

ODMH Kids News: Building Ohio's Future



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Ohio's FASD Initiative

FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may



include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis.

It refers to conditions such as fetal alcohol syndrome (FAS), fetal alcohol effects (FAE), alcohol-related neurodevelopmental disorder (ARND), and alcohol-related birth defects (ARBD).

Each year, as many as 40,000 babies are born with a FASD, costing the Nation about \$4 billion.

The estimated cost of FASD to Ohio taxpayers for providing special services for education, juvenile justice, medical and mental health services, foster care, and unemployment is nearly \$300 million every year. (Source: Ohio Department of Health) Due to a combination of factors, most babies go undiagnosed. In fact, of the estimated 114,000 Ohioans living with FASD, only 300 are clinically diagnosed. (Source: Ohio Department of Health) Early diagnosis and treatment for FASD can help children reach their fullest potential, lessen secondary disabilities and problems, and help families better understand and cope. **FASD is 100 percent preventable.**

According to Dr. Ann Streissguth, Professor at University of Washington School of Medicine and a recent conference speaker in Ohio, "Mental Health Problems are by far the most prevalent Secondary

Disability. The most frequent mental health problems for children and adolescents with Fetal Alcohol Spectrum Disorders are attention deficit problems, followed by depression, suicide, and psychotic symptoms."

In 2003, First Lady Hope Taft, in partnership with members of the Ohio Family and Children First (OFCF) Cabinet Council, formed the FASD Steering Committee expanding to include Ohio Department of Aging, Ohio Department of Rehabilitation and Correction, as well as institutes of higher education, providers, and parents.

On September 9, 2004, the FASD Steering Committee held a Town Hall Meeting to increase awareness of the challenges faced by Ohio's children and families. This testimony along with needs assessment analysis conducted as part of the FASD Steering Committee's work with The Ohio State University's Center for Learning Excellence using the Partnerships for Success Strategic Planning Process led to a course of action based on key findings. With its mission to establish efficiency in state systems resource allocation, coordination of services and augmentation of available resources to address FASD, the Committee developed a strategic, implementation, and evaluation plan to address the established need. **The plan has five goals:**

- **Increase the availability of services for those already affected by FASD and for parents and other caregivers;**
- **Increase awareness regarding the risks associated with alcohol use during pregnancy;**

- **Provide FASD-specific education and training for agencies, organizations, and professionals who provide services to children and families with or at risk of FASD;**
- **Adopt appropriate FASD screening tools and protocols and increase access to screening; and**
- **Create and implement a data-tracking system to track FASD risk factors, prevalence, and incidence in Ohio, and measure progress toward reaching the other four goals.**

Professional education opportunities have occurred across the state to include two statewide conferences focusing solely on FASD, the development and training of FASD Generalist Training, professional development opportunities at state agencies, and the integration of workshops into existing conference venues.

As part of a universal social marketing plan to raise awareness among the citizens of Ohio, the FASD Steering Committee, Ohio Resource Network at the University of Cincinnati, and the Center for Learning Excellence at Ohio State University introduced a statewide media campaign to include television, radio, print, and web based marketing strategies. Targeted efforts will include women's treatment facilities, physicians, law makers, and service providers. It is the intent of this group that "Not a Single Drop", will become a familiar phrase in homes across the state. There is no safe time or safe amount of alcohol to use during pregnancy.

Additional information on FASD and the work of this statewide initiative can be obtained by visiting their website at www.notasingledrop.org or by calling 1-800-788-7254.

Leadership and funding from the state of Ohio secured by the Departments of Health, Alcohol and Drug Addiction Services, and Mental Retardation and Developmental Disabilities along with a contract from Northrop Grumman operating the FASD Center for Excellence through the Substance Abuse and Mental Health Services Administration (SAMHSA) support the implementation of Ohio's FASD strategic plan and will help Ohio develop a comprehensive state system of care for FASD.

Kathy Paxton, Director, Behavioral Health Initiatives
Center for Learning Excellence, The Ohio State University
The John Glenn Institute for Public Service and Public Policy

2006 Regional Educational Trauma Forums

The Ohio Department of Mental Health (ODMH) and the Childhood Trauma Task Force, in partnership with the Ohio Family and Children First Cabinet Council, hosted five regional forums on childhood trauma in November and December. Over 800 individuals participated in Akron, Athens, Cincinnati, Columbus, and Toledo.

Ohio's Childhood Trauma Strategic Plan, developed by the Childhood Trauma Task Force, was unveiled at the forums. ODMH convened the Task Force to look at childhood trauma and its impact on trauma victims.

The Strategic Plan focuses on four key goals:

1. Articulating the message
2. Screening and assessment
3. Training/practice
4. Intersystem data

Each forum concluded with a survivor luncheon. Over 50 trauma survivors participated. The purpose of the focus group luncheons was to gather consumer survivor opinions and suggestions for improving the mental health system and to incorporate that input into the overall design of a statewide trauma-informed care system.

Individuals who are interested in participating on the Strategic Plan implementation workgroups should contact Judith Lees at leesj@mh.state.oh.us or by phone at 614-466-5415.

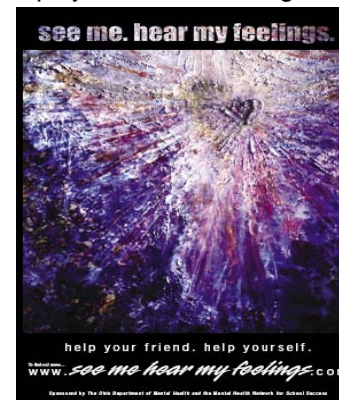
The full strategic plan is available at:

<http://www.mh.state.oh.us/kids/documents/kids.childtrauma.strategicplan.nov06.pdf>.

See Me Hear My Feelings Campaign

The Ohio Mental Health Network for School Success (OMHNSS), in partnership with the Ohio Suicide Prevention Foundation, is sponsoring the **See Me Hear My Feelings Campaign** to promote student awareness of mental health and support help-seeking behavior.

The **See Me Hear My Feelings Campaign** includes educational and awareness products, including a workshop for educators and a poster to display in middle and high schools. Through youth testimony and



simulated activities, the **See Me Hear My Feelings** workshop helps participants to learn first hand what students experience in trying to manage their mental health symptoms and the support teachers, parents and clinicians can provide to help children and youth succeed in school. In coordination with Ohio's Special Education Regional Resource Centers (SERRC) the OMHNSS has trained SERRC leadership to present the **See Me Hear My Feelings** workshop to schools in their region.

During the month of February, the sixteen SERRC Directors will be facilitating the delivery of **See Me Hear My Feelings** posters in all middle and high schools in their region of the state. The poster features a student-friendly website that helps youth understand topics related to emotional wellness, offering a place where students can visit to find information, listen to voices of their peers and come to realize that there are many others just like them. The website (<http://www.ohiospf.org>) is hosted through the Ohio Suicide Prevention Foundation at The Ohio State University. Along with the poster, the schools will be receiving additional resource materials, including information on Red Flags in Children's Behavior, a mental health awareness program for middle schools; Signs of Suicide (SOS), a suicide prevention and depression awareness program; and "How is Your Child Doing," a brochure designed to help children cope with the stress of terrorism and war.

ODMH is grateful to the extensive collaboration of numerous valuable partners in supporting the development of prevention, education, and

ODMH Kids News: Building Ohio's Future

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Volume 7 • Issue 1 Page 3

awareness resources, including:

Ohio Department of Education, Ohio Department of Health, Center for School Based Mental Health Programs at Miami University, Ohio Suicide Prevention Foundation, Mental Health America of Summit County, and Screening for Mental Health, Inc.

Thanks to the mutual and collaborative efforts of these state agencies and advocacy organizations, we are able to promote the well-being and academic success of Ohio's students.

For more information on the **See Me Hear My Feelings Campaign**, please contact Kathleen M. Oberlin, OMHNSS North Central Ohio Coordinator at oberlink@mh.state.oh.us.

Submitted by: Kay Rietz, Asst. Deputy Director

Conference/Workshop/Seminar

The Seventh Annual Douglas G. Ullman Conference will be held Thursday, March 8, 2007 at Stone Ridge Golf Club in Bowling Green. This year's conference will focus on **Attachment and Trauma in Young Children - Tools for Assessment and Treatment**. The keynote speaker will be Dr. Neil Boris, a pediatrician and adolescent psychiatrist, Associate Professor at the Tulane University School of Public Health and Tropical Medicine in the Department of Community Health Sciences. He is a leader in the field of attachment disorders in infants and young children and received a four-year Physician Scientist Research Career Development Award (K12), sponsored jointly by the National Institute of Mental Health and the American Academy of Child and Adolescent Psychiatry.

Registrations are currently being accepted and an early bird discount will apply through Monday, February 15, 2007. The Douglas G. Ullman Conference is sponsored by the Children's Resource Center.

For additional information, please visit their website at: <http://pace.bgsu.edu/ullman>

Submitted by: Kay Rietz, Asst. Deputy Director

February is Black History Month

In celebration of Black History Month do not forget to take a few minutes to learn more about mental health in the African-American community. Below are several sites to get you started:

- <http://mentalhealth.samhsa.gov/highlights/2002/february/blackhistory/links.asp>
- <http://www.lib.washington.edu/subject/History/tm/black.html>
- <http://academic.udayton.edu/health/01/status/mental01.htm>
- <http://nmha.org/go/information/get-info/african-americans>
- <http://mentalhealth.samhsa.gov/cre/fact1.asp>
- [http://www.wimentalhealth.org/Topics/AfricanAmericanResources\(2-10-03\).pdf](http://www.wimentalhealth.org/Topics/AfricanAmericanResources(2-10-03).pdf)
- <http://www.surgeongeneral.gov/library/mentalhealth/cre/>

What's Happening - Across the State

<http://dmhex01.mh.state.oh.us/dmh/events/Listing.nsf/DisplayByMonth?OpenForm>

Kids: Quick Links

Archived and Recent Editions of this newsletter

<http://www.mh.state.oh.us/kids/kidsnewsletter/kidsnews.html>

Mental Health and School Success

<http://www.mh.state.oh.us/kids/schoolsuccess/mh.school.html>

Suicide Prevention

<http://www.mh.state.oh.us/kids/suicideprev/suicide.prevention.html>

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