



THIRD QUARTER 2023

WHAT'S NEW?



Survivors of Suicide Loss Support Group comes to Clermont County

Healing Hearts

A free support group for connection and healing for those who have lost loved ones to death by suicide is now available at Child Focus.

Participants will receive grief education and compassionate support from the facilitators and one another. The process will honor each individual and their unique grief experience. This is a No-Cost and Drop-In Group. There is no need to register.

Location and Contact Information:

This open group will meet at 4633 Aicholtz Rd. on the 1st and 3rd Mondays of each month from 5:30-7:30pm. For more information, please call (513) 752-1555 ext. 5288 or visit child-focus.org. Sponsored and funded by the Clermont Mental Health & Recovery Board (CCMHRB).

CLERMONT COUNTY IS PLANNING FOR A CRISIS RECEIVING CENTER

Opening a Crisis Receiving Center in Clermont County has been a long-standing goal of CCMHRB as it is a gap in the Board's Continuum of Care. Executive Director Lee Ann Watson is leading the effort to open a Crisis Receiving Center in Clermont County and has met with county agencies and partners as well as state level partners to help facilitate the planning process. A Crisis Receiving Center is a "drop off" behavioral health facility where individuals who are experiencing a mental health crisis can be stabilized in a less restrictive setting without having to go to the emergency room. The Center would be open to walk-ins, Fire/EMS, and law enforcement drop offs. Once the individual is stabilized, there would be a warm hand-off to treatment providers in the community. If the individual requires hospital level of care, coordination will occur to transfer the individual to Mercy Clermont.

CURRENT STATUS OF THE CENTER

In mid-April, through funding from the Appalachian Community Planning Grant, the Board was assigned a state planner. An architectural firm has since visited and surveyed the Board office at 2337 Clermont Center Drive (the planned site for the center). Three blueprint ideas for the center have been drafted. Lee Ann Watson, along with partners on the project, have visited two Crisis Receiving Centers in other parts of the state for design and operational ideas. The next step is to hire an operations consultant to begin outlining operational costs for the center. The Board plans to apply for the Appalachian Implementation Grant to fund the renovation cost.

There is still a ways to go, but the much-anticipated Crisis Receiving Center is closer to becoming a reality in Clermont County than ever!

MENTAL HEALTH AND RECOVERY BOARD COMMUNITY ENGAGEMENT MANAGER RECEIVES AWARD

The Clermont County Safety Net Alliance (CCSNA) recognized CCMHRB's Community Engagement Manager, Marcie Keith, with an award for her collaboration, care for our community, and her pursuit of excellence in social services in Clermont County. Marcie received the honor of "Quickest to Respond" at CCSNA's event on September 14 at RJ Cinemas. The award was based on nominations from the Safety Net Alliance's agency representatives. Marcie has been with CCMHRB since February and has already received two community awards, planned and/or participated in several community events, and makes continuous strides to increase community awareness of the Board's mission. We are so proud to have Marcie on our team!



Clermont County Mental Health & Recovery Board Continues Planning Efforts for Crisis Receiving Center



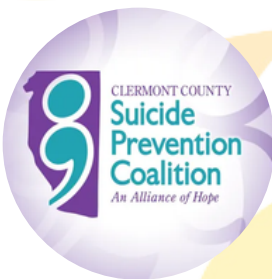


The Mental Health & Recovery Board's Associate Director, Denny Moell, and its Director of Operations, Erica Pursley, recently began in the Clermont Chamber of Commerce LEAD Clermont Community Leadership Program. According to the Chamber, the nine-month program is a "high impact, lively leadership and team building program developed to engage class members with volunteer services throughout Clermont County. Each class is half leadership development and half learning about an aspect of our county." The Clermont Chamber of Commerce developed this program to "enhance economic vitality and quality of life in Clermont County through friendship, ethical stewardship, servant leadership, and bold collaboration. This leadership development program engages individuals across all ages and walks of life." Denny and Erica have both already reported positive impact from being part of the program and both look forward to the opportunities LEAD offers. For more information on the LEAD program, visit <https://clermontchamber.com/lead-clermont/>.



The Harm Reduction Machine is up and running at the CCMHRB building at 2337 Clermont Center Drive and is dispensing first aid kits, safer sex kits, hygiene kits, Narcan, and other items. Registration and use of the machine is free and confidential. The machine was made possible by a grant from Interact for Health. Please help spread the word about this great resource!

FREE Narcan and other harm reduction items are now available after a brief registration



The Suicide Prevention Coalition hosted its 22nd Annual Suicide Prevention and Awareness Candlelight Vigil on September 7 at Sycamore Park in Batavia. The vigil was a success with over fifty people in attendance and 14 vendors. The event also featured West Clermont's choir, Alpha. To watch the recorded event, click [here](#).



CRISIS HOTLINE: 513.528.SAVE (7283)

October is National Bullying Prevention Month

What is bullying?

From Centers for Disease Control and Prevention (CDC):

Bullying is a form of youth violence and an adverse childhood experience (ACE). CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm. Common types of bullying can be:

- Physical, such as hitting, kicking, and tripping
- Verbal, including name-calling and teasing
- Relational/social, such as spreading rumors and leaving out of the group
- Damage to property of the victim
- Technology, such as electronic or cyberbullying



How big is the problem?

- Bullying is common. About 1 in 5 high school students reported being bullied on school property. More than 1 in 6 high school students reported being bullied electronically in the last year.
- Some youth experience bullying more than others. Nearly 40% of high school students who identify as lesbian, gay, or bisexual and about 33% of those who were not sure of their sexual identity experienced bullying at school or electronically in the last year, compared to 22% of heterosexual high school students. About 30% of female high school students experienced bullying at school or electronically in the last year, compared to about 19% of males. Nearly 29% of White high school students experienced bullying at school or electronically in the last year compared to about 19% of Hispanic and 18% of Black high school students.
- Bullying is a frequent discipline problem. Nearly 14% of public schools report that bullying is a discipline problem occurring daily or at least once a week.
- Reports of bullying are highest in middle schools (28%) followed by high schools (16%), combined schools (12%), and primary schools (9%).
- Reports of cyberbullying are highest in middle schools (33%) followed by high schools (30%), combined schools (20%), and primary schools (5%).

October 15-21, 2023 is National Collegiate Alcohol Awareness Week



According to an article published by the National Institute on Alcohol Abuse and Alcoholism in July of this year, harmful and underage college drinking are significant public health problems, and they exact an enormous toll on the lives of students on campuses across the United States.

Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Some students come to college with established drinking habits, and the college environment can lead to a problem. According to the 2021 National Survey on Drug Use and Health (NSDUH), 49.3% of full-time college students ages 18 to 22 drank alcohol in the past month. Of those, about 27.4% engaged in binge drinking during that same time frame. For the purposes of this survey, binge drinking was defined as consuming 5 drinks or more on one occasion for males and 4 drinks or more for females. However, some college students drink at least twice that amount, a behavior that is often called high-intensity drinking.

Consequences of Harmful and Underage College Drinking

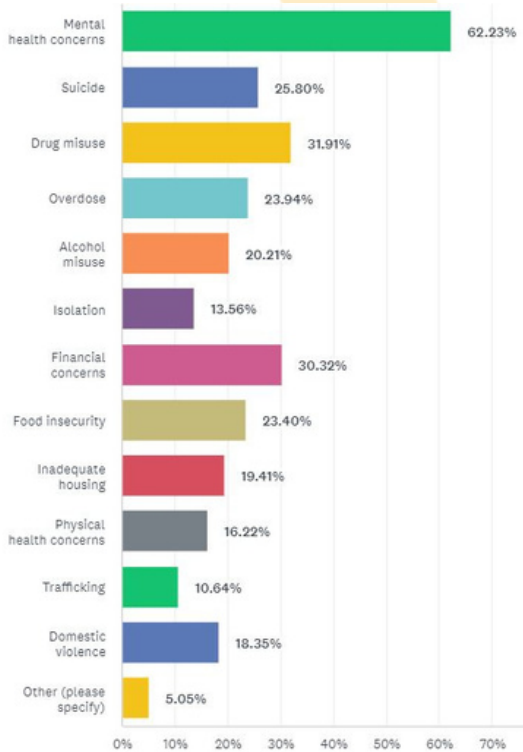
- **DEATH**-The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.
- **ASSAULT**-The most recent NIAAA statistics estimate that about 696,000 students ages 18 to 24 are assaulted by another student who has been drinking.
- **SEXUAL ASSAULT**-Although estimating the number of alcohol-related sexual assaults is exceptionally challenging-since sexual assault is typically underreported-researchers have confirmed a long-standing finding that 1 in 5 college women experience sexual assault during their time in college. A majority of sexual assaults in college involve alcohol or other substances.
- **ACADEMIC PROBLEMS**-About 1 in 4 college students report experiencing academic difficulties from drinking, such as missing class or getting behind in schoolwork. In a national survey, college students who binge drank alcohol at least three times per week were roughly six times more likely to perform poorly on a test or project as a result of drinking (40% vs. 7%) than students who drank but never binged. The students who binge drank were also five times more likely to have missed a class (64% vs. 12%).
- **ALCOHOL USE DISORDER**-Around 13% of full-time college students ages 18 to 22 meet the criteria for past-year alcohol use disorder (AUD), according to the 2021 National Survey on Drug Use and Health (NSDUH).
- **OTHER CONSEQUENCES**-Other consequences include suicide attempts, health problems, injuries, unsafe sexual behavior, and driving under the influence of alcohol, as well as vandalism, damage, and involvement with the police. Click [here](#) for more.

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

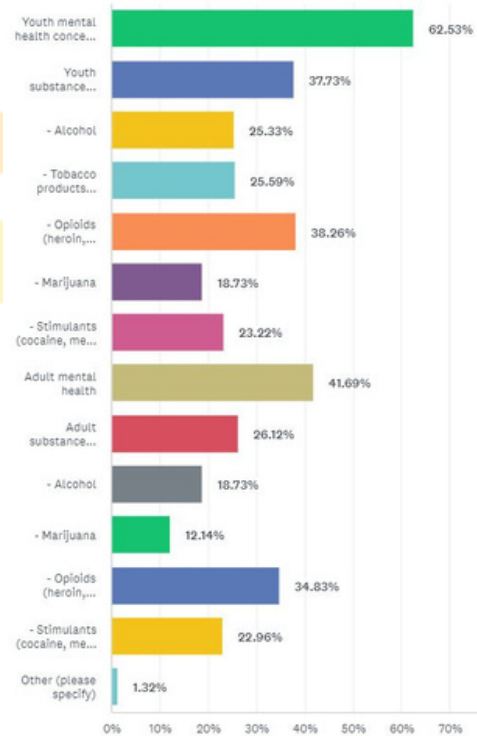
The Clermont County Mental Health and Recovery Board just wrapped up the second year of the community behavioral needs assessment survey. Check out the numbers below! A new survey will be launched in early October and can be accessed at our website at www.ccmhrb.org. Please take a few minutes to participate in the survey.

CCMHRB completed second community behavioral health needs assessment

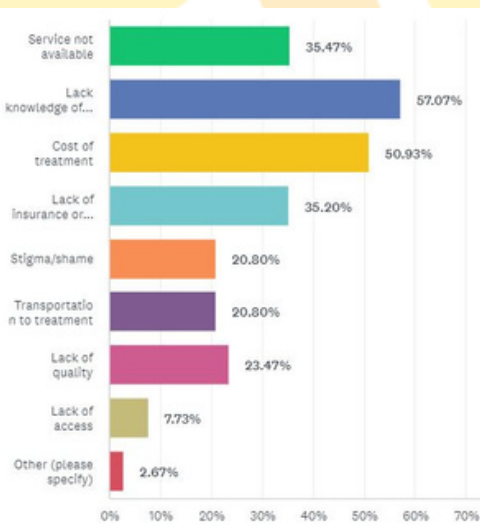
What areas have MOST impacted your well-being in Clermont County?



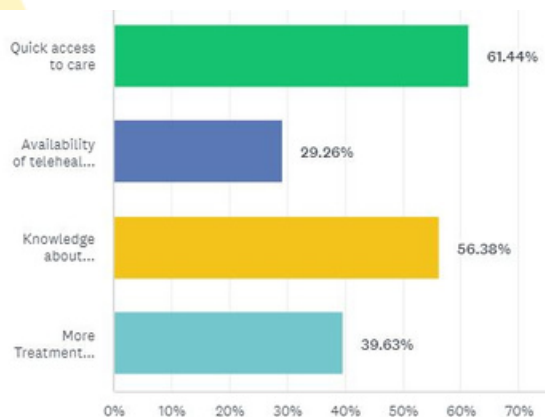
What are the most pressing behavioral health ISSUES in Clermont County?



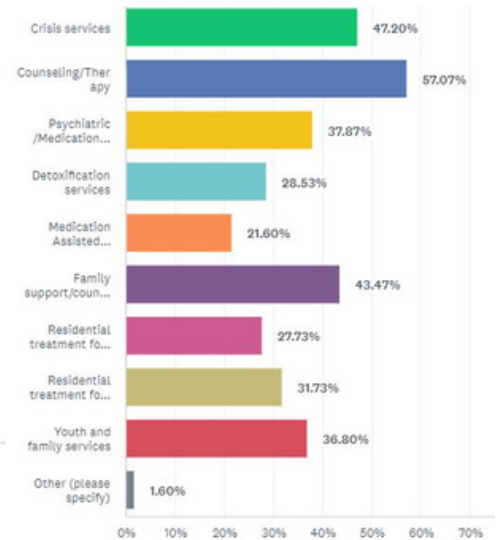
What are the biggest barriers to accessing behavioral health in Clermont County?



What would help address the behavioral health needs in Clermont County?



What services do you feel need more availability?



Join us for
coffee and
conversations

The Clermont County Mental Health and Recovery Board hosted its first community forum on Tuesday, October 3, 2023 in partnership with the New Richmond public library. CCMHRB plans to continue similar community forums in other parts of the county. Please join us at these future events and be a part of the conversation geared toward sustaining healthy communities in Clermont County. Ask questions and provide insights about the greatest concerns around mental wellness and substance misuse.



Featured Article:



“Unpacking Child Trauma”

Child trauma is like the backpacks children have to carry. In addition to the physical items they have to carry, imagine their feelings and emotions as physical objects as well; the stresses, responsibilities, expectations, experiences, and worries children may have, they carry it all with them. This can become way too heavy for them to carry, and it’s important to know that many students have returned to school with emotionally heavy backpacks. [Click here for tips on unpacking trauma.](#)

**Prevention Works
Treatment is Effective
People Recover**

Important Dates:
October 2023

ADHD Awareness Month
Depression Awareness Month
Domestic Violence Awareness Month
National Bullying Prevention Awareness Month
National Substance Use Awareness Month
Mental Illness Awareness Week-10/1-10/7
World Mental Health Day-10/10
National Collegiate Alcohol Awareness Week-
10/16-10/22

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www.ccmhrb.org