

THE HIGHLIGHTER

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Second Step Program Implemented at Arcadia Schools

This past school year Arcadia schools chose to implement a weekly violence prevention program called Second Step into their elementary classrooms. Carol Taylor from Family Resource Centers provided the mandatory 8-hour training for the teachers just before school started. This training prepared the teachers to implement the social skills lessons in their classrooms on a weekly basis.

The program focuses on the skills of showing empathy, using impulse control, problem-solving, and anger management. Students in pre-school through 5th grade took part in the program at Arcadia, however the curriculum covers pre-school through 9th grade.

Second Step is recognized as a model program by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is highly research based. Several school systems throughout Ohio are currently using the program with great success and seeing a significant decrease in the amount of school bullying, violence, and anger outbursts.

Many schools have struggled to implement intensive, research-based social skills curricula out of concern for teaching time. The important thing to remember is that if a student isn't coming to school because they're being bullied or they sit in school in fear because they've experienced a threat of violence, learning isn't occurring anyway. There is a significant amount of research available regarding the importance of social and emotional learning as well. This program prepares students to be successful in school and in their communities.

To find out more about the program, go to the Second Step's (Committee for Children) website at www.cfchildren.org or contact Carol Taylor at 419-422-8616 ext. 150

Committee for Children
800-634-4449
568 First Ave. South, Suite 600
Seattle, WA 98104-2804



*Comments from
Janet Copher
5th grade teacher
Arcadia School*

The Second Step program is a wonderful program to reinforce the social ideas and skills that we want our students to use in life. The students must role model in a safe environment the skills taught in each unit. We teach the students in three different units. The units are: Empathy Training, Impulse Training, and Anger Management.

The students enjoy the units and especially enjoy the end of the lessons because they get to role play the concept taught. There have been times when I just taught a lesson and then they have had a situation arise at recess that would reinforce the skill that was taught.

The lessons are very easy and user friendly for the teachers. When the classroom teacher deals with a recess behavior problem, she can easily go back to some of the skills taught in Second Step. The teacher can easily ask what have we learned in Second Step as to how we can solve this problem that has happened at recess. Then hopefully they can solve their own problems later.

Construction to Begin!



Construction will begin soon on the Northwest Ohio Regional Housing Project. The building will contain 15 apartment style units and will provide independent permanent supportive housing for mentally ill adults with 24-hour staff assistance at the site. The building is located at the intersection of

West Lytle Street and Independence Avenue in Fostoria, Ohio.

Funding for the Project was secured from the Ohio Department of Mental Health, the Ohio Chapter of the National Alliance on Mental Illness and the Federal Home Loan Bank. The project and facility manager is Neighborhood Properties and Garlock Brothers Construction, Inc. will be the general contractor. Rooney Clinger Murray Architects designed the building.

Boards included in the project are: Hancock County ADAMHS Board; Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot Counties; Mercer, Van Wert and Paulding ADAMHS Board; and the Mental Health & Alcohol, Drug Addiction Recovery Board of Putnam County.

Take a drive and see the progress. The project should be completed prior to the close of this calendar year.



*Dr. Michael Hogan, Director
Ohio Department of Mental Health*



*Terri Russell, Director
Ohio Chapter of the National
Alliance for the Mentally Ill*

Meet Our CIT Officer

Samuel Walters graduated from CIT program in 2003. He has had over 7 years with the law enforcement service of the Findlay Police Department. Since taking the CIT course, Officer Walters has a better understanding of the problems they encounter when dealing with people in a crisis. He feels he is better able to deal with people verbally to help them become compliant rather than using physical intervention, which can make matters worse.



Officer Walters describes an encounter that he used CIT techniques to better the situation. He was sent to a call from a man who was attempting to harm himself with a knife. Before he had arrived Officer Walters was told that the girlfriend of the subject was able to remove the knives from the apartment. When he arrived at the scene he found the subject upset and had a fresh injury to his arm from a knife. He used some of the de-escalation techniques to calm him down. Once the subject was calm, Officer Walter learned that he was supposed to take medication for depression, but had stopped taking this medication about 6 months prior. Using some of the skills he learned he was able to engage him in conversation, and learned that he had cut himself because the pain helped him get over the thoughts running through his head. The subject told Walters that he was lonely and wanted to end things, but after talking with him for a while the subject eventually volunteered to talk to a pre-screener.

Officer Walters enjoys playing golf, especially when the focus isn't on the score. He and his wife are currently Foster Parents to three young men. Being a Foster Parent has presented them with many challenges in their lives. Some of the skills he learned as a CIT officer have helped him in dealing with some of the foster youth they have had in their home.

COMMUNITY PARTNERSHIP NEWS

May 16, 2006, 6:30-8:30 p.m.

"What's Up Doc?"

The University of Findlay
South Multipurpose Room
in the Alumni Memorial Union

Join Dr. Basanti Basu from 6:30-7:15 for an open discussion about questions you may be having about your or someone you love's behavior.

7:30-8:30 p.m.

Dr. Fred Frese

"Recovery from Mental Illness:
Myths, Mountains, and Miracles"

Light refreshments will be served following the presentations.

May 20, 2006, starting at Noon

Extreme II Dance Pad Competition
Findlay Village Mall

6th-12th graders are challenged to come and show their dancing skills. Skill levels will be broken down into light, standard and heavy brackets. Top bracket prizes will be awarded. Register by calling The Community Partnership (419-424-1335). Made possible by the Technology and Gaming (TAG) group at The University of Findlay, Findlay Village Mall and The Community Partnership/ADAMHS Board.



May 23, 2006, 11:30 a.m. - 1:00 p.m.

Mind Your Health Walk
Riverside Park, Waterfall Pavilion, Findlay

Bring your family, friends and co-workers to enjoy a walk at your own pace. The event will also offer free blood pressure checks, free blood sugar checks, free lunch and free chair massages!

Sponsored locally by: Hancock Park District, Findlay City & Hancock County Health Departments & The Community Partnership/ADAMHS Board.

May is Mental Health Month!

May 18, 2006, 7:00 - 9:00 p.m.

Mind Your Health Luau

Coffee Amici

In downtown Findlay

Prepare for good times as you wash away your troubles to the sounds of the Civil Surfers.

Sponsored by:

Coffee Amici, Civil Surfers Band and
The Community Partnership

May 20, 2006, 7:00 - 10:00 p.m.

Spring Fling Dance

Focus on Friends

(509 Trenton Ave., Findlay)

Come and dance the night away as the
"Reunion Band"

rocks you with tunes from the 60's & 70's.

May 25, 2006, 11:00 a.m.

"Medication and Your Mental Health"
Hancock County Agency on Aging

Join us for a FREE lunch and a valuable presentation concerning older adults, medication and your mental health. Bring a list of your current prescriptions to be reviewed by a certified geriatric pharmacist.

Space and prescription review times are limited!

RSVP before May 17th by calling the Community Partnership at 419-424-1335.

If you would like a stressbuster calendar call the ADAMHS Board/Community Partnership Office, 419-424-1985 or 419-424-1335.

AGENCY NEWS

Planning an Event? Need a unique way to get a message across about youth/teen issues ???

Family Resource Centers has
just what you need!!

The **HAPPY YOUTH STAFF** is a group
of High School students that are a
drama performance group. The group
performs skits that focus on various
issues that teens are facing.

Performances last 10-30 minutes and
make great additions to annual meetings,
school assemblies or festivals.

To schedule a performance or discuss what
can be offered,
contact Nathan Herr at
419-422-8616 ext. 153

Focus on Friends Hires Activities Director

In February Focus on Friends welcomed Helga Olson as Activities Director for the Agency. As Activities Director, Ms. Olson will be planning and implementing such things as crafts, weekly movies, board games and card circles.



Before her start at Focus on Friends, Ms. Olson work at the Zepf Mental Health Center in Toledo and at The University of Findlay. She has a Bachelors of Arts in Psychology with a minor in French and a Masters in Liberal Studies. She has played the piano since the age of three and also has taken up the guitar in the past year. She is hoping to incorporate music into some of the upcoming activities at the Agency.

Stop by and say "hi" to Helga and check out the Agency. Focus on Friends is located at 509 Trenton Ave., Findlay and is open 12-5 daily. If you have any questions or would like to know the extended hours call the Agency at 419-423-5071.

Welcome, Helga

Hancock County ADAMHS Board
Hancock County Community Partnership
438 Carnahan Ave.
Findlay, Ohio 45840



"Not A Single Drop" is Ohio's online resource for Fetal Alcohol Spectrum Disorder. Check out the website at:

www.notasingledrop.org

Hancock County Crisis Hotline - 1-888-936-7116 (toll free)