

# EXPRESSIONS

*The official newsletter of Maumee Valley Guidance Center*



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## **BJ Horner receives the 2020 OACBHA Advocate of the Year Award**

The Ohio Association of County Behavioral Health Authorities has selected BJ Horner as this year's Advocate of the Year award. BJ is an Ohio Certified Prevention Specialist, providing prevention programming to the Four County area. BJ has provided the Signs of Suicide program to over 1,700 students in 2020 alone. She has trained more than 1,000 people through the Mental Health First Aid program since 2015. BJ is a fantastic public speaker and has given many presentations on mental health awareness and suicide prevention. She is an active member of the Four County LOSS (Local Outreach to Survivors of Suicide) and the Four County Suicide Prevention Coalition. She also actively works with NAMI Four County. BJ is an asset to Maumee Valley Guidance Center and shows commitment and compassion to her work. Please join us in congratulating her on the 2020 ADVOCATE OF THE YEAR AWARD. Well Done!

Pictured above: Rob Giesige, CEO of the Four County ADAMh's Board (left) presents BJ Horner (right) with award.

## Sprow Joins SSVF Program as Health Care Navigator

Maumee Valley Guidance Center welcomes Kerri Sprow, LPN as the new Health Care Navigator with the Supportive Services for Veteran Families (SSVF) program. The Health Care Navigator helps to provide services that include connecting veterans to VA health care benefits or community health care coordination, health education, interdisciplinary collaboration, coordination, and consultation. The Health Care Navigator works closely with veterans' primary care providers and members of the veterans' assigned treatment teams. The Health Care Navigator educates the veterans and their families on the available options for acquiring knowledge and skills for managing health and wellness for a stable lifestyle.

The Supportive Services for Veterans Families (SSVF) program focuses to improve housing stability of low-income Veterans and their families. For more information, contact Jenny Hoeffel, SSVF Program Manager, at [jhoeffel@mvgcoho.org](mailto:jhoeffel@mvgcoho.org) or 1-800-569-3980, ext. 2107.



## Maumee Valley Guidance Center Welcomes Three New Board Members

Maumee Valley Guidance Center welcomes new board members: Laura Eckhardt representing Williams County, Dave Kern representing Defiance County, and Nicky Ferguson representing Fulton County.



### Staff Anniversaries:

May	June	July	August	September
Craig Parliment (8)	Terri Shafer (3)	Leslie Taylor (36)	Dave Brown (17)	Jenny Hoeffel (9)
Anne Mallett (5)	Karen VonDeylen (3)	Dawn Miller (13)	Rebecca Elkins (6)	Lauri Whiteford (9)
Katie Shaffer (5)	Alesha Critten (1)	James Wilson (13)	Chase Shinnars (1)	Amy Zimmerman (4)
Linda Pavel (4)	Megan Kreishcer (1)	Misty Gomez (4)	Christina Spangler (1)	Magali Davila (1)
BJ Horner (3)		Chelsea Bunnell (3)		<b>October</b>
Natalie Fisher (3)		Teresa Eaton (3)		Eva Valle (28)
Natalie Gibson (2)		Chelsea Moreno (2)		Esperanza Martinez (1)
		Caleb Shanks (1)		

## May is Mental Health Awareness Month

Traditionally, 1 in 5 people are facing a mental health challenge. With the COVID Pandemic, recent polls suggest that 41% of adults report experiencing symptoms of anxiety or depression (KFF, January 2021 Pulse Survey). Maumee Valley Guidance Center reminds you that mental health is just as important as physical health. It is okay to talk about your mental health needs and seek out help and support. Take the step towards mental wellness. Call us to schedule an appointment: 800-569-3980.



Above: Image of the Napoleon Public Library participating in the Yellow Ribbon Campaign in 2019.



In recent years, several area schools, the Napoleon Public Library, the Henry County Health Department, and the Defiance County Health Department have participated in the Yellow Ribbon Campaign and/or worn yellow to show support.

**Maumee Valley Guidance Center**

**1-800-569-3980**

[mvgc@mvgcoho.org](mailto:mvgc@mvgcoho.org)

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

Find us on 

## September is Suicide Prevention Month

Maumee Valley Guidance Center is an active part of the Four County Suicide Prevention Coalition. During the month of September, the community is encouraged to participate in events to raise awareness for suicide prevention.

How can you get involved?

- Participate in the Yellow Ribbon Campaign by displaying yellow ribbons and writing encouraging messages. For more information, contact BJ Horner at [bhorner@mvgcoho.org](mailto:bhorner@mvgcoho.org).
- Wear yellow on September 10th in support of National Suicide Prevention Day.
- Talk openly about the importance of caring for our mental health.
- Let people know they are not alone.
- Share resources and information

For more information on how you can get involved with the Four County Suicide Prevention Coalition, contact Karen VonDeylen at [kvondeylen@mvgcoho.org](mailto:kvondeylen@mvgcoho.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



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

