

“I am Coleman”

2016 | Volume 2

A publication of



A Note from Nelson

Over my years in behavioral health services, I've never seen anything like the upsurge in overdose deaths in our state and our country. We know many people become addicted to opioid painkillers and transition to cheaper, more potent narcotics when they can no longer get the prescriptions. We need broader initiatives to stem this crisis affecting people across the country. We need to initiate **PAT**.

PRESCRIPTIONS Limited: Restrict the quantity of opioids allowed in prescriptions to fewer than a 10-day supply. If people need these powerful, highly addictive medications longer than their initial prescription, they should be required to contact their prescriber for another short-term prescription. Our elected officials must make this a priority.

ACCESS to Care: Ensure everyone battling addiction has immediate access to treatment wherever they are and without regard to their ability to pay.

TREATMENT Collaboration: Promote collaboration between everyone involved in a person's recovery. If doctors, behavioral health providers, pharmacists and families work together, then addicted individuals will be more accountable and less able to exploit a fragmented system.

At Coleman, we believe it's important to have immediate access to care, especially for people addicted to narcotics who are trying to get clean. We provide mental health and addiction services, and we strive to surround people with the support they need to get and stay sober.

Please join me in advocating for **PAT** across our state and beyond.

With Gratitude,

A handwritten signature in blue ink that reads 'Nelson'.

Nelson W. Burns
President and Chief Executive Officer



A Hard Look at the Heroin Epidemic

The stories are everywhere. From heart wrenching tales of parents who have lost multiple children to drugs to the horrifying statistics showing dozens of overdoses in the same city in a single night, the heroin epidemic has permeated our entire nation.

According to the Centers for Disease Control and Prevention (CDC), Ohio had one of the highest increases in overdose deaths from 2013 to 2014, and heroin use has only gained ground since then. This year, more than 100 overdose deaths were reported in Akron alone by mid-September.

The struggle against opiate addiction and deadly overdoses is being fought in every one of the eight counties that Coleman serves, including Allen, Auglaize, Hardin, Jefferson, Portage, Stark, Summit and Trumbull.

By partnering with various community agencies, police departments, jails, schools and mental health boards in those counties, Coleman connects with opiate addicted individuals and helps them begin the long road to recovery.

Achieving recovery is no easy feat, but Coleman leverages industry best practices and comprehensive services to create a supportive environment for clients, one where sobriety becomes an attainable goal. Individuals benefit from services that could

include case management, counseling, vocational services, crisis support, rehab placement assistance, coordination with outside health care providers and more.

In Allen, Auglaize, Hardin and Portage Counties, Coleman also uses Medication Assisted Treatment (MAT) to wean the addicted person off of the opiates. Often the thought of quitting “cold turkey” and the debilitating effects of sudden withdrawal hinders someone from seeking help. By providing small, controlled doses of buprenorphine and naltrexone, those battling addiction can slowly reduce their dependency on opiates.

However, MAT alone isn't the key to sobriety. It's one piece of the overall behavioral treatment a client should receive, which could include individual and group therapy, 12-step meetings, random drug toxicology screenings and collaboration with other agencies and medical providers. A multi-disciplinary approach is essential because every individual is different, and there is no one-size-fits-all solution to overcoming addiction. Coleman uses a combination of treatments to increase the chance for success.

This isn't just a problem affecting addicted individuals. This is a nationwide issue, and if there is to be an end in sight, this must be everyone's fight. Coleman will continue to push forward and address this epidemic by focusing on its three buckets: Fostering Recovery, Building Independence and Changing Destinies.

“I am Coleman”



My past does not define me. It is, however, a part of who I am. I'm 36 years old and have traveled a troubled road. Some of my earliest memories are of my grandfather molesting me. When I told people, they called me a liar and didn't believe me. He was the first in a long line of men who molested me. The people responsible for me watched it happen and turned their heads. That caused severe trauma, and I'm still working through things today.

My parents divorced when I was four, and before long, my mom left. My dad did his best. He had me and my brother stay in a trailer, and he paid the bills, stocked the fridge monthly and gave us money when we needed it. I was nine; my brother, eleven. I tried to be good. I got straight A's, was on student council, enrolled in advanced classes and participated in cheerleading and basketball. Everything seemed pretty functional unless I had to visit Gramps and endure those horrors. He died when I was 12, and I was so happy that I had a party with a friend. We hid in my room and drank whiskey.

Not realizing I had post-traumatic stress disorder (PTSD) from what I'd experienced, I spent the next years trying to fill a void. When I started at a new school, I discovered hardcore drugs and used cocaine, acid and mushrooms to escape my reality.

I got pregnant at 16 and was thrilled. Finally, someone would love me unconditionally. I stayed clean for a while after he was born, but I took Xanax when things got stressful. After my third child's birth when I was 21, I visited my doctor for a thyroid condition and pain from two impacted wisdom teeth. He prescribed OxyContin 20s, and my life changed forever. Opiates caught my brain's attention and held me captive for the next 13 years.

To support my addiction, I stole; I refilled a family member's Vicodin prescriptions to sell them and buy stronger drugs. Soon, I was in prison for the first time. I always said I wouldn't leave my kids like my mom left me. Yet, here my four children were, being raised by others.

Each time I was released, I vowed not to go back. But, it wasn't easy. I was quick to backslide into stealing for easy money and using again.

In 2014, a judge decided to take a chance on me and released me with probation. This time I had to go to Coleman for a diagnostic assessment. When I got there, a reentry team helped me get my ID, social security card, clothing vouchers, food stamps and Medicaid assistance. They listened to me, heard my fears and were understanding.

My team at Coleman helped me get through day one and the days that followed. I had counseling, Medication Assisted Treatment for my addiction and took a relapse prevention course. When I struggled, Coleman helped me successfully navigate the issues.

I've stayed clean and sober for over two years and have received custody of my children. I received my Chemical Dependency Counselor

Assistant License, work as a security monitor in an apartment building and teach some AOD (Alcohol and Other Drugs) Awareness classes. A huge accomplishment for me was sitting in as the treatment contact for reentry court. My substance use history gives me an insight that helps me communicate with others who are struggling with addiction. I hope to help save a life, just as mine was saved.

My relationship with my family now is amazing. The best thing I can do for my sobriety, my kids, my relationships, my work and my life is to love myself fully. Then everything else in my life will align again. Self-love leads to self-care. Practice it daily, and it becomes a natural process that flows from you toward others, bringing goodness in the world. Thank you, Coleman, for helping me get here. 

True story of a Coleman Behavioral Health – Stark County client.

What's New?

The Coleman Pregnancy Center

The Coleman Pregnancy Center, located on the first floor of Coleman's headquarters in Kent, provides wraparound services to women who think they're pregnant, know they're pregnant or have a young child. The center offers prenatal vitamins, pregnancy tests, pregnancy education, information on toddler development, diapers, wipes, baby food and clothing. There are also services to support mothers, such as job seeking skills, financial management and nutritional wellness education.

Current and expectant mothers can determine what education they need, and an incentive-based material goods system rewards healthy parenting behaviors. Individuals leave their first appointment with diapers and clothes, and in follow-up appointments, Coleman does wellness checks where mothers can bring in receipts for healthy food or baby items, or documentation for doctors appointments, class or work to build up credit for on-going material goods support.

Appointments can be scheduled Tuesday – Thursday. Call 330-676-6842 to learn more.

Coleman Opens Wapakoneta Office

Coleman recently opened an office in downtown Wapakoneta at 16 E. Auglaize St., joining Coleman's St. Marys office in providing services to Auglaize County. The new location offers behavioral health, rehabilitation and substance abuse services, including psychiatry, group and individual counseling, case management, employment and residential services and more.

This location also houses a Changing Seasons center where individuals (18+) who are struggling with homelessness, addiction or mental illness can come and go. The drop-in center is a part of Coleman's peer-support rehabilitation program that optimizes an individual's personal, social and vocational skills.

Coleman will establish a stronger community presence through face-to-face interaction at this location, while easing the travel burden for area residents who previously had to travel to St. Marys or Lima for services. 

FIRST Success Gives College Student Second Chance



Take a minute and imagine everywhere you look you see men in suits following you. If that isn't bad enough, there are mystical beings chasing you, too. Everything you see is real and palpable, except you're the only one seeing and hearing these things.

Sounds terrifying, doesn't it? What's even scarier is that, for people like Ashley, this was reality.

When Ashley was a freshman in college, she had this very experience and wasn't sure what to do. Her family did not believe in mental illness, but Ashley knew something was wrong. After initially going to the campus health center, she started coming to Coleman for treatment.

Seeing or hearing things that others cannot is a symptom of schizophrenia, a serious disorder that affects how a person thinks, feels and acts. It's a biological disease with the first episode typically occurring between the ages of 15 and 30.

In collaboration with the Best Practices in Schizophrenia Treatment (BeST) Center at the Northeast Ohio Medical University (NEOMED), Coleman has instituted a program called FIRST, a comprehensive treatment program for individuals between the ages of 15 and 40 who have experienced an initial schizophrenia spectrum disorder episode.

FIRST programs help people with schizophrenia spectrum disorders improve recovery and resiliency, reduce relapse rates and achieve future goals. FIRST takes a team approach to treatment, providing psychiatric care, case management, education and training to help individuals successfully recover and manage their condition.

Ashley became a part of the FIRST program in Portage County and recently graduated from the CET (Cognitive Enhancement Therapy) class as part of her program. With the help of FIRST, she learned to take better care of herself, make tough decisions and set limits in order to succeed. Currently, she is back in school and doing well.

Bryn Oldham, CET Consultant and Trainer with the BeST Center, met Ashley after she started working with Coleman's FIRST team. She said, "Ashley is on her way to being a successful, productive young adult. I am grateful to be a part of her recovery."

Ashley says, "Through Coleman and the FIRST program, I know myself better than ever, and I am happy." 

Coleman Professional Services Board of Trustees

Thank you for your dedication and service!

Darryl Hunt, President

Anderson Sinclair
Promotions, LLC

Asha Goodner, Vice President

Hiram College

Laura Cessna, Secretary

Akron Children's Hospital

Brian Steere, Treasurer

Steere Enterprises, Inc.

Russell Burgett

Cohen and Company

Roger Cram

Hiram College

Cid Emerine Cruise

Community Volunteer

Elizabeth Curtis

Community Volunteer

Margaret Jordan

BDO

Fran Lantz

Retired

Heather Madden

Advisory Research

Sarah Malcolm

Kent State University

Amanda Rogers

Kent City Schools

Michael Selzer

Signet Jewelers Limited

Lon Snyder

Riverwood Community Chapel

Katlynn Stoll

National Industrial Lumber

Kristine Syrvalin

Timken Steel

Linda Walker

Retired

Integrated Health Care is Key to Whole Person Recovery

Their face is pained with stress and the burden they carry is reflected in their eyes. When someone is suffering from a severe mental illness (SMI) or a substance abuse issue, it's clear to those who know them that they're struggling. What's equally concerning are the medical issues that are not apparent at a glance. These are the signs and troubles secreted away inside the body, not visible to the human eye.

While it's hard for anyone to hide the outward symptoms associated with an SMI and addiction, undiagnosed internal conditions, like obesity, diabetes and hypertension, and cardiovascular diseases can develop and become life threatening if not treated. These severe medical issues intensify when coupled with lifestyles commonly affiliated with SMIs and addiction, like poor nutrition, tobacco use and lack of physical activity.

To address physical and mental medical problems, Coleman Professional Services is learning to identify people who need integrated health care, an approach to treatment that addresses the whole person rather than separating mental health from physical care. When an individual struggles with an SMI or addiction, the likelihood of developing a preventable chronic illness increases if it's not diagnosed or cared for properly. Coleman seeks to provide access to integrated health care services, while continuing to help people who need care, don't have access to proper treatment or struggle to manage on their own.

In Summit County, Coleman implemented several models of integrated health care. In

Summa Health Women's Center, located at Akron City Hospital, Coleman has a co-located therapist who is accessible to physicians, helps provide a warm handoff between services, offers on-site counseling and acts as a bridge to outpatient psychiatry services.

As a shared resource between the Family Medicine Center of Akron, the Internal Medicine Center of Akron and AxessPoint, five fully integrated behavioral health consultants are available to assist in providing proper treatment. The consultants, placed within the practice, conduct short-term counseling and work with patients to improve their behavioral health. An additional practice at Summa Health Emergency Department is scheduled to open in the future.

Individuals who receive integrated treatment are likely to have an optimal outcome rather than undergoing the isolated approach to care, where there's no guarantee both conditions will be treated or even diagnosed. Studies show that people who struggle with mental disorders or substance abuse problems often die years earlier than the average person. Research also suggests that nearly half of the people who die by suicide recently visited their primary care physician.



The numbers are staggering, and they place an even greater emphasis on the importance of integrated medicine and stress the need for whole person treatment. The link between SMI, substance abuse disorders and other serious diseases highlights the critical mission of integrated wellness. By providing access to integrated health care, Coleman is helping patients receive simultaneous treatment for both their physical and mental conditions.

From mind to body to complete health, Coleman is paving the way for integrated health care in our local communities, because wellness means whole person. 

Donor Focus

Why do you support Coleman Services?

"The reward of giving one's time, knowledge and effort to Coleman Professional Services, which is dedicated to uplifting other lives, is immeasurable and everlasting."

– Darryl Hunt, Chairman, Coleman Professional Services' Board of Trustees

"We care about and support Coleman Professional Services because they care about and support so many."

– Sue and Tom Freeman, Community Volunteers

"I donate my time and limited funds to Coleman because I know that whatever I donate will be used to help change a person's life. There are countless struggles that come with mental illness, and Coleman genuinely works to help each client overcome every single obstacle."

– Lauren Mazurkiewicz, Kent State Student and Coleman Employee



Darryl Hunt



Sue and Tom Freeman



Lauren Mazurkiewicz

Partners in Health

Coleman Joins Summa Health Women's Center



Several years ago, Coleman Professional Services began partnering with Summa Health in an effort to better serve clients in Summit County. Coleman established a presence within both St. Thomas Hospital and Akron City Hospital to address the needs of more clients. Coleman expanded that partnership with Summa this fall by joining the Women's Center located at 75 Arch St. in Akron.

The Women's Center has been operating for more than 20 years with the primary goal of providing maternity and gynecological care. From mammograms to prenatal check ups, the Women's Center serves the unique needs of women. Coleman staff are now co-located within this space in order to provide diagnostic assessments and counseling services to women who are receiving care at the center.

Through this expanded partnership, Coleman is continuing to work toward the overall health of clients rather than operating in a silo that is narrowly focused on mental health care. With an integrated approach, care providers can talk to each other and collaborate to meet their clients' needs. It also allows providers to begin breaking down barriers in identifying people who may need care, are struggling to access care or have conditions that have impacted their ability to manage chronic medical diagnosis.

Coleman recognizes the possibilities that can arise from partnering with organizations, companies and individuals whose missions align with our own. By combining efforts, we can create positive impacts and spur advancements, not only for the individuals who reside in the counties we serve, but also for the entire field of behavioral and mental health care.

In This Issue

A Hard Look at the Heroin Epidemic

FIRST Success Gives College Student Second Chance

Integrated Health Care is Key to Whole Person Recovery

Executive Offices

5982 Rhodes Road ■ Kent, Ohio 44240
P: 330-673-1347 or toll-free 800-673-1347
F: 330-678-3677
colemanservices.org

Accreditation and Licenses

CARF, the Commission on Accreditation of Rehabilitation Facilities

Ohio Department of Mental Health & Addiction Services

Ohio Department of Health

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

 Like us on Facebook!
Facebook.com/ColemanProfessionalServices



5982 Rhodes Road ■ Kent, Ohio 44240

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

Wish List



You can donate securely online at colemanservices.org/donate. In addition to the many ongoing needs that we have in order to service our clients, there are many basic needs our clients have throughout all eight counties.

General needs:

- Hygiene items
- Dish cloths and dish towels
- Dishes
- Cleaning supplies
- Clothing
- Pots and pans
- Kitchen utensils
- Silverware
- Sheets
- Blankets
- Mattresses (new)

- Towels
- Jackets
- Art supplies
- Bus passes
- Gloves, mittens, hats and scarves
- Gift cards to stores, such as Walmart, for groceries, household needs and clothes
- Funds for medication co-pays
- Funds for apartment deposits and/or utility hook-ups

Coleman Adult Day Services:

- Craft items
- Candy
- Baseball hats
- 100-piece puzzles

Coleman Pregnancy Center:

- Diapers
- Baby wipes
- Wearable baby carriers
- Baby hygiene items

To see a more detailed list of items needed in every unique part of Coleman, please visit colemanservices.org/ways-to-give. If you can donate any of these items, please contact Coleman Foundation at 330-676-6876 or foundationinfo@colemanservices.org. If you would like to donate online and have your contribution go to a particular need, please indicate it on the donation page. **Thank you very much for your generous consideration.**