

Partners in Health



Coleman Partners with Summa Health System to Serve Clients in Summit County

In partnership with Summa Health System's Behavioral Health Institute, Coleman Behavioral Health is now offering services to patients in Summit County at both St. Thomas and Akron City Hospital.

"It's exciting to see the exponential growth of services Coleman Behavioral Health is providing in Summit County through our partnership with Summa Health System," said Becky Dempster, Chief Officer for Coleman Behavioral Health of Summit County. "When Summa expressed an interest in bringing a community mental health center satellite in to improve the collaboration between behavioral health providers and medical providers, we were eager to pursue the opportunity."

Coleman has enjoyed a successful alliance with Dr. Joseph Varley, Chair of Summa's Department of Psychiatry, and other professionals from the Behavioral Health Institute for more than five years. The continually expanding relationship has already resulted in numerous collaborations, including the coordination of bed day access for inpatient psychiatry at St. Thomas Hospital, psychiatry outpatient contracts at Coleman facilities and the development of behavioral health clinics at St. Thomas and Akron City Hospital, operated by Coleman, with Summa psychiatrists working alongside Coleman therapists and case managers.

"Our current work with Coleman is the fruit of a relationship both organizations have nurtured over the past five years," said Dr. Varley. "We have and will hopefully continue to align complementary resources to enhance both the availability and the quality of mental health services in this region. Even more opportunities for collaboration between our organizations are emerging as we integrate behavioral health into both primary and specialty medical care. Coleman represents a strategic ally and partner for us in this pursuit."

For more information on the services Coleman provides in Summit County, call 330-761-1600.

www.coleman-professional.com

Coleman Foundation Wish List

Will You Help Us "Foster Recovery, Build Independence and Change Destinies?"

We can't "Foster Recovery, Build Independence and Change Destinies" without the support of our wonderful donors. Below are specific ways you can help with each of our three buckets.

Fostering Recovery – Coleman needs funds for additional treatment providers so that we can better and more quickly serve all those who need help. We also need bus passes for indigent clients and resources for clients to visit a primary care doctor.

Building Independence – It costs Coleman about \$75 per day for each of our Adult Day Services clients. We are only reimbursed between \$45 and \$55 per day, and need funds to fill the resulting gap. Other needs include exercise bands, adult bibs and an onsite storage shed.

In Portage County, there are at least 30 homeless individuals suffering from a mental illness who need safe, stable, permanent housing. For those moving into one of our housing units, we need new beds and linens, bath towels, small kitchen appliances, cookware and personal care packages.

Changing Destinies – At Coleman, we always strive to use best practices. We realize that to best treat children, they should have their own Coleman facility, away from our adult waiting rooms and offices. We are currently in the planning stages for building Coleman's Center of Excellence for Children. This new facility will enable us to treat kids in a building that is designed specifically for them and their unique needs. There's a lot to be done before we start, from obtaining funding to finalizing plans, but it's a project to which we are committed, because we see the great need. We will need equipment for each therapy room and technology to enhance recovery.

If you're able to help with any of these needs, please contact Coleman Foundation at 330-676-6876.

Donations may also be sent to:

Coleman Foundation, Attn: Wish List, 5982 Rhodes Road, Kent, OH 44240

Your gifts are greatly appreciated. Thank you for your support!



2012 | Volume 1

A publication of



A Note from Nelson

Coleman's passion is simple – to improve the lives of the people we serve. Our vision is concise – within three years, our community's children and adults should have access to mental health and recovery services, regardless of their ability to pay.

Now our plan is clear. We know that in order to make our passion and vision a reality, we must focus on the following three areas of work:

Fostering Recovery. Building Independence. Changing Destinies.

You will read about the ways Coleman is putting these three goals into action throughout this newsletter. But, I want to tell you why they are so important.

Without access to behavioral health care, children and adults will experience more severe and expensive problems. People can recover with responsible access to services.

Coleman helps build independence for adults through its residential services. With safe and affordable permanent housing, adults have a stable environment in which to recover.

Responsible job skill training and employment are important tools that change the destinies of our adolescents and adults. Without employment, adults will live in poverty, be dependent on entitlements for themselves and their children, and may be victimized or incarcerated.

Children and adults can recover from the brain disease of mental illness. This newsletter will provide you with some meaningful testimonies of how people can recover, be independent and positively change their destinies.

With gratitude,

Nelson W. Burns
President and Chief Executive



It All Starts With Recovery...

Recovery is complex. Not only is it a multi-faceted achievement, it also means something different for everyone...for one person it might mean a complete remission from symptoms, while for another it's a controlled suppression. Regardless of its presentation, those in the behavioral health community agree that the word "recovery" refers to a person's ability to overcome their disease and lead a productive, fulfilling life.

The goal for Coleman Professional Services, first and foremost, is to foster recovery. It's the foundation upon which the organization is built. We know that people suffering from mental illness can and do recover – in fact, each year Coleman serves about 15,000 children and adults in psychiatry, counseling, case management and crisis care. Every program and service offered, from psychiatry and counseling to residential and employment services, has recovery as its root.

While the psychological treatment aspect of recovery is central, recovery cannot be achieved without additional components. When we thought of the elements that comprise the "productive, fulfilling life" mentioned in the first paragraph, two others immediately came to mind – housing and independence.

And just like that, Coleman's three part focus was realized – recovery, jobs, housing.

They are the three things that we want to focus on cultivating as an organization – we sometimes refer to them as our "buckets," since everything we do should fall into at least one of them. Stated more eloquently, our goal moving forward is to: "Foster Recovery, Build Independence and Change Destinies."

These buckets are the legs that stabilize Coleman's organizational tripod – all three legs are needed to stand; a missing leg would cause the other two to give way. Recovery cannot be complete without employment and permanent housing. A person cannot maintain permanent housing without employment, just as employment is difficult to secure without a permanent residence in place. They are all dependent upon one another, with recovery serving as the foundation.

In this issue, we explore some of the ways Coleman is working to foster recovery, build independence and change destinies. These ideals almost always intertwine with one another. For example, our "I am Coleman" article features Coleman client and board member Elizabeth Curtis. Elizabeth suffers from multiple behavioral health disorders, but none of them define her. With Coleman's help, she has re-established her independence through her journey to recovery, while changing her destiny in the process.

It's these stories of recovery that fuel the fire of our organization – we want every client to experience the freedom it brings, and we are here to help every step of the way.

www.coleman-professional.com

In association with Allen, Auglaize and Hardin, Portage, Stark, Summit and Trumbull County Mental Health Boards

Ohio Department of Health

Ohio Department of Mental Health

Drug Addiction Services

ODDAS, Ohio Department of Alcohol and

of Rehabilitation Facilities

CARF, the Commission on Accreditation

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5982 Rhodes Road ■ Kent, Ohio 44240

Executive Offices

**Adult Day Services
Provides Respite**

**Partners in
Health – Summa**

Recovery, Jobs, Housing

In This Issue

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Curtis (third from left, back row) with her fellow Board of Trustees members.

Coleman Has Helped Me Re-Write My Destiny

My name is Elizabeth Curtis. I have a master's degree in Library and Information Science from Kent State University, and I'm on the Board of Trustees here at Coleman Professional Services.

I also have a mental illness. I experience Bipolar II, Adult ADHD, General Anxiety Disorder and Obsessive Compulsive Personality Disorder. In 2002, my symptoms were at their worst. I had little appetite, my thoughts were coming at me faster than I could cope and I was spending money without any control. I was evicted from my apartment. My speech was pressured and I stuttered uncontrollably. My apartment was a disaster zone because I could not keep up with the messes I created. I had thoughts that were extremely anxious and paranoid... like thinking folks at church were talking about me all the time. I was dismissed from the School of Library Science, which resulted in numerous emotional breakdowns.

My friend Susan rescued me from my situation and arranged for me to live with my Uncle Harold and Aunt Jean for three months. The Director of the School of Library Science and I came up with a plan of correction, which included registering with the Students with Disabilities Service, allowing me to return to school.

But most importantly, I found Coleman. Coleman has given me a chance to learn about my mental illness and how to constructively live with it. I receive psychiatry, counseling, case management and vocational services from Coleman. I now have a solid foundation in budgeting and managing my checkbook. My first case manager, a job coach and another vocational services' specialist helped provide me with the tools to finish my master's paper. They were dedicated to me finishing my goal. The vocational specialist

met with me every week to keep me on track, so that I would complete my master's paper. She kept me accountable and showed me that structure was my friend. So is consistency!

For the first time in my life, someone was able to help me make sense of what was happening to me, and how my life could be better despite the problems. They listened to me and gave me the chance to grow up, mature and learn to live with my illness. There are so many examples of the care and guidance Coleman has given me – I could go on for days. I am extremely grateful for all they have done for me.

So what is recovery? Recovery comes from

God. It is a growing process. It means I am involved in my family and friends' lives.

Recovery also means that I take responsibility. My mental illness does not define me, and while I sometimes get caught in its trap, it is never a crutch. I pursue healthier thought patterns in all facets of my life. It is not fun to be manic and fear that you might lose friends or the ability to make good decisions, but with Coleman and a growing faith, I continue to implement healthier life choices. My life is stable again. That doesn't mean problems won't arise and create stress, but I know that every experience can help me grow. ☺

What's New?

Mark Your Calendar for These Upcoming Events in April!

Uncork for a Cause

Saturday, April 21, *Uncork for a Cause* will be held from 6:30 – 9:00 p.m. at WineStyles, located in Howland Plaza, 8208 E. Market St., Warren. For \$30 per person, the "Party with a Purpose" will feature wine tastings, great food, raffles for fabulous gift baskets and a 50-50 drawing. All proceeds from the event will be used to provide transportation and medication vouchers, as well as assistance in obtaining personal identification documents for Coleman clients in Trumbull County who cannot afford them. To register, go to www.coleman-foundation.com or contact Joan Schuller at 330-392-1125 or joan.schuller@coleman-bh.com. It's a great event for a very worthy cause – we hope to see you there!

Changing Destinies Breakfast

On Wednesday, April 25, join us for the *Coleman Changing Destinies Breakfast* from 8:30 – 9:30 a.m. at NEOMED, located at 4209 SR 44, Rootstown. You may have been to an *Ambassador Breakfast* or a *Coleman Coffee*, but this is different – while it is a fundraising event, there is no cost to attend and no requirement to give. Attendees will hear from a variety of presenters, including our new Coleman Youth Board. We want to provide a better understanding of the great services that Coleman Professional Services offers. Funds raised from the breakfast will be used to "Foster Recovery, Build Independence and Change Destinies" of Coleman clients. Call Jennifer Corby at 330-676-6876 or email jennifer.corby@coleman-foundation.com to make a reservation.

We cannot help those in need in our communities without the support of our donors. Please join us for these wonderful events – **you can make a difference!** ☺

Coleman Adult Day Provides Respite for Clients and Caregivers

When a loved one begins to lose cognitive and physical ability, it is hard to know where to turn and who to trust.

Fortunately, Coleman Adult Day Services offers a medical model of adult day care, providing therapeutic and recreational activities for clients suffering from a wide range of medical conditions, including the various stages of dementia.

"We currently serve 65 clients and their families," said Janet Phelps, Chief Officer, Adult Day Services. "Both the client and their caregiver benefit from the services we offer. People often don't realize just how draining it is, both physically and emotionally, to care for someone day in and day out. Adult Day gives caregivers a respite so they can take care of their own needs and concentrate on their own health for a few hours a day, enabling them to enjoy more independence."

While the majority of clients are over age 70 and suffer from dementia, anyone whose life is challenged by limited or diminishing physical or cognitive capabilities can be helped by the services offered at Adult Day. Clients' lives are enhanced through recreational, therapeutic and social activities in a safe and supportive setting. Daily physical exercise programs, along with offerings like animal therapy, devotionals, music and dancing, games and day trips provide stimulation. Nursing services, health monitoring and assistance with personal care needs and bathing are also components of the program.

"Our skilled and dedicated staff members attend to a participant's happiness along the way, and offer their support throughout the program day," said Phelps. "If you entrust your loved one's care to us, you can rest assured that we'll treat them like our own family. We boast a 6:1 client to staff ratio, which allows us to offer individualized care to each client."

Adult Day Services is located in Ravenna at 6695 North Chestnut St. – transportation to and from the facility is available for residents in the northern area of Portage County. For more information, call 877-345-1180 or visit www.coleman-adultday.com. ☺

Coleman Professional Services Board of Trustees

Thank you for your dedication and service!

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New independent housing units in Lima provide shelter for clients suffering from a mental illness.

Building Independence Through Housing and Residential Initiatives

Providing residential services to our clients in need is an integral piece of the recovery puzzle – not only is recovery impossible without permanent shelter, but maintaining a residence is essential to gaining independence and living a productive, fulfilling life.

People who suffer from a severe and persistent mental illness are at a much higher risk of becoming homeless than someone without such an illness. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 20 to 25 percent of homeless Americans suffer from a mental illness.

Coleman Residential Services is working tirelessly to ensure that clients who face homelessness obtain permanent housing, regardless of their mental illness. Residential Services currently manages 188 living units in Allen, Portage, Stark and Trumbull counties, ranging from independent living to group homes and supportive sites with various levels of care.

In Stark County, Coleman has collaborated with ICAN Inc., a contract agency with the Mental Health and Recovery Services Board in Canton. Coleman provides supportive services while ICAN, as

the landlord, is responsible for the operational component. Together they provide a form of supportive housing that serves hard-to-reach homeless individuals suffering from severe mental illness, many of whom have been unable or unwilling to previously participate in supportive services.

The housing is located near downtown Canton, with 10 suites designed for two people. Each unit has private bedrooms and baths, along with a shared living space and kitchenette.

In Portage County, Coleman recently acquired a portion of the historic Phoenix Building in downtown Ravenna to use as housing for individuals who are currently homeless and suffering from mental illness. The upper floors of the space will be remodeled for apartments, while the ground level will eventually be converted to retail spaces for new Coleman social enterprises.

Allen County offers clients several independent housing units, including two recently completed apartment buildings in Lima. In addition to these independent units, Lima is home to "The Blue House," Coleman's first sober-living residence. The house is designed to accommodate adult males and females, aged 18 and older, who are dependent upon alcohol and/or other drugs and are in need of a safe, drug-free environment supportive of their recovery process. Individuals will participate in day treatment as well as rehabilitation and recovery services both on- and off-site. All activities focus on developing new skills and capacities, and developing improved self-esteem, pride, dignity and a sense of purpose.

In Trumbull County, the new Washington House serves as a residence for transition-aged youth (age 18 – 26) who are at risk of homelessness. The home has nine units, with one unit occupied by a live-in house monitor. The house monitor is a full-time position and provides oversight while also engaging the residents in on- and off-site activities. The other eight units provide housing for four men and four women. Referrals will come from the mental health system as well as from Trumbull County Children's Services for youth who are aging out of foster care.

To learn more about Coleman's Residential Services, visit www.coleman-residential.com. ☺

The Facts

Coleman Employment Services works side-by-side with clients to help them achieve their vocational goals.

Supportive services include:

Vocational Counseling

Coleman employs 10 vocational counselors who help clients develop and achieve realistic plans to achieve and maintain employment.

Vocational Evaluations

These evaluations test aptitudes, interests and transferrable skills. After data is collected and analyzed, the client and counselor are provided with recommendations to assist in vocational planning.

Community Based Assessments

Essentially a "working trial," this service is a paid work experience in the community that enables clients to "try" work. It is used to assess interests, strengths and barriers to employment, and is provided at no cost to the employer.

For more information, call 330-673-1347 or visit www.coleman-employment.com.

Computer Training

Skilled trainers teach computer basics, Microsoft Word and Excel, and Internet job searching techniques.

Job Development

Coleman provides consultation, training and assistance on every aspect of the job search process, including applications, resume development, interview preparation and job lead procurement.

Job Coaching

When appropriate, Coleman sends a training consultant to work with the client to provide extra training support at no cost to the employer.

Job Retention

Coleman maintains contact with clients for at least 90 days after the hire date to assist them in getting acclimated to the new job.

