



# The Reset

APRIL  
2024

DMMHRSB'S MONTHLY NEWSLETTER

**Delaware-Morrow**  
Mental Health & Recovery Services Board

## *DMMHRSB pushes Ohio Senate for long-needed changes*



Delaware-Morrow Mental Health and Recovery Services Board Executive Director Deanna Brant joined leaders of three other ADAMH Boards and their statewide association in urging the Ohio Senate to pass Senate Bill 105, which contains several critical updates to state law regarding boards and their providers.

SB105 would bring state law on ADAMH boards into the 21st century by modernizing contracting language, shortening the timeline when a party intends not to renew the contract, and promoting collaborations between local boards, the Ohio Department of Mental Health and Addiction Services, and other stakeholders to better share data to improve programs.

Deanna Brant (above), DMMHRSB Executive Director, testified before the Ohio Senate's Community Revitalization Committee on April 9. Other ADAMH board directors and Liz Heinrich from the Ohio Association of County Behavioral Health Authorities (below) also testified and answered committee members' questions.

"There is a very basic explanation of what ADAMH boards do: We plan and maintain the continuum of public behavioral health care for our communities," Brant told the committee.



"It is our responsibility, our mandate in Ohio Revised Code 340.032 from the General Assembly and our residents, to ensure that the safety net for mental health care and addiction treatment exists to the extent that resources allow. There is no other entity or institution behind boards who are mandated to help the most vulnerable in our communities. These proposed changes to O.R.C. 340 will ensure that boards can maintain local access to the most efficient and effective behavioral healthcare services," Brant said.

The Ohio Legislative Services Commission, a nonpartisan agency providing the Ohio General Assembly with drafting, research, budget and fiscal analysis, said the local costs of implementing the proposed changes would be "minimal" and could lead to savings in some areas.

The bill remains in the Senate's Community Revitalization Committee.





*People flock to Delaware, Morrow Counties for total solar eclipse*

Residents of Delaware, Morrow, and other counties across central Ohio donned eclipse glasses and looked skyward April 8 as a total solar eclipse wowed onlookers. It was the first time an eclipse’s path of totality came across Ohio since 1806, and will be the last time until 2099.

The next total solar eclipse to hit anywhere in the U.S. will be in Alaska in 2033, but there is better news for eclipse chasers willing to travel: A total eclipse will hit southern Argentina in October, and another will travel across Iceland, Portugal and Spain in 2026.



*Photo by Kevin Smith, used with permission*

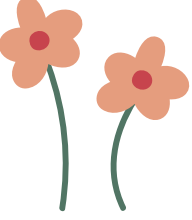


*Meet a Board member*

Every month we introduce you to a DMMHR SB employee or member of our Board of Directors. This month we’d like you to meet our Planning Committee Chair, Dr. Lynnette Cook.

Dr. Cook is the Executive Director of ARNOVA, a non-profit organization that provides support and research to other NPOs across the country. She joined the Board in 2019 and cites her experiences working for drug and alcohol treatment and prevention organizations as her reason for wanting to support the behavioral health community.





*Wearing orange to support the Board of DD*

March is Developmental Disabilities Awareness Month, and agencies in both Delaware and Morrow Counties were encouraged to have staff wear orange to show support. DMMHRSB staff members took part on March 22 to celebrate the ways those with disabilities inspire kindness in our community as well as the ways others inspire kindness in us.

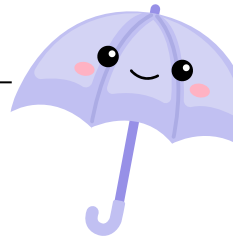
*Celebrating our social workers*

March is also National Social Work Month, a time when we give thanks for the critical and life-saving work done by social workers in our community and around the country. On top of working with many social workers employed by our providers, DMMHRSB employs two social workers of our own. A special thanks to our Associate Director Rhianna Mattix and our Youth and Family Clinical Director Kristan Warren for their tireless work to help the residents of Delaware and Morrow Counties.



*DMMHRSB Associate Director Rhianna Mattix (left) and Youth and Family Clinical Director Kristan Warren (right)*





According to the National Institutes of Health, April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is a critical component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being and minimize worsening of other health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. The Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing a Stress Screener. You can take it at <https://mhanational.org/get-involved/stress-screener>



*National Institutes of Health*

*Upcoming events*

- **April 18** – DMMHRSB monthly board meeting. 6:30 p.m. or immediately following Joint Committee meeting. Delaware Area Chamber of Commerce, 2 Troy Road, Delaware
- **April 20** – Grief Share appreciation breakfast hosted by Cornerstone of Hope. Andrew’s House, 39 West Winter St., Delaware.
- **April 20** – YMCA Healthy Kids Day. 10 a.m. to 1 p.m. 1121 S Houk Rd, Delaware. Events include youth fitness activities, swimming assessments, Touch-a-Truck, and more.
- **April 22** – Survivors of Suicide Loss monthly meeting hosted by Mid-Ohio Traumatic Loss Response Team. 6 to 7:30 p.m. Andrew’s House, 39 West Winter St., Delaware. Free to attend but register by calling 833-634-6573.
- **April 24** – Connections Volunteer Center, a program from HelpLine, hosts training on Motivational Interviewing. 1 p.m. to 4:15 p.m. Cost is \$45 and the course offers 3 CEUs for counselors and social workers. Register at <https://shorturl.at/eICN3>
- **April 25 & 26** -- Grief Support Group Facilitator Training 2024. 9 a.m.-4 p.m. Delaware Chamber of Commerce, 2 Troy Road, Delaware. 12 CEU’s for social workers, therapists, and counselors. Register at <https://shorturl.at/yzV38>
- **April 27** -- NAMIWalks Mid-Ohio & Streetfest. 9 a.m. to 1 p.m. at Tanger Outlets Columbus, 400 S. Wilson, Sunbury. Learn more at [NAMIWalks.org/Mid-Ohio](https://NAMIWalks.org/Mid-Ohio)
- **May 6** -- Survivors of Suicide Loss monthly meeting hosted by Mid-Ohio Traumatic Loss Response Team. 6 to 7:30 p.m. Cornerstone of Hope, 253 North State Street Suite 200 Westerville. Free to attend but register by calling 833-634-6573.
- **May 30** – Peer Fest, hosted by Safe Harbor and Southeast Healthcare. Noon to 3:30 p.m., Stockhands Horses for Healing, 3788 Olentangy River Rd., Delaware.

