



SECOND QUARTER 2023

WHAT'S NEW?

CCMHRB hires new position



In February, Marcie Keith filled the Mental Health and Recovery Board's new position of Community Engagement Manager. Marcie brings much experience with community outreach and brand development. Marcie has already accomplished so much since she started at CCMHRB, including organizing our first annual Total Wellness Event that was held on May 20th. Marcie recently received the Ohio Children's Trust Fund "Everyday Hero Award" for her work in child abuse prevention.

CCMHRB ASSOCIATE DIRECTOR DENNY MOELL COORDINATES CIT TRAINING CLASS

Associate Director Denny Moell coordinated the 15th Crisis Intervention Team training May 8-12. Although CCMHRB has been providing this training class since 2011, this was Denny's first time coordinating the class...and it was a success! Sixteen Officers graduated from the May class and provided Denny with great feedback on how helpful they thought the class was in preparing them in case of a difficult situation. Denny's co-coordinator was Law Enforcement Officer Chad Lutson. See photo below of this year's class.



Clermont County CIT has been in existence since 2011 and has trained over 90% of law enforcement in the County.

CIT consists of two components:

1. Training first responders, particularly law enforcement, to recognize mental health concerns and/or crisis, and to know the community resources to connect individuals in need to treatment; and
2. Assuring that the mental health system has adequate access to mental health services.



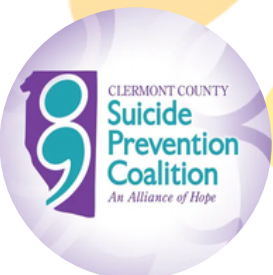


The Mental Health and Recovery Board hosted its first annual Total Wellness event on May 20th in observance of Mental Health Awareness month. The event was held in partnership with and at West Clermont High School. The event had over 20 vendors that focused on the mind/body wellness connection and served many attendees.

CCMHRB hosted its first Total Wellness event on 5/20/23



EXCITING NEWS FOR CLERMONT COUNTY! CCMHRB is having a Harm Reduction Machine installed that will be filled with items such as first aid kits, hygiene kits, and Narcan. The machine will be located at the CCMHRB building at 2337 Clermont Center Drive and should be installed by the end of July. After a short registration, the items in the machine are free and confidential to access. We were awarded a grant from Interact for Health to pay for the machine and its supplies.



The Suicide Prevention Coalition has been building awareness and community collaboration. The New Richmond Police Department is the first Police Department to proudly display the Clermont and Brown Crisis Hotline magnet on their squad cars. The Lethal Means Subcommittee has partnered with local firearm retailers by providing free gunlocks for patrons. Suicide prevention awareness is crucial to our community's strength. Contact the Board if you are interested in a car magnet.



CRISIS HOTLINE: 513.528.SAVE (7283)

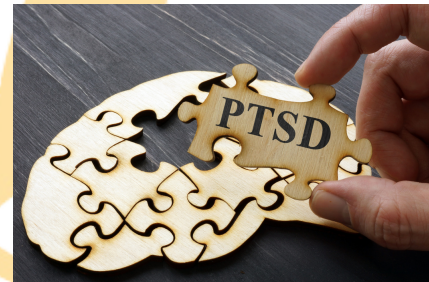
Mental Health News

June is Post-Traumatic Stress Disorder Awareness Month What is Post-Traumatic Stress Disorder (PTSD)?

From [National Institute of Mental Health \(NIH\)](#).

Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's "fight-or-flight" response, which helps us avoid or respond to potential danger. People may experience a range of reactions after trauma, and most people recover from initial symptoms over time. Those who continue to experience problems may be diagnosed with PTSD.

Click [here](#) to read on.



Teens say social media is stressing them out. Here's how to help them:

From [NPR](#)

A study based on a survey conducted in 2020, and published in September of 2022, reveals a striking awareness about the potential harms social media can have on teenagers' mental health, but also their persistent attempts to counter these harms. Some respondents explicitly said social media made them feel depressed. Many asked their parents to help them stop using it. Nearly two-thirds of respondents gave some version of this advice to future teens: Don't use social media. It's OK to abstain. Delete your accounts. About 95% of U.S. teens today use some type of social media, and about a third say they use it "almost constantly," the Pew Research Center [found in August](#). At the same time, teens and tweens are facing a [mental health crisis](#). And [research indicates](#) that these two trends are intertwined: that social media can cause depression and lower life satisfaction. Click [here](#) to read on.

Prevention News



CCMHRB's Suicide Prevention Coalition will host its 22nd annual Candlelight Vigil and Wellness Event this September to remember, honor, and cherish the lives of those individuals lost to suicide. Anyone who wishes to learn more about suicide prevention and general mental health wellness is welcome to attend to help us stop the stigma against mental illness. This year the event will be held in-person and via Facebook Live at <https://www.facebook.com/clermont.board/>. More details soon to be released!



Need Help?

Call the Local Crisis Hotline: (513) 528-SAVE (7283)
the National Suicide Crisis Line 9-8-8
or text the Crisis Text Line: 4hope to 741741

CCMHRB Offers Mini Grant Opportunity

CCMHRB sent out a request for proposals (RFP) for FY2024 Mini Grant Opportunities. Eligible applicants sent in proposals to receive funding for community programs that promote prevention of mental illness and/or addiction. Each organization is allowed up to \$3000. The RFPs were due May 22nd and are currently being reviewed by a non-partisan committee for rating. CCMHRB staff is hoping to announce the awarded recipients by June 30th. The mini grants are a fun way for CCMHRB to advocate prevention and give back to the community.

ATTENTION ARTISTS

MENTAL WELLNESS POSTER/ PHOTO CONTEST

NO ENTRY FEE
ONLY OPEN TO CLERMONT
CO. MIDDLE AND HIGH
SCHOOL STUDENTS



DESIGN A DISPLAY THAT
BEST CAPTURES THE MOOD
AND SPIRIT OF MENTAL
WELLNESS FOR THE
CLERMONT COUNTY MENTAL
HEALTH AND RECOVERY
BOARD'S BOOTH AT THE
FAIR.

TRY YOUR SKILLS
WIN A \$50.00 AMAZON GIFT
CARD
CONTEST DATES
MAY 15 TO JULY 5TH
FULL CONTEST RULES AT
WWW.CCMHRB.ORG

We Want Your Talent!
CCMHRB is running a poster contest for Clermont County Middle and High School students with a chance to win a \$50 Amazon gift card. The winner's poster will be on display at the CCMHRB booth at the Clermont County Fair. The contest ran from May 15-July 5, 2023, but entry will be available for a few more days. For full contest rules, visit our website at www.ccmhrb.org. Entries can be submitted at

[HTTPS://CCMHRB.ORG/CONTACT-US-1](https://ccmhrb.org/contact-us-1)

CCMHRB calls
on the talents
of Clermont
County Middle
and High School
students

Featured Article:



"Practicing Self-Care"

In times of stress, taking care of oneself may be one of the most important things you can do. Stress can affect both your mental and physical health and impact your overall day-to-day living. [Click here for tips on getting started with self-care.](#)

Prevention Works Treatment is Effective People Recover

CRISIS HOTLINE: 513.528.SAVE (7283)

www.ccmhrb.org

WELCOME
To Our Newest Board Members!

Liz Atwell
Joy Lytle
Nova Levante
Laura Perez
Chief Tony Rees
Susan Vilardo

THANK YOU FOR JOINING OUR BOARD!