

# EXPRESSIONS

## Maumee Valley Guidance Center Newsletter

### Defiance County Commissioners Declare May 2023 to be Mental Health Awareness Month

On Monday, May 1, 2023, the Defiance County Commissioners adopted a Proclamation proclaiming May 2023 to be Mental Health Awareness Month. Included in the Proclamation is the declaration that:



Pictured above: BJ Horner, OCPS along with Defiance County Commissioners Mick Pocratsky, David Kern, and Dana Phipps

“Whereas with early and effective interventions, those individuals with mental health conditions can recover and lead full, productive lives; and  
“Whereas each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts; and  
“Whereas it is more important than ever to build a strong mental health system that provides quality and person-centered care, support, and services for all Ohioians...”

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Maumee Valley Guidance Center  
1-800-569-3980  
[maumeevalleyguidancecenter.org](http://maumeevalleyguidancecenter.org)

Service locations:  
Defiance: 211 Biede Avenue  
Bryan: 910 E. Maple Street  
Napoleon: 1325 Woodlawn Avenue  
Wauseon: 1190 N. Shoop Avenue

## Defiance County Commissioners Declare Mental Health Awareness Month (continued)

The Commissioners also stated that the Defiance County Courthouse spotlights will be green throughout May for Mental Health Awareness Month and that a day will be selected for all employees to wear green in order to help raise awareness. Maumee Valley Guidance Center was presented with the Proclamation from the Commissioners.

## MVGC receives grant to help with Opioid Crisis in Williams County

MVGC receives \$193,000 grant to provide Opioid overdose prevention education and naloxone distribution (OEND) in Williams County. As of 2020, Ohio was ranked second in the nation for opioid overdose deaths. Williams county is one of 9 counties in Ohio to be selected to receive funds from the study.



The Ohio HEALing Communities Study aims to reduce opioid-related deaths through scientific innovation, community engagement, and leadership. The HEALing Communities Study is a multiyear study under a cooperative agreement supported by the National Institute on Drug Abuse, part of the National Institutes of Health (NIH). The study is being carried out in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA) and is part of the Helping to End Addiction Long-term Initiative, or NIH HEAL Initiative, a bold effort to speed scientific solutions to stem the national opioid crisis.

MVGC became a Project Dawn Site to distribute naloxone to Williams County. Project DAWN (Deaths Avoided With Naloxone) is a network of opioid overdose education and naloxone distribution programs (OENDP) coordinated by the Ohio Department of Health. MVGC Prevention staff are meeting with Williams County businesses and the community from now until December of 2023 to educate the public about the stigma surrounding the Opioid crisis, how to recognize possible opioid overdoses and how to prevent overdose deaths using naloxone. Naloxone kits are then provided to participants free of charge,

For more information on the program, please contact MVGC Prevention Supervisor at 419-785-3815

## Wauseon Office Opened for Business

MVGC purchased a building on State Route 108, completed renovations, and now it serves as our permanent location in Fulton County.

MVGC is excited to be in this larger and more modern facility so services can be expanded in the county. Everyone is excited to have a large group/conference room with everything needed to have treatment groups.

The Wauseon Office offers the following services: Medication Management, Outpatient therapy, case management, and anger management group. Some of our Veterans program staff have also moved into the new space. Clients have found the larger space to be bright, new, professional, and decorated with artwork depicting scenery found in rural Fulton County. MVGC has been open in the Four County area for over 60 years. With the addition of this Wauseon building, MVGC now owns buildings in all 4 counties to better serve the residents of the Four County area.



# STAFF ANNIVERSARIES

**May:**

- Craig Parliment (10)
- Katie Shaffer (7)
- Linda Pavel (6)
- BJ Horner (5)
- Natalie Gibson (4)
- Kali Leatherman (2)

**June:**

- Terri Shaffer (5)
- Karen VonDeylen (5)
- Megan Kreischer (3)

**July:**

- Leslie Taylor (38)
- Dawn Miller (15)
- James Wilson (15)
- Misty Gomez (6)
- Teresa Eaton (5)
- Chelsea Bunnell (5)
- Caleb Shanks (3)
- Gretchen Robbins (1))

Thank you

**August:**

- Dave Brown (19)
- Chase Shinnars (3)
- Christina Spangler (3)
- Harley Shock (1)
- Shannon Garza-Richardson (1)

**September:**

- Jenny Hoeffel (11)
- Lauri Whiteford (11)
- Donovan Gaffney (1)

**October:**

- Eva Valle (30)
- Monica Lowe (2)

# "Overcoming the Stigma of Mental Health" at the NOHRA Inclusion Conference 2023

Northwest Ohio Human Resource Association (NOHRA) is a local HR association that exists to develop and serve the HR professional and contribute to the success of the organizations and communities in which they work and live. NOHRA provides opportunities for professional, development, networking, and certification to enhance the effectiveness of HR professionals and advance the practice of Human Resources. As a part of that mission, NOHRA held an Inclusion Conference on April 27, 2023, the focus was on diversity, equity, and inclusion. HR professionals

from across Northwest Ohio attended the all-day event which featured five guest speakers plus a panel discussion. BJ Horner, an Ohio Certified Prevention Specialist from Maumee Valley Guidance Center facilitated a presentation on Overcoming the Stigma of Mental Health for the 140+ attendees. The presentation included discussion on cultural and generational beliefs of mental illness and how some beliefs may perpetuate stigma.

Pictured Right: BJ Horner, OCPS, Prevention Supervisor



## Donations:

- Keller Trucking: \$2,000 to train Defiance County Therapists in Star Behavioral Health
- The Ohio Gas Company: \$100
- Spangler Candy Company: 1,200 DumDum Lollipops for school-based prevention programs
- Walmart (Bryan): \$100 gift card for the 1st Parent Café meal in Bryan
- Top Hat Entertainment: Provided the meal for the 2nd Parent Café in Bryan
- Chief (Bryan): Meat tray for the 3rd Parent Café meal in Bryan
- Marcos Pizza (Napoleon): Donated 4-1 item pizzas for Parent Cafe

