

Perspective



Summer 2013 • News and Views from BHP

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HEADQUARTERED AT THE SHERYL L. KRANER, ESQ.,
YOUTH AND FAMILY BEHAVIORAL HEALTH CAMPUS

A Message From the President & CEO



Patrick C. Evans, President & CEO

It's about you, it's about our staff, and it's about our community...

Over 170 skilled and dedicated staff members come to work every day to provide vital services to individuals, families and the entire community. Our staff members provide the most comprehensive continuum of mental health and addiction services in our community. These staff provide a key safety net – each and every day they are saving lives.

We could not provide these lifesaving services if it were not for our very generous community, which provides funding and hundreds of volunteer hours. This past fiscal year (July 2012 – June 2013), 175 volunteers donated 655 hours to BHP. In addition to donations of money, 306 individuals and families donated items of value for the benefit of our clients.

Recently we received our allocations notice for FY14 (July 2013 – June 2014) from several major funding partners. Once again your generous

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BHP Responds to Increase in Local Drug Abuse

You read the reports in the news nearly every day: drug busts at pill mills, traffickers arrested on the streets, dangerous meth labs that have been closed down, an increase in heroin use. The human toll for all these illegal activities is seen on a daily basis at BHP, as we work to provide specialized care and treatment to the adults, youth and families affected by drug and alcohol abuse. Some of their stories are shocking, and some are tremendously sad, but all have had their lives turned upside down by abuse and addiction. The good news is that with professional help, you can beat these problems and get your life back on track.



Sharon Stockton, BHP Program Director, has worked 16 years in this field. She has seen the trends of various types of drugs come and go, but the aftermath is the same – people need professional help to get clean and stay straight. **“Currently, we are seeing an opiate epidemic with heroin use as well as man-made opiates** [known as opioids] such as Oxycodone, Vicodin, Percocet and the like,” she said. “With the recent crack-down on meth labs and the controlled legal sales of pseudoephedrine or ephedrine, users are resorting to buying heroin on the street.” With statewide efforts to curb the production, sale and use of illegal drugs, drug arrests have shot up over the past year. A January 2013 report in the Newark Advocate stated that in 2012 there were 123 drug-related arrests in the City of Newark, a 38% increase over 2011.

This increase in drug abuse in our community results in a greater demand for treatment services by BHP. By the time someone reaches BHP, they have either been self-referred, referred by a school or through word-of-mouth, or court-ordered. “We have a great collaboration with the court system,” said Sharon. “They are changing into a new model that views therapies and counseling treatment as part of the probation stipulation, resulting in greater collaboration, common goals, consistency, and continuity of purpose.”

BHP utilizes a nationally-recognized best practice known as *Stages of Change/ Motivational Interviewing and Cognitive Behavioral Therapies*. This model of treatment helps move the client through the change process by empowering them to change their thinking, look critically at their behavior, understand the consequences, and make their own decision to change their behavior and actions. “Education about the dangers of drugs is already out there – our clients know as much as we know about all the various drugs, and the risks involved. What we have to do is help them

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donations to United Way of Knox and Licking County United Way enable those organizations to allocate funds to BHP so that we can serve the community. Mental Health & Recovery for Licking and Knox Counties has contracted with us using funding in part from local levy revenue.

Much thanks to all of you who support all 170 of us so that we can efficiently and effectively serve our community by saving lives!

Patrick Evans

TURNES NAMED TO NEW POSITION



Jennifer Turnes has accepted the position of Senior Vice-President and Chief Operating Officer with BHP. For the past five years, Jennifer's previous position with BHP was Continuous Quality Improvement Director. She holds a Bachelor's Degree in Psychology/Criminology and a Master's Degree in Social Work-Administration from the Ohio State University. She has also held other positions in our community working with individuals dealing with domestic violence, homelessness and HIV/AIDS. She is also a Peer Surveyor for CARE.

Jennifer said, **"Quality Improvement is a way of life and I love that about this organization.** As the organization moves forward, I am committed to focusing on the quality of our services and the value these services have for those we serve."

Patrick Evans, President & CEO, stated "I am thrilled that Jennifer has taken on this key leadership role. Jennifer's skills and talents and her empowering leadership style are true assets to BHP. We are fortunate to have her serve in this capacity – our staff, clients and community will benefit from her role in this position."

change their thinking and their behaviors. Most importantly is to really take a hard look at the consequences... to STOP and THINK!" stated Sharon.

Family involvement is another cornerstone of treatment. When drug abuse and addiction happens to an individual, it affects their family, loved ones, friends, and colleagues. "We want families to be part of the treatment program," said Sharon. "For some of our youth, parents are required to attend. They need to recognize when there is a problem with their child. They need to understand addiction, and how to be empathetic and supportive."

The grip of addiction can be a tough battle to win and may be a lifelong adversary. To help their clients make the transition from the program back to their lives, BHP provides aftercare for at least three months after the successful completion of the program. Clients check in once a week to report, receive counseling, discuss issues or ask for more help. BHP also helps them connect with other community resources such as Job & Family Services, housing assistance, parenting skills, and more. "Our collaboration with other agencies and resources is a significant factor in helping our clients succeed when they move on," said Sharon. And the statistics back this up: in 2012, 100% of youth and 100% of adult males that completed the program at BHP had a completely clean 3-month record with no additional drug or alcohol use, and no arrests. For females, the statistics are surprisingly lower, though: 71% are clean, and 86% have no further arrests. "While I have no data to explain this lower rate," said Sharon, "it's my gut instinct that these women return to relationships where their significant other is using, and they are having difficulty finding support for long term sobriety from others in their lives."

"We have developed a number of programs to help deliver services to our clients in the most convenient or effective ways," said Sharon. "We provide services on an outpatient basis, home-based, residential, school-based, and more. We can create a treatment plan to meet each individual's needs. **Our goal is to serve the needs of our clients so they may recover and succeed in the community.**"

How a Mother and Son Deal With Addiction

"I was caught at school with one of my Mom's pain pills. The superintendent suspended me for 10 days and told me I would be expelled unless I stayed out of trouble at school and attended drug and alcohol counseling. At first I really didn't want to go. But I have learned a lot about how drugs and alcohol affect people and it makes me realize that I need to quit my problem with marijuana. I have completed my required attendance but am continuing my sessions with Tina because I still haven't kicked my habit and sessions are reassuring and informative and make me feel better."

– "Rob" age 14

"Not only have we learned a lot about addiction and withdrawal, I have learned more about my son and feel we have a stronger and more understanding relationship. I have better insight into his issues with wanting to be "high" and now have him seeing an additional counselor to address some of these issues. He is also seeing a psychiatrist and receiving medication to help him with depression. Tina, his counselor, has been amazing at helping my son and me resolve other conflicts and my son has also invited his brothers to attend some of our sessions and this has been a positive influence on them as well."

– "Rob's Mom"

Altmaier House in Need of Fire Safety System

Since April of 2011, Altmaier House, located on the Kraner Behavioral Healthcare Campus, has provided residential housing for men with severe and persistent mental health issues. Licensed by the City of Newark, this home is the only supervised residence in the area to provide safe, clean and stable housing for men with these problems. Staffed 24/7, our residents are learning



skills to take care of themselves, from basic hygiene and healthcare to properly taking medications. **Without Altmaier House, most of these men would probably return to the streets and shelters, untended and in need of help.** These men were formerly frequent patients at our local ER, and some were even in the Ohio State

Psychiatric Hospital for a number of years. Altmaier House has allowed these individuals to retain some freedom, regain their health, and receive counseling to help them become more self-sufficient, while saving our community thousands of dollars by avoiding unnecessary visits to the ER or readmission to far more expensive institutions.

The men staying at this facility make significant strides to improve the quality of their lives. Recently, four men have been able to return to independent housing, where they will continue to have a case manager, receive housing assistance, and work towards finding a suitable job. As soon as one moves out, that room is filled immediately – and there is a long waiting list as well.

Earlier this year, Altmaier House was notified by the Licking County Building Codes Department that a fire suppression / sprinkler system is now required at this facility and they have given us a timeline to finish the project by this coming fall. **Estimates for the design and installation of this system are just under \$70,000, an amount we do not have in our budget for repairs or maintenance.** If we are not able to comply with the mandate, we may have to close the home. As such, we have asked the community to help us raise the funds for this project. To date, we have raised all but \$10,950.

Please consider making a contribution towards this very worthwhile project by contacting Tim Gano at 740-345-7632 (or timgano@bhcpartners.org).

An Altmaier House Success

David, 50, has been a resident at Altmaier House since February 25th of this year. When we spoke to him in mid-April, he was bundled up in layers as he worked a temporary job outdoors in a brisk, gusty wind in north Newark. **“Altmaier House has been awesome! I’m actually going to miss it,”** said David. *“I will be moving out on my own next week. I’m working on lining up a full-time job and I have a place to live, thanks to my veteran’s benefits. After I get a job, I will give back a percentage of my pay to help the next guy.”*

Prior to Altmaier House, David moved around to a number of different places after losing his job in Columbus. He stayed at a shelter for a time as well. *“BHP and Altmaier House have taken good care of me,”* he said. *“They have great case managers, and really, all the employees are very good. I know I need to work on just ‘one day at a time.’ I also know I can call anybody back at Altmaier House anytime – even after I leave. I want to succeed!”*

Staff Profile: Ryan Sheehan

Ryan is a Benefits Coordinator in our Knox County office and has been with the organization for 4 years. Regarding his position at BHP, Ryan said, **“I have a**



deep respect and admiration for my coworkers. The best part of my job is when I am able to tell clients that they have won their SSI/SSDI cases and are going to receive health insurance.” In his free time Ryan enjoys hiking (having originally studied to be a Forest Ranger) and listening to audio books. He has been married for almost 10 years and has three children.

Donald S. Robbins II joins BHP Board

Employed at Ariel Corp. as a manufacturing supervisor, new



board member Donald Robbins feels that it is essential to ensure that resources and help are available for those who need mental health, drug and alcohol abuse treatment. He says that he has seen the direct results of those who have received help to better themselves and improve their lifestyles. Donald is an advocate in helping others and will bring his experiences in doing so to this board. “I look forward to working with other community leaders in making Knox and Licking Counties the best place for families to live,” he said.



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Our Mission: To improve and save lives by serving the healthcare needs of those who experience mental illness and/or addiction-related conditions. **Our Vision:** To be the most trusted, highly effective and accessible provider of behavioral healthcare services in the region with a unique ability to provide a continuum of integrated, cost-effective services addressing a broad spectrum of needs.

Thank You to Friends of Recovery (January 3, 2013-March 25, 2013)

\$5.00-\$100.00

Dennis and Donna Abend
Donn and Marilyn Alspach
Steve and Mary Kay Barickman
Lori Caughenbaugh
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