

the Resource

A publication to increase awareness of mental health and substance use disorder issues in our community.



April 2017

Video Brings Mental Illness Out of the Shadows



David Stump a talented local musician who lives with schizophrenia, worked with the National Alliance on Mental Illness (NAMI) Portage County to write the song "Fighting the Stigma" for the Out of the Shadows statewide campaign sponsored by NAMI Ohio. A video featuring the musicians and messages about mental illness was produced with assistance from the Margaret Clark Morgan Foundation, the Mental Health & Recovery Board of Portage County, and Coleman Professional Services.

David participates in Coleman's Options program in Ravenna. He was "volunteered" by his fellow group members to compose a song about the struggles they face and their desire to be part of society.

"Although my mental illness is a problem, it is also a gift, for I use it as a creative tool," responded David when asked about his high level of musical and computer skills. "Schizophrenia means "split mind," David said, "and because of my condition I am often very inspired and imaginative." Schizophrenia is a neurological brain disorder associated with auditory and visual hallucinations, delusions, and feelings of grandeur.

After writing the words and chorus for his part as acoustic guitarist, David needed other musicians to complete the production. Through the internet, David found a drummer in Moscow to add the percussion, a bass guitarist in the United Kingdom to record that instrument's part, and a lead guitarist in Argentina. Each recorded their segments of David's new song sending the individual finished works to David who mixed them together on his computer creating a demo. David then sent his demo to Omni Sound Studios in Nashville, Tennessee, who professionally combined all of the individual performances into a master.

David's song helped Portage County's NAMI to win a \$3,000 grant to use in their fight to reduce the stigma of mental illness.

"Fighting the Stigma" video can be found out YouTube and the song is available on iTunes and Google Play. The video was made by Dan Demyan and David Sullivan at Prism Video.

NAMI Portage County is a chapter of a national organization dedicated to the eradication of mental illnesses and to the improvement of the quality of life for those whose lives are affected by these diseases and for their family members. For more information on Portage County's NAMI chapter, visit, <http://www.namiportagecounty.org/>

Podcast on Portage Addiction Resources



LIVE FREE.

Board Executive Director Joel Mowrey, PhD, was interviewed for a Cover2 Resources podcast along with local Portage County resident Kelly Hart. They discuss the role of trauma in substance use disorder and Kelly shares his road to recovery.

Listen to the interview at cover2.org.

Upcoming Events:

Community Drug Awareness
April 22, 10am, Aurora Inn

Mental Health & Recovery Board Meeting
May 8, 6:30pm, MHRB, Kent

Community Drug Awareness
May 6, 10am, King Kennedy Center,
Ravenna

OhioCAN Steps of Change
May 20, Noon-4pm, Ravenna City Park

Substance Abuse Community Coalition Formed

Local community leaders have come together to form the Portage Substance Abuse Community Coalition. This group of organizations and individuals are dedicated to preventing and treating substance use disorders as well as advocating for funds and policies to address addiction.

“Our coalition views the opiate epidemic as a community health crisis given the high number of overdoses and deaths,” stated Joel Mowrey, PhD, executive director of the Mental Health & Recovery Board. “However, we also focus on other substance use disorders, particularly alcohol, as many of our residents are struggling with addictions other than opiates.”

The Portage County Community Health Status Assessment report was published last year by the Portage County Health District. The report provided a comprehensive look at the health and well-being of Portage County residents. From this data, five priorities were identified for the community to address – one of which is to decrease substance abuse. The Substance Abuse Community Coalition is working to address this community health issue in the areas of treatment, prevention, and advocacy.

Member organizations include the Mental Health & Recovery Board of Portage County, Portage County Health District, University Hospitals, Kent Health Department, Coleman Professional Services, Family & Community Services, Townhall II, Job & Family Services, OhioCAN, Windsor Laurelwood, Summit Psychological Associates, Cover2 Resources, and Start Talking Portage as well as concerned residents.

The group meets at 1pm on the first Thursday of the month at the Kent Free Public Library. All are welcome to attend.



Coalition members pictured: Front row (from left) Mim Cherrie, OhioCAN; Karyn Hall, Mental Health & Recovery Board; Iris Meltzer, Mental Health & Recovery Board; Renee Klaric, UH Portage Medical Center; Becky Lehman, Portage County Health District. Back row (from left) Joel Mowrey, PhD, Mental Health & Recovery Board; Rob Young, Townhall II; Melissa Gannon, Coleman Professional Services; Patrick White, Family & Community Services; Frank Hairston, community member.

NETWORK OF CARE FOR ALL GENERATIONS



Mental Health & Crisis Training for Educators Set for July

The Crisis Intervention Team Education Collaboration is a proactive, 5 day program for school personnel designed to increase awareness of mental health issues and develop crisis management skills. It will be held July 10-14 from 8am-4pm at the Streetsboro Police Station.

Cost \$100, 2 graduate credit hours, add \$300. Contact Laura at 330-673-1756 x 201 to register.

Struggling with Addiction?



ADDICTION HELPLINE
for Portage County

330.678.3006

Resources are available:

Comprehensive Assessment • Individual Counseling
Detox • Medicated Assisted Treatment
Residential Treatment • Recovery Housing

Contact the Addiction Helpline at Townhall II for community information, support, and connection to services anytime, day or night.



Mental Health & Recovery Board
of Portage County
155 E. Main Street, Kent, OH 44240

