



PROGRESS ON THE MEADOW CENTER

The Delaware-Morrow Mental Health & Recovery Services Board continues making big steps in renovating the Meadow Center, a Board-owned Mt. Gilead facility in desperate need of repairs. Contractor Barton Malow has started demolition work. By late next year, the existing 10,000 sq. ft. will be completely renovated and another 7,000 sq. ft. will be added.

We have already been awarded state and federal funding for this project, and will soon be starting a Capital Campaign to further save taxpayer money. Stay tuned for more updates!

THANKING OUR PROVIDERS

DMMHRB was thrilled to be able to thank all of our frontline providers with umbrellas purchased with a grant from the Ohio Association of County Behavioral Health Authorities, or OACBHA. Our providers help protect the people of Delaware and Morrow Counties, so the least we can do is protect them from the rain!



CIT TRAINING

Our Board was proud to sponsor and help lead a recent Crisis Intervention Team training session in Delaware. These teams are community-based programs that bring together law enforcement, mental health professionals, people with lived experience, and others to learn from each other and improve responses to people experiencing crises.





DELAWARE-MORROW
MENTAL HEALTH &
RECOVERY SERVICES
BOARD

THE RESET

DMMHRB'S MONTHLY NEWSLETTER
October 2023

WEATHER GOT YOU DOWN? YOU'RE NOT ALONE

Fall weather is here, and while the foliage can be beautiful, the turning of the calendar can also affect people's mental health. Seasonal Affective Disorder, also known as SAD, is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression. Symptoms include sad or "empty" feelings, feelings of hopelessness or helplessness, and loss of interest or pleasure in activities you used to enjoy. Treatment is available, so reach out to a local mental health provider if you feel like you need help.

MEET A STAFF MEMBER!

Every month we will introduce you to a DMMHRB staff or Board member. This month it's Finance Director Kim Bood. A former Morrow County Clerk of Courts, Kim joined DMMHRB in 2022.



THINGS YOU CAN ADD TO YOUR CALENDAR

- Oct. 26 -- Free Narcan kits, 911 Center, 140 S. Main St., Mt. Gilead, 1-3 p.m.
- Oct. 28 -- National Drug Take Back Day. Take old meds to the Mt. Gilead Drug Mart, Westerville Walgreens, or Powell Kroger. 10 a.m. - 2 p.m.
- Nov. 3 -- First Friday festivities, downtown Delaware, 6-9 p.m.