



Delaware-Morrow
Mental Health & Recovery Services Board

The Reset

DMMHRSB'S MONTHLY NEWSLETTER

FEBRUARY
2024



DMMHRSB Exec. Dir. Deanna Brant accepted the three-year certification at an OACBHA membership meeting Jan. 31

DMMHRSB gets longest-possible certification from OACBHA

The Delaware-Morrow Mental Health and Recovery Services Board has received the highest-possible level of certification from the Ohio Association of County Behavioral Health Authorities, the trade association representing Alcohol, Drug Addiction, and Mental Health boards around the state.

The three-year Culture of Quality Peer Certification from OACBHA follows a two-day intensive survey where peers from other ADAMH boards ensure compliance with 161 separate Culture of Quality standards meant to enhance quality, promote statewide consistency, and demonstrate accountability of Board operations.

"We take our role as a two-county behavioral health authority very seriously and are constantly working to ensure accountability to the public. So it's incredibly flattering to get such a recognition from a peer agency," said DMMHRSB Executive Director Deanna Brant.

OACBHA's Peer Certification Report commended DMMHRSB on their performance in several areas, including mission and program, community relations, board finances, and human resources.


"The Delaware-Morrow Mental Health and Recovery Services Board has been described as incredibly accessible and transparent. They highlight the work that others are doing and are the 'go to' agency due to their ability to network and build relationships within and throughout the community. Staff are informed and well prepared and seek to support others in their decision-making efforts. They are forward thinking and look for creative solutions to problems. They have a positive growing presence that is recognized by those in their communities," the report said.



Work continues on the Meadow Center

Construction crews with Barton Malow continue braving the winter weather and remain on pace to complete the renovation and expansion of the Meadow Center in Mt. Gilead by September. Once completed, the 18,190 sq. ft. facility will house four DMMHRSB providers, crisis services, and a reservable community space.





DMMHRSB is getting a new board member!

The Delaware-Morrow Mental Health and Recovery Services Board is about to get a new member on its Board of Directors.

While it's still not known who will hold the position, the Delaware County Board of Commissioners will make the announcement very soon.

Since we're a two-county board, certain seats are reserved for each county. But no matter where the appointment comes from, you can find Board vacancies at dmmhrsb.org/boardofdirectors



Meet our Board member

Every month we introduce you to a DMMHRSB employee or Board of Directors members. This month we'd like you to meet one of our newest board members, Gordon McDonald!

Gordon McDonald spent 36 years as a teacher, principal, and superintendent at Delaware Christian School before retiring in 2016. His education background is in Christian school administration and agricultural economics. Gordon also previously served in the U.S. Army.

Gordon joined DMMHRSB in 2023 and looks forward to meeting new people and serving the community.



The latest on Ohio's Social Media Parental Notification Act

A federal judge recently temporarily blocked a new Ohio law seeking to limit young children's use of social media. The Social Media Parental Notification Act, which was set to take effect January 15, would make companies like TikTok and Snapchat get verifiable parental permission for children under age 16 to create new accounts on the sites.

As the legal case continues playing out, DMMHRSB wants to remind parents and teens about strategies to stay safe and make good choices on social media. Here are some tips from Nationwide Children's Hospital: <https://shorturl.at/bwy13>



Local ADAMH leaders meet with new OhioMHAS director

Ohio Department of Mental Health and Addiction Services Director LeeAnne Cornyn recently met with ADAMH Board leaders from around the region, including Delaware-Morrow Mental Health and Recovery Services Board Exec. Dir. Deanna Brant.

The "meet and greet" was Cornyn's first meeting with Brant and other local leaders since she was nominated for the position by Gov. Mike DeWine. Cornyn previously served as DeWine's first Director of Children's Initiatives where she worked on a number of children's behavioral health programs, including the creation of OhioRISE, a new initiative to keep kids with severe mental health issues in state and ensure that they receive coordinated care services under Medicaid.



Tips for avoiding the Valentine's Day Blues

FEBRUARY 2024

As you can tell by all of the art in this newsletter, it's almost Valentine's Day! It's a beautiful holiday for many people who get to spend it with their special someone, but it can be a tough time of year for many others. If what's supposed to be the most romantic holiday of the year has you down, these tips may help:

- Celebrate your most important relationship – the one with yourself! The relationship you have with yourself will be the longest one you ever have. Think about what energizes you and go do what makes you happy. Maybe it's a walk in nature, or maybe it's just a box of chocolates to can have all to yourself.
- Invest in other relationships. The love you show on Valentine's Day doesn't have to be platonic. Send cards or flowers to friends and family, or just tell someone how much they mean to you.
- Turn off social media. If you're feeling down, seeing a shiny façade created by others doesn't usually help and can be hurtful. And remember: someone else's "highlight reel" on social media isn't always reality.
- Seek support if necessary. If you're truly struggling this Valentine's Day, talk to a family member, trusted friend, or a therapist. Reaching out can be the hardest but most important step.

Upcoming events

- **Feb. 15** -- DMMHRB February board meeting. 6:30 p.m. or immediately following the Planning Committee meeting. 2 Troy Road, Delaware.
- **Feb. 13** -- Safe Harbor's Valentine's Day quilt raffle. For tickets, call (740) 363-1619 or (419) 946-5900. Proceeds go to Safe Harbor's Activities Fund.
- **Feb. 14** -- Ohio Suicide Prevention Foundation hosts VitalCog: Suicide Prevention in the Workplace. The workshop trains organizations to proactively address the early warning signs of suicide. 10 a.m. - noon. Register for the virtual event at https://www.ohiospf.org/events_calendar/vitalcog-suicide-prevention-in-the-workplace-17/
- **Feb. 17** -- Bishop Backers Winter Community Day and Delaware Expo. 12 p.m. to 3:30 p.m. at Branch Rickey Arena.
- **Feb. 26** -- Cornerstone of Hope starts its first Delaware Survivors of Suicide Loss Group. 6 to 7:30 p.m. at Andrew's House . Registration is open and required. Call (614) 824-4285 for more information.
- **Feb. 29** -- NAMI Mid-Ohio Walk & Streetfest kickoff party. 5 p.m. to 7:30 p.m. at Tanger Outlets. Register at <https://shorturl.at/ICLMN>
- **March 2** -- Big Brothers Big Sisters of Central Ohio hosts Bowl For Kids' Sake at the Columbus Square Bowling Palace. 9 a.m. to 4 p.m. at Columbus Square Bowling Palace. Sign up at bowl-big.org.
- **March 7** -- Connections Volunteer Center, a program of Helpline, is hosting Trauma Informed Practices with Adults on March 7, 9 a.m. to 12:15 p.m. Cost is \$45 and class provides 3 CEUs. Details and registration at <https://connectionsvolunteercenter.org/training/trauma-informed-practices-with-adults/>
- **March 9** -- Olentangy Wellness Workshop. 8 a.m. to noon at Olentangy Orange H.S. <https://www.olentangy.k12.oh.us/students/student-well-being/community-resources>
- **March 20** -- Delaware Public Health District hosts the low-risk drinking course Minimize Risk, Maximize Life. 4:30 p.m.-6:30 p.m. at the Liberty library branch. Participants receive a \$25 Walmart gift card after completion of the two-hour course.