



# Expressions

## Maumee Valley Guidance Center

Connie Planson, President & CEO

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## Maumee Valley Guidance Center Moves Napoleon Office

### New Location

MVGC moved its Napoleon location in August 2011. They are now at 407 Independence Drive, Napoleon Ohio. MVGC will provide the same services at the new location. The same staff will be present to accommodate our clients needs. All phone numbers have remained the same.

MVGC is also excited to share that Community Health Associates is located in the upper level of the same building. Community Health Services is a Federally Qualified Health Center that provides medical and dental care in 3 counties (Henry, Huron and Sandusky) from 7 locations. They employ Board Certified Physicians who provide care in Family Practice, Pediatrics, Podiatry, Internal Medicine, Obstetrics, Gynecology and Dentistry. No one seeking care at any of their offices will be denied service based on their source of payment. They gladly accept all Medi-

caid Managed Care Plans, Medicare, Insurance, and offer a sliding fee scale based on a patient's family size and income.

MVGC is looking forward to building a relationship with CHS that will allow the referral process to go smoothly.

Any Maumee Valley Guidance Center staff will be happy to assist any client in being referred to their services if needed.



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## Holiday Tips



### Maintain Your Health and Wellness:

During the winter months, there is significantly less daylight, which may impact mood altering chemicals in the brain. When you can, get outside, or take a walk. The natural light will brighten your mood and give you the necessary vitamins to help you feel well through winter.

### Know How to De-Stress:

The most important strategy to manage stress is self care.

Keeping a great sense of humor, letting go of the past and doing something for someone else can help form a coping strategy to help you get through the holidays.

Reach out to others when necessary.

### Find Meaning in the Holidays:

Be grateful for what you have, the relationships you enjoy, and understand that even when you suffer through bad situations, you may live another day to enjoy a more meaningful life.

## MVGC—Awarded Accreditation from the Joint Commission

Maumee Valley Guidance Center underwent a rigorous on-site survey in August 2011. A team of Joint Commission expert surveyors evaluated Maumee Valley Guidance Center for compliance with standards of care specific to the needs of individuals served and families, including infection prevention and control, leadership and medication management.

“In achieving Joint Commission accreditation, Maumee Valley Guidance Center has demonstrated its commitment to the highest level of care for the people they serve,” says Mary Cesare-Murphy, Ph.D., executive director, Behavioral Health Care Accreditation, The Joint Commission. “Behavioral Health accreditation is a voluntary process and I commend Maumee Valley Guidance Center for successfully undertaking this challenge to evaluate its standard of care and instill confidence in the community it serves.”

“With Joint Commission accreditation, we are making a significant investment in quality on a day-to-day basis from the top down. Joint Commission accreditation provides us a framework to take our organization to the next level and helps create a culture of excellence,” says Connie Planson, President and CEO. “Achieving Joint Commission accreditation, for our organization, is a major step toward maintaining excellence and continually improving the care we provide.”

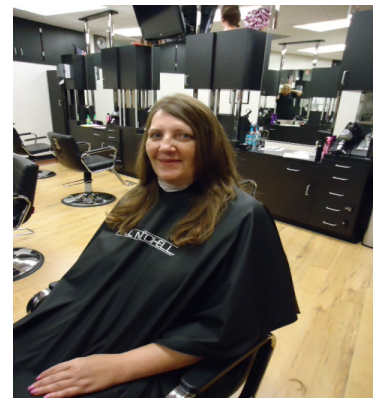
Maumee Valley Guidance Center has earned The Joint Commission’s Gold Seal of Approval” for accreditation by demonstrating compliance with The Joint Commission’s national standards for health care quality and safety in behavioral health care. The accreditation award recognizes Maumee Valley Guidance Center’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards.



## Clubhouse Activities

- Sauder’s Village—participants were able to step back into time and learn how things were done and made years ago.
- The Toledo Zoo—participants were able to see a variety of animals and the new baby elephant and baby giraffe.
- MacQueens Apple Orchard—participants took a tour of the facility and were provided with apples, donuts and cider.
- Various county fairs—participants took in the sites and were educated on various community businesses and resources.
- Four Co. Joint Vocational School’s Cosmetology Department treated clients to a “Spa Day” where they enjoyed haircuts, styles and manicures.
- Picnics, shopping adventures and trips to the free stores in the area.

In the coming months, participants can look forward to Christmas shopping and the annual Client Christmas Party.



# Housing Workshop

Maumee Valley Guidance Center and New Home Development attended an eleven day training with Corporation for Supportive Housing. CSH helps communities create permanent housing with services to prevent and end homelessness. CSH strives for a day when homelessness is no longer a routine occurrence and supportive housing is an accepted, understood, and easy-to-develop response. In coordination with broader national efforts to end homelessness, CSH will help communities create 150,000 units of supportive housing during the next decade.

Supportive housing is permanent, affordable housing linked to health, mental health, employment, and other support services. It is a proven, cost-effective way to end homelessness for people who face the most complex challenges. Supportive housing provides chronically homeless people with a way out of expensive emergency public services and back into their own homes and communi-

ties. Supportive housing not only improves the lives of its residents but also generates significant public savings. Some of the topics covered in the training consisted of; Partnership and Team Development, Project Concept Development, Community Support, Development Budgeting, Service Planning and Service Budgets, Operating Budgets, Coordinating Property Management & Supportive Services, Fair Housing, Asset Management, Design Considerations, Security, Value of Partnerships.

The training concluded with Team Presentations to a panel of potential funders and supporters who were represented from Ohio Department of Mental Health, Ohio Department of Development, Ohio Department of Aging, Ohio Department of Veterans Administration, Ohio Department of Alcohol and Drug Addiction Services, PNC Bank, Ohio Housing Finance Agency, U.S. Department of Housing

and Urban Development, Ohio Department of Rehabilitation and Correction, Bureau of Vocational Rehab, and Ohio Department of Youth Services. The Team from the Four County area was Caren Bauer, New Home Development, and Rachelle McDonald, Maumee Valley Guidance Center.

New Home Development is looking to construct a 10-unit apartment complex in Defiance. The building, which will be called Upton Heights, will house low-income, mental health consumers.

The estimated cost of the project is \$1.2 million. New Home Development already owns the site of the proposed facility.

New Home Development plans to have support services be provided by Maumee Valley Guidance Center along with other service agencies as needed.



## Grants and Donations

We again have been selected to be a United Way agency, receiving funding for our Low-Income Assistance Program. We want to thank all the people who support United Way, especially our employees who have donated money and designated Maumee Valley as their preferred agency.

We received many donations from friends and family in memory of Thomas Robert Blair, whose family selected MVGC as one of the ways to offer memorial contributions.

*As we express our gratitude,  
we must never forget that the  
highest appreciation is not to  
utter words, but to live by  
them.*

*-John Fitzgerald Kennedy*

## Maumee Valley Guidance Center

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[www.maumeevalleyguidancecenter.org](http://www.maumeevalleyguidancecenter.org)

Enhancing the Quality of Life for  
Those We Serve



### Mission Statement

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



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