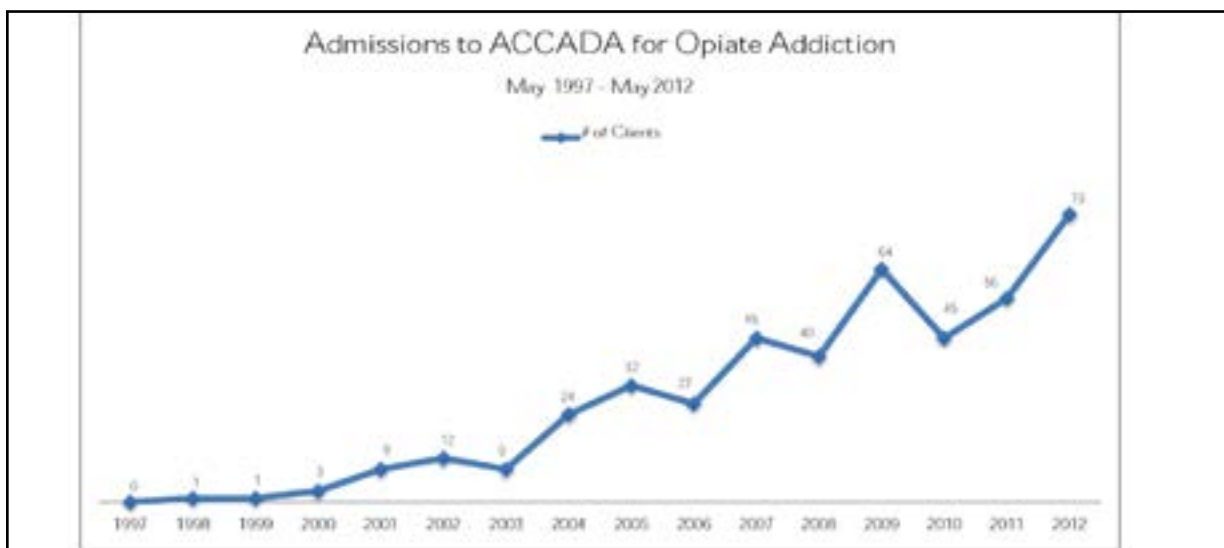
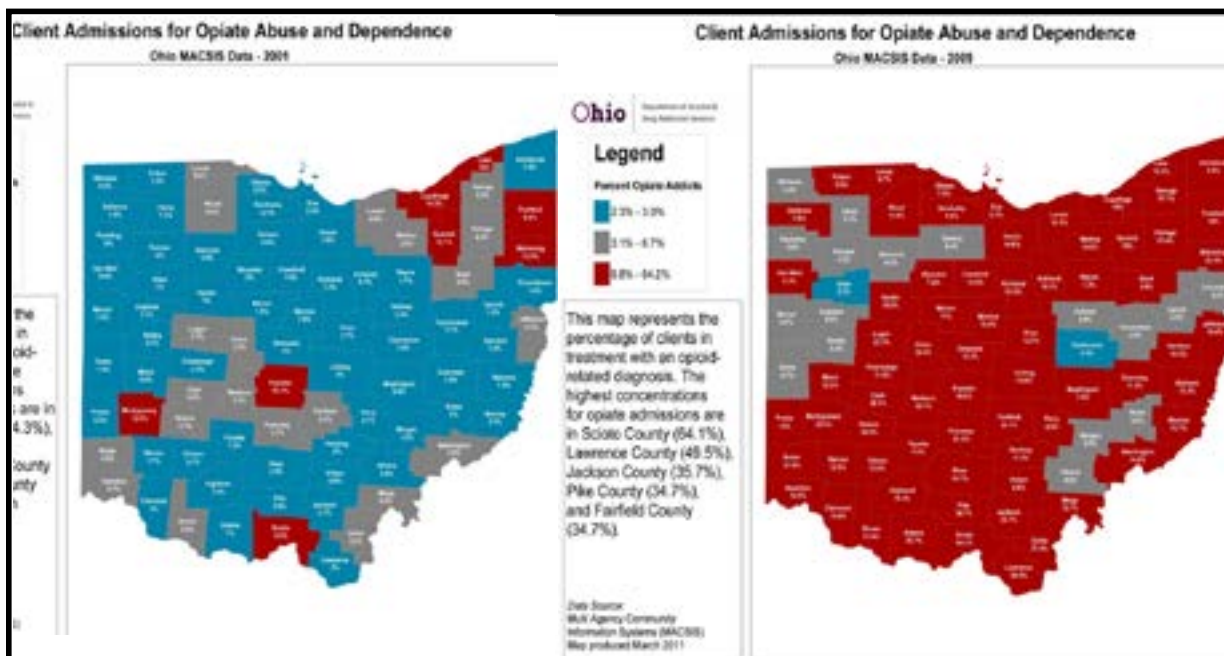
- Treat higher numbers of opiate addicts.
- Use medication-assisted treatment when appropriate.
- Maintain or increase capacity.
- Coordinate opiate treatment efforts with courts, probation, and Children Services.
- Include opiate information in prevention efforts.
- Increase public awareness of risks and level of problem that exists.

## Ohio's Vision Moving Forward

**The Goal:** Attack the opiate epidemic

**The Objectives:**

- Reduce opiate addiction.
- Drive "pill mills" out of our state.
- Prosecute drug dealers, unscrupulous prescribers and those who commit drug-related crimes.
- Improve supports for opiate addicts and their families.
- Lower opiate overdose deaths.



Over the last few decades, Opiate addiction has grown to epidemic proportions in the United States and in Ohio. If you would like more information or you or a loved one needs help call ACCADA at 419-289-7675 or the Mental Health and Recovery Board at 419-281-3139.

# Appleseed sees growth, change

Over the last several months Appleseed Community Mental Health Center Inc. has experienced a number of changes in staffing. In May, Hayley Tracy coordinator of the Rape Crisis Domestic Violence Safe Haven resigned to take a position at the Ashland Public Library. After a search was conducted, Cindy Hudnut who was serving as Appleseed's housing coordinator was hired as coordinator of the Safe Haven. Cindy's position coordinating Appleseed's housing department has been filled by adult community supportive psychiatric treatment (CPST) provider and IDDT coordinator Brandy Barone, LSW. Amy Webster, LSW, has been hired in Brandy's role as CPST.

A number of new staff were added to the youth and family team in order to meet the increased demand for services. The new staff includes: CPST staff; Joyce Smith, LSW, and Mindy Travino, BA; Counselors; Julie Lachmann, LSW, Dianne Javurek, LISW, and Jennifer Sager, LPC; and physician; Anita Bojtos, MD.

The Community/School Liaison program is also undergoing some staffing changes. Tammy White, LPC, who has serviced as liaison to Mapleton will take on a new role as liaison at Ashland High School. Amy Morgan has been hired as the new liaison for Mapleton.

## Locate Your Liaison

### Ashland City School District Re-zoning, Staff Changes Effect Liaison Placement

This coming school year will include a few changes in school liaison placements. The Ashland City schools have closed Lincoln School and re-organized their elementary buildings. These changes will require liaisons Jimi Fowler and Ted Lilly to do some shuffling in where they work. Ashland High School is funding a half time liaison, and will continue to work with Tammy White who finished the year there helping out with some of their unique needs. Because of Tammy's move Mapleton will be serviced by a new liaison.

The following list is the current configuration of liaison placements:



- Jimi Fowler:** Edison and Montgomery elementary (tentative)
  - Ted Lilly:** Taft and Osborn elementary (tentative)
  - Tammy Haverstock:** Loudonville Elementary
  - Linda Hodapp:** Loudonville High School; Ashland County Community Academy
  - Stephanie Krueger:** Ashland Middle School
  - Deb Gilson:** Ashland-West Holmes Career Center
  - Tammy White:** Ashland High School
  - Amy Morgan:** Mapleton School District
- To contact the liaisons call Stacy Merryweather at 419-281-7939.

## Celebrating A Century in the Cleveland Diocese



Catholic Charities is celebrating its 100 year anniversary in the Diocese of Cleveland. The Ashland County office has planned several activities to commemorate this occasion. Catholic Charities was present at the West Salem Fireman's Town and Country Days and will be at the Mohican Traditions Arts and Crafts Festival on September 1 in Loudonville. In addition, Catholic Charities will host the St. Edward's 5K run on October 13.

In September, the Multi-Generational Mentoring program at the Loudonville Public Library will be expanding from one day to two days per week. This program pairs seniors from the Golden Center with students from Budd and McMullen Schools. The seniors provide homework help and tutoring to the students. For more information call: 419-289-1903.

*Voter Access Training*  
**For voters with disabilities**

September 4, 2012  
 3:00 – 5:00 p.m. @ the Ashland Public Library  
*Free of charge. Light refreshments will be served.*



The Ohio Secretary of State's office will present information for voters with disabilities. Topics will include:

- Voting options
- November ballot summary
- Issues specific to voters with disabilities
- Hands-on training with a voting machine

Hosted by the Mental Health & Recovery Board of Ashland County



In Collaboration with:

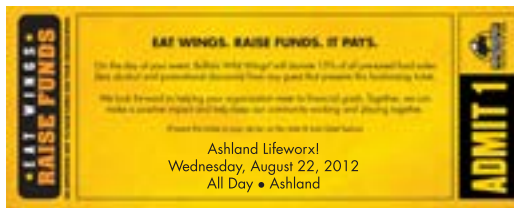


**Ashland County Lifeworx  
 Weekly Groups and Trips**

- Monday:** Art - 11 a.m.  
 Emotions Anonymous - 1 p.m.
- Tuesday:** Bible Study w. Cap't Chad - 11 a.m.  
 Eyvonne's Group - 1 p.m.  
 Trip to WalMart - 2 p.m.  
 Sewing - All Day
- Wednesday:** Walking group - 11 a.m.  
 Ettiquette - 1 p.m.  
 Trip to Hawkins - 2 p.m.  
 Sewing - All Day
- Thursday:** Anger Management - 11 a.m.  
 Nutrition - 11 a.m.  
 Game Hour - 1 p.m.  
 Trip to WalMart - 2 p.m.
- Friday:** Staff Choice  
*For more information call (419) 496-0200*

**Eat Wings**

Help support Ashland County Lifeworx by dining at Buffalo Wild Wings on August 22nd and presenting a flyer like the one below.



**Pick up a flyer at:**  
**Ashland County Lifeworx**  
 25 East Second Street  
 Ashland, Ohio

**Mental Health and Recovery Board of Ashland County**  
 1605 County Road 1095  
 Ashland, Ohio

**Appleseed Community Mental Health Center**  
 2233 Rocky Lane  
 Ashland, Ohio

**Raise Funds.**

**Seniors & Law Enforcement Together: SALT**

***Schedule for 2012***

September 6, 2012	11:00am	Sheriff's Annex	Medicare Updates
October 4, 2012	11:00am	Sheriff's Annex	Home Safety
November 1, 2012	11:00am	TBD	Holidays & Loneliness
December 6, 2012	11:00am	Sheriff's Annex	Christmas Potluck

All meetings are held at the Sherriff Annex: 1205 Main Street, Ashland and are open to all seniors. Contact Diane Cawood at 419-281-1477 for more information.