

MAY, 2017

Wykoff Certified as Tobacco Treatment Specialist



Robert Wykoff

Congratulations to **Bob Wykoff**, who recently obtained certification as a Tobacco Treatment Specialist. Bob, who holds a Master of Arts degree in Pastoral Counseling from Ashland University, is a licensed professional counselor, a licensed social worker and an independently licensed chemical dependency counselor. He served in the Marine Corps in Vietnam and has counseled veterans and facilitated groups in a variety of areas. He joined The Counseling Center in 2007 as an outpatient therapist and in 2012 transferred to the adult case management team, where he provides treatment for those dually diagnosed with a substance disorder and a severe mental illness.

He also serves as the liaison to Heartland Behavioral Healthcare. His certification as a Tobacco Treatment Specialist will add to our ability to better meet the needs of our patients.



Changing the Way We think About Mental Health

The Counseling Center has added a page to our website titled “B4Stage4: Changing the Way We Think About Mental Health.” The premise of Before Stage 4 (B4Stage4) is that illnesses such as diabetes, heart disease, and cancer are treated as soon as possible to prevent them from getting worse. We need to do the same for mental illnesses and start with prevention. Mental Health America, as part of May is Mental Health Month, is promoting the importance of educating people about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems themselves. The B4Stage4 education/prevention program “Risky Business” deals with topics such as risky sex, prescription drug misuse, internet addiction, excessive spending, marijuana use, and troublesome exercise patterns.

Annual Fund Drive Underway

In recognition of May is Mental Health Awareness Month, the Center is conducting its annual mail-based fund drive. If you would like to support the work of the Center, which provided services to over 4,000 persons in the last year, you can mail your contribution to:

The Counseling Center
2285 Benden Drive
Wooster, OH 44691