

the Resource



MENTAL HEALTH & RECOVERY BOARD OF PORTAGE COUNTY

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

Welcome to our December edition of the Resource e-newsletter. The Board sends wishes for a wonderful holiday season to all.

Crisis Intervention Officers of the Year



Portage County officers recognized as Crisis Intervention Team (CIT) Officers of the Year: Ofc Diane Dudziak, KSU Police; Ptl Scott Krieger, Ravenna Police; & Ofc Dominic Poe, Kent Police for practicing the communication and de-escalation techniques they learned during their CIT training in dealing with individuals who are experiencing a mental health crisis or are struggling with addiction.

The Portage County Police Chiefs Association reviewed the nominations and the awards were presented by the Mental Health & Recovery Board of Portage County at the Portage Substance Abuse & Mental Health Conference.

Officer Dudziak responded to about 30 crisis intervention calls during the past academic year, but it wasn't just the quantity that caused her Captain Chris Jenkins to nominate her, it was the quality. "Diane's empathy and knowledge of university and community resources is well-honed," explained Jenkins. "She possesses a genuine compassion for the individuals she serves and their life circumstances."

Dudziak has also demonstrated de-escalating individuals while balancing officer safety.

According to Ravenna Police Chief Jeff Wallis, Patrolman Krieger has gone above and beyond in working with several individuals Krieger has helped to coordinate care with case managers and court officers to resolve issues, keep the individuals safe, and reduce further problems in the future.

"Patrolman Krieger is extremely dedicated – spending hours to connect people to resources," stated Wallis.

In nominating Officer Poe, Chief Lee stated, "Officer Poe exhibits a caring and compassion for those that are in crisis or displaying erratic behavior that poses a potential for harm to themselves or to others. He has learned to approach these types of calls with a calming presence, neutralize the triggers and convince those in crisis to receive the help they need."

John Garrity, Ph.D., Executive Director of the Mental Health & Recovery Board of Portage County explained that the CIT training is designed to create partnerships between law enforcement, behavioral health professionals, service recipients, and their families. “Many times, police officers are the first responders for individuals who are experiencing a mental illness crisis. Specialized training in mental illness and knowledge about the local treatment system is vital for law enforcement in order to assist individuals in crisis and help reduce arrest and incarceration when referral and treatment might be more appropriate,” stated Garrity.

Since 2006, more than 250 officers have completed the class in Portage County. Every law enforcement agency in the county has CIT officers. The course is supported nationwide by the National Alliance on Mental Illness.



Pictured from left: Chief Jeff Wallis and CIT Officer of the Year Scott Krieger, Ravenna Police; CIT Officer of the Year Officer Diane Dudziak, Chief Dean Tondiglia, Captain Chris Jenkins, Kent State University Police; Sheriff David Doak, Dr. John Garrity, Mental Health & Recovery Board; Captain Nick Shearer and CIT Officer of the Year Dominic Poe, Kent City Police.

Representative Clites Visits Mental Health Board & Agencies



Representative Randi Clites joined the Board and our network of agencies this morning for a discussion on mental health and addiction services in Portage County.

Pictured from left: Kathy Regal, Children's Advantage CEO; Mark Frisone, Family & Community Services Executive Director; Bill Nome, Board Chair; Rep. Randi Clites; Dr. John Garrity Board Executive Director; Sue Whitehurst, Townhall II CEO.

Conference Videos & Presentations Available

Thanks to everyone who attended and presented at our 2019 Portage Substance Abuse & Mental Health Conference. Especially thank you to our sponsors! With their support we are able to provide the conference at no cost to our over 200 attendees!

Thank you Sponsors:

Portage County Health District, Family & Community Services, Hope Village, NEW Center, Portage County Job & Family Service, Townhall II, Kent Lions, Ohio Hospital for Psychiatry, Sequoia Fitness, and State Farm.



Presentations and videos from our 2019 Substance Abuse & Mental Health Conference are now available on www.mental-health-recovery.org/2019-conference

Learn More in 2020!

Local experts are available to come to your workplace, club, organization, or church to present on a variety of topics. 30-60 minute presentations cover topics such as:

- Coping with Depression & Anxiety
- Chronic Disease of Addiction
- Mindfulness
- Trauma-Informed Care
- Gambling & Gaming
- Self-Harm & Suicide
- Overdose Signs & Naloxone training
- Safe Medication Practices

Find out more, contact Karyn Kravetz at 330.673.1756 or karynk@mental-health-recovery.org

**WELLNESS
THROUGH THE HOLIDAYS**

Set limits with your time & finances.
Focus on gratitude, keep thoughts positive.
Let go of old family grudges.
Realize you can't control everything-and it's ok!
Get plenty of rest.
Laugh!
Enjoy time with friends and family!

**Need to talk? We're here:
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**Mental Health & Recovery Board
OF PORTAGE COUNTY**

www.mental-health-recovery.org

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