



# The Reset

MARCH  
2024

## DMMHR SB'S MONTHLY NEWSLETTER

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

### *DMMHR SB honored with Partner Champion Award*



Staff members at DMMHR SB and Maryhaven accepted the Partnership for a Healthy Delaware County's quarterly meeting on March 7.

It was a pleasant surprise when the Partnership for a Healthy Delaware County awarded the Delaware-Morrow Mental Health and Recovery Services Board with one of its Partner Champion Awards.

The Partnership is a group of agency directors, organizations, businesses and residents representing multiple sectors of Delaware County – from healthcare to business and industry to the schools to churches. The Partnership assesses the health of our community and develops and implements an action plan to improve population health. That plan is known as the Community Health Improvement Plan, or CHIP.

In his remarks announcing the award, Health Commissioner Garrett Guillozet said, "DMMHR SB is committed to promoting health, hope, and healing for residents of both Delaware County and Morrow County. The organization consistently demonstrates its commitment to collaboration by actively participating in various events and playing a crucial role in Delaware County CHIP initiatives. Through its fundamental contributions, DMMHR SB works tirelessly to guarantee access to behavioral health services in our community. The organization boasts a dedicated team of staff and board members who actively engage with the community, striving to maintain Delaware County as the healthiest county in Ohio. Their ongoing efforts aim to create an environment where individuals and families can enjoy the benefits of overall wellness."

The Partnership also honored Maryhaven, one of our contracted providers, with a Partner Champion Award. Accepting for Maryhaven was Regional Site Supervisor Lizzy Aniakwa.



### *Work continues on the Meadow Center*

As we approach the official start of spring, construction crews with Barton Malow Builders continue making big progress at the Meadow Center. The facility in Mount Gilead is expected to open in September. The renovation and expansion will mean the Meadow Center will be able to house four providers and secure crisis assessment services.



*DMMHRSB has a new staff member*

The Delaware-Morrow Mental Health and Recovery Services Board recently added to its ranks with the hiring of Financial Specialist Terri Kiser.

Terri brings a wealth of experience in public fiscal management. She has 17 years of managerial experience in accounting and most recently served as the Fiscal Director at the Richland County Department of Job and Family Services.

Terri has been married for 28 years, has a 23 year old son, and enjoys kayaking, crocheting, and going to car shows.

Welcome to DMMHRSB, Terri!



*Meet a Board member*

Every month we introduce you to a DMMHRSB employee or member of our Board of Directors. This month we'd like you to meet our most tenured member, Marnie Whaley-Buckel.

Marnie is a retired counselor, licensed social worker, and former mental health board Executive Director. She serves as the Board Chairperson and has been a member since 2013.

Marnie joined the Board to help people get the services that meet their immediate and long-term needs.





### Another successful CIT class



On February 21, DMMHR SB facilitated training for 30 partners in public safety across 11 agencies from both counties for Advanced Crisis Intervention Teams (CIT) Training.

This training included information about local resources and programs, presented information on the Ohio Revised Code 5122 covering involuntary hospitalization, and capped the day with a peer-led presentation on individuals with Autism. Class evaluations from participants showed high marks for the value of the training and provided insight as to resources we can provide to agencies to assist with crisis and special populations.



### National Drug Takeback Day is coming up

National Drug Takeback Day is just around the corner on April 27. In Delaware County, the Sheriff's Office hosts a takeback event from 10 a.m. to 2 p.m at the Kroger store at 3975 Powell Road. In Mount Gilead, DMMHR SB and the Morrow County Sheriff's Office will be collecting old prescription drugs from 10 a.m. to 2 p.m. at Discount Drug Mart.

Last year, the two counties combined collected more than 100 pounds of old medications that were incinerated to prevent potential abuse. Nationwide, the DEA collected more than 1.2 million pounds of unwanted medications.

If you can't make either event, you can find permanent medication drop-off locations at:

- Morrow County Sheriff's Office** -- 101 Home Rd, Mt. Gilead
- Delaware County Jail** -- 844 U.S. 42 North, Delaware
- Delaware City Police Dept.** -- 70 N. Union St.
- Genoa Township Police Dept.** -- 6921 Big Walnut Rd., Galena
- Shawnee Hills Police Dept.** -- 40 W. Reindeer Drive
- Sunbury Police Dept.** -- 9 E. Granville St.

**DEA NATIONAL <sup>Rx</sup> TAKEBACK GOT DRUGS?**

**Saturday, April 27, 2024**  
**10:00am - 2:00pm**

**Discount Drug Mart**  
**525 W Marion St Mt. Gilead, OH**

**DROP OFF:**

- PRESCRIPTION PILLS OF ANY KIND\*
- OVER-THE-COUNTER MEDICATIONS
- MEDICATION SAMPLES
- NEEDLES, SYRINGES, LANCETS
- PET MEDICATIONS
- VITAMINS

**DON'T DROP OFF:**

- LIQUIDS
- THERMOMETERS, AEROSOL CANS
- IV BAGS
- HYDROGEN PEROXIDE
- BLOODY OR INFECTIOUS WASTE

\*PLEASE REMOVE ALL PRESCRIPTION LABELS BEFORE ARRIVAL\*

Logos: METRICH ENFORCEMENT UNIT, drug mart, DAAP, Morrow County Health District, Delaware-Morrow County Recovery Services Board





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## *The weather is improving, so get outside!*

MARCH 2024



We all know Ohio weather can be...unpredictable. If you don't like it, just wait five minutes and things are bound to change.

That said, spring is just around the corner. With winter officially behind us on March 19, even Ohio's weather should be consistently better. And that can be good for your mental and physical health.

According to the National Institutes of Health, seasonal affective disorder, or SAD, is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4-5 months out of the year.

With spring upon us, do your best to get outside and keep those SAD symptoms in the winter where they belong.

- Even if it could drizzle or all-out rain, get a rain jacket and go for a walk.
- Do some spring cleaning. You probably meant to throw out those tattered old sweatshirts last fall. Better late than never.
- Normalize your sleep patterns. The time change is behind us, so try to develop new circadian rhythms. No more 5 p.m. sunsets and it's OK to stay up a bit later!
- Start preparing for even warmer weather. Tune up the bicycle and dust off the golf clubs. Whatever it takes, do your best to get outside!

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## *Upcoming events*

- **March 21** – DMMHR SB monthly Board meeting. 6:30 p.m. or immediately following the Finance Committee meeting. 2 Troy Rd., Delaware.
- **March 29** – Mid-Ohio Traumatic Loss Response Team hosts Survivors of Suicide Loss Network Group. 6 p.m. to 7:30 p.m., Andrew's House, 39 West Winter Street, Delaware. Register at <https://shorturl.at/jsvy3>
- **April 8** – Safe Harbor Eclipse Watch Party and Resource Fair. Noon to 3:30, Safe Harbor No Limits Outreach Center, 246 Vine St., Edison. More information at <https://shorturl.at/gNQT2>
- **April 12** -- Syntero's 33rd annual Catalyst for Positive Change Awards. 7:15 a.m. at the Fawcett Center, 2400 Olentangy River Road, Columbus. Tickets start at \$50. Register at <https://www.syntero.org/catalyst-awards>
- **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 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 27** -- NAMI Walks 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 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.

