

The Counseling Center of
Wayne & Holmes Counties
2285 Benden Drive
Wooster, OH 44691

CENTER UPDATE

FEBRUARY 2014



HEART DISEASE AND DEPRESSION

Heart disease is the leading cause of death in the United States and is the reason that February has been designated as heart disease awareness month. However, what is less well known is the link between heart disease and depression. While some studies suggest that chronic depression may be one of the risk factors for heart disease, of even more importance is the connection between having a heart attack and experiencing a subsequent bout of significant depression. Studies suggest that up to a third of heart attack patients develop some degree of depression. Fortunately, depression responds well to treatment. A combination of medication and short-term counseling shows the best outcomes. If you or a family member is experiencing depression after being treated for a heart attack, talk to your family doctor or make an appointment with a mental health professional. The Counseling Center has offices available in Wooster, Orrville, Millersburg and Rittman with staff who are trained to assist.

COUNSELING CENTER DESIGNATED AS NHSC SITE

The Counseling Center has been designated as a participating site under the National Health Service Corp (NHSC) Student Loan Reimbursement program. As a result, Counseling Center employees with a graduate degree and a mental health license may qualify to have some or all of their student loans forgiven in exchange for working at the Counseling Center for a required amount of time. The purpose of the NHSC program is to provide increased access to various medical specialty services (including behavioral healthcare) in areas that may otherwise have difficulty in recruiting an adequate number of providers. Participating employees may qualify for up to \$50,000 of assistance depending on the extent of their loans. "We are pleased to be able to offer this benefit to some of our employees," noted CEO Susan Buchwalter. "Graduate education is continually increasing in cost and limited salaries can make loan repayment a challenge. This is one option to make that process easier while assuring that the community will be able to recruit and retain the most qualified staff."

INCREDIBLE YEARS PARENTING COURSE

The Counseling Center is again offering its *Incredible Years* Parenting Course targeted at the parents of children aged 3 to 7. *Incredible Years* is an award-winning parenting program which the Center offers in conjunction with a fun and interactive program for children where they can learn social skills and self-control. The classes meet at Gateway Fellowship Hall in Millersburg and interested parents can register by contacting Mark Weaver, MA, PCC at 330-264-9029. Transportation assistance is available. The program is sponsored by the Holmes County Family and Children First Council, with funding from the Ohio Children's Trust Fund.

ADULT CARE FACILITY INCENTIVE PROGRAM

The Ohio Department of Mental Health and Addiction Services has chosen two of the Center's mental health group homes to participate in its Adult Care Facility Incentive Program. Under this program, participating facilities are given a small quarterly per resident subsidy to improve behavioral and physical health outcomes for participating residents.

Phone: (330) 264-9029 • Fax: (330) 263-7251

Check out our website at: www.ccwhc.org

The Counseling Center is supported by the Mental Health & Recovery Board, United Way,
insurance, grants and patient fees