



"Our mission is sharing hope and caring to achieve recovery from mental illness, alcoholism, and drug addiction."

Information for the Community

August 2012

About MHRS

Mental Health Recovery Services of Warren & Clinton Counties (MHRS) is the local Alcohol, Drug Addiction and Mental Health Services (ADAMHS) board that plans, funds, monitors and evaluates services and programs for residents with serious mental and emotional disorders and/or substance addictions.

(513) 695-1695

www.mhrsonline.org

Provider Agencies

[Solutions Community Counseling and Recovery Centers](#)

[New Housing Ohio, Inc.](#)

[National Alliance on Mental Illness - Warren County](#)

[Mental Health America of Northern Kentucky and Southwest Ohio](#)

[Women's Recovery Center](#)

[Talbert House: Warren Outpatient](#)

MHRS Mini-Grants Deadline is September 14

Last fiscal year 2012, Mental Health Recovery Services of Warren and Clinton Counties (MHRS) awarded 14 area non-profit organizations and school programs mini-grants for innovative projects that positively affected mental health and/or prevented substance abuse targeted at Warren and Clinton County residents.

Due to the widespread interest and success of this program, MHRS mini-grants will be awarded again in FY 2013. Chosen grant recipients will receive up to \$10,000 per award, unless special approval is granted by MHRS Board of Directors. The purpose of the mini-grant project is to enhance partnerships and creativity by investing in prevention services offered by providers in the community.

The grant application deadline is noon (EST) on Friday, September 14, 2012. MHRS is offering a free proposal workshop to assist applicants on Monday, August 27 from 3-4:30 p.m. Seating is limited, so call 513- 695-1695 by August 24 to RSVP. Logon to <http://www.mhrsonline.org> for complete details and guidelines.

National Suicide Prevention Week - September 9-15

Do you know that, in the United States, one person completes suicide every 14 minutes? Or it's estimated that more than 5 million people in the United States have been directly affected by a suicide? Or that 50 percent of all persons who die by suicide use a firearm kept in the home, allegedly for safety, to kill themselves? All of these statistics are shockingly true.

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Experts also know that suicidal crises tend to be brief. When suicidal behaviors are detected early, lives can be saved. There are services available in our community, such as the agencies within MHRS, for

[Services](#)

**Crisis Line
1-877-695-NEED
(6333)**

**National and State
Entities**

[NAMI Ohio](#)

[National Alliance for the Mentally Ill
\(NAMI\)](#)

[Ohio Association of County
Behavioral Health Authorities](#)

[Ohio Department of Mental Health](#)

[Ohio Dept. of Alcohol & Drug
Addiction Services](#)

[Ohio Suicide Prevention Foundation](#)

[Substance Abuse & Mental Health
Services Administration](#)

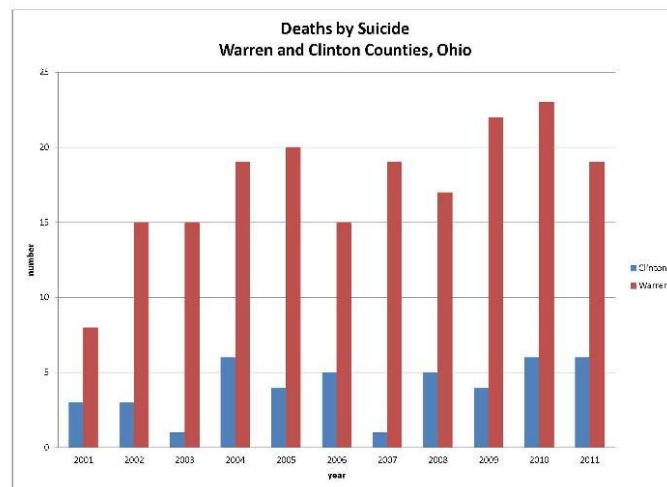
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the assessment and treatment of suicidal behaviors and their underlying causes.

A person at risk for suicidal behavior most often will exhibit warning signs, such as:

- threatening to hurt or kill oneself
- talking about hurting or killing oneself
- looking for ways to kill oneself
- talking or writing about death
- hopelessness or depression
- rage, uncontrolled anger, seeking revenge
- dramatic life changes
- acting recklessly or engaging in risky activities
- increasing alcohol or drug use
- withdrawing from friends, family and society
- anxiety, agitation, unable to sleep or sleeping all of the time
- dramatic mood changes
- no reason for living; no sense of purpose in life
- giving away possessions and "saying good-byes"

Locally during the eleven-year period of 2001-2011, a total of 236 individuals have died by suicide in Warren and Clinton Counties. Some of the increase over these years can be attributed to the increase in population size; however, one alarming factor identified for 2010 and 2011 is a rise in the number of suicide deaths among youth (age 21 and under). In fact, during the nine-year period of 2001-2009, eight youth died by suicide. The same number of youth (8) chose to end their lives in the last two years (2010-2011). However, the largest percentage of suicide deaths has consistently been among men age 30-49, representing 47% of the local deaths by suicide.



Source: Death Certificates/Warren County Health Department and Clinton County Health Department

The 38th Annual National Suicide Prevention Week runs

September 9-15. This year's theme is "Collaborations in Suicidology: Bridging the Disciplines". Suicide is everyone's business, and anyone can participate in lifesaving awareness efforts, including schools and colleges, hospitals, churches and businesses. Special events and activities surrounding this week can be created to promote public awareness of the goals of suicide prevention, to educate about the prevalence of suicide as well as to provide informational materials related to suicide awareness and prevention.

The Suicide Prevention Coalition of Warren and Clinton Counties has a variety of free materials and trainings available to the community or your organization.

Visit www.mhrsonline.org/suicidepreventioncoalition or call 513-695-1695 for more information.

We hope you will join Mental Health Recovery Services of Warren and Clinton Counties in supporting suicide prevention. Together, we can reduce the number of lives shaken by a needless and tragic death. For more information about this week, visit www.suicidology.org.

Free Training Opportunity for High School Staff

The Suicide Prevention Coalition of Warren and Clinton Counties has announced a unique opportunity available to Ohio high school staff that has been launched by the Ohio Suicide Prevention Foundation's (OSPF) Campaign for Hope - Youth Suicide Prevention Initiative. This is supported by a 1.4 million dollar grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

This free training opportunity offers:

- **Free** access to "Kognito At-Risk for High School Educators" on-line professional development with "hands-on-practice" in the form of practice conversations through virtual role play.
- One hour of instruction that can be done from any computer with Internet access--**on-demand, 24 hours/day**.
- Communication skills that transfer to every day challenges.
- Aims to increase staff ability to recognize when students may be experiencing psychological distress and manage conversations with them in order to better connect with school support services.
- A certificate of completion for learners and a certificate of recognition for the participating school.
- **Warren and Clinton County School/Staff Incentives:**
 1. Prize and public recognition to the school with the highest participation percentage; and 2. \$50 Target gift certificates awarded via random drawing of staff members who complete training.

This training program supports school climate improvement as well as individual student achievement goals. It is listed in the Suicide Prevention Resource Center and American Foundation for Suicide Prevention Best Practices Registry.

To learn about the course, go to <http://highschool.kognito.com/ohio> where you can view a multitude of materials about the program as well as access a live demonstration of the course.

"The goal of OSPF is to train 20,000 Ohio teachers. Our local goal is to be the leader in the state," stated Patti Ahting, LISW-S, Suicide Prevention Coalition of Warren and Clinton Counties Chair. High school administrators should direct any questions about this free training opportunity to Ms. Ahting at Mental Health and Recovery Services of Warren and Clinton Counties by calling 513-695-1730 or emailing pahting@mhrswcc.org.

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