Welcome to Recovery In Columbiana County

Columbiana County Recovery Mission:

To ensure consumers, family members, mental health providers, and the community at large work together in a caring environment to provide validation, encouragement and support to those recovering from mental illness.
What is offered?

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Advance Directives
Making Choices for Safe Landings!

Now you can make choices in advance about your treatment preferences with an Advance Directive Declaration for Mental Health Treatment. This is a legal document that empowers you to state your treatment preferences and to name a person (a proxy) to act for you when medical and mental health professionals determine you are not able to make informed healthcare decisions. You may schedule a personal appointment or come to one of our trainings in Salem, Lisbon and East Liverpool through out the year.

For more information contact:  Maureen Boals  330-424-0195
BRIDGES
A free 10 week class that provides basic information about mental illness. The instructors are not professionals – they are peers who are in Recovery themselves. Classes include information on: Mood Disorders, Medication & talking to your Doctor, The Brain, Building Support Systems, Crisis Planning and Advocacy.

BRIDGES: (Crossings) Peer Education Program
Building Recovery of Individual Dreams and Goals through Education and Support

2008/2009 Schedule:

August 2008: East Liverpool
April 2009: Lisbon
August 2009: Salem

Administered by Shining Reflections Programs
Coordinator: Nila McKinley
330-385-7000
1-866-985-8000
Call Nila for more information about this program.

Sponsored by the Columbiana County Mental Health & Recovery Services Board
Climbing into the Driver’s Seat

Climbing into the Driver’s Seat (CDS) helps to minimize the feeling of risk and maximize the feeling of support. YOU ARE NOT ALONE ON THE ROAD TO RECOVERY. CDS is taught by recovering people for recovering people. The instructors have taken the course themselves and used the outcomes survey to set their own goals.

This course is FREE, and you leave with a handbook you can take to your treatment provider, listing goals you have determined will assist your RECOVERY.

It only takes a few hours of your time to get the information about the Ohio Outcomes Survey; take the survey; review your scores, and leave with the goals YOU have chosen to achieve. Not only will you leave with your own goals but you will feel ready to take on the challenges of RECOVERY.

For more information call: Maureen Boals, Recovery Assistant

(330) 424-0195 Ext. 105
Community Involvement Workgroup

Is a workgroup of the Recovery Steering Committee. The group is open to Recovering People who are interested in becoming more involved in The Recovery Initiative here in Columbiana County. Members keep busy by doing fund raisers to support the Children’s Christmas Fund for our less fortunate peers’ families who live with mental illness. We host, organize, and follow through with our yearly Back to School Clothing Give Away in August, and each workgroup participates in the Banquet in Salem or Lisbon. This workgroup is a stipend group for those members who attend Meetings, participate in non-stipend activities, and follow the guidelines of the workgroup.

Meetings are held on the first Thursday of each month from 9:30 a.m. to 10:30 a.m. at the Board Office, 27 Vista Drive, Lisbon, OH

For more information call:
Maureen Boals, Recovery Assistant, MHRS Board
330-424-0195, Ext. 105
The Friends of Recovery Newsletter is a free monthly newsletter that informs Recovering People about opportunities available for involvement with their peers.

To have your name added to the list please call:

Maureen Boals, Recovery Assistant

330-424-0195, Ext. 105
Help Hotline Crisis Center is a non-profit, private corporation serving Columbiana, Mahoning and parts of Trumbull Counties. Help Hotline is available 24 hours a day, 7 days a week, someone is always there when you need to talk the most.

Services provided by Help Hotline include:

- Suicide Prevention
- Victims of Crime Hotline
- Safe School Line
- Senior Line
- Guardianship
- Recovery Project
- Volunteer Program

Help is just a phone call away!

**CONTACT INFORMATION:**
Dial 211 for non emergency information and referral

PHONE: 330-424-7767
330-747-2697
OR
1-800-427-3606
Anyone can be a leader. Leaders come in all shapes and sizes. Leadership skills are learned. You are not born with leadership skills. Come to the Leadership Workgroup and learn with us.

This is a stipend workgroup which means you will receive a $15.00 stipend for attending monthly meetings, participating in extra activities of the group, and following the guidelines established for all workgroups.

Maureen Boals
Recovery Assistant
MHRS Board
27 Vista Drive
P.O. Box 500
Lisbon, OH 44432
330-424-0195, Ext. 105

The Leadership Workgroup works towards promoting leadership among persons recovering from mental illness. This group is responsible for planning and bringing forward the “Leading the Way to Recovery” Conference which is bi-annual event. The May Conference is held in East Liverpool while the October Conference is held in Salem each year. Leadership workgroup also hosts Peer Support training and Advance Directives on a yearly basis.

Meetings are held on the third Friday of each month (there are no meetings in December and January) Please join us at Shining Reflections in East Liverpool From 10:30 AM to 11:30AM
NAMI offers ongoing family support, help to those people who are accepting and coping with the problem of a loved one diagnosed with a mental illness, a learning time for those newly diagnosed family members, and an opportunity for family members to help reduce the STIGMA associated with a mental illness diagnosis.

- Family and friends of persons diagnosed with mental illness to become enlightened. Meetings are the second and fourth Monday of each month at 7PM at The Counseling Center
  40722 State Rte 154, Lisbon in 1/2 Multi Purpose Room
- NAMI’S Family to Family class is a free 12 week program on mental illness, the brain, medications, and improving your communication skills.
  Call Irene Halverstadt at 330-332-4863 for more information on the Family to Family Program.

For More Information on Columbiana County NAMI
Call Bill McCormick
330-332-4284
or Mary Jane Steffen
330-894-2693
Are you looking for an easy way to access services and information about mental health and drug and alcohol issues? The Columbiana County Mental Health & Recovery Services Board has a website for you:

www.columbiana.oh.networkofcare.org

WHAT IS the NETWORK OF CARE? It is an online service for individuals, families and agencies concerned with mental health and substance abuse issues. A place for critical information, communication, and advocacy tools with a single point of entry.

This website features an online library containing over 30,000 articles, fact sheets, and reports; recent issues of the Board’s newsletter “Horizon”; links to local, state, and national websites; low-cost insurance programs; local organizations that supply assistance, and a means to create your own personal folder.

This website has rounded up the websites for government programs and nonprofit organizations that specialize in mental health and substance abuse issues.

All just a click away!

Please contact Maureen Boals: 330-424-0195, Ext. 105 OR

Nila McKinley at Shining Reflections: 330-385-7000

For more information or to schedule an appointment
Northern Support Group

When: Every Tuesday from 1–3

Where: Salem YWCA, 230 North Lincoln Ave, Salem (the Old Middle School)

Who: Anyone who receives Mental Health Services in Columbiana County

Led by: Thelma Rist, Peer Recovery Specialist

Call Maureen Boals 330-424-0195 for more information
Peer Mentor Program
“Helping People Help Themselves”

We help with:

Socialization which includes support groups, places to go, and friends

Information on local services, resources, and help

Education (WRAP, BRIDGES, Adult Education, GED, Peer Support and More!)

Trained peers will help you take a step further in your recovery.

We work as a team with the Columbiana County Counseling Center’s Case Management Department

*For more information, contact Nila McKinley at Shining Reflections

Sponsored By:

Columbiana County Mental Health and Recovery Services Board
YOU ARE NOT ALONE!

Join our Confidential Self-help Support Network. We in Schizophrenics Anonymous believe that the social, emotional, medical, and spiritual needs of persons with our illness must not be overlooked. Self-help groups offer social acceptance, support, and understanding, information and education, positive reinforcement, empowerment, and enhanced social skills and self-esteem.

Schizophrenics Anonymous meets:

When: Second and Fourth Friday of Each Month
Time: 12:30 to 1:30 PM
Where: The Counseling Center in Lisbon Med/Som Conference Room

For More Information Call:
Maureen Boals, Recovery Assistant
330-424-0195, Ext 105
Sharing Your Recovery Story

All of us have a story to tell. Each of our poems, stories, and life experiences offers HOPE and ENCOURAGEMENT to other recovering people who are just starting out on their “Journey to Recovery”.

If you need assistance in writing your story or don’t know where to begin call:

Maureen Boals, Recovery Assistant

330-424-0195, Ext. 105
We offer (CHOICES) for Recovery:


courage
hope
opportunities
innovative
control
empowerment
support

Programs:

Vocational training
Clerical, office, computers, service, repair,
Maintenance, assembly, and arts
One Stop Satellite: Job search, labor market, career work
shops and resumes.
Progressive Attitudes (sponsored by MHRS Board): Beginning steps to socialization, community and employment

Pound Pounders: Wellness Club (Nutrition, Exercise, Health Education)

Support: Outreach, Discussion Groups, Activities, Birthday Celebrations, & Special Events

Education: BRIDGES, Basic Ed, Tutoring, Information and Referral Section, Network of Care Website Introduction and Access, and GED/ABLE Classes available through Columbiana County Adult Ed

Peer Mentors: Helping People Help Themselves

Workshops:

Life skills: stress, coping skills, sign language class, budgeting, building character, dealing with worry and anger, mental health education, parenting, cooking, etc.

Job skills: value of work, computers, getting along with others, interview skills, resumes, career choice, job search skills, work etiquette etc.

Art, crafts, writing, floral arrangements, embroidery, sewing & more.

Contact Nila McKinley for more information.
Socialization Workgroup

The Socialization Workgroup plans and carries out four parties each year for Recovering Adults who receive Mental Health Services in Columbiana County. Socialization also participates in several fund raiser’s throughout the year such as our spring garage sale at the fairgrounds and provides assistance with the Back to School Clothing Give Away in August.

The parties include the Fall Harvest Party, a Thanksgiving Dinner Party, a first of the year party, and an All County Picnic. Parties are held at Trinity Friends Fellowship Hall—33937 US Rte 30, Lisbon OH 44432—located just 4 miles west of Lisbon Square.

Socialization meets on the second Tuesday of each month from 9:30 a.m. to 10:30 a.m. at The Counseling Center in Lisbon, Room 132. This is a stipend group, and if you attend meetings regularly, help with volunteer activities, and follow the guidelines of the group, you will receive $15.00 for each meeting you attend.

For more information call Maureen Boals, Recovery Assistant
330-424-0195, Ext. 105
WRAP

WELLNESS RECOVERY ACTION PLAN

WRAP is recovering people training other recovering people to develop a personal action plan for wellness. The key concepts are:

**HOPE:** Things can and do get better.

**PERSONAL RESPONSIBILITY:** No one can “make “ you get well. You have to take responsibility for your illness and for your plan to recover in order to recover.

**EDUCATION:** Learning as much as you can about your illness, possible treatments, and Recovery oriented information.

**SELF-ADVOCACY:** Learning how to make your needs and requests known.

**SUPPORT:** Finding and getting support from the right people.

This is a free 5 week, 1 day per week training, taught by recovering people who have gone through the class and then facilitator training. Snacks and drinks will be provided for each session. Each recovering person will take home a personal WRAP plan in a 3-ring binder, and sessions will be offered in Lisbon, Salem, and East Liverpool; most training sessions are scheduled from 9:30 AM to 12:30 PM.

For more information or to sign up for a class contact Maureen Boals, Recovery Assistant at 330-424-0195, Ext. 105
YOGA with Todd

Learn to relax and eliminate stress in your life.

YOGA meets in the Star Room of The Counseling Center on Wednesdays from 12 Noon—1:00 PM.

Time is taken off during the summer months.

For More Information, Contact
Maureen Boals, Recovery Assistant
330-424-0195, Ext.105
Other Resources:

Americans with Disability Act—OH
700 Morse Rd., Suite 101
Columbus, OH 43214
1-800-232-6446
www.ada-ohio.org

US Department of Health and Human Services
Office for Civil Rights –R5
105 W Adams Street
Chicago IL 60603
312-886-5078

NAMI Ohio
747 E Broad Street
Columbus, OH 43205
1-800-686-2646
amiohio@amiohio.org

Communication Services for the Deaf—CSD
5050 Blazer Parkway
Dublin, OH 43017
877-781-6670 Toll Free
dzangara@c-s-d.org

Ohio Legal Rights Services
50 W. Broad Street, Suite 1400
Columbus, OH 43215-5923
1-800-282-9181
www.olrs.state.oh.us

Ohio Governor’s Council on People with Disabilities
400 E Campus View Blvd
Columbus OH 43235
1-800-282-4536 Ext. 1391
www.state.oh.us/gcpd

Ohio Legal Rights Services
Office of ADA/Civil Rights Division, U.S. Dept. of Justice
950 Pennsylvania, N W
Washington, D C  20530
1-800-514-0301
www.ada.gov

US Department of Medicare
6401 Security Blvd
Baltimore, MD 21235
www.medicare.gov

Attorney General’s Office Health Care Fraud Unit
150 E. Gay Street, 17th Floor
Columbus, OH  43215
1-614-466-0722
www.ag.state.oh.us