

THE HIGHLIGHTER

A publication of the Hancock County ADAMHS Board and Community Partnership

Volume 16, Issue 2

September is Recovery Month!

Each year millions of people struggle with recovery. In Hancock County alone, over 3,000 youth and adults received treatment for mental illness or substance abuse issues during FY '06. Below is one persons story of recovery.

My name is Eric Hill. Last December I was diagnosed with depression and "borderline personality disorder" tendencies.

Following are memories of my feelings and behaviors prior to being forced to seek help from Century Health therapist and eventually taking anti-depressants. I had been taking care of and living with my widowed dying mother for the past two years and working as an accountant for Toyota. From what I have read and from therapy, it is my belief my mother has borderline personality disorder.

Several weeks prior to my leaving my mother I had turned into this monster of a person I had never been. I was scared of myself. I was so angry I was scared I would hurt someone. I thought I was going insane and loosing it. I would scream at the top of my lungs like a crazed man quite often just to release my anger and frustration. My mother's constant demands and rages were making me feel crazy. I would be at my physician's office 1 or 2 times a week seeking more nerve pills for a new hypochondriac condition I was certain I had. Lying on the exam table with the lights off in silence waiting was worth \$40 to me. I was so medicated by my physician that I failed to see a deer or even recognize that I had hit a huge deer with my car. I had ulcers on my tonsils making it painful to swallow. Ulcers are brought on by extreme stress. I refused to take the free antidepressant samples given to me by my physician. I'm not depressed!

I would sleep in my car at nights quite often just so I would not have to deal with the madness and chaos of my mother. I was becoming more and more destructive to physical things and usually in a constant state of anger. A simple trip to obtain groceries was a nightmare for me and the grocery cashiers/managers. I would always find something wrong with something and make a huge deal out of

it. Store cashiers were easy targets for me. I failed to brush my teeth as needed to sustain healthy teeth after paying \$10,000 for braces and dental work a few years prior. A couple of my front teeth had turned black. I did not even really notice the decay nor did I even really care. 2-3 days without a shower was a norm for me.

I was not hired on permanently for a wonderful job with Toyota due to my having anger issues at work quite often. Sleeping 12-14 hours a day was the norm for me after not getting hired on permanently at Toyota. Thoughts of suicide and praying to die were constant thoughts for me. I truly wanted to be dead and done. I had countless other behaviors that were very self-destructive. It wasn't until I was forced by an Emergency Room doctor at Findlay Hospital to seek assistance from Century Health that I was able to understand my depression and my mothers borderline personality disorder. I was even angry at the Emergency Room doctor. How dare he insinuate that I have a mental problem! I was in such denial!

I learned what causes depression by going to therapy sessions for several months. I also learned new behaviors to help combat depression and anger issues. From my therapy and anti-depressants I was FINALLY able to heal and let go of a lot of the anger that was boiling inside and causing me not to function in life. I stopped having horrible nightmares. I am able to manage and control my anger much easier now. Reading books and doing research to understand my mothers borderline personality and my depression has helped me tremendously to let go of the intense anger I felt towards her.

I don't feel as though I have completely recovered from depression. I feel as though I still have a lot of work to do on myself. I do know I am a whole new person today compared to the monster I was a year ago. I am enjoying life for the first time in many years. I am excited about my future. I am repairing relationships I have let go. The therapy sessions



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- Eric Hill

ADAMHS BOARD UPDATE

ADAMHS Board Welcomes New Members!

At the August 17, 2006 Board meeting the ADAMHS Board welcomed Tom Buis, Wayne Ford and Judy Reist as the newest members of the Board.

Tom Buis was born and raised in Findlay, Ohio and has been married to his wife, Ann, for 43 years. They have two daughters and five grandchildren. His ideal day would be to golf in the morning, garden in the afternoon, have dinner with his wife and read a book before going to sleep. Mental health issues are close to his heart because he has close family members with severe depression.



Wayne Ford was born in Little Rock, AK and raised in Grand Rapids, MI. Wayne moved with his family (wife, Judith and two daughters) to Findlay two years ago. He loves to spend time with his family and writing, reading and spending time with his friends. Wayne worked in the mental health field for almost 9 years and looks forward to serving on the Board and adding value.



Judy Reist was born and raised in Carlisle, PA. Her favorite childhood memories are vacations on the Jersey shore. Judy has two adult sons and two dogs in which she would like to take long walks with during her ideal day off and then have dinner out. Judy has worked in the mental health system for almost 15 years, primarily with children and adolescents and their families and this continues to be close to her heart.



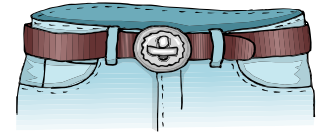
Welcome to all three of these new members!

Meet Our CIT Officer

This month our spotlight is on Officer David Gonzalez with the Findlay Police Department. Officer Gonzalez graduated from the CIT Program in September of 2003 and has been with the Department for over 6 years. David explains that the CIT Program has helped him have a better understanding of the mentally ill and his patience in general. Using the training he received during the CIT Program, Officer Gonzalez was able to talk with a suicidal woman for over two hours. She was taken into custody with no harm to herself or the officers. In his personal time, David coaches youth sports, plays recreational sports and likes to spend time with his family.



Cooper Tire Jeans Day a Success!



The ADAMHS Board would like to thank the employees of Cooper Tire for their Jeans Day collection on July 21st. This collection benefited mental illness and especially the PALS (People Affected by a Loved ones Suicide) support group. The event raised over \$650 for the group. Thanks especially to Charleen Gangemi from Cooper Tire, who initiated the collection.

September is Recovery Month continued...

helped me heal some painful emotional wounds so as to start to build the life I so desire. I have a lot of catching up to do now being that I have let myself play the victim role in life for the past several years. My life is exciting for me now. I am the one in charge of my life.

Please understand there is hope for gaining a wonderful life back. It's up to us to make our life into what we desire. Going to therapy at Century Health truly helped guide me to work towards the life I desired. If it wasn't for the loving and caring people at Century Health and the Emergency Room Doctor. Truly am not sure where I would be today. Thank you very much Century Health and Emergency Room Doctor for helping me to bring back into my life a sense of sanity and a zest for life.



MENTAL ILLNESS AWARENESS

Help us “Light The Darkness” on Mental Illness

by

Lighting a luminary on
Sunday, October 1st, 8 - 10 p.m.
Luminaries may be purchased at the
ADAMHS Board/
Community Partnership office.
Luminary kits are \$1.00 each.

and

Join us at our awareness bonfire on
Thursday, October 5th, 7 p.m. at
Camp Berry, 11716 CR 40
(off of SR 68 South of Findlay)

*If you would like to purchase a luminary or
have questions, contact the Hancock
County Community Partnership Office,
419-424-1335 or aaltman@bhg.org*



2006 Red Ribbon Celebration

October 20, 11 a.m. - 1:00 p.m.

Kick-Off Celebration
Dorney Plaza, downtown Findlay

Hot dogs, soda and ice cream will be served
with a donation collected.

Come and help us kick-off another great Red
Ribbon Celebration.

October 22, 6:00-8:00 p.m.

Youth Rally
StoneBridge Church of God

October 26

6th Grade Leadership Day

October 28

Youth Festival

Presentations from the Town Hall
meeting (held in April) will be avail-
able to the community. If your group
or organization would like to host a
presentation or if you have any ques-
tions or would like more information
about Red Ribbon please contact
Annie 419-424-1335 or
aaltman@bhg.org.

AGENCY NEWS

Ohio Advocates for Mental Health Annual Meeting

This year, six people attended the 2006 Ohio Advocates for Mental Health (OAMH) Annual Meeting, including our two BRIDGES teachers, Gina Lewis and Pat Printke. Pictured are (left to right): Roy Cousino, Gina Lewis, Grace Crainshaw, Linda Scherf, Pat Printke, and Shirley Crane. Participants were able to attend a variety of workshops ranging in topics from "How Do We Create a Consumer Driven System?" to "How Research Helps in the Recovery Process". The featured speaker was Darby Penney, who spoke about "The Suitcase Project", a moving historical look at the lives of people who experience mental illness. This year's Annual meeting attendees hope to form a consumer group at Focus On Friends drop in center to provide input on the provided services and activities. Also, some of the attendees hope to begin a speaker's bureau to share with other groups their personal stories of recovery as well as sharing the benefits of informal supports such as National Alliance on Mental Illness, Depression Bi-polar Support Alliance, and Focus on Friends.



PARENT'S NIGHT OUT

Family Resource Centers is sponsoring Parent's Night Out every Thursday at the Findlay YMCA, 6:00 - 7:30 p.m.

Free child care is provided. Open to anyone who is parenting a child.

For more information contact Val Mikenas at Family Resource Centers, 419-422-8616, ext. 155.

Century Health has a new website.



Check out

www.centuryhealth.net

Hancock County ADAMHS Board
Hancock County Community Partnership
438 Carnahan Ave.
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Good luck students, make it
another great year!



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