

# THE HIGHLIGHTER

A publication of the Hancock County ADAMHS Board and Community Partnership

Volume 19, Issue 3

## Aggression Replacement Training Comes to Hancock County

In early 2007, the ADAMHS Board assembled a task force which included representatives from Family Resource Centers, Juvenile Court, Child Protective Services, Open Arms, Findlay City and Hancock County Superintendents. This task force was called together to address the increased concern of violence and aggression. These individuals studied the research and statistics and determined that the evidence-based program of Aggression Replacement Training (ART) would best suit the needs of our Community. In September of 2007, the ADAMHS Board applied for and was awarded a grant from the Findlay/Hancock County Community Foundation to implement the program.

The ART Training has been used across the world since 1981. The group focuses on three components to make this training a success in reducing aggressive behavior in youth: Social Skills Training, Anger Control Training, and Moral Reasoning. The authors of the program focus on the importance of teaching more than just anger management or what not to do, they focus on the importance of also teaching alternative, pro-social behaviors to help the youth behave less aggressively.

ART training is for youth ages 14-18 that are residents of Hancock County who are exhibiting aggressive behavior at school or in the community. Adolescents who participate in the training complete a course that is 10 weeks in length. Each week they attend 3 classes that are 1 - 1 1/2 hours in length. Each week covers a different skill. In addition to the adolescents' attendance, a parent or family member is required to attend at least once per week. This involvement from a family member increases the success of the program.

ART Training is broken into three parts. The first part, **Social Skills Training**, focuses on the fact that many youth with criminal behavior or difficulties controlling their anger lack social skills. This group teaches them skills that are particular to reducing aggressive behavior. They spend time learning the steps to 10 skills that will help them in real life situations. Some of the skills that they will learn are: making a complaint, dealing with someone else's anger, keeping out of fights, dealing with group pressure, dealing with an accusation, responding to failure and several others. These skills are broken into steps, they talk about real life situations, see the skill modeled by the group leaders and get a chance to practice. This has also been described as losing anti-social skills and replacing them with pro-social skills.

The second part, **Anger Control Training**, uses an anger control chain. The group leaders teach one part of the chain each week and practice with relevant life activities. This process teaches youth how to deal with situations that cause them to get angry. The leaders explain each step in the chain, model the steps and give each youth an opportunity to role play what they have learned. The steps to the chain include triggers, cues, anger reducers, reminders, thinking ahead, inserting a social skill they have learned, and evaluation.

### *What changes have you seen in yourself since starting the group?*

- ◇ "I can control my anger better"
- ◇ "I have more ways of dealing with the anger"
- ◇ "I have a longer time between thinking and action"
- ◇ "My way of dealing with fights and changing my attitude"

\* These responses are from the adolescents attending the first class.

### ART Training Team



Left to right: Jen Wagner, Carol Taylor, Shawn Carpenter, Shawna Zurawski, Marlene Davis. Not pictured: Maria Little, Darlene Mack, Craig Steenblock, Rachael Helms, Ashley Ritz, Alyssa Roach and Cindy Frantz.

The third part, **Moral Reasoning**, teaches youth to examine their own views and accept others views. The goal is for them to take perspectives other than their own and learn to view their world in a more fair and equitable way. Each week they discuss moral dilemmas and there is a guided discussion to work toward responding pro-socially and controlling aggression.

At this time all three Findlay City Middle Schools have trainings in progress. Family Resource Centers is also conducting a community group training. The next community group should begin in February of 2010. Referrals for this community group will begin in January.

For more information please contact Shawna Zurawski, Coordinator, at 419-422-8616, ext 288.

## ADAMHS BOARD UPDATE

### ADAMHS Board VIP Award Winners

Each year the Hancock County ADAMHS Board has the opportunity to recognize individuals in the Community who have made an exceptional contribution to our system. These awards are given in categories of: Volunteer, Involvement and Professional of the year.

This year the Board recognized Becky Hickle as Volunteer and Rachael Helms as Professional. Becky has been a great advocate for families who have been affected by mental illness. She advocated and helped to begin weekly sessions at Orchard Hall explaining the support services available in the Community, she has been on the CIT planning committee and has participated on the panel of presenters since 2002, and has served on numerous committees. Becky has also been the facilitator for the local Depression and Bipolar Support Alliance since 2003.



Rachael Helms has been with Family Resource Centers for four years with the Multi-Systemic Therapy (MST) program. MST is an intensive home-based therapy program for youth and families with severe needs. At the MST International Conference held in March of 2009, Rachael was awarded the MST Therapist Adherence Award. The awards are given to the top

one percent of therapists who have achieved adherence to the MST model. There were only 15 out of a 1300 therapists who received this award.

The Board would like to thank Mark Mueller of Mark K, Inc. for the donation of the awards.

### *Postcards Used to Rally Support*

During the months of September and October residents and employees from Hancock County participated in a postcard campaign to garner support to replace State budget funds to the behavioral health system. Over 1,600 postcards were sent from Hancock County to Governor Strickland, Senator Steve Buehrer and Representative Cliff Hite. Statewide, over 60,000 were sent to other members of the State legislature. The postcards were developed and supplied by the Ohio Association of County Behavioral Health Authorities.

Individuals were asked to write a personal note on the postcards and send them to our legislators to impress upon them the importance of restoring the funding and to stop any future cuts to the behavioral health system. Thanks to all who participated.

Locally, the ADAMHS Board received over \$930,000 in cuts for FY 2010.



### *CIT Officer of the Month*

This month we are highlighting Officer Marcia Young. Officer Young has been with the Findlay Police Department for about 4 1/2 years. She graduated from the CIT program in 2006. Since graduating the program she has been able to use the lessons taught to better understand the behaviors of those who are in crisis and how to help them deal with the situation they are facing. Officer Young was able to use the lessons in a real life application by using calm communication skills to speak with an agitated gentleman. By having the CIT program she was able to keep this gentleman calm and diffuse the situation without force.



CIT or Crisis Intervention Training is a 40-hour program for law enforcement personnel. This training is used to build the assessment and intervention techniques of the men and women of law enforcement. The training uses such things as consumer and family member panel for questions and answers, mental health 101 done by local clinical professionals, critiquing vignettes involving officer responses to consumers and role-playing of possible situations they may face.

At this time there have been a total of 184 officers and deputies from Hancock County who have graduated from the CIT program. (76 from the Findlay Police Department, 91 from the Hancock County Sheriff Office, 15 from the Probation/Parole Office and 2 from The University of Findlay Security Office).

## COMMUNITY PARTNERSHIP NEWS



MENTAL ILLNESS AWARENESS

### *"Light the Darkness" Bonfire a Success!*

It was a cold and rainy evening on October 8th but that did not stop over 116 people from attending the 4th Annual "Light the Darkness" Bonfire. The evening began with a welcome from the Mental Illness Awareness Committee Chair, Carol Taylor, who set the stage for the evening. Featured speaker, John Caveladge, told of his journey with his wife Lynne and her struggles. He also charged family members to learn as much as you can about mental illness and to support your loved ones.



The St. Paul's Evangelical Lutheran Church Bell Choir, directed by Tammy Robinson provided the music for the evening while the St. Mark's UM Church Troop #308 presented the colors and tended to the bonfire.

Pastor Steve Edmiston from St. Paul's Evangelical Lutheran Church ended the evening with a story of a man who struggled for many years with mental illness. His story was a plea to break the stigma of mental illness and help those who struggle. He also read the story of the Mental Health Bell.

Mental Illness Awareness Week is a National Awareness Campaign meant to bring awareness to mental illness and help to bring the disease out of the darkness.



## **Family Addiction Workshop**

Tuesday, December 10th 6:00-8:00 p.m.  
Blanchard Valley Hospital Auditorium

Topic:

### *Youth Addiction and its Effect on the Family*

Free and open to the public.

For more information please contact  
the Hancock County Community Partnership  
419-424-1985 or [www.paragonapproved.org](http://www.paragonapproved.org)

## **Social Work and Counseling Ethics Workshop**

Friday, December 4, 2009  
Hancock County Agency on Aging  
339 E. Melrose, Findlay

The morning session (8:30 - 11:30 a.m.) will focus on  
general ethics requirements for Counselors/Social Workers.

The afternoon session (1:00 - 4:00 p.m.) will focus on the  
requirements for supervisory ethics.

CEUs will be offered.

If you would like to receive a flyer for this training please  
email Annie at [aaltman@bhg.org](mailto:aaltman@bhg.org) or download from our  
website at [www.paragonapproved.org](http://www.paragonapproved.org).

*Training sponsored by the Hancock County ADAMHS Board.*

To be added to our listing to receive  
electronic flyers for upcoming events &  
trainings please email Annie at  
[aaltman@bhg.org](mailto:aaltman@bhg.org)

## AGENCY NEWS

### Part Time Executive Director Position Available

The National Alliance on Mental Illness of Hancock County is seeking a Part Time Executive Director.

Responsibilities include, but not limited to, developing procedural documents, public speaking and marketing. The ideal candidate will have knowledge and/or experience working with persons with persistent mental illness. Must possess computer skills.

Compensation is commensurate with experience. Please submit letter of interest and current resume to 1020 Country Creek Drive, Findlay, Ohio 45840.



### Depression and Bipolar Support Alliance Facilitator Position Available

**DBSA**



Help needed. The Depression and Bipolar Support Alliance is in need of a coordinator. Responsibilities include: scheduling small group facilitators, facilitating two support groups per month and monitoring the small budget associated with the year. The ideal candidate should be either a person in recovery from depression or bipolar or have a family member who is in recovery. The candidate should also have a basic understanding of these disorders. A monthly stipend is available. If you would like more information please call the ADAMHS Board at 419-424-1985 or submit your resume and cover letter to 438 Carnahan Ave., Findlay, OH 45840.

You're Invited

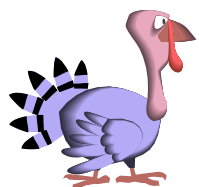
### Focus on Friends Thanksgiving Dinner

Wednesday, November 18th, Noon - 1:30 p.m.  
Hancock County Agency on Aging  
339 E. Melrose Ave., Findlay

Admission is \$1.00 or a canned good.  
Bring a dessert or side dish to share if you are able.

50/50 raffle will be held.

For more information please contact Focus on Friends at 419-423-5071.



*Season's Greetings and Happy Holidays*

*From the ADAMHS Board and Community Partnership*



**Paragon says:**

Relieve some stress...  
Jump in leaves!



*Hancock County  
Crisis Hotline  
1-888-936-7116  
(toll free)*

