

Partners in Health



Law Enforcement Officials Receive Crisis Intervention Training

Myth: People with mental illnesses are violent and unpredictable.

Fact: Actually, the vast majority of people with mental health conditions are no more violent than anyone else. People with mental illness are much more likely to be the victims of crime.

For many reasons, individuals with mental illness have long been stereotyped as “dangerous” by others. According to the *Schizophrenia Bulletin*, “...the belief that persons with mental illness are dangerous is a significant factor in the development of stigma and discrimination.”

The President’s New Freedom Commission on Mental Health found that, “Stigma leads others to avoid living, socializing, working with, renting to, or employing people with mental disorders – especially severe disorders, such as schizophrenia. It leads to low self-esteem, isolation and hopelessness [for the person suffering from the illness].”

Studies show, however, that such fears are unfounded. In the absence of drug or alcohol abuse, people suffering from mental illnesses are no more likely to commit a crime or carry out a violent act than anyone else, and are actually more likely to be targeted as victims of crime.

That’s why Coleman has partnered with the Portage County Sheriff’s Office in its “Crisis Intervention Training (CIT)” program, teaching police officers and others in public service positions how to effectively handle incidents involving people with mental illness. During training, participants are taught to recognize the signs and symptoms of a mental health disorder, techniques to de-escalate a crisis situation, how to offer referral to behavioral health services and provide follow-up if necessary.

Stated goals of the program include avoiding the ‘criminalization’ of individuals with mental illness and reducing the incarceration rate of those in need of treatment. Coleman provides training for the CIT program, particularly on suicide prevention, and works with police to pre-screen individuals through Coleman Access Services who may need hospitalization. They also provide “ride-alongs” with a case manager for additional exposure.



A World of Opportunity

Coleman Professional Services is a nationally recognized not-for-profit provider of behavioral health and rehabilitation programs that improve the lives of individuals, families and businesses in Ohio. The company relies on an enterprise business model to diversify its funding. Its social enterprises and Coleman Foundation provide nearly 25 percent of revenue to support the company’s award-winning clinical services.

www.coleman-professional.com

Non-Profit
Organization
U.S. Postage
PAID
Kent, OH
Permit No. 205

5982 Rhodes Road ■ Kent, Ohio 44240



PROGRAMS

Coleman Access Services
Provides 24/7 crisis help and access to behavioral health services and professionals.
www.coleman-access.com
or 877-796-3555

Coleman Adult Day Services
Provides medically supervised, individualized daytime care for adults.
www.coleman-adultday.com

Coleman Behavioral Health
Provides mental health and rehabilitation services in Allen, Auglaize, Hardin, Portage, Stark, Summit and Trumbull Counties.
www.coleman-bh.com

Coleman Employment Services
Offers vocational and employment services to individuals and companies.
www.coleman-employment.com

Coleman Mediation Services
Provides conflict resolution services and training for individuals, families, businesses and organizations.
www.coleman-mediation.com

Coleman Residential Services
Provides housing for the disabled and assistance in community apartment planning and support.
www.coleman-residential.com

ENTERPRISES

Coleman Consultation Services
Assists mental health boards, businesses and nonprofit agencies in growth and development.
www.coleman-consultation.com

Coleman Data Solutions
Provides companies and organizations with document management, including data processing, storage and imaging services.
www.coleman-data.com

EXECUTIVE OFFICES

Coleman Professional Services
Corporate division of the organization.
www.coleman-professional.com

Coleman Foundation
A philanthropic organization designed to raise money in support of behavioral health and rehabilitation services.
www.coleman-foundation.com

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

Ohio Department of Health

Ohio Department of Mental Health

ODDAS, Ohio Department of Alcohol and Drug Addiction Services

CARF, the Commission on Accreditation of Rehabilitation Facilities

www.coleman-professional.com

F: 330-678-3677

P: 330-673-1347 or toll-free 800-673-1347

5982 Rhodes Road ■ Kent, Ohio 44240

Executive Offices

Partners in Health – Law Enforcement Center of Excellence for Children

Prescription Drug Initiative Gains Momentum

In This Issue

“I am Coleman”

2011 | Volume 2

A publication of



A Note from Nelson

If you think that mental illness or addiction won’t affect you, think again. Mental illness affects almost every family in America, and it does not discriminate based on race or socioeconomic status – anyone is at risk. Despite this, mental health stigmas run rampant in our society – how often do you hear people refer to someone with a mental illness as “crazy” or “a psycho?” Words such as these are derogatory, and should have no place in our collective language. Due to a lack of understanding, there are many misconceptions attached to mental illness – people often fear that which they do not know.

The truth is, the more informed and comfortable an individual becomes with a topic, the less likely they are to misjudge. That’s why we chose to devote this issue to eliminating common myths surrounding mental illness. Attached to each story you’ll find a myth and fact that corresponds directly to the topic at hand. Each myth and its dispelling fact were taken directly from the SAMHSA (the Substance Abuse and Mental Health Services Administration) website, www.samhsa.gov (excluding the cover story). In addition to this website, several other sites including www.nmha.org, www.nami.org and www.thenationalcouncil.org are great resources for anyone wishing to learn more about behavioral health diseases.

The most important thing to remember is this – individuals with mental illness or addiction struggles deserve to be treated with dignity and respect, the same as everyone else. We can all be conscious of the way we speak about these diseases and the people suffering from them. Knowledge and experience go a long way towards eradicating stereotypes.

With gratitude,

Nelson W. Burns
President and Chief Executive Officer



Prescription Drug Initiative Gains Momentum

Myth: Drug addiction only affects the poor.

Fact: Drug addiction, particularly to prescription drugs, is widespread among the population.

According to the Ohio Department of Health (Office of Vital Statistics), Ohio’s death rate due to unintentional drug poisonings increased more than 300 percent from 1999 to 2007, largely driven by prescription drug overdoses. All doctors, including mental health practitioners, have a responsibility to carefully monitor the prescription of controlled substances.

Psychiatrists utilize a variety of medication classes to treat mental health disorders, including three major classes of controlled substances: benzodiazepines (sedatives, for anxiety), stimulants (such as amphetamines, for ADHD) and hypnotics (for treatment of insomnia). In alignment with the rising concerns over prescription drug overdose on both national and state levels, including a bill recently passed in Ohio to more strictly regulate prescriptions coming from pain management clinics and the formation of a Prescription Drug Abuse Task Force, Coleman’s Chief Medical Officer Brian Welsh, M.D. is hard at work on a new Controlled Substances Policy.

The policy, which will guide the prescribing of controlled substances

throughout Coleman’s seven counties, aims to establish procedures for both physicians and nurse practitioners that will allow them to prescribe the substances in a safe, conservative and concerned manner.

“The purpose of this policy is not to prohibit the prescribing of controlled substances, but when doing so to consider the risks and benefits to both the patient and community-at-large,” said Dr. Welsh. “The policy will guide practitioners to utilize the least amount of a controlled substance necessary to treat a condition, consider short-term use when feasible, and encourage counseling and other measures to aid in the patient’s recovery.”

In guiding treatment, the policy will also recommend that the prescriber consider the substance abuse history and chronicity of the patient’s particular illness, in addition to utilizing OARRS (Ohio Automated Rx Reporting System) reports to monitor and track a patient’s prescription history.

Since 2006, any pharmacy dispensing a controlled substance to an Ohio resident has been required to report the prescription information to OARRS, allowing physicians, pharmacists and some law enforcement officers access to an extensive drug-history database. In a health care setting, monitoring these reports can help doctors detect “red flags” of prescription drug abuse or potentially dangerous drug interactions.

At Coleman, we recognize the importance of not just dispensing medications to treat behavioral health issues, but utilizing the many resources we have available to help our patients achieve the best possible outcome.



“I am Coleman”

Instead of Feeling Worthless, I Now Have Hope

Myth: People with behavioral health needs, even those who have recovered, tend to be second-rate workers.

Fact: Employers who have hired people with mental illness report good attendance and punctuality as well as motivation, good work and job tenure on par with or greater than other employees. Studies by the National Institute of Mental Health (NIMH) and the National Alliance for the Mentally Ill (NAMI) show that there are no differences in productivity when people with mental illness are compared to other employees.

For as long as I can remember, before coming to Coleman, I felt sad, lonely and depressed. I don't know exactly what age the depression started, it just seems as though it has always been there. Anger and control issues compounded my depression, and I've always suffered from very low self-esteem and feelings of worthlessness.

As a result of my untreated emotional issues, I was never able to hold down a job for very long – I bounced between jobs more times than I can count. Several years ago, I reached my lowest point emotionally and I didn't know where to turn or what to do, so I decided the only way out was to end my life. I attempted suicide multiple times, and was out of work for 10 months before being brought to Coleman.

I don't know exactly how to describe what I found there – it was the lifeline I needed! I still believe to this day that I would be dead or homeless without Coleman's intervention in my life. My treatment team provided me with medication that effectively began lifting my depression, and I started

seeing a counselor. My counselor taught me invaluable coping skills, and encouraged me to get up, do something productive and not dwell on my negative thoughts.

As my outlook on life continued to improve, I was eventually introduced to a job counselor from Coleman Employment Services. What I really needed in my life was stability, and a job would offer the schedule and sense of purpose I was seeking. When I found a job I wanted to apply for, my counselor prepped me for the interview and even went with me that day. I'm happy to say that I got the job, and have been working as a dishwasher and handyman at a local restaurant for a year and a half now.

My manger has expressed how grateful he is for my dedication and strong work ethic, as there was a lot of turnover in the position before I was hired. He knows he can count on me, and I'm committed to being on time and doing my very best every single day. Instead of feeling depressed, I now feel productive, hopeful and valued.

Coleman changed my life, and I'm happier now than I've ever been. Everybody, at some point in their lives, needs help. If you go in and talk to someone at Coleman, you'll be amazed at the help you'll find. ☺

True story of a Coleman Behavioral Health – Portage client.

What's New?

Coleman Counseling Services Now Offered to PASSPORT Clients in Four Counties

In conjunction with the PASSPORT Program, Coleman's counseling services are now being offered to older adults in Ashtabula, Trumbull, Mahoning and Columbiana counties. The new partnership, which began in April, targets PASSPORT clients in need of mental health services, as determined by case workers from the Area Agency on Aging. Following initial assessments and screenings, case workers now refer clients who indicate depression or a level of risk to themselves directly to Coleman for further evaluation and treatment.

“As this is a new service in these communities, we don't yet have outcomes to report, but we are currently helping four individuals get the counseling they need,” said Tammy Weaver, vice president of clinical services and chief officer, Trumbull County. “We want to be well-aware of what's going on with home-bound older adults, and help those in need.”

Coleman hopes to decrease the lethality within this population by offering best practices through the program. This is a population that is often unseen and unaccustomed to asking for help. The new assessment tools can help to identify those at risk so they can be assisted.

At its core, the PASSPORT Program aims to delay nursing home placement for older adults who wish to maintain their independence at home. Services include: personal care, home delivered meals, adult day care, emergency response, medical equipment and supplies, assistance with chores, social work and nutritional counseling, independent living assistance and medical transportation, in addition to the mental health counseling now provided by Coleman. For more information, call 330-392-1100. ☺

Flourishing Amidst Recovery

Myth: Once people develop mental illness, they will never recover.

Fact: Studies show that most people with mental illnesses get better, and many recover completely. Recovery refers to the process in which people are able to live, work, learn and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life.

For others, recovery implies the reduction or complete remission of symptoms. Science has shown that hope plays an integral role in an individual's recovery.

Mary Homer is many things – writer, poet, mental health activist. She is in love with her boyfriend, Marcus, whom she calls her “Renaissance man.” Her accomplishments are numerous and impressive – in 1985, Homer was the first to develop Friends on Mental Illness in Portage County for 20 years, serving as president for seven years. She has also served on the Mental Health and Recovery Board for six years, and continually works as an advocate for Coleman Behavioral Health.

Mary Homer refuses to take a back seat to her mental illness. Diagnosed with bipolar disorder in 1980, Mary has dealt with cycles of mania and depression since she was in fifth grade. She was hospitalized 14 times from 1980 to 1994, and has battled suicidal thoughts more than once in her life. But through it all, she says, Coleman has been there to pick up the pieces. “My treatment team has been there for me when I fall flat on my face, and when I'm at my very best. No matter what my mental state, Coleman constantly reinforces my sense of self worth.”

For Mary, recovery is not a one-time achievement but a lifestyle to be maintained. Although she still suffers from symptoms at times, going “way up and way down,” she's able to remind herself that what she's feeling is temporary. “I continually remind myself that depressive episodes won't last forever,” says Homer.

Her advice to others suffering from a mental illness? Don't give up. “No matter how bad things are now, they will get better. Never feel guilty or ashamed of your illness – it's important to realize that sometimes the stigma attached to your mental illness is actually worse than the symptoms.” ☺

Coleman Professional Services Board of Trustees

Thank you for your dedication and service!

Suzanne Frank, President
Kent City Schools

Susan Sammons, Vice President
MetroHealth System

Greg Selzer, Treasurer
Huntington Bank

Tom Freeman, Secretary
Retired

Sabrina Christian-Bennett
Bennett Land Title Agency, LLC

Eizabeth Curtis
Community Volunteer

Sandra Ekstrand
Mount Union University

Gerald Kline
Kline Insurance Agency

Laurie Knuth
Kent City Schools

Joe Lykins
Community Volunteer

Ann Otto
The Otto HR Group

Patricia Pakan
NEOMED

Jackie Peck
The University of Akron

Derrick Pledger
Advanced Concepts

Adam Rubin
Portage Community Bank

Tom Sly
Hutsler & Sly Insurance Company

Julie Spalding
Medical Arts Pharmacy

Demetrius Spikenard
Community Volunteer

Theresa Spiker
Portage County Probation Dept.

Joe Vero
Community Volunteer

Linda Walker
Retired, Elementary Principal



Center of Excellence for Children Planned

Myth: Children don't experience mental illness. Their actions are just products of bad parenting.

Fact: A report from the President's New Freedom Commission on Mental Health showed that in any given year, five to nine percent of children experience serious emotional disturbances. Just like adult mental illness, these are clinically diagnosable health conditions that are a product of the interaction of biological, psychological and social factors.

Severe and persistent mental illness often begins in childhood, adolescence or the transitional years from adolescence to adulthood, and the incidence of mental illness in this population is on the rise. Medical research indicates that chronic conditions, including behavior and learning problems, doubled among American children between the ages of two and 14 from 1998 to 2006. Early diagnosis of mental illness, behavioral health problems and neural impairment conditions can lead to early intervention and the ability to provide the most effective and comprehensive treatment for recovery.

The Facts

You Can Make a Difference

Myth: I can't do anything for a person with a mental illness.

Fact: You can do a lot, starting with how you act and speak. You can create an environment that builds on people's strengths and promotes understanding. For example:

- Don't label people with words like “crazy,” “wacko” or “loony,” or define them by their diagnosis. Instead of saying someone is “a schizophrenic,” say he or she “has schizophrenia.” Don't say, “a schizophrenic person,” say, “a person with schizophrenia.” This is called “people-first” language, and it's important to make a distinction between the person and the illness.

- Learn the facts about mental health and share them with others, especially if you hear something that isn't true.

- Treat people with mental illness with respect and dignity, just as you would anybody else.

- Respect the rights of people with mental illness and don't discriminate against them when it comes to housing, employment or education. Like other people with disabilities, people with behavioral health problems are protected under federal and state laws.

Taken from www.whatadifference.samhsa.gov.

