

Mental Health & Recovery Board of Ashland County



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

... Offering Rays of Hope

Three Legs of the Stool

A Conceptual Framework for Community Mental Health Services

Part 3: Medication Optimization

By Steve Stone
Executive Director

In healthcare, as in other fields, it is helpful to orient programs and services around an integrated and cohesive framework of values and principles. This is the third in a series of newsletter articles describing the framework the Mental Health and Recovery Board (MHRB) has adopted to guide the programs and services we fund and promote.

The MHRB is working to develop a community system of mental health and addictions programs grounded in principles of Recovery, Trauma-Informed Care and Medication Optimization. The concepts and principles of Recovery and Trauma-Informed Care were described in the last two newsletters. In this issue we'll discuss the third "leg of the stool," Medication Optimization.

There has been a great deal of discussion and controversy regarding the benefits and risks associated with the use of medications in mental health care, especially long-term use.

There are many reasons for the current emphasis on the use of medications. Certainly, there is evidence to suggest that some people benefit from short-term, selective use of medications to manage severe emotional or psychological distress during a crisis. There is a subset of individuals who may benefit from long-term medication use if it is very closely monitored.

Psychiatrists are generally trained to start medications routinely, quick-

ly, at relatively high doses, and maintain their patients on medication for long periods of time, sometimes indefinitely. In addition, multiple drug combinations, often referred to as drug cocktails, are commonly used. This is risky because much remains unknown about drug interactions.

Other social, political and economic factors influence the high utilization of medications. Direct-to-consumer advertising, permitted by the Federal Communications Commission beginning in 1997, and other issues related to the marketing of medications are frequently cited as influential factors. Managed care companies and federal entitlement programs like Medicaid and Medicare incentivize medication-focused treatment because it is seen as a quick and relatively inexpensive fix. Today, it is true to say that medications are the primary, and usually the only, treatment provided to people with mental illness. The time has come to engage in a dialogue about the best use of medications to promote optimal recovery from mental illness.

Fifty four experts including 23 psychiatrists, administrators, state and federal policy experts, mental health service users and advocates attended a 2-day symposium in Portland, OR in 2012, for the purpose of writing policy briefs and clinical protocols based on an alternative, evidence-based approach to the use of medications in mental health care. This new ap-

Continued on pg. 2

In this issue...

YOU'RE INVITED

Annual Dinner 3
RSVP 2013 4
ACE's Seminar 5

WHAT'S NEW

Grant Update 6
SALT Council 7

AUGUST 2013

Board Members

Tom Gaus
Chair

Jenny Whitmore
Vice Chair

Kim Harrison
Secretary

Nancy Udolph
Planning Committee Chair

Pam Mowry
Finance Committee Chair

Jenny Whitmore
AOD Committee Chair

Sylvia Adrian
Eva Beard

Ryan Emmons
Ginny Telego

Lee Bright
Mary Jones

Mike White
Rebecca Owens

Shari Shafer
Barbara Workman

Executive Director:
Steve Stone

SEE PAGE 4 FOR INFORMATION ABOUT RSVP 2013

proach is called Medication Optimization and was defined by this group as:

“A mental health recovery utility which supports the judicious use or non-use of psychotropic medications based on valid evidence-based research findings and balanced with an array of other effective, recovery-based services and supports. The goal of all of these interventions is to improve and maximize the self-determination, functioning, and quality and meaning of life of people affected by mental health challenges. Medication optimization includes postponing or avoiding the use of medications in favor of recovery-based psychosocial supports and services, sensitive and collaborative initiation of medication protocols, timely medication tapering or withdrawal protocols, and regular reassessment of recovery status to guide shared decision making to adjust medication treatment.”

The group also identified principles that should be embedded in Medication Optimization:

“Medication optimization policies must emphasize the principles of self-determination, shared decision-making, upholding individual rights, person-centered planning and strengths-based approaches conducive to empowerment and recovery for persons responding to mental health challenges in their lives.”

Clinical protocols written by the group were based on these principles:

- Delayed Introduction (don't use medications

right away, try other things first)

- Minimal dose (American prescribers typically prescribe medications at much higher doses than in other countries)
- Minimum number of medications (avoid medication cocktails because of unknown drug interactions)
- Use medication the shortest duration possible; treatment goals should reflect an exit strategy and not be open-ended

In addition, it was decided that protocols were needed for helping to reduce or discontinue medication use in some patients, resulting in Treatment Optimization Guidelines for Reducing Psychiatric Medications. While tapering protocols are a matter of great importance, there is little substantive information to guide the process.

Medication Optimization does not accept the idea that medications correct chemical imbalances in the brain because there is no credible evidence to support this theory. However, it acknowledges that medications can play a role in mental health recovery for some people as part of an integrated recovery plan.

Medication Optimization approaches drug treatment with an eye of caution and a bias toward conservative medication use. Combined with the Principles of Recovery and Trauma-Informed Care, the Mental Health and Recovery Board is confident the citizens of Ashland County will benefit from high quality mental health care. *Learn more at www.ashlandmhrb.org.*

Orman Hall Visits Ashland

Orman Hall, current Director of the Governor's Cabinet Opiate Action Team and former Director of the Ohio Department of Alcohol and Drug Addiction Services, spent the day in Ashland County on May 28, 2013.

Director Hall participated in a luncheon with members of the criminal justice system, mental health & addictions policy makers and treatment/prevention organizations. Speakers from these organizations focused on strategies that have been effective for persons struggling with addictions as well as challenges faced in the system. Chief among those challenges is the issue of opioid abuse. Ashland has not been immune to the rise in prescription drug abuse that has affected the rest of the nation. Statistical data were used to show the local, regional, and statewide trends in opiate abuse and deaths by opiate overdose. Director Hall congratulated the community for its early adoption of evidence based practices around treating those with an opiate addiction. Director Hall pointed out **2** that Ashland, thru programming at the Ashland

County Council on Alcoholism and Drug Abuse (ACCADA), developed one of the first Medication Assisted Treatment (M.A.T.) programs in the State.

Immediately following the luncheon, Director Hall paid a visit to the Sheriff's Office to tour the Jail and learn about drug/alcohol programming provided to inmates on-site. Sheriff Risner and Captain Elizabeth Jackenheimer answered questions and confirmed the effectiveness of drug/alcohol programming both for current inmates and for those who exit the facility and continue their treatment in the community. Director Hall was impressed with the quality of the services and the fact that they were being done by a highly credentialed and experienced counselor, Michael Patton, PhD., LISW, LICDC.

Finally, Director Hall presented at the Mental Health & Recovery Board's May Board Meeting. Director Hall reiterated how impressed he was with the service scope and quality for a rural county. He also emphasized that the challenge of opiate addiction and prescription drug abuse is still very real and the quality programming Ashland has will need to continue and possibly expand.

Recovery:

How Clinical Practices and Mental Health Policy Can Contribute

A Symposium with Courtenay Harding and Sue Etroff

September 24, 2013
8:30 a.m. - 12:00 p.m.

Sue Estroff and Courtenay Harding each have robust careers in the field of mental health research. Sue Estroff, Ph. D., currently teaches medical students, supervises dissertators in the Department of Anthropology, serves on thesis committees across campus, and teaches graduate seminars in methods and ethics. Courtenay Harding, Ph. D., was involved with one of the most ground breaking long-term studies of



schizophrenia and other mental health disorders and found that many once profoundly disabled persons could and did significantly improve and/or even fully recover. Their research findings have, and continue to change the way we approach mental health care today. During this three-hour symposium Dr. Estroff and Dr. Harding will address policy, personnel, funding, organizational, ethical, and clinical challenges faced by decision makers when trying to incorporate a recovery model into the system of care. A large portion of time will be given to discussing the unique challenges faced by each individual policy or decision maker. Questions from the audience will be welcomed.

Section 1: Riding the Rollercoaster: Overcoming Organizational and Economic Barriers in Implementing Public Sector Recovery Programs

Courtenay Harding will provide a short review of the worldwide evidence for recovery and what is possible for so many people whom systems have relegated to maintenance care. Then Dr. Harding will give an example of how New York State implemented a comprehensive recovery program for people using the Medicaid Rehab Option. She will also discuss factors that influence the rate of adoption from the system viewpoint including State budget and funding decisions. In addition, she will provide a brief glimpse of the situation from the agencies' point of view and the roller coaster they are all riding and hanging on to for dear life.

Section 2: Means and Ends: Getting to Consumer Centered and Provider Sustaining Services

A review of research on outcomes and policies that address what consumers want and need to support recoveries, and the clinical, ethical, personnel, and policy innovations and challenges for providers as partners in the process. She will focus on developing and sustaining therapeutic relationships as central to the recovery enterprise.

Continuing Education:

2.45 Hours of CE credit for Counselors and Social Workers has been approved by the CSWMFT Board. MHRB provider #RCS051305.

Cost: \$15

To Register: Visit <http://www.ashlandmhrb.org/upcoming-trainings/> or contact Kelly Daniels at 419-281-3139 or kdaniels@ashlandmhrb.org.

Announcing: The 6th Annual RSVP Conference!

September 25th, 2013 8 a.m. - 4:30 p.m.

Keynote Speakers: Sue Estroff and Courtenay Harding

Myers Convocation Center – Ashland University

Conference Line-up

9:00 – 9:40 'State of the State' ODMHAS (Director Tracy Plouck)

9:45 – 10:35 **Opening Keynote**
Back from the Brink:
Reclaiming Lives from Serious & Persistent Psychiatric Disorders
(Courtenay Harding)

10:45 – 12:00 **RSVP Workshops A**

1. Finding the Real Person Underneath the Diagnosis (Courtenay Harding)
2. Making College Dreams a Reality (Steve Stone, Moderator)
3. Working with Circles (Dr. John Stratton)
4. Stress Reduction & Management (Stephanie Taddeo, VNA)

12:00 – 1:30 **Lunch and Keynote**

Reconcilable Differences? Finding/Making Common Ground

1:45 – 3:00 **RSVP Workshops B**

1. You Don't Get It/You Can't Get It (Sue Estroff)
2. Elevating the Role of Peers in Ohio's Health Care System
(Jack Cameron & Donna Conley)
3. Living with Vitality (Yoga and Meditation) – (Kathy Rubsiska)
4. Voices of Hope: Recovery Panel (Fredy Robles, Moderator)

3:15 – 4:30 **RSVP Workshops C**

1. The Relationship between Spirituality and Recovery (Lee Weatherbee)
2. Using Community Forums to Increase Awareness of Mental Health Issues
(Dr. Louise Fleming & Judy White)
3. Next Steps in the Recovery Journey (Pat Risser and Ruta Mazelis)
4. New Directions in Community Mental Health
(Panel Discussion with Providers)

SPONSORED BY THE MENTAL HEALTH AND RECOVERY BOARDS OF ASHLAND AND WAYNE/HOLMES COUNTIES
CEUS FOR COUNSELORS AND SOCIAL WORKERS AVAILABLE.

MHRB provider #RCS051305. approved by the CSWMFT Board.

For more information or to REGISTER for the conference visit www.ashlandmhrb.org/rsvp.

Or call Kelly Daniels at 419-281-3139

RSVP 2013

Lunch and Learn Seminar September 6

THE ADVERSE CHILDHOOD EXPERIENCES STUDY:

Implications for Social Service Agency Practice

Join the Mental Health and Recovery Board for a 2-hour seminar for directors, administrators and direct-service staff of community social service agencies regarding the Adverse Childhood Experiences Study (ACE). Held on September 6, 2013 at the Mental Health and Recovery Board 12 - 2 p.m.

The ACE study, a collaborative effort between Kaiser-Permanente and the Center for Disease Control, was published in 1999 and provides important and useful information about the prevalence and long-term effects of violence, abuse and other experiences during childhood. The seminar will incorporate a presentation by Steve Stone, (Executive Director of the Mental Health and Recovery Board), a video featuring Vincent Felitti, M.D. (one of the study's principle investigators), and a facilitated discussion among participants.

Presented by Executive Director Steve Stone, this seminar will include credit for 2 credit hours of CEUs for Social Workers and Counselors. (MHRB provider #RCS051305 approved by the CSWMFT Board.) Lunch will be provided and there is no cost to participants for this seminar. For more information or to register call Kelly Daniels at 419-281-3139. The Mental Health and Recovery Board is located at 1605 County Road 1095, Ashland, Ohio 44805.

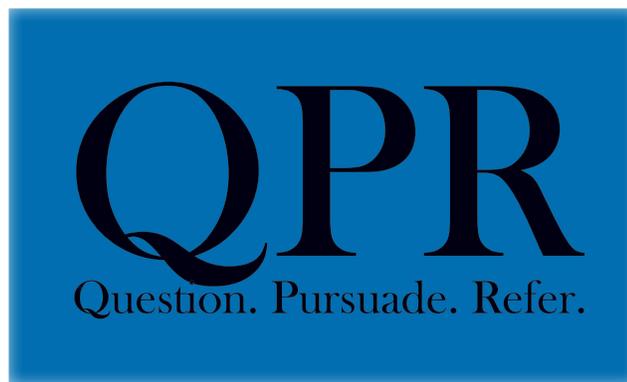
Collaborative Grant Makes Suicide Prevention Training Available in County

In 2012, the Mental Health and Recovery Boards of Ashland, Richland and Wayne/Holmes Counties collaborated and received a grant to bring Suicide Prevention Training to medical professionals and other key community members who may be in a position to, as the QPR model puts it, "Ask a Question and Save a Life."

A grant from the Margaret Clark Morgan Foundation providing training to 5 members of the Suicide Prevention Coalition to train gatekeepers in Ashland County. Since the training in 2012 over 300 people have been trained in the QPR

model in Ashland county. Those who have been trained include, almost 40 medical professionals, staff members at the City-County Health Department, and over 200 high school students.

QPR is a model simi-



lar to CPR for physical health. The Gatekeeper Training uses this model to train everyday citizens to recognize the signs of suicide risk in those around

them, to become comfortable asking the appropriate questions of a person at risk, and to take action where it is needed in order to save a life. Just like CPR does not expect everyone to be a nurse or medical professional, QPR does not expect

to turn everyone into a mental health professional, however, QPR can teach you how to take the appropriate steps to keep a person alive and get them to helping professionals.

QPR is offered free to interested agencies and can be done in a 60, 90, or 120 minute presentation.

For more information or to schedule a training call Kelly Daniels 419-281-3139 or email at kdaniels@ashland-mhrb.org.

Ambling 'Round Lifeworx

A member's perspective on groups, events, and outings

What makes for a terrific memory? Lifeworx recently experienced a delightful evening. It began with a van, full of 11 members on their way to Lake Erie. (The classy and comfy van was rented just for the occasion.)

Upon arriving at the docks where boats are moored, we eagerly boarded The Journey. Yes, thanks to Captain Chad Grubb and his crew, a memory was in the making!

We sailed for about an hour and a half on Lake Erie, as the sun slowly dipped in the West. The gently rolling waves and cooling breeze made the time special. Feelings of peace and serenity swept over us. Crystal clear blue skies capped a picture perfect evening.

At one point, Captain Chad encouraged each of us to walk "The Courage Walk" to face our fears. (For all of you sailors we walked the bow sprint?) Hansey, Ryan, Chris, and Yvonne each bravely faced this challenge and were rewarded with applause for our efforts.

Each participant rang "the bell" signaling personal accomplishment after the venture.

Lifeworx Continues Board Development

Ashland County Lifeworx has recently made significant strides toward stability as an agency. The non-profit transitioned from an interim board to a permanent board with the addition of five new board members in March of 2013.

In May, Lifeworx began strengthening the support of the organization with a Board Training, at which Jack Cameron, of the Ohio Empowerment Coalition helped to clarify the roles of board members and the executive director. The Board reviewed its ethical responsibilities, gained an understanding of how to support the organization's director, and explored what it means to have a shared vision for the organization.

At the following month's board meeting, June 17, 2013, Jack returned to Ashland County and worked with the Lifeworx board to develop a strategic plan. Some of the organization's immediate plans include recruiting more members, purchasing or renting a new building and relocating, and improving transportation opportunities for members of Lifeworx.

Lifeworx members also participated in the organization's growth. They participated in team building sailing trips, and were surveyed often regarding their vision for the organization.

Lifeworx' board training, strategic planning, and team building activities were made possible through a generous grant from the Margaret Clark Morgan Fund.

We later arrived back on shore pleasantly satisfied with our sailing excursion.

We were ready for a fabulous meal at The Red Lobster. Stuffed mushrooms and deep-fried cheese sticks were the appetizers of choice. Whether we feasted on bacon wrapped shrimp, perfectly grilled steak, or one of the many other mouth-watering entrees, it was cuisine extraordinaire! Deserts "to die for" topped off the meal for some of us.

The ride home was punctuated by conversation and frequent bursts of hilarity. Nothing about this trip was dull!

You see, when Lifeworx members get together for fun and adventure no one goes home disappointed!

The only question remaining is: When can we do this again?

A special thanks to the Margaret Clark Morgan Foundation for helping make this event possible.

Article by Yvonne Gramse. For more information about Ashland County Lifeworx contact Amy Flannigan at 419-496-0200.

Disability Rights Ohio would like to invite you to attend a listening session on August 23

5:30 - 7 p.m. at:

**Mental Health and Recovery Board of Ashland County
1605 County Road 1095
Ashland, Ohio 44805**

They are gathering input for their 2014 priorities and would love to hear from you!

Learn more at:

www.disabilityrightsohio.org

Enter to win a gift card by completing this survey:

<https://www.surveymonkey.com/s/TR5YL2J>

MHRB Completes Grant Providing Dental Screenings and Educational DVD

In collaboration with Ashland County Oral Health Service's 9th Street Dental Center, the Mental Health and Recovery Board recently conducted oral health screenings in several locations throughout the county.

Made possible by a generous grant from the Margaret Clark Morgan Foundation of Hudson, the MHRB was able to provide basic hygiene kits to all screening recipients as well as families and children at Ashland County's Family Fun Fair at the City-County Health Department. A total of over 200 dental hygiene kits were distributed.

According to psychiatrist Coni Kalinowski, who visited Ashland County in 2011, "Many people who are recovering from psychiatric disabilities are taking various medications that can affect their oral health. For example, medications that can cause diabetes or dry mouth may increase the risk of developing tooth decay and gum disease."

Dr. Kalinoski's comments during that year's RSVP Conference led the Board to seek this collaborative grant to provide education and resources on oral health and its relationship to mental health to residents, particularly mental health consumers, in Ashland County.

Through the course of the grant, the 9th Street Dental Center provided a total of 24 screenings at four different locations. Screenings included a brief exam and assessment from a local dentist and 10 to 15 minutes of education provided by a technician from the Dental Center.

In addition to providing screenings, the Board and the Center provided education regarding psychiatric disabilities and oral health concerns.

Those who expressed a concern about dry mouth in relationship to their medications were provided with a sample of Biotene - a product specifically designed for the treatment of dry mouth. Biotene graciously donated sample packs including Biotene toothpaste, mouthwash, and gel. The same company donated Sen-

sodyne toothpaste samples to the project.

In addition to in-person education and screenings, the grant allowed for the creation of three educational videos that will be compiled onto one DVD for distribution. The DVD discusses the connection between mental health and oral healthcare, basic dental hygiene, and helps explain what to expect on a first (or first recent) visit to the dentist.

The videos will be available on the Mental Health and Recovery Board's website (www.ashlandmhrb.org) and DVDs will be available by request. The Board plans to share the DVD with other local mental health Boards as well as state agencies.

The Board would like to thank the many individuals and agencies that made this grant a success, including; Appleseed Community Mental Health Center, the Ashland Christian Health Center, The Ashland City-County Health Department, Psychiatrist Irma Swarn, Dr. Ronald Freeman, and Jeff Ohler of Digital Media Instruction in Columbus, Ohio.

For more information on this project contact Kelly Daniels at 419-281-3139.



To make an appointment at the 9th Street Dental Center call (419) 289-1430. Medicaid and most insurance is accepted and a sliding fee scale is available to all patients.

S.A.L.T.

Seniors and Law Enforcement Together

- The S.A.L.T. Council in Ashland County is off to a successful start! The council has been hosting meetings the first Thursday of each month for over a year now and is beginning to gain even more momentum. Hats and t-shirts are on sale through the Council on Aging (Diane Cawood, (419) 281-1477) and S.A.L.T. will be sharing a table with the Sheriff's Department at the Ashland County Fair in September. S.A.L.T. is a collaboration between the Older Adult Behavioral Health Coalition and the Sheriff's Department in Ashland County, programming focuses on senior crime and safety with the goal of reducing unwarranted fear of crime that seniors often experience. Some topics of interest include: fraud and identity theft, driving safety, Summer health issues, shopping safety, and many more! Please join S.A.L.T at their next meeting the first Thursday of the month at 11:00 a.m. at the Sheriff's Annex in Ashland. Upcoming meeting topics and dates are listed below.

September 5, 2013 - Medicare Updates for 2014

October 3, 2013 - Getting Ready for Winter

November 7, 2013 - Are you Mentally and Emotionally Ready for the Holidays?

December 5, 2013 - Holiday Potluck

For more information on S.A.L.T. Call Marilyn Hobson at 419-289-6552

WELCOME!

The Mental Health and Recovery Board would like to welcome its new tenants. The following agencies are now sharing office space with the Board at 1605 County Road 1095, Ashland, Ohio 44805.

Their telephone contact information is as follows:

ACCESS
419-281-3000

Visiting Nurses Association
of Mid-Ohio
419-281-2480

TALK Mediation Services
419-207-8255

Save the Date
Annual Dinner &
Community
Presentation by
Courtenay Harding
September 24, 2013
5 - 7:30 p.m.

For more information and registration call 419-281-3139
