



**Mental Health
Recovery Services**
of Warren & Clinton Counties
eNewsletter

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

**Information for the Community
December 2012**

In This Issue

Happy Holidays Friends!

Mini-Grants Awarded

Buzzed Driving is Drunk Driving



*... from the staff and
volunteers of MHRS.*

Mental Health Recovery Services of Warren and Clinton Counties is grateful for the opportunity to share news of interest to you, our readers, this past year.

Thank you for your continuing interest in this monthly publication. May you and those you care about have great happiness and good health

**MHRS has Awarded Over
\$300,000 in Mini-Grants Since 2010!**



Those pictured above are representatives from the non-profits in Clinton and Warren Counties receiving MHRS mini-grant funding this fiscal year.

and substance abuse programs with key partners in the community, focusing primarily on prevention services. The inaugural year funded a total of 8 projects. In 2011, MHRS continued this competitive grant program and awarded an additional 14 grants.

in 2013.

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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

[New Housing Ohio, Inc. Community Counseling and Recovery Centers](#)
[National Alliance on Mental Illness - Warren County](#)
[Mental Health America of Southwest Ohio, Inc.](#)
[Women's Recovery Center](#)
[Talbert House: Warren Outpatient 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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 Forward to a Friend

For fiscal year 2013, MHRS has awarded mini-grant funding to 12 innovative projects that will positively affect mental health and/or prevent substance abuse targeted at Warren and Clinton County residents. This brings the total mini-grant funding to over \$300,000 in the past three funding years!

Eligible applicants were required to serve residents of Warren or Clinton Counties, be a non-profit, charitable, educational, governmental or other organized group with a Federal Tax ID number. This year's grants were awarded in amounts ranging from \$6,600 to \$10,000 to the following agencies:

Big Brothers/Big Sisters of Warren & Clinton Counties Community-Based Mentoring Program

Big Brothers and Sisters of Warren and Clinton Counties is a non-profit affiliate organization of Big Brothers/Big Sisters of America. They serve the two-county area through their Community-Based and School-Based Mentoring Programs. The mini-grant funding helps support the agency costs for creating and supervising the one-to-one "Big/Little" matches (mentor/youth). The goal is to serve 10 new youth, with at least 50% of the matches being in Clinton County. Mentoring has shown to produce positive outcomes in the areas of socio-emotional competence, avoidance of risky behaviors, and educational success.

Contact: Tammy Stebelton, 513-932-3966, bbwar1@go-concepts.com.

Camp Joy

Camp Joy Program for Underserved Youth

Since 1938, Camp Joy has provided quality outdoor experiential programs for underserved children from southwest Ohio. Funding will be provided for scholarships to Warren and Clinton County youth for the purpose of attending Camp Joy. Specifically, scholarships to the week-long "Resident Camp" and the 1.5 day "Camp Retreat Program" will be awarded. Camp Joy will work with community agencies to secure scholarship applications with the target population being youth in foster/kinship care, youth who are living in subsidized housing, and who are eligible for free and reduced lunches. Camp Joy anticipates that each participant will develop and enhance personal, interpersonal, and life skills through hands-on outdoor activities. Contact: Mike McGinty, 937-289-2031, mikemcginty@camp-joy.org.

Child Advocacy Center of Warren County Operating Costs (facility rent)

The Child Advocacy Center (CAC) serves nearly 300 children per year, representing the most serious, complex cases of child maltreatment in the community (predominately child sexual abuse). A multi-disciplinary team comprised of child protective services, law enforcement, prosecution, victim advocacy, medical and mental health professionals use the CAC's child-focused facility as a hub to coordinate specialized services for child abuse victims. Funding is provided for a portion of operating costs, specifically facility rent. Contact: Teresa Wiles, 513-261-6031, wilest@childrensdayton.org.

City Gospel Mission

X-treme Adventures HorsePower

City Gospel Mission empowers homeless and hurting men and women and disadvantaged youth to break the cycle of poverty and



The Holidays are a wonderful time of the year filled with parties, time with friends and loved ones and good cheer.

However, each day in the USA, on average, 30 people die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes! Unfortunately, those numbers can climb higher during the Holidays.

That's why Mental Health Recovery Services is reminding its readers that drinking alcohol and driving do not mix and that "buzzed" driving is drunk driving.

Please remember to apply these three simple steps to ensure your holiday celebrations do not end in tragedy:

1. **Plan ahead**--designate a driver *before* the party begins.
2. **If you drink** (*even just one*), **do not drive!** Stay overnight with the party host, call a friend, or use a taxi or public transportation to get home.
3. **Be responsible.** Never let someone impaired get behind the wheel. If you see an impaired driver on the road, contact law enforcement.

Thanks for doing your part to help make our roadways safer this Holiday season.

Quick Links
[Our Website](#)

despair. HorsePower was launched in 2006 as an innovative youth outreach program, and has enriched the lives of kids in a multitude of Cincinnati communities. As HorsePower is located in Morrow, services will be extended to Warren County youth. Funding will be provided for scholarships for the purpose of attending this seven-session long, equine-assisted growth and learning, therapeutic experiential group program. HorsePower will work with community agencies to secure scholarship applications with the target population being children and adolescents 8-15 years old, Warren County residents, socio-economically disadvantaged, at-risk educationally, emotionally, or due to family or neighborhood environment. Children who qualify for free lunch subsidy will meet the economic criteria. HorsePower anticipates that participants will increase social and relational competence, grow healthy self-esteem, reduce rule-breaking behavior, and develop an increased sense of life purpose and direction. Contact: Carole Bower, 513-265-4477, cbower@citygospelmission.org.

[Clinton County Services for the Homeless Emergency Shelter for Mental Health Clients](#)

Clinton County Services for the Homeless provides emergency shelter, meals, case management services, and 24 hour, 7 day/week staff support to individuals who are homeless. A percentage of individuals are also clients in the Mental Health Recovery Services (MHRS) system. The mini-grant will fund shelter services to assist homeless MHRS clients so that they may secure permanent housing, employment and/or public benefits. Contact: Denise Stryker, 937-382-6272, chomelessshelter@cinci.rr.com.

[Donovan Elementary School Building Healthy Students, Families & Communities](#)

Donovan Elementary (Lebanon School District) will start an after-school program designed to increase protective factors and will use the evidence-based program called Social Skills Group Intervention (SS-GRIN). This program has been demonstrated to: improve self-esteem, peer acceptance, self-efficacy, positive behavior, and academic learning and decrease social anxiety, depressive symptoms and aggressive behaviors. Contact: Nancy Dyer, 513-934-5417, dyer.nancy@lebanon.k12.oh.us.

[Lebanon High School Freshman Focus](#)

Lebanon High School will utilize the mini-grant to fund their Freshman Focus program which provides students with information, tools, resources and strategies they need to successfully navigate the challenges of high school. Outcomes anticipated include: increased sense of school connection amongst incoming freshmen as a way of bolstering attendance, as well as decreased bullying behavior and substance abuse. Contact: Syndra Snelling, 513-934-5109, snelling.syndra@lebanon.k12.oh.us.

[Stepping Stones Ranch Equine Assisted Learning](#)

Stepping Stones Ranch was founded in 2010 with the vision to reach at-risk youth by empowering their lives with a firm foundation and equipping them with new skills for hope of a better future. Funding will be used for scholarships to Warren and Clinton County youth for the purpose of attending an eight-week session of the Equine Assisted Learning Program. Stepping Stones Ranch will

work with community agencies to secure scholarship applications. The target population is at-risk children and adolescents 5-18 years old who are Warren or Clinton County residents. Stepping Stones Ranch anticipates that participants will display the following outcomes: increase in 40 Developmental Assets, increase in life satisfaction, positive behavioral changes, increase in social awareness, adults in the student's life will notice a positive difference, and sense of family unit becoming healthier. Contact: Dar Hensley and Danielle Combs, 937-289-0100, dar@steppingstonesranch.org or danielle@steppingstonesranch.org.

Southern Ohio Educational Service Center/Clinton County Alternative School

Equipping Students with Everyday Survival Skills

Clinton County Alternative School has been serving youth since 1996 who are at-risk of being disruptive, violent, suspended or expelled from school. This project will target students, grades 6-12, at the Alternative School over a period of 30-35 weeks with a minimum of one hour weekly sessions to acquaint them with necessary skills to survive everyday life and to be successful and confident to deal with various situations. Additionally, up to three service projects will be conducted with the students. This will assist students in setting goals, improving self-esteem, and in developing social skills that may help deal with or prevent negative encounters that may occur in their environment. Contact: Bennie Trail, 937-383-1691, so_btgrail@mveca.org.

Violence Free Coalition/Abuse and Rape Crisis Shelter (ARCS)

Re Do Day

The Violence Free Coalition operates under the auspices of the Abuse and Rape Crisis Shelter and is focused on prevention services. ReDo Day (Respect Everyone Despite Odds) is a one-day character-building program for secondary students centered around innovative learning experiences. Students (100-200 per session) and adult volunteers (25-30 per session) meet in a safe environment, usually a school gymnasium, and participate in facilitator-led talks, large group games, interactive activities and small group discussions aimed at stimulating greater understanding and acceptance of other's diversity. The strategically placed activities are designed to break down the barriers between students that have led to bullying and stereotyping. Focus topics include Attitude, Respect, Anger Management, Stereotypes, Authenticity and Affirmation. The mini-grant will fund three ReDo Days, one each at: Springboro High School, Carlisle High School, and Little Miami High School. Follow-up will be incorporated through the implementation of an eight-session "Expect Respect" program designed to empower youth to become role models and leaders in preventing dating violence, sexual harassment, and bullying. The follow up groups will be conducted by the Violence Free Coalition (Little Miami and Carlisle High Schools) and through a partnership with Solutions Community Counseling and Recovery Centers (Springboro High School). Contact: Jane Conn, VFC Director, 513-695-1985, arcs-conn@cinci.rr.com.

Warren County Community Services-Family Services Search Institute, Family Household Assets Development Project

For over 46 years, the Family Services Department has provided services for families in Warren County who need individualized and culturally sensitive assistance in overcoming barriers and challenges they face to obtain self-sufficiency. The Family Services Department will utilize the Search Institute's "The American Family Assets Survey" to assess and identify Family Assets for low income clients that seek out the department for emergency financial services. The Family Assets tool, accompanying Search Institute materials and education; and lists of local, free asset building opportunities will be given to these clients/households. Contact: Sue Miller, 513-695-2249, suekm@wccsinc.org.

Wilmington City Schools

Sensory Rooms

The goal for this project is to increase household Family Assets for low income families struggling to achieve and live self-sufficiently in Warren County with a quality of life they desire.

A sensory room will be established in each elementary school in Wilmington where students can go throughout the day in order to take a "break" when they are overloaded (with stimuli) or need a boost of stimuli to get them through the next portion of their day. If students need a "sensory break" during the day, principals, teachers, counselors, psychologists, or aides will be able to monitor breaks. After students have had a break, they will return to class, with their needs being met, and ready to learn. The entire staff of each elementary school will be trained on the benefits and use of the sensory room. The target population will be all students, grades Pre K - 5, regardless if there is an identified special need or not. Wilmington City Schools anticipate that participants will display the following outcomes: increase academic time on-task and decrease discipline referrals. Contact: Jenny Adkins, 937-283-7702, jennifer.adkins@wilmington.k12.oh.us or Lindsey Callahan 937-283-7393, lindsey.callahan@wilmington.k12.oh.us.

For more information about the Mini-Grant Program or other services funded by Mental Health Recovery Services of Warren & Clinton Counties, call 513-695-1695 or visit www.mhrsonline.org.

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