



Advocate

Kenton Beachy, Executive Director

Maureen Traverse, Editor

Racism Is a Mental Health Issue

by Maureen Traverse

Racism is a mental health issue. Repeated experiences of racism, whether direct or vicarious, may lead to racial trauma or race-based traumatic stress, and research shows that trauma impacts both mental and physical wellbeing. Symptoms of race-based trauma can look like those of post-traumatic stress disorder – recurring thoughts of the experience, anger, depression, headaches, chest pains, insomnia – but race-based trauma is not considered a mental health disorder. It is a mental injury caused by living within a racist system or experiencing racist events.

Racism is pervasive in the United States, and it takes many forms, from overt expressions of racism like slurs and racial violence to subtler but equally harmful microaggressions like assumptions about education or interests based on race, failing to use a person's preferred name, or claiming that someone talks too much about race. At the systemic level, racism takes the form of voter suppression, income and housing disparities, mass incarceration, and aggressive policing of BIPOC (Black, Indigenous, people of color) communities.

Vicarious trauma still impacts mental health, and trauma can even be passed down generationally – one does not need to directly experience a traumatic event to be harmed. Hearing stories from family or watching videos of police brutality may trigger the same stress response. Psychologist Dr. Maryam Jernigan-Noesi explains, "... racism and racial discrimination is usually not a singular experience for many folks, and those experiences are rarely resolved. So, we may survive through them, but when the next experience comes along it can be a reminder or a trigger of previous experiences that we have, such that our body is also registering these as experiences of stress."¹ Repeated exposure to such stress, over time, can lead to toxic trauma, and the increased potential for depression, anxiety, and other mental health concerns.

Despite the effects of racial trauma, *Counseling Today* reported, "research indicates that compared with people



who are white...BIPOC are less likely to have access to mental health services, less likely to seek out services, less likely to receive needed care, more likely to receive poor quality of care, and more likely to end services prematurely." Multiple factors contribute to these disparities, but distrust of a mental health system that has long misdiagnosed and even abused BIPOC is a part of the problem. Research conducted by Loni Crumb and Janeé Avent Harris of East Carolina University showed that, among Black Americans, "stigma, a lack of trust in mental health care and a mislabeling of Black people's presenting concerns make this group more apprehensive to seek counseling. Financial constraints and a lack of access to culturally responsive mental health care are additional barriers."

See Racism on page 3

In this Issue

To Your Mental Health	Page 2
Community Matters	Page 3
MHAFC News	Page 4
Thank You	Page 6
Programs	Page 7

1. Wilson, Jillian. "This Is What Racial Trauma Does to the Body and Brain." Huffington Post. Accessed August 7, 2020. https://www.huffpost.com/entry/what-racial-trauma-does-body-brain_1_5efa43b1c5b6acab28459220

To Your Mental Health

by Kenton Beachy



Our Continued Commitment to Equity and Justice

While racism in America has been going on for hundreds of years, the tragic killing of George Floyd enflamed the country and continues to shine

a spotlight on what individuals, government, and business are doing to eliminate racism and injustice. Consistent with our mission, MHAOhio in the past couple years has taken action to address the impacts of racism, disparities, and inequities and their resulting trauma on mental health.

RISE – part of our POEM program – is our equity initiative geared towards supporting Black and African American pregnant and parenting women, created in part because of Franklin County’s high rates of infant mortality. Most recently, in 2020 MHAOhio began hosting the pilot Black Community Ambassador Support Program, offering programs and resources to support the mental wellness of Black community ambassadors.

Though these programs have given us momentum, we know that programming alone is not the solution to racism. For those of us who are White, continually examining privilege and tendency to protect ourselves from emotional distress when issues of race arise starts by

- Intentionally stopping explicit and implicit behaviors that facilitate racism and inequality
- Educating ourselves on truthful history in the Americas across diasporas
- Self-reflecting about patterns unconsciously rooted in prejudice
- Acknowledging that racism hurts and even kills people
- Listening to the experiences of Black men, women, and children

We’re committed to continuing diversity and inclusion efforts in who we hire and who serves on our Board of Trustees. And with further reflection, MHAOhio plans to undergo a critical assessment of our cultural responsiveness and inclusivity through

a trauma-informed lens. This lens recognizes that trauma resulting from violence, abuse, neglect, loss, and other emotionally harmful experiences is an almost universal experience of people with mental health and substance use disorders. Through this assessment and its resulting recommendations, we’ll be able to improve and know where we need to invest so that our own internal work environment as well as our external program delivery are human-centered and culturally responsive.

The assessment will examine our physical space, materials, programs, and policies and procedures. It will include focus groups with various populations to assess for level of perceived cultural responsiveness and inclusiveness and trauma-informed approaches. The resulting report will outline findings and recommendations. Training and coaching will help us in our continual process of transforming into a trauma-informed organization that is a culturally responsive and inclusive workplace and service provider.

These are not values and principles that will melt away over time. They will continue to be embedded in our organizational culture and be central to how we relate to people and do business.

MHAOhio Partners on Statewide Mental Health First Aid Program

by Maureen Traverse

Mental Health First Aid is a national, evidence-based training that prepares you to offer aid when someone you know shows signs of a mental health or substance use disorder. Since 2016, MHAOhio has offered this training for free in Franklin County, thanks to support from the Alcohol, Drug and Mental Health Board of Franklin County. Now we are thrilled to offer Mental Health First Aid across the state through a partnership with Mental Health America of Northern Kentucky and Southwest Ohio (MHANKYSWOH) and a generous grant from the Ohio Department of Mental Health and Addiction Services. Through this grant, MHAOhio, MHANKYSWOH, and their partners plan to train 4,000 Ohioans in Mental Health First Aid. The grant aims to reach diverse populations, faith-based communities, and those who support older adults and transition-age youth (12-21 years old).

For more information about participating in a training or becoming a trainer yourself, please contact Tori Ivan at tivan@mhaohio.org.

Community Matters

Racism cont'd

Black men are four times more likely than White men to be diagnosed with schizophrenia and are underdiagnosed with post-traumatic stress and mood disorders, which leads to inappropriate treatment. A study conducted by the University of Vermont showed that therapists were more likely to call back potential clients who left a voicemail with a White-sounding name than a Black-sounding name. Given that the majority of mental health professionals are White (only 2% of American Psychological Association members are African American) BIPOC clients may not feel as comfortable or safe seeking help and may be forced to wait longer to see a therapist of their own race. As Kai Koerber, a young survivor of the Parkland school shooting told an NPR reporter, “Finding a Black therapist really saved me some time, and there was more connection, in terms of the kinds of struggles that I might feel or the kinds of ways I might think about certain scenarios.”

In the last six months, MHAOhio has received an increase in requests for Black and Spanish-speaking therapists through the Pro Bono Counseling Program (PBCP), which serves individuals who are uninsured, under-insured, or who cannot afford their copays or deductible. The PBCP needs help to increase a timely response to BIPOC who are in need of culturally-responsive clinical services. If you are a Black or Latinx clinician interested in providing free, short term counseling to clients in need contact PBCP Director, Sheronda Palmore LISW-S, spalmore@mhaohio.org or 614-884-7227.

Even as we ask for help, we know that Black mental health professionals, advocates, and others in helping roles who serve the community face the dual burden of experiencing racism themselves while trying to support others. Yet they may be reluctant to seek help for themselves when available services are unhelpful or even harmful. Last year, a group of Black helping professionals came together to explore the specific challenges of being Black and serving in these roles, and out of that workgroup came the Black Community Ambassador Support Program (BCASP). BCASP convenes support groups, learning communities, townhalls, and other events that offer Black community ambassadors (like social workers, teachers, nurses, and others) opportunities to connect, learn from, and support one another. Find out more at blackcommunityambassadors.com.

MHAOhio hosts the BCASP Program and sees the value of supporting the creation of BIPOC-specific spaces and services. Last year, MHAOhio's POEM

program launched its Equity Initiative, RISE, which seeks to direct appropriate peer support and referral services to priority populations – namely, Black and African American women. During a recent virtual event, POEM Program Equity Coordinator, Kelli Blinn, described the need for RISE support groups for Black moms: “There’s a level of safety, security and freedom when Black women come together and share freely and don’t have to feel like they are censoring themselves, don’t feel like they have to placate the non-women of color in the room.” Recognizing the power of RISE, MHAOhio partnered with Columbus Public Health to provide an online mental health peer support group for Latina women conducted entirely in Spanish, with the goal of offering an accepting and supportive online space that facilitates connections, reduces feelings of isolation, and links attendees to appropriate resources.

While creating an equitable mental health system will take time and require disturbing the status quo that has caused so much harm, White mental health professionals and advocates are obligated to fight racism in the same way they have fought to raise awareness and end the stigma of mental illness.

Board Spotlight

Nate Lemke has been a part of the healthcare industry for nearly 20 years, first in Advertising/Client Services and most recently as the VP of Human Resources for Syneos Health. Through his professional career and personal experience, he has developed a deep appreciation for the impact mental health conditions can have on individuals and loved ones. He has seen firsthand the important role programs such as POEM can play in supporting the health and wellbeing of people in need.

Nate was born and raised in Canton, Ohio. He attended The Ohio State University, where he graduated with a Bachelor of Arts in Journalism/Public Relations and a second major in Communication.

The father of two very fun-loving children, Ben (12) and Maggie (9), and the husband to the love of his life, Jen (all pictured), Nate enjoys supporting his favorite baseball player and gymnast and cheering on Ohio State with his family of Buckeyes.



MHAOhio Welcomes New Staff



Michael Anderson, Director of Development and Marketing, With a 20+ year career in development and non-profit administration, Michael has provided fundraising counsel to a wide variety of local, state, and national non-profits, most recently as Director, Individual, Corporate and Strategic Partnerships for the Alzheimer's Association Illinois Chapter. In each of his previous roles, he worked to raise funds and community awareness to support the important program offerings. Michael and his partner are new residents of Columbus and love to explore out-of-the-way restaurants, museums of all kinds, road-trips to obscure locations around the US, college sports of any kind, and live music.



Margo Arnold, Black Community Ambassador Support Program Coordinator, serves the most vulnerable in the Black community: those on the front lines serving others. Margo is an AmeriCorps Alumna and has had roles at New Salem Baptist Church, Asian American Community Services, and Think Make Live Youth. Margo earned a BA in Public Affairs with a specialization in Community Organization and Civic Engagement from The Ohio State University. Margo is passionate about helping people from all backgrounds discover the power that they have to change the world.



Hailee Childs, MS, POEM Program Coordinator, was introduced to the POEM program following the traumatic birth of her youngest daughter, a micro-preemie born at 23 weeks and two days. Hailee went on to complete her Masters program for marriage and family therapy and began volunteering as a mentor and support group facilitator for POEM. Hailee is able to draw from her past clinical and case management experience to connect clients with community resources, mental health care, and services.



Tori Ivan, CHES, CTTS, Mental Health First Aid Program Manager, is a certified health education specialist with a Bachelor of Science in community health education from Kent State University. Prior to joining the MHAOhio team, she worked in local public health, serving as regional coordinator for a pilot project executed by a three-county consortium in central Ohio. As program manager for the statewide Adult Mental Health First Aid project, Tori works to make this training easily accessible to communities across Ohio, fueled by a firm belief in the life-changing benefits of health education.

New Support Program Aims to Help Black Helpers

by Maureen Traverse

“You cannot serve from an empty vessel.” During a recent townhall event, Elizabeth Joy, Director of the Black Community Ambassador Support Program (BCASP), offered this principle as among the reasons she and other Black ambassadors formed BCASP. Serving Black community helpers – teachers, nurses, coaches, social workers, activists, and others – BCASP aims to create a holistically healthy Black community through investment in Black helpers.

In 2019, Dr. Kevin Dixon, Vice President of Community and Cultural Engagement at the Franklin County ADAMH Board, brought together a group of Black community ambassadors, including Elizabeth Joy and Sheronda Palmore, MHAOhio's Pro Bono Counseling Program Director, to reflect on the challenges unique to Black helpers.

Elizabeth recalls, “We had a conversation with each other about Black helpers, about Black wellness, and we thought about those we'd lost in Franklin County and throughout the country to suicide and those who are not doing well as a result of the weight they carry.” A core group of ambassadors continued meeting throughout the year to identify a target

population and determine goals and needed services, which ultimately led to the formation of BCASP.

Black helpers experience bias and systemic racism on top of compassion fatigue and vicarious trauma associated with their roles as helpers. Too often, when they seek help to manage their own mental health, they find available services are unhelpful or even harmful.

As a part of the initial work undertaken by the group that would become the BCASP Executive Committee, Kimberly Brazwell, CEO of KiMISTRY, facilitated focus groups on how Black and Brown people feel about traditional healing/help spaces. Group participants shared that White mental health professionals often lack cultural awareness and sensitivity, cannot relate to the Black experience, and may be well-intentioned but ill-prepared to treat BIPOC clients.

Of the group perspective, Kimberly shared, “The voices in that space sometimes felt they were in harm's way in trying to be taken care of,” and added that it is “a precarious position to be in when you're fragile.”

See BCASP on page 5

Thank You to our Give Mom the Mic Sponsors who graciously continued their support though we had to cancel our event due to Covid-19.

We are forever grateful.

Gold Sponsors



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Silver Sponsors



PLASKOLITE

Bronze Sponsors



Table Sponsors

Grange Insurance | Olentangy Pediatrics | SUN Behavioral Health | NAMI Franklin County

BCASP cont'd

With concerns and needs identified through the focus groups, research on Black helpers' health, and the lived experience of the workgroup's members, BCASP formed in order to create spaces for support, healing, learning, and collaboration.

Since launching early this year, BCASP has hosted three townhalls in the Cause and Effect: Mental Wellness Townhall Series for Black Helpers (recordings available on the BCASP Youtube channel) and offers three weekly virtual support groups for Black helpers, Black men, and organizers. BCASP also hosts seasonal learning communities and cohorts to learn and grow in community.

For additional support, the BCASP online resource guide lists services, safe spaces, events, and other programming specifically for Blacks in Columbus. Once social distancing restrictions are lifted, BCASP will provide a culturally aesthetic work space for groups and individuals, with a trauma-informed staff and "calling hours" for non-crisis mental health help. MHAOhio is pleased to host the BCASP Program. For more information on programming and events, visit blackcommunityambassadors.com or contact the BCASP Program Coordinator, Margo Arnold, at marnold@mhaohio.org.

SUPPORT MENTAL HEALTH IN OUR COMMUNITY
THIS NOVEMBER

VOTE FOR ISSUE 24

Support the ADAMH levy to ensure people in Franklin County receive the mental health services they need and deserve.

**THE INCREASE IS MINIMAL
THE IMPACT IS PROFOUND**

ADAMH IS PROJECTING A \$14 MILLION OPERATING DEFICIT DUE TO A RISING NEED FOR MENTAL HEALTH SERVICES AND THE CURRENT OPIOID EPIDEMIC.

APPROXIMATELY 85% OF PEOPLE WHO RECEIVE SUPPORT FROM ADAMH LIVE BELOW THE FEDERAL POVERTY LEVEL.

Thank You!

To Our Members & Donors (November 1, 2019- August 1, 2020)

Leadership Circle (\$1,000+)

Lucille and Jared Dupes
MaryAnne Orcutt
Philip Dion
Ryan West / Uniquely Ordinary
Miles D. Altfillisch
James Miller
Leslye Creek
Kenton Beachy
Leslie Vesha
David and Mary Ann Pemberton
Sally Phillips
Andy and Diane Dunn
Jim and Vivian Williams
Rosemary Dassel

Bell Ringer (\$500+)

Abigail E. Pringle
Barbara Chuko
Joe and Marie Hallett
Sean Newtz
Adam Manning
Anthony and Nichole Redic
Yvonne Denise McElroy
John Siegle
Barry Meister
John F. Sheridan
Joseph Bizjak
Carolyn Renee Blair
Douglas Flowers
Melissa Trusken
Catherine Donohoe
Joseph Brinkmeier

Pacesetter (\$250+)

Andrew Wasto
Anonymous
Brenda Gerhardt
Brian Sky Davis
Dan Kovalcik
Darryl Hamamoto and
Susan Hahn-Hamamoto
Dr. Julie Teater
Jean and Mike Koon
Lisa Yashon
Maureen Casamassimo
Kimberly Morgan
Barbara Tewart-Darwin
Boubacar Paye
Brian Carter
Christina Preston
Deborah Alessio
Kenneth Fultz
Marvin Rivers
William Easdale
Yvette Turner
Meghan Herron
Wesley Hoag
Gary and Kathryn Kiefer
Michael McCrary
Betty Hersch
Don and Millie Strasser
Damon P. Muldoon

Jeff and Jeanne Quayle
Susan Merryman
David Speas
Kendra Depaul
Emily Gerber
Abbas Mehraban
Sima Khatib-Shahidi
Matthew Endress
Cassandra R. Southworth
Dave and Cathy Levy
Heather Fagadar
Cody Kincaid
Liza Hughes

Patron (\$135+)

Catherine Brody
Dr. Fiona Travis
Jeeseon Park-Saltzman
Renee O'Carroll
Kari Hertel
Helen Brunston
Jeri Klopfenstein
Lori McLaughlin
Patrick Fowler
Sharon S. Parker
Anthony Kimes
Charlotte Lizon
Rosanna O'Leary
Amanda Apling
Tom and Karen McDonnell
Dr. Theresa Diserio
Gary Sheldon
Jessica M. Mayercin-Johnson
Timothy Hessing
Anthony Colant
Christine Mitchell
Angie Tracy
Carol Branscomb
Dr. John Olsen, M.D.
Gregory A. Jefferson
Krystle Rose
Laura McDonald-Wesney
Kim A. McGinty
Catherine Osborne
Turiya Gearhart
Kathryn L. Jelinek
Hailey Null
Margaret Carey
Carolyn Martin
Krishnaswamy Srinivasan
Sandra Metzler
SEQUEL-Pomegranate
Health Systems

Professional (\$60+)

Dr. Maria DeNardis
Dr. Noam Shpancer
Elizabeth Fitzgerald
James E. Schmidt
Jeri A. O'Donnell
Kevin and Elizabeth Kraska
King Stumpp
Linda Van Camp
Pamela M. Bogutz

R. William Lessler
Tanya Lentz
Dr. Beth McCreary
Dr. Janice Craig
Dr. Joanne Lynn
Dr. Julie E. Nelson Slagle
Dr. Teresa Blakely
Janice D. Hauenstein
Deanna Sieren Cardenas
Dr. Karen Taylor

Advocate (\$60+)

Celina Hale
Christopher Mazzocco
Dave and Amy Burt
Deepak Chandra
Henri Moscovici
Jodelle J. Jones
Katherine Waugh
Kiley Aidt
Mark and Sandra Steiner
Mark Jones
Maureen Traverse
Richard and
Sheridan Swisshelm
Rochelle J. Toth
Steven and Jeanne Drown
Therese M Grieco
Carolyn C. Evergin
David Saric
Kitty Konicsak
Neal and Sue Edgar
Rebecca Lewis
Shareka Lee
Collin and Kristin Masters
Amy Eldridge
Jaime Witschger
Garry and Michele Bergman
Trenton Manning
V. M. Balasubramaniam
William Holden
Allison Mitsui
Barb Rockwell
Barbara and Michael Folmar
Bob and Linda Cannon
Carol Rudder
Chad Lowe
Cindy Farson
Connie and Roger Long
Dawn Triplett
Deanne Witiak
Dr. Emia Oppenheim
Dr. Jonathan Schaffir
Dr. Martha Maas
James and Laura Redmond
James Greene
John and Donna Andrews
Karen Lewis
Kristin Moore
Larry and Susan Vetter
Linda Willis
Mary E. Cowardin
Merele Wilder
Michael J. Seaman

Patrick Kudo
Peter Frenzer
Rachelle Martin
Richard Jon Mathes
Robert and Janet Castor
Robert and Karen Vancleve
Steven Orenchuk
Steven Tornes
Tonya Fulwider
William Notz
Nona Nelson
David Roliff
Igor Singer
Justin Steagall
Thomas Crawford
Tyrone Mitchell
Charles Bailey
Karen Bungart
Mark Hollinden
Vincent Lucarelli
Donna West
Jason Saur
Lauren Greenberg
LeeAnn Mattes
Patricia A. Neel-Wilson
William Zuck
Donald and Ruth Solsman
Donna Sigl-Davies
Kenneth Sudol
Cathy Wurster
Gerrick Hale
Gretchen Uhl
Jeffrey Lieser
Jennifer Peery
Jennifer Twiss
Joanna Kamara
Joseph Ambuske
Kimberly Boisvert
Lashondra Tinsley
Leslie Cole
Linda West
Lisa Neesvig
Pam McCoy
Stephanie Gelal
Jon Walden

Friend (\$40+)

Alan and Beatrice Weiler
Alex Heidenreich
Anonymous
Barbara Hotchkiss
Carolyn Cutri
David Wiggins
Deidre Smith
Dr. Barbara Mackinaw-Koons
Elizabeth Aino
Erin Murphy
Jamie Kelley
Janice Rond
Jean-Michel Guldmann
Martyn Smith
Miriam C. King
Rebecca D'Alesio
Sam Glockner

Stephen Hornyak
 William L. Bechtold
 Comfort Kalu
 Eileen G. Meers
 Rhea Humphrey
 Jill Lynch
 Linda Patton
 Albert and Kathy Ortiz
 Ashley Gundelfinger
 Carol Langenfeld
 Carol McLeister
 Catherine Elkins
 Claudia Powell
 Donna Williams
 Dr. Anne W. Passino
 Dr. Edna M. Menke
 Dr. Laura L. Williams
 Ellen Leach
 Gary Glenn
 George Henry
 Jack Meizlish
 Jackie Jacobs
 Lauren Treeger
 Linda Jakes
 Mary Brennen-Hofmann
 Mary Happ
 Maureen Casamassimo
 Mike Keffer
 Nate Lemke
 Pam Vallette
 Patricia M. Connor
 Stephanie Wilhelm
 Susan Weltner Brunton
 Troy Alvarado
 Andrew Diehm
 Chaibia F. Bailey
 David Moore
 David Yokum
 Don Ralls
 Hollie Houssein
 Janet Martin
 Jerry Gillman
 Joy Garner
 Margaret Smith
 Mary Anglim
 Qingxiu Grimm
 Renee Hupp
 Rozalyn Trego
 Sharon Hay
 Sophia Gorfineh
 Stephanie Caudill
 Andrea Turner

Roneil Bunsie
 Teresa Graham
 Richard Diaz
 Megan Daugherty
 Annette Kelley
 Ariana Meltzer
 Brandi S. Allen
 Brittany McPheters
 Diane Plumb
 Emily Mach
 Jacob Henkle
 Kathleen Ennis
 Mary Louise Hawkins
 Julie Gillilan
 Karen Heuser
 Brandy McElfresh
 Connie Syron
 Emily Tanoury
 Erin Sainato
 Hal Kaiser
 Harvey Doremus
 Jill Vrona
 Joseph Doughtry
 Laura Weber
 Nancy Tirado
 Randy and Betty Scalf
 Robert and Penelope Moore
 Ruth Springer
 Sandra Callas
 Susan and Chris Jagers
 Alice Stutsman
 Benjamin Wilson
 Debra Gebolys
 Jaime Bruner
 James Poling
 Lalita Jambhale
 Marcella Allen
 Mustapha Gassama
 Richard K. Cronin
 Robert Kamau
 Robin Willis
 Tiffany A. Cooper
 Barbara Wood
 Anonymous
 Jane B. Young
 Lauren Worley
 Misty Kiger
 Eric Bozynski
 Melissa Murdock-Weygandt

Other

Conner Terrell
 Jacquelyn Holmes
 James Townsend
 Jonathan Adkins
 Ashley Burdette
 Michelle Vargas
 Shanisia Ricks
 Valerie Samuel
 Emily Turnquist
 Richard Vargo

Donations include The Big Give, Giving Tuesday, and United Way and other employer designation programs. We make every attempt to accurately acknowledge our donors. To report an error or omission, please contact Lauren Greenberg 614-221-1441 or lgreenberg@mhaohio.org.

TRIBUTE GIFTS

In Honor of Allison Mitsui
 Anonymous

In Honor of Jim Cantwell
 Greg and Kelly Cantwell

In Honor of Baxter Larson-White
 Steve McIntosh

In Honor of Christopher Auge
 Elizabeth Melaragno

In Honor of MHAOhio Staff
 King Stumpp

In Honor of Brandi Allen
 Connie Colburn

In Honor of Dr. Christine Bradley
 Katie Feick

In Honor of Jeffery P. Zidar
 Patricia L. Zidar

In Honor of Michael Wilkinson
 Linda Wilkinson

In Honor of Nancy Sikora
 Mary and John Sikora

In Honor of POEM Moms
 Katie Toomey

In Honor of Allison Mitsui
 Val Mitsui

In Honor of Jeanne Bloemer
 Anonymous

In Honor of LeeAnn Mattes
 Craig R. Auge

In Honor of Juan Cardenas, M.D.
 Deanna Sieren Cardenas

In Memory of Christopher Auge
 Timothy Hoover

In Memory of Nancy Mayfield
 Joan M. Matyskella

In Memory of Nancy Mayfield
 Bill & Joan Davies

In Memory of Nancy Mayfield
 Mike & Peggy Jamieson

In Memory of John K. Lear
 Susan Lear

In Memory of Walter Augenstein
 Anonymous

In Memory of Katherine B. Dufrane
 Keith Dufrane

In Memory of Andie Shato
 Bill and Carol Daulton

In Memory of Barbara Moore LISW
 Janice D. Hauenstein

Special thanks to Pierce Showe who raised over \$6,700 for MHAOhio through his fundraiser, **60 Mile Run for Mental Health Month!**

2020 Virtual Children's Mental Health Conference November 5

MHAOhio and the Franklin County Suicide Prevention Coalition are pleased to announce that this year's Children's Mental Health Conference will focus on addressing gaps in suicide care for youth and young adults. Our first ever virtual conference will take place on November 5, 2020 and will feature Dr. Jonathan Singer, an associate professor of social work at Loyola University Chicago, American Association of Suicidology Board President, and founder and host of the award-winning podcast series, the Social Work Podcast. Dr. Singer will discuss therapies with the most evidence for suicide care, safety planning, firearms safety, and postvention. Additional speakers will include State Representative Erica Crawley, and a panel will provide information on postvention in schools and local suicide prevention resources.



2323 West Fifth Avenue, Suite 160
Columbus, OH 43204
614-221-1441
info@mhaohio.org
mhaohio.org

RETURN SERVICE REQUESTED

SAVE THE DATE

VIRTUAL Professional Full-day Conference

Addressing Gaps in Suicide Care in Adolescents and Young Adults

Featuring American Association of
Suicidology President **Dr. Jonathan Singer**
with special guest State Representative Erica Crawley

NOVEMBER 5, 2020