

CCMHRB Quarterly

WHAT'S NEW?



DID YOU KNOW
CLERMONT COUNTY HAS
A 24/7 CRISIS HOTLINE?
WE DO!!: (513) 528-SAVE

Funded in part by the Clermont County Mental Health and Recovery Board and operated by Child Focus. The hotline is free and confidential and is staffed by mental health professionals.

MISSION STATEMENT

**THE MENTAL HEALTH
AND RECOVERY BOARD,**

under local leadership, shall plan and make provision for comprehensive mental health and recovery services that are accessible to all residents of Clermont County and shall evaluate the delivery and effectiveness of these services.

FEATURED ARTICLE

**OACBHA: DEVELOPING A
BETTER UNDERSTANDING**

The Ohio Association of Behavioral Health Authorities publishes informational "one-pagers". Please click [here](#) to read "Recognizing & Treating Youth Traumatic Stress".



WHAT IS WELLNESS?

Wellness, Part One: The Clermont County Mental Health and Recovery Board, together with the Suicide Prevention Coalition, is dedicated to assuring overall wellness of our residents. Wellness is more than being free from illness-it's a harmonious state of physical, mental, and social well-being. There are 8 dimensions of wellness that we will focus on. Join us each issue for ideas on how to improve on your personal wellness. Click [here](#) for part one.



Seasonal Affective Disorder

From the NATIONAL INSTITUTE of MENTAL HEALTH

WHAT IS SEASONAL AFFECTIVE DISORDER?

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter (also called “winter blues”) and begin to feel better in the spring, with longer daylight hours.

In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from seasonal affective disorder (SAD), a type of depression.

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer; this is known as winter-pattern SAD or winter depression. Some people may experience depressive episodes during the spring and summer months; this is called summer-pattern SAD or summer depression and is less common.

[Click here for full article.](#)

SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. Therefore, the signs and symptoms of SAD include those associated with major depression, and some specific symptoms that differ for winter-pattern and summer-pattern SAD. Not every person with SAD will experience all of the symptoms listed below.

Symptoms of *major depression* may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

For *winter-pattern SAD*, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like “hibernating”)

Specific symptoms for *summer-pattern SAD* may include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Episodes of violent behavior

CATCHING UP

OUR BOARD MEMBERSHIP HAS GROWN!

Please welcome our newest members:

-  Jenifer Binder
-  Barbara Bird
-  Rebecca Cochran
-  Richard Costello

Thank you for joining our Board!

The Clermont County Mental Health and Recovery Board is a fourteen-member board representing a variety of interests, including professionals from the mental health and alcohol/drug fields, family members, individuals in recovery, and community representatives.

The Opiate Task Force Has Changed Its Name!

The Clermont County Addiction and Recovery Partnership (CARP), formerly the Clermont County Opiate Task Force (OTF) recently changed its name to reflect a broader focus on substance misuse in general versus opioid misuse.

The mission of the CARP is to minimize substance misuse, distribution, addiction, overdose, and deaths in Clermont County.

The vision of CARP is to create a healthier community by reducing unintentional overdose fatalities and community trauma associated with addiction through collective multi-sector efforts that focus on prevention, harm reduction, treatment, and recovery.

CARP provides a structure for community response to substance misuse; engages our community to develop and pursue a unified goal; coordinates and facilitates local prevention and educational training for our community; and evaluates the effectiveness of the response to the overdose epidemic.

*Together we
can make a
difference*

*CARP will soon be
launching its new logo.
Stay tuned for more
information!*



HIGHLIGHTED ARTICLE:

U.S. SURGEON GENERAL ISSUES ADVISORY ON YOUTH MENTAL HEALTH CRISIS FURTHER EXPOSED BY COVID-19 PANDEMIC

On December 7, 2021, U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory to highlight the urgent need to address the nation's youth mental health crisis. As the nation continues the work to protect the health and safety of America's youth during this pandemic with the pediatric vaccine push amid concerns of the emerging omicron variant, the U.S. Surgeon General's Advisory on Protecting Youth Mental Health outlines the pandemic's unprecedented impacts on the mental health of America's youth and families, as well as the mental health challenges that existed long before the pandemic.

Before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with [up to 1 in 5 children](#) ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder. Additionally, from 2009 to 2019, the share of high school students who reported persistent feelings of sadness or hopelessness increased by 40%, to more than 1 in 3 students. Suicidal behaviors among high school students also [increased during the decade](#) preceding COVID, with 19% seriously considering attempting suicide, a 36% increase from 2009 to 2019, and about 16% having made a suicide plan in the prior year, a [44% increase from 2009 to 2019](#). Between 2007 and 2018, suicide rates among youth ages 10-24 in the U.S. [increased by 57%](#), - PDF and early estimates show more than [6,600 suicide deaths](#) among this age group in 2020.

[Please visit the U.S. Department of Health and Human Services for more information.](#)

INTERESTED IN FREE MENTAL HEALTH EDUCATION CLASSES?

Check out these opportunities
presented by



Hope for Recovery

Hope for Recovery is a no-cost, one-day workshop for both individuals living with mental illness and family, caregivers, and friends of individuals living with mental illness. Family-to-Family instructors, all of whom have loved ones who live with mental illness, teach the workshop.

NAMI Basics

NAMI Basics is a class for parents, guardians and other family caregivers who provide care for youth (age 22 or younger) who are experiencing mental health symptoms.

Family-to-Family

NAMI Family-to-Family is a class for families, significant others, and friends of people with mental health conditions. Designated as an evidence-based program by SAMHSA, it facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members.

Peer-to-Peer

NAMI Peer-to-Peer is a class for adults with mental health conditions. The course is designed to encourage growth, healing, and recovery among participants.

