

# CCMHRB Quarterly



CLERMONT AND BROWN CRISIS HOTLINE: 513.528.SAVE (7283)

## Mental Health Board Chooses New Associate Director

The Board has a new Associate Director! Denny Moell has accepted the Associate Director position and is excited to take on the new role. Denny brings many years of experience and knowledge and will be a great asset to the County.

## MISSION STATEMENT

### THE MENTAL HEALTH AND RECOVERY BOARD,

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

## FEATURED ARTICLE

### **ADAMH Boards: Your County Mental Health and Addiction Leaders**

Ohio's Alcohol, Drug Addiction, and Mental Health (ADAMH) Boards are statutorily empowered to plan, develop, fund, administer, and evaluate the local system of mental health and addiction services. [Read more here...](#)

# Seasonal Affective Disorder (SAD)

CLICK ON GRAPHICS TO LEARN MORE

**Seasonal Depression**  
**GOT THE WINTERTIME BLUES? YOU ARE NOT ALONE.**  
 Clinically referred to as seasonal affective disorder, SAD affects an estimated 10 million Americans each year. SAD occurs most commonly during late fall and winter, when exposure to sunlight is limited.

**SAD Symptoms Checklist:**

- Lack of interest in normal activities
- Social withdrawal
- High-carb cravings
- Weight gain
- Fatigue

**Fight Back**

- 1 **Get outside** when natural light is brightest.
- 2 **Eat well** (fruits, vegetables, whole grains).
- 3 **Exercise.**
- 4 **Talk to your doctor** about light therapy, which may boost your body's level of serotonin (the "feel good" neurotransmitter) while decreasing production of melatonin, the hormone related to our sleep cycle.



The Clermont County Mental Health and Recovery Board (CCMHRB) has been awarded a grant from Interact for Health for \$20,000 to be used to purchase a “harm reduction” machine for Clermont County. The location of where the machine will be placed as well as the exact date of installation are yet to be determined. The machine will look like a typical vending machine and will dispense harm reduction items such as Narcan, first aid kits, hygiene kits, and other items. The items will be free of charge to the public. Patrons of the machine will be required to register anonymously in order to access the items. CCMHRB Executive Director, Lee Ann Watson, has reached out to the County Addiction and Recovery Partnership (CARP), Sheriff Leahy, Public Health, and the Commissioners to receive support in the placement of such a machine in Clermont County.



### **\$50,000 Media Campaign Grant Awarded to CCMHRB**

The Mental Health and Recovery Board was awarded a \$50,000 suicide prevention media grant and is partnering with the Clermont County Suicide Prevention Coalition and Public Health to utilize the funding. Part of the grant will be used for a radio ad campaign advertising the Clermont and Brown Crisis Hotline. The ad started on December 19 and will run through March 12, 2023. Listeners can hear the ad on WGRR 103.5, The FOX 92.5, 96 Rock, Warm 98, and Cat Country 94.1. Other items such as stickers, coffee cup sleeves, and posters with suicide prevention messaging and the hotline number will also be purchased and distributed throughout Clermont County.

## CATCHING UP

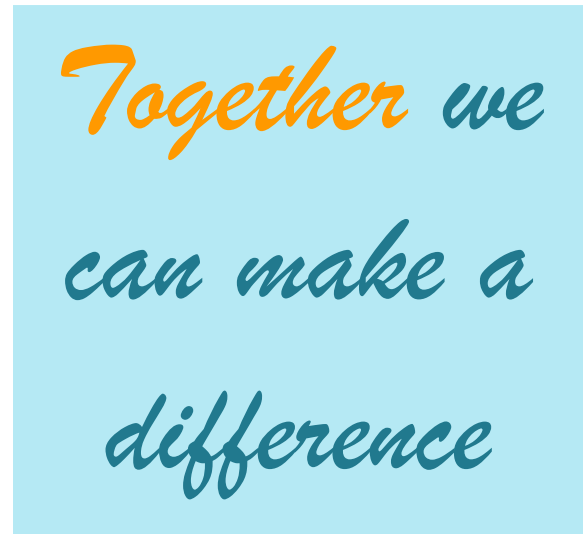
OUR BOARD MEMBERSHIP HAS GROWN!

Please welcome our newest members:

-  Nova Levante
-  Joy Lytle
-  Lt. Tony Rees

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 substance use disorder fields, family members, individuals in recovery, and community representatives.



## 988 Suicide and Crisis Lifeline vs. 513-528-SAVE:

Today, “988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you’ll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline.

Once a caller dials 988, they are connected to one of over 200 crisis centers in the national network. Calls are routed based on the area code the call is coming from. The Clermont and Brown Crisis Hotline, 513.528.SAVE, is part of the national Crisis Lifeline network. Which means Clermont is fortunate enough to have its own local crisis line.

The Clermont and Brown Crisis Hotline is staffed by mental health professionals at Child Focus and is funded by the Clermont County Mental Health and Recovery Board.



Clermont and Brown Crisis Hotline  
513.528.SAVE (7283)

HIGHLIGHTED ARTICLE:

## How to let “Dry January” help you drink less in 2023:

If you’re asking why you should face the world without a sip of wine or beer for a month, there are some compelling health reasons to do it.

A lack of alcohol can do a body good, especially after a spike in alcohol use since the start of the COVID-19 crisis and especially if you’re a woman.

According to Dawn Sugarman, a research psychologist in the division of alcohol, drugs and addiction at McLean Hospital in Belmont, Massachusetts, the pandemic has had a disproportionate effect on women's drinking. She also noted that women have increased their alcohol consumption at a higher rate than men, particularly their heavy drinking days — those when they have four or more drinks within a couple hours.

“Dry January” is a month when many people voluntarily stop drinking alcohol after the excesses of December and start the new year on a sober, clearer, more refreshed and healthy note.

More than a third of U.S. adults, 35%, took part in Dry January in 2022, a “significant increase” from the 21% who participated in 2019, according to CGA, a company that researches the food and drinks market.

Out of those who intended to abstain from alcohol, almost three-quarters, 74%, told CGA they succeeded.

### WHY DO PEOPLE DO A DRY MONTH?

“It’s a kind of self-diagnosis of how important alcohol really is to you,” says Sharon Wilsnack, an expert on drinking behavior in women and an adjunct professor of psychology at the University of North Dakota

### BENEFITS OF GIVING UP BOOZE FOR A MONTH

Even a brief break can make a difference.

Regular drinkers who abstained from alcohol for just one month were found to have a “rapid decrease” in certain chemical messengers in the blood that are associated with cancer progression, a study found. The participants also saw improvements in their insulin resistance, weight and blood pressure.

Almost three-quarters — 71% — of people who took part in Dry January said they slept better and 67% had more energy, according to a University of Sussex study. More than half, 58%, lost weight and 54% reported better skin.

Click [here](#) for full story on TODAY.com



## Crisis Services Available in Clermont County:

If you or someone you love are in crisis, thinking of harming yourself or others, and need immediate help, reach out! Help is available!

**Short Term Crisis Counseling:** Crisis resolution can be achieved through brief, focalized counseling with a trained crisis therapist. The crisis therapist will perform a risk assessment and work to develop a safety plan. Individuals in crisis can be seen face to face within 24 hours of making an appointment at the following locations:

- Greater Cincinnati Behavioral Health Services (ADULTS): [\(513\) 947-7000](tel:5139477000)
- Child Focus (CHILDREN AND FAMILIES): [\(513\) 752-1555](tel:5137521555)

**Clermont and Brown Crisis Hotline:** The Crisis Hotline is here to help. The Hotline is a free and confidential hotline that provides suicide prevention, crisis intervention, and referral information to residents of Clermont and Brown Counties of all ages. A trained mental health professional is available 24/7 to answer your call and talk to you. The professional can assist you with access to resources and treatment, and can help with a face-to-face assessment, if needed.

**Crisis Text Line:** Crises don't always lend themselves to a phone call. That's why the Crisis Text Line is an important means of reaching out. Anyone can text "*4hope*" to 741741 and get connected to a trained person who is ready to help. The Crisis Text Line is not a replacement for counseling, but it can serve as a good starting point for people needing help to cope with a crisis. Your messages are confidential.

**Mobile Crisis Team:** The Mobile Crisis Team is staffed by Master's level mental health professionals who are available to provide in-person mental health assessments to Clermont County youth and adults who are experiencing a mental health crisis and may be at risk of harm to self or others. Due to safety precautions, the mobile crisis responder is often accompanied by law enforcement. The service is available 24 hours per day, 7 days a week, including holidays. The Mobile Crisis Team can be accessed by calling the Clermont and Brown Crisis Hotline at [\(513\) 528-SAVE \(7283\)](tel:5135287283).

**Mobile Response and Stabilization Services (MRSS):** The Mobile Response & Stabilization Services (MRSS) is a comprehensive program available to youth ages 0 to 21 and their families, and is a branch of the Clermont County Mobile Crisis Team. MRSS staff meet with youth and families in person wherever they are to provide intensive services to address emotional and/or behavioral issues that require intervention. Families can stay with MRSS for up to 60 days. MRSS can be accessed by calling the Clermont and Brown Crisis Hotline at [\(513\) 528-SAVE](tel:5135287283).

