

Partners in Health



The National Alliance on Mental Illness (NAMI) Provides Support to Clients' Family Members

The National Alliance on Mental Illness (NAMI) is America's largest grassroots mental health organization dedicated to improving the lives of individuals, families and friends affected by mental illness. NAMI operates at the local, state and national level, with each level of the organization providing support, education, information, referral and advocacy.

NAMI affiliates exist in each of the seven counties that Coleman serves, and the two organizations enjoy a cooperative, mutually beneficial relationship.

"We refer family members to NAMI for support, and NAMI refers people in each county to Coleman," said Sandy Myers, Coleman's vice-president of behavioral health.

"Our group has an open door policy," said Karen Cox, chair of NAMI Portage County. "We meet twice a month, and invite anyone who's interested to come. It's a fun group...we have snacks and laughs, while offering support and educational materials to family members and mental health consumers."

One of the signature education pieces that NAMI provides in many counties, including Portage, is a 12-week Family-to-Family Course. Ms. Cox explains that the course "teaches cause and effect of mental illness and helps people cope." Throughout the program, family members learn to be effective providers and advocates for an ill relative. Many participants also find the emotional support that is essential during times of illness and stress.

For more information about NAMI and the services it provides, including a complete listing of support groups, please contact one of the following:

NAMI Regional Contacts

- NAMI Ohio** – www.NAMIOhio.org or call 1-800-686-2646
- Portage County** – Karen Cox, 330-947-1756
- Stark County** – Jane James, 330-455-6264
- Summit County** – Mel Reedy, 330-258-0811
- Trumbull County** – Diane O'Rell, 330-634-8931
- Hope Alliance (Lima – Allen County)** – Mary Jane Mullenhour, 419-226-9003

Coleman Foundation Wish List

With the holidays fast approaching, we're reminded of the many things we have to be thankful for as an organization. One of the things we're most grateful for is the fact that we can provide our services to clients regardless of their ability to pay – something we're able to do because of the support we receive from individuals and businesses in the communities we serve.

We especially count on the generosity of supporters to help us gather various necessities for our clients throughout the year. If you would like to help Coleman clients this season, here are a few ideas:

- **Care packages/hygiene items** – for people who are homeless (or nearly so), in our crisis residential locations or our residential areas. Everything from home cleaning supplies to personal hygiene items...we need it all!
- **Clothing** – Winter socks, underwear, sweatpants (size L or bigger) for crisis residential clients, as well as winter essentials (mittens, hats, scarves, etc.) for those with needs in all counties.
- **Transportation vouchers/Bus passes** – To assist clients in getting to their appointments, interviews, the grocery store, etc.
- **Funds** for clients to see a medical doctor, funds for medications, etc.
- **Exercise equipment and/or games** (Xbox with Kinect bundles) for Adult Day Services.
- **Furniture** – New beds are needed for Windham House – five twins and one queen or king, plus linens; storage unit for Adult Day Services; and child size tables and chairs.

Please call Coleman Foundation at 330-676-6876 or email Pam Fife at pam.fife@coleman-foundation.com with questions. You can learn more about the wish list and donate securely online by going to www.coleman-foundation.com, click "How to Give" in the left column and then "Holiday Wish List."



Donations may be sent to:
Coleman Foundation, Attn: Wish List, 5982 Rhodes Road, Kent, OH 44240

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

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

In This Issue

Co-occurring Disorders
Partners in Health – NAMI
Addiction Treatment Services

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"I am Coleman"

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A Note from Nelson

I often hear people talk about the "perfect trifecta." For some, it's a personal accomplishment of three successes; for others it might be professional goals that make up their trifecta. Another definition for trifecta is picking the first three winners in a race.

Any of these definitions are fitting for Coleman's version of the perfect trifecta. Regardless of which we choose, the result is successful treatment for behavioral health issues.

Through years of providing services and countless hours reviewing best practices nationally, we know that our perfect trifecta is "Recovery, Jobs, Housing."

In order to achieve the first – recovery – both jobs and housing are a necessity. A job is a way to feel productive and contribute to society, which ultimately leads to reduced dependence on government entitlements. Jobs are also necessary for people to buy food and maintain shelter. Coleman Employment Services works tirelessly to train and prepare clients for jobs in their communities.

Shelter, or housing, is proving to be a key ingredient in the recovery process for those with behavioral health challenges.

Housing woes are hard enough for people not suffering from disabilities – imagine the challenges that our clients face. Without safe and affordable housing, recovery is impossible. Partnerships are growing and expanding in most of the counties we serve to provide housing options for those with severe and persistent mental illness. I strongly believe the investment into housing options will accelerate a return of recovery for our clients.

Here's to a perfect trifecta!

With gratitude,

Nelson

Nelson W. Burns
President and Chief Executive Officer



Co-occurring Disorders

No Longer the Exception

It's an unfortunate fact that approximately 8.9 million Americans suffer from co-occurring disorders – meaning they have both a mental illness and substance abuse problem at the same time. In fact, over half of all adults suffering from a severe mental or behavioral health issue have a substance abuse disorder as well.

While it's often hard to distinguish which came first, the substance abuse or mental health disease, co-occurring disorders compound one another in ways that make treatment very challenging if both are not treated effectively. For this reason, Coleman makes it a priority to treat dually diagnosed patients with comprehensive, integrated treatment that addresses both mental health and substance abuse issues simultaneously.

In Allen, Auglaize and Hardin Counties, for example, Coleman contracts with the Mental Health and Recovery Services Board (MHRSB) to provide dually diagnosed clients with substance abuse and mental health treatment services. Upon presenting at Coleman, clients are screened to determine whether a co-occurring condition exists, and, if one is found, they are then referred to a dual-provider for an assessment to determine needs and make appropriate recommendations. You can read more about the partnership on page three.

According to the Substance Abuse and Mental Health Services

Administration (SAMHSA), integrated treatment results in lower costs and better outcomes such as: reduced substance use, reduction of psychiatric symptoms, decreased hospitalization, increased housing stability, fewer arrests and improved quality of life.

While co-occurring disorders result from a variety of mental health/addiction combinations, *Psychology Today* notes that the following pairings are common: major depression with cocaine addiction, alcohol addiction with panic disorder, alcohol and polydrug (i.e. multiple drugs) addiction with schizophrenia, and borderline personality disorder with episodic polydrug abuse.

Research from the National Institute on Drug Abuse (NIDA) suggests the following possibilities for the prevalence of co-occurrence:

- Drug abuse may bring about symptoms of another mental illness.
- Mental health disorders can lead to drug abuse, possibly as a means of "self-medication." Patients suffering from anxiety or depression may rely on alcohol, tobacco and other drugs to temporarily alleviate their symptoms.

These disorders could also be caused by shared risk factors, such as overlapping genetic vulnerabilities, overlapping environmental triggers and involvement of similar brain regions.

Regardless of the cause, Coleman is dedicated to providing treatment to those in need, no matter how complex their diagnoses may be – we consistently strive to foster recovery, build independence and change the destinies of our clients on a daily basis.



“I am Coleman”

My Addiction and My Life are Finally Under Control

My addictions began early in life—I started drinking when I was 12, smoked pot by the time I was 16 and began using a variety of drugs, including crystal meth, at the age of 20.

I realize now that I was an alcoholic from my first drink... I think I have a genetic predisposition to it. At first I drank every weekend, but by the time I was 13 or 14, I was drinking every day. Despite my habits, I did okay in school. I maintained a B average, and was involved in sports, lettering all four years in high school.

I went to college for a year, but dropped out after getting in trouble for drinking and fighting. I also had a gun charge and was sentenced to six months in jail, where I was first introduced to AA. I worked through the 12 steps, got a sponsor and was sober for a year and a half. Things were really good—my family and friends liked me, and I was happy.

My resolve dissipated, however, with one margarita after working outside on a hot summer day. What a mistake! Before long I was drinking a 30-pack of beer per day. Although I felt functional, I was not happy. I overdosed a few times and received my third DUI, which landed me in jail for a year. I was 21.

When I was released, my family wanted nothing to do with me. Instead of welcoming me home, they drove me to a homeless shelter. I tried to control my drinking for the next five years, but wasn't very successful. I was kicked out of apartments, lost jobs and my drinking continued to take a toll on my health.

After being arrested for selling pot and sentenced to probation, my probation officer insisted that I take classes at Coleman's office in Lima. So far, I've completed the first two classes in a four-class series. The first was an AoD* Awareness Class and the second was called MRT*. The MRT class made a huge impact on me. The biggest thing I learned was the importance of setting goals, and not just thinking about the goals, but putting them

in writing. I had to set goals for one month, one year, five years and so on. By requiring that I put my goals on paper, Coleman has helped me refocus my life. I have been able to put everything into perspective, and have learned to recognize the warning signs of a relapse before it happens.

Right now, I have a good job as a handy man for a property management company. After years of not having my driver's license, I have my license back. I have a good relationship with my family and am dating a wonderful woman who doesn't drink or smoke. I have lots of friends from all over, but know I need to spend time with the ones who are sober.

I realize now that once I stopped using and stayed sober, good things started to happen. I also know that if I start to use again, to make those bad choices again, that bad things will happen in my life. Coleman taught me that it's my choice, and after all I've been through, I want to stay sober and continue to make good choices. ☺

True story of a Coleman AAH AoD client.

**AoD Awareness consists of four, two-hour classes educating clients and family on addiction. MRT is a systematic, step-by-step treatment strategy designed to enhance self-image, promote the growth of a positive, productive identity and facilitate the development of higher stages of moral reasoning.*

What's New?

Coleman Partners with Freed Housing to Provide Shelter in Stark County

Coleman Behavioral Health in Stark County has teamed up with the Ruthe and Isadore Freed Housing Corporation, a nonprofit subsidiary of the Stark Metropolitan Housing Authority, to provide safe, affordable housing to individuals in the county suffering from severe mental illness.

Tammy Weaver, Coleman's vice president of clinical services, and Paulla Gates, chief officer in Stark County, have been working with Freed Housing on several initiatives over the past few months.

“This is a great collaborative agency for Coleman to work with,” said Weaver. “Their focus on safe, decent and affordable housing aligns with Coleman's focus for residential development into the future.”

“We're currently working on opportunities for individuals and families who have low or moderate incomes in need of affordable housing,” said Gates.

As a private 501(c)(3) nonprofit community housing development corporation, the mission of the Freed Housing Corporation is “to provide affordable housing, training and neighborhood revitalization for low-to-moderate income families, elderly and physically or mentally disabled residents throughout all of Stark County.”

Stable housing for persons with behavioral health challenges is one of the keys to recovery, and therefore an area in which Coleman places great importance.

For more information on housing opportunities in Stark County, call 330-438-2400. ☺

“Bath Salt” Overdoses on the Rise

To most people, bath salts are minerals you add to bath water for therapeutic benefits. Among drug users and addiction treatment professionals, however, the term ‘bath salts’ is completely unrelated to bathing—instead, the term is used as slang for a group of designer drugs containing mephedrone, a highly-addictive stimulant with effects similar to meth, cocaine and ecstasy. Often sold as tablets, capsules or packaged powders, the drug goes by a variety of enticing names like “Ivory Wave” or “White Lightning.”

While one dose of the drug typically ranges from 5–20 mg, each bath salt package contains nearly 500 mg, which has led to an increasing number of overdoses across the country. One study in Michigan revealed that nearly half the patients who presented with cases related to bath salts also suffered from a mental illness.

“At Coleman, we are taking steps to educate the staff about the problem with bath salts, including the effects and dangerous conditions they induce,” said Coleman's Chief Medical Officer Dr. Brian Welsh. Side effects of the drug can include tachycardia, arrhythmias, hyperthermia and violent behavior, among others.

Until recently, bath salts were not a controlled substance, and could easily be purchased at gas stations, tobacco stores and many sites on the internet. As of Oct. 21, however, the Drug Enforcement Administration (DEA) has classified bath salts as a Schedule 1 drug, meaning it's illegal to possess, manufacture or sell any component of the drug in the United States.

“Since it is so new to the scene, there are no standard treatment protocols for bath salts,” said Dr. Welsh.

Until a protocol is established, Dr. Welsh and his team are partnering with other community health organizations to educate people on the dangers of the drug. Welsh recently gave a presentation about bath salts for the community's first-responders titled, “On the Front Lines: Dealing with Risky Behaviors.” The presentation was sponsored by the Portage County Mental Health and Recovery Board, Robinson Memorial Hospital EMS, Portage County Sheriff and the Portage County Crisis Intervention Team.

The Mental Health and Recovery Services Board (MHRSB) of Allen, Auglaize and Hardin counties is also actively working to educate people on the dangers of bath salts, and with good outcomes. The Opiate Summit they recently held drew over 800 participants.

If you suspect addiction in someone you know, call Coleman at 877-796-3555. ☺

Coleman Professional Services Board of Trustees

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Cutting Edge Addiction Treatment Services

Allen, Auglaize and Hardin Counties

In addition to treating mental and behavioral health illnesses, Coleman also treats Substance Use Disorders (SUD) in Allen, Auglaize, Hardin, Portage, Stark and Trumbull Counties—both as an independent disorder and a co-occurring disorder in clients suffering from a mental illness.

SUD Treatment services are combinations of interventions designed specifically to address substance abuse and dependence, and may include SBIRT (Screening, Brief Intervention, Referral and Treatment), assessment, counseling, case management, group counseling, education, linkage to self-help groups and family systems work.

In Allen, Auglaize and Hardin Counties (AAH), Coleman contracts with the Mental Health and Recovery Services Board (MHRSB) to provide substance abuse treatment services. Priscilla Burtt, director of outpatient services, Coleman—AAH, explains that clients who present to Coleman with a substance abuse problem are screened to determine if they meet the criteria for services offered.

The Facts

Addiction by the Numbers

- An estimated 22.6 million Americans* (approximately 8.9 percent of the population) were illicit drug users in 2010.
- Slightly more than half of Americans reported being current drinkers of alcohol. This translates to 131.3 million people.
- Nearly one quarter of Americans (58.6 million) participated in binge drinking.
- 22.1 million Americans (8.7 percent of the population) were classified with substance dependence or abuse in the past year.
- Three million Americans used an illicit drug for the first time within the past 12 months. This averages to about 8,100 initiates per day.
- Among adult first-time treatment admissions, an average of 15.6 years elapsed between first use of the primary substance of abuse and treatment entry.

**All findings relate to persons aged 12 or older.*

Taken from the Substance Abuse and Mental Health Services Administration (SAMHSA), 2010 National Survey on Drug Use and Health: Summary of National Findings.

“We provide intervention services and outpatient services including assessment, individual and group therapy,” said Burtt. “We also provide intensive services for clients with severe issues and poor support and/or environmental conditions.”

This intensive substance abuse service provision has been in practice for almost two years in Allen County. Clients can attend up to five weeks of intensive services, and then step-down these services as they begin to utilize more community resources. The programming allows for clients to continue in treatment for six to nine months, followed by attendance in aftercare groups. “Research shows that the longer a client is engaged, the more likely they are to be successful,” said Burtt.

When it comes to clients with co-occurring disorders, Burtt says at least 50 percent of the people they treat fall into the dual diagnosis category. “It's often difficult to determine which [disorder] came first. Many times if the addiction is resolved, the mental health issues dissipate. If possible, we address both concurrently, but sometimes one takes precedence—we offer two dual groups for those who are unable to attend traditional outpatient services due to their mental health diagnosis.”

The two groups Burtt refers to are titled “Dual Stages” and “CSP Dual Recovery”—both targeted specifically to the needs of dually diagnosed clients. They are among ten groups available to treat SUD in the AAH region—others include: AoD (Alcohol and other Drug) Awareness; Special Topics Hour; Stages of Change; Thinking for a Change; MRT; Staying Quit: Relapse Prevention; Aftercare and Family Group. Each group aims to educate, correct negative behavior, and provide clients with support on their journey to recovery.

According to Burtt, the most common addiction is still alcohol, and is “abused more than all the other drugs put together.” Over the last several years, however, opiate addictions have shown a marked increase. But, no matter what the addiction, Coleman is there to help.

In the future, Coleman—AAH hopes to implement Medication Assisted Treatment (MAT) in its treatment protocol, using medicine in combination with counseling and behavioral therapies to provide a “whole-patient” approach to treatment.

If you or someone you know is suffering from an addiction issue, call 877-796-3555. ☺