



16 W. Long St. Suite 340 | Columbus, Ohio 43215 | 614/225-0980 | fax: 614-225-0986

NEWS RELEASE

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Northcoast Behavioral Healthcare chosen as first inpatient site for Wellness Management & Recovery

The Northcoast Behavioral Healthcare (NBH) Toledo Campus has been chosen as the first inpatient implementation site for the Wellness Management & Recovery Coordinating Center of Excellence (WMR CCOE). A kickoff event was hosted at the Toledo Campus on Thursday, August 9.

“Wellness Management and Recovery provides a new model of services for individuals diagnosed with a severe mental illness,” said Sandy Stephenson, MSW, MA, Director, Ohio Department of Mental Health. “The Department is very pleased to participate as an inpatient implementation site. This is an opportunity for Northcoast Behavioral Healthcare to move forward with its mission of ‘Making Recovery Reality’ for the consumers served.”

The goal of Wellness Management and Recovery is to promote good health and recovery from mental illness by teaching skills that empower consumers to: (1) identify and achieve personal goals; (2) develop informed, collaborative approaches to selecting and managing effective treatment; (3) achieve an overall healthier lifestyle. The Wellness Management and Recovery curriculum includes information on general health and wellness issues, and co-occurring mental health and substance use disorders.

Wellness Management and Recovery sessions are co-facilitated in a small group format. One facilitator is a mental health professional who provides services for the organization. A second facilitator is a person living with a mental illness and has a commitment to sharing his/her experiences in the journey toward recovery. The facilitators of the Wellness Management and Recovery program are people who believe that recovery from mental illnesses is a process of transformation and hope. The focus of the sessions is on holistic care and creating an environment where participants can feel empowered to make changes in their lives.

The program is coordinated by the Wellness Management & Recovery Coordinating Center of Excellence (WMR CCOE), a statewide entity that seeks to improve clinical quality by accelerating the adoption of best mental health practices in Ohio's mental health system.

WMR CCOE is supported by the Ohio Department of Mental Health and is a partnership among: Southeast, Inc. in Franklin County; the University of Toledo in Lucas County; and the Lorain County Mental Health Board.

WMR inpatient site
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The Toledo Campus of Northcoast Behavioral Healthcare provides inpatient psychiatric services for 17 counties in northwest Ohio. Accredited by the Joint Commission, the Toledo Campus serves an average daily inpatient population of 80.

More information about the Wellness Management & Recovery CCOE is available online at <http://www.wmrohio.org>.

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For more information, contact: Laura Wentz (ODMH) at 614-466-5145 or Kelly Wesp (Wellness Management & Recovery CCOE) at 614-225-0980.