

CENTER UPDATE

OCTOBER, 2013

MENTAL ILLNESS AWARENESS WEEK

In 1990, Congress designated the second week in October as "Mental Illness Awareness Week" – a good time to review the 10 warning signs of possible mental illness, as issued by the Mayo Clinic in combination with the National Alliance on Mental Illness:

- ◆ Feeling sad or withdrawn for more than 2 weeks
- ◆ Severe out-of-control, risky behaviors that can result in harm to self or others
- ◆ Sudden overwhelming fear for no apparent reason, sometimes with a racing heart and rapid breathing
- ◆ Significant weight gain or loss – or not eating, throwing up or using laxatives to lose weight
- ◆ Severe mood swings
- ◆ Repeated use of drugs or alcohol
- ◆ Drastic changes in behavior, personality, or sleeping habits
- ◆ Extreme difficulty in concentrating or being still
- ◆ Intense worries or fears that get in the way of daily activities
- ◆ Seriously trying to harm or kill oneself or making plans to do so

Help is available to individuals and families 24 hours a day by calling the Counseling Center's crisis team at 330-264-9029 – or any of the Counseling Center office locations.

OUTCOMES!

The Counseling Center's Home Based Intervention (HBI) program ended the school year with significant success. Participating families noted a significant decrease in total problems, and youth were noted to have less physical complaints, less thought-disorder, and less aggressive behavior. More importantly, six month follow-up found that 95% or more of those who completed the program in the prior year were going to school successfully and had avoided legal charges. All of the families still reported that the HBI program was helpful.

STAFF TRAINING

Counseling Center clinical staff recently completed a staff training on Ohio sentencing guidelines and specialty court dockets provided by Common Pleas Judge Mark Wiest and Adult Probation Officer Cindy Kuhl. Center staff have worked closely with the local court for many years and the collaboration led to the development of one of the first Mental Health Courts in the state of Ohio

STAFF PROMOTED

The Counseling Center is pleased to announce the promotion of **Tara Willis, M.ED., LPCC** to the position of Director of Specialized Children's Programs. Willis has been employed by the Center since 2010 as a counselor in the Home-Based Intervention Program. She is also a graduate of the Counseling Center's Leadership Academy. She holds a bachelor's degree in Psychology from John Carroll University and a Master's Degree in Counseling from Malone College. Willis replaces Brennan Galloway, LPCC-S who left to take a hospital based position in Richland County.