

EXPRESSIONS

The official newsletter of Maumee Valley Guidance Center



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Maumee Valley Guidance Center Celebrates 60 Years

When MVGC opened its doors 60 years ago, its founders believed that people with mental illness needed to know there was hope, and that through effective diagnosis, appropriate treatment, and the dissemination of sound psychiatric principles of mental health, recovery was possible.

Six decades later, the goal of the Guidance Center continues to be to provide for the ongoing enhancement of the quality of life across the client life span. To ensure we are able to achieve this goal, the agency continues to focus on emphasizing treatment, sustaining community involvement, and implementing innovative programs which improve behavioral health.

Maumee Valley Guidance Center is also committed to ensuring the quality of our services through continual evaluation of the results of our treatment efforts with each individual we serve, and through program evaluations completed by any entity that we serve with our unique education and prevention programs. By collecting evaluation data consistently, we are able to maintain our standards of excellence and make sure that we make any necessary changes as our communities grow and evolve. *(Continued on page 2)*

Sixty years after opening our doors, the Guidance Center continues to provide the Four County community with a diverse offering of mental and emotional health services and programs. MVGC is proud to provide services such as: psychiatric evaluation, outpatient counseling and psychotherapy, home-based therapy, school-based therapy, medication management, community psychiatric support treatment for adults and youth with severe behavioral issues or mental disabilities, client support groups, client education groups and community/ school education and prevention programs. Our goal is also to preserve the attributes, traits, and qualities of small community life that is distinctive to Northwest Ohio.

The Maumee Valley Guidance Center story began with members of the Defiance County Mental Health Association conceiving an idea of creating a Community Mental Health Clinic. Our story is able to continue and grow 60 years later because we continue to adhere to the belief of our founders, that hope can be found when effective, appropriate treatment is given and the quality of life is a priority. Thank you for being a part of our story.

Mental Health First Aid

Traditionally, one in five Americans has a mental illness. During this pandemic, forty percent of adults report experiencing symptoms of anxiety or depressive disorders. Maumee Valley Guidance Center has continued to provide Mental Health First Aid trainings to the Four County area, with smaller class sizes to allow for social distancing guidelines. This eight-hour training gives people the tools to identify when someone might be struggling with a mental health or substance use problem and to connect them with appropriate support and resources. Coming in 2021, MVGC will be able to offer this training virtually. For more information or to register for an upcoming class, contact BJ Horner at 419-785-3815 or bhorner@mvgcoho.org or visit our website.



Upcoming Trainings:

December 2 (Adult Model)

December 10 (Adult Model)

December 16 (Adult Model)

Mental Health First Aid trainings are offered at no cost through the support of the Four County ADAMhs Board, Defiance County Commissioners, NAMI Four County, and the United Way of Defiance, Williams, and Fulton Counties.



Staff Anniversaries:

November

Danielle Vance (1)

Kim Grimes (3)

Karen Lause (3)

Shannon Reis (3)

Anna Williams (6)

Rachelle McDonald (16)

Connie Planson (31)

December

Thelma Esterline (2)

January

Kym Whitenburg (1)

Michael Knox (2)

Janine Tonjes (3)

Mattea Gilbert (6)

February

Alysha Valdez (1)

Michale Wilson (2)

Sherri Ward (8)

April

Betty Tingley (3)

2 New Groups Now Offered: Beyond Trauma and Better You Crew

Our Beyond Trauma group is a voluntary aftercare group following Seeking Safety for Women. Beyond Trauma is an integrated approach and evidence-based trauma treatment for women who have experience trauma in their lives. The curriculum is a strengths-based approach that seeks to empower women. The curriculum utilizes psychoeducational and cognitive-behavioral therapy (CBT) techniques, to increase their sense of self, and assist the women's ability to identify their strengths they have as well as to increase the skills they need for healing. The goal of the treatment is to help women establish a sense of safety internally and externally. This group is 12 sessions and meets once a week for 2 hours.

Feeling Overwhelmed? You are NOT alone.

- **Maumee Valley Guidance Center: 1-800-569-3980**
- **Crisis Text Line: "4Hope" to 741-741**
- **Ohio CareLine: 1-800-720-9616**
- **National Suicide Prevention Lifeline: 1-800-273-8255**
- **Domestic Violence Hotline: 1-800-782-8555**
- **Four County Crisis Helpline: 1-800-468-4357**

Better You Crew is a program available to case management clients. This voluntary group works to enhance life skills, addressing topics such as budgeting, self-esteem, and support systems. Better You Crew meets once a week for 2 hours.

For more information about these groups, or any of our therapy or case management groups, contact our office at 800-569-3980 or visit our website at www.maumeevalleyguidancecenter.org

Services Continue Through COVID

Maumee Valley Guidance Center continues to provide services to our community through the pandemic. Our offices have remained open while following social distancing and sanitation practices. We continue to offer clients with service delivery options, including in-person, secure telehealth video platform, and by phone. Please contact our office with any questions about service delivery options.

Maumee Valley Guidance Center
1-800-569-3980
mvgc@mvgcoho.org
maumeevalleyguidancecenter.org

Locations:

Defiance: 211 Biede Ave. Defiance, OH 43512 #419-782-8856
Bryan: 910 E. Maple St. Bryan, OH 43506 #419-636-2934
Napoleon: 1325 Woodlawn Ave. Napoleon, OH 43545 #419-592-5981
Wauseon: 222 Depot St. Wauseon, OH 43567 #419-337-5941

Find us on 



**The Four County
ADAMhs Board**
Four County Board of Alcohol, Drug Addiction and Mental Health Services

