

Mind Matters

Volume 8, Issue 1
Spring Quarter 2008

Ravenwood Launches Website

Ravenwood Mental Health Center has recently launched its new website. The website contains information on the services and activities of Ravenwood, as well as information of interest in the areas of behavioral health care

and chemical dependency. The John Murray Center monthly activity calendar can be found on the Murray Center webpage under the "Services" link on the home page. Employment opportunities are also displayed with

application submission information.

The website will provide our community with current information on Ravenwood services and events.

Please take a look at:

www.ravenwoodmhc.org

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Training Simulates Schizophrenia

Geauga County held a special training for law enforcement officers, corrections personnel, firefighters, and emergency services personnel in how to deal with people in the community having a mental health crisis. The 5-day Crisis Intervention Team training was held March 24th-28th. This initial training teaches awareness of the most common and serious mental illnesses, how to identify when a person is in crisis, and techniques to use when dealing with a person in a mental health or substance abuse crisis.

Additionally, the C.I.T. training session consisted of many topics such as "What is mental illness?", Mood Disorders, Schizophrenia/Psychotic/Personality Disorders and De-escalation skills. The C.I.T. program has been proven to be effective and beneficial not only to law enforcement and emergency personnel but also to the person in crisis by getting them the medical and/or psychiatric attention that they may need.

A "virtual hallucination" simulator used in the training was also made available to the public

on Monday, March 24th, at the Geauga Library Administration Building. The virtual hallucination simulator is a device that is similar to goggles with headphones attached. This is an opportunity to experience the effects and turmoil of mental illness, thus creating a closer understanding of what a person in mental crisis is experiencing. The person actively participates with the scenarios that they are seeing and hearing through the virtual hallucination simulator.

Several Geauga County law enforcement

(See Page 3 - CIT Training)

Did you know?

- Ravenwood Mental Health Center celebrated it's 40th Anniversary in 2006. It was incorporated on April 14, 1966.
- Ravenwood has offices in Chardon, Middlefield, and Chagrin Falls Park. It's main office is located in the health and human services campus area on Ravenwood Drive.

Intensive Home Based Treatment Expands

The Ohio Department of Mental Health has awarded a \$96,670 grant to the Geauga County Mental Health Board for the purpose of assisting Ravenwood Mental Health Center expand its newly implemented Intensive Home Based Treatment Program!

Since August 2006, the Intensive Home Based Treatment (IHBT) program at Ravenwood has been providing services to Geauga County youth with severe emotional disturbance or recovery issues who are at risk for out-of-home placement or have just returned and are transitioning back from an out-of-home placement. During the past sixteen months, the program has worked with twenty-six youth and their families – of which only three experienced any type of out-of-home placement. Because of the success of this program and

families being identified as in need of such programming, the demand for treatment has been high and, unfortunately, this program has had to operate with a continual waiting list. As a result, some of the families most in need have had to wait upwards of three months for treatment.

By receiving the grant award, Ravenwood can double the service capacity of IHBT and will use the funds to hire another full-time therapist. The grant will also allow for expansion of the current IHBT program by developing a structured “gate keeping” process. Finally, the program will be enhanced by adding training and ODMH IHBT certification.

Intensive home based treatment (IHBT) is a comprehensive treatment program that bundles mental health services into a

single coordinated service which includes assessment, crisis response and intervention, counseling and psychotherapy, community psychiatric supportive treatment (CPST), social services, and collaboration with other agencies in an effort to support the basic needs and functioning of the client and family.

Most importantly, IHBT focuses on families as the solution to children's needs. Families are full collaborators in the treatment process and their identified needs and goals are given full priority!

IHBT is distinct from other family therapy programs in two different ways. First, the IHBT “client” is the child, family, peers, school, neighborhood, and other treatment providers, not just the “problem child.” Second, services *(Continued on page 3)*

10th Annual Client Art Show Opens May 14th, 2008

Opening reception at our South Street office 4 pm - 7 pm

695 South Street, Chardon, Ohio - Call (440) 286-1631



Dual Recovery Anonymous Group Begins

Beginning March 7th, a new opportunity to recovery with group support will be offered at the South Street Office located at 695 South Street, Chardon. DRA is an independent, non-profit, non-professional self-help organization. DRA was established to help men and women who experience a dual

disorder. A dual disorder occurs when an individual is affected by both chemical dependency and an emotional or psychiatric illness.

The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience a dual

disorder. The DRA program is based on the principals of the Twelve Steps and the personal experiences of men and women in dual recovery.

The group will meet from 3:00 pm to 4:30 pm. Call 286-1631. For more information visit <http://www.draonline.org>

Our Newsletter - Through Email

Ravenwood is changing its newsletter to one delivered through email. We are excited about the ability of email to reach more of our community, and hope our readers will be as well!

You can help us ensure smooth, uninterrupted delivery by providing us with your email address. Send your email address to admin@ravenwoodmhc.org or register on our website. We respect your privacy, and will not share your email contact information with anyone unless you have directed us to do so. And, if at anytime, you wish to discontinue receiving *Mind*



Matters, simply let us know and we will remove your name from the list.

Initially, we will be delivering the newsletter quarterly to you in Adobe® PDF format. While most computers already contain Adobe® Reader®, you can download it for free at <http://www.adobe.com/products/reader/>. Issues of *Mind Matters* will be

archived on our website- www.ravenwoodmhc.org. While you are there, take a moment to look through our revised website. Ravenwood Mental Health Center wants to continue to find new ways to help build understanding of the role we have in our community.

Don't forget to give us your email address! And, do not hesitate to contact us if you would like more information, or with suggestions on how to improve *Mind Matters*. Your input is important to us, and we want to continue to find effective ways to communicate with you!

CIT Training, continued

(Continued from page 1)

officials and Deanna Brant and Brian Ayer from Ravenwood Mental Health Center, were instrumental in the development and implementation of the

Geauga County C.I.T. training. The training was funded by the Geauga County Board of Mental Health and Recovery Services. The long-term goal is to train a sufficient number of law

enforcement officers in Geauga County so that a CIT certified officer would be available on each shift to respond to calls in the community dealing with the mentally ill in crisis.

Program Expansion, continued

(Continued from page 2)

are delivered by a treatment team which includes (but is not limited to) the family, a therapist, a Community Psychiatric Supportive Treatment worker and emergency services therapists. IHBT views collaboration between the family, treatment team members and outside service providers as *critical* to the likelihood of a family experiencing success. IHBT also requires a minimum of three contacts per week and includes a minimum of three hours of service per week. While a range of five to ten hours of service per week is typical, the frequency, duration, and intensity

of face-to-face contact will vary for each family in accordance with their needs and their treatment gains. An added benefit is also that treatment is provided in the families' natural environment at hours and times convenient for the family.

One of the beliefs of IHBT is that through strengthening family relationships you are able to maintain long-term success with children. The Intensive Home Based Treatment team is committed to work intensively with these families regardless of the challenges they face and for the benefit of not just the child

but the whole family system!

Referrals to the Program can be made by contacting Natalie Smith, LISW at 440-285-3568.



(Pictured: Natalie Smith and Donna Beuoy of the IHBT program)

Ravenwood Mental Health Center

Main Office
12557 Ravenwood Drive
Chardon, Ohio 44024
Additional offices in Chardon and Middlefield

Phone: 440-285-3568
Fax: 440-285-4552
E-mail: admin@ravenwoodmhc.org



Building the Foundation for Recovery and Resiliency

We are now on the Internet
www.ravenwoodmhc.org

Ravenwood Mental Health Center
12557 Ravenwood Drive
Chardon, Ohio 44024

- About Us -

Founded in 1966 as the Geauga Community Mental Health Center, our name changed to Ravenwood Mental Health Center upon our move to 12557 Ravenwood Drive in 1985. Headed by a Board of Trustees that is comprised of dedicated and talented county citizens, our agency strives to deliver programs that are responsive to the mental health needs of the community we serve.

- Our Mission -

“Ravenwood Mental Health Center provides comprehensive, community-based mental health services to residents of Geauga County and surrounding communities in order to maximize the autonomy, independence and quality of life for recipients of our services.”