



**H.E.A.L.**

Helping Employees through Awareness and Learning

**A COMMUNITY RESOURCE  
GUIDE**



Governor  
Ted Strickland

[www.drc.state.oh.us](http://www.drc.state.oh.us)

Director  
Terry J. Collins

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# Ohio Department of Rehabilitation and Correction

1050 Freeway Drive North  
Columbus, OH 43229

Ted Strickland, Governor

[www.drc.state.oh.us](http://www.drc.state.oh.us)

Terry Collins, Director

Dear Colleagues:

The employees who comprise this department are all dedicated and committed persons who work in an environment that can be stressful and demanding. Over the past three years, staff suicide has become a problem that we, the DRC family, have experienced. As Director of this department, I have become concerned about these suicides and their affects on staff and family members, that I have appointed a task force to examine this issue of staff suicides.

The Department has stressed the importance of suicide prevention for offenders and worked unceasingly to improve our prevention efforts. We now need to pay attention to prevention issues within our corrections family. We must be encouraging our staff to utilize the same prevention information (signs and symptoms) that we provide in our pre-service and in-service trainings with our co-workers. We must be committed to addressing the serious mental health issues of our staff and co-workers, when the outcome could be a serious one.

I have appointed Toni Brooks, North Regional Director and Deb Nixon-Hughes, Chief, Bureau of Mental Health Services as co-chairs of this task force. They will be working with DRC staff, the unions, the Ohio Department of Mental Health, the Ohio Employee Assistance Program, and the Ohio Suicide Prevention Foundation. We are committed to finding new ways to effectively assist our staff and their families with this mental health concern. As a start, I have included contact numbers of mental health professionals for staff who may be aware of co-workers who present signs and symptoms, or staff who are experiencing problems themselves.

Before closing I would like to give you some seldom discussed facts about suicide:

- A suicide is committed every 16 minutes
- 43,439 people in the U.S. committed suicide in 2004
- Suicide is the 11<sup>th</sup> leading cause of death
- The U.S. Surgeon General has declared suicide a major public health problem.

Please know that I am concerned about each and every employee in this department and I am hopeful that this task force will be able to shed some light on this problem. We have to be mindful of our co-worker and make sure that we continue to operate in the spirit of a corrections family.

Terry J. Collins,

Director

OHIO EMPLOYEE ASSISTANCE PROGRAM (OEAP)	1-800-221-6EAP
UNTIED BEHAVIORAL HEALTH (UBH)	1-800-852-1091
NATIONAL SUICIDE PREVENTION LIFELINE	1-800-Suicide or 1-800-8255

## **Introduction**

In recent years, the Ohio Department of Rehabilitation and Correction (ODRC) has experienced several staff suicides both during and after work hours. This is an area of great concern to our Department. Because of this, Director Terry Collins assigned a task force to address staff suicide. Working in the field of corrections can be stressful, and research shows that correctional employees have a higher rate of divorce, early death, medical problems and substance abuse. While it is stressful, it is also important to point out that the work we do has a positive impact on many individuals and the community. We want our employees to lead a life that is both productive and fulfilling at work and at home. While achieving and maintaining balance is a goal, oftentimes, it may seem that life stressors are overwhelming, never ending, and solutions are hard to find. Whatever the situation may be, it is important to recognize that help is available and the situation can improve with proper intervention and access to resources.

This is a resource guide for employees. While not an intervention or diagnostic tool, it is hoped that this guide will lead you to the resources that may assist you in addressing your concerns and of those you care about.

## **Suicide Education and Prevention**

According to the American Foundation for Suicide Prevention (2007) most individuals who are experiencing suicidal ideation exhibit certain warning signs. And, by learning to recognize the warning signs of suicide we know how to respond and can save someone's life. If you believe that you or someone you know is at risk for suicide, please do not hesitate to seek help. Please call, the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

### **Warning Signs of Suicide:**

- Ongoing depression (sadness, lack of emotion or verbal expression)
- Loss of interest
- Problems with sleep
- Loss of interest and/or social withdrawal
- Expresses lack of hope
- Giving away personal items
- Anxiety, panic attacks
- Increasing talks about death and dying
- Threatening suicide
- Verbalizes a wish to die

### **How You Can Help?**

- Take all threats or suicide gestures seriously
- Do not leave the person alone, call 911 or transport the individual to a local crisis center or emergency room.
- Express concern
- Offer hope
- Be supportive
- Remove all fire weapons and any other item that the person can potentially use to inflict self-harm

*If you or someone you know is at risk for suicide, help is available. Please call, the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the crisis hotline in your county.*

**Crisis Hotlines:**  
**NATIONAL HOTLINE: 1-800-273-TALK (8255)**

**Ohio Counties**

<b>Adams</b>	740-354-1010	<b>Lake</b>	800-411-0103
<b>Allen</b>	800-567-4763	<b>Lawrence</b>	740-354-1010
<b>Ashtabula</b>	800-577-7849	<b>Licking</b>	888-475-8484
<b>Athens</b>	888-475-8484	<b>Logan</b>	800-224-0422
<b>Auglaize</b>	800-567-4763		800-888-6161
<b>Belmont</b>	800-354-HELP	<b>Lucas</b>	419-255-9585
<b>Brown</b>	211	<b>Madison</b>	937-328-5306
<b>Butler</b>	513-867-5866	<b>Mahoning</b>	800-427-3606
<b>Carroll</b>	330-343-1811	<b>Marion</b>	740-383-2273
	330-627-5240	<b>Meigs</b>	800-252-5554
	330-627-5240	<b>Miami</b>	800-351-7347
<b>Champaign</b>	800-224-0422	<b>Monroe</b>	800-354-HELP
<b>Clermont</b>	513-528-7283	<b>Montgomery</b>	800-321-HELP
<b>Clinton</b>	800-932-3366	<b>Morrow</b>	419-947-2520
<b>Coshocton</b>	800-344-5818		800-684-2324
<b>Crawford</b>	800-755-9010	<b>Muskingum</b>	740-453-5818
<b>Cuyahoga</b>	216-623-6885	<b>Noble</b>	800-344-5818
<b>Darke</b>	800-351-7347	<b>Ottawa</b>	800-826-1306
<b>Defiance</b>	800-468-4357	<b>Paulding</b>	800-523-3978
	877-419-7233	<b>Perry</b>	800-344-5818
<b>Delaware</b>	740-369-3316	<b>Pickaway</b>	740-335-7155
	800 634-2324	<b>Pickaway</b>	740-477-2579
<b>Eastern Miami</b>	800-320-4357	<b>Pike</b>	740-947-2147
<b>Erie</b>	800-826-1306		740-947-2147
<b>Fairfield</b>	740-687-8255	<b>Portage</b>	330-269-3555
<b>Fayette</b>	740-335-7155		330-678-4357
<b>Franklin</b>	614-221-5445	<b>Putnam</b>	800-468-4357
<b>Fulton</b>	800-468-4357	<b>Preble</b>	800-453-3366
	877-419-7233		800-453-3386
<b>Gallia</b>	800-252-5554	<b>Ross</b>	740-773-4357
<b>Geauga</b>	888-285-5665	<b>Sandusky</b>	800-826-1306
	440-285-5665	<b>Scioto</b>	740-354-1010
<b>Greene</b>	800-320-4357	<b>Seneca</b>	800-826-1306
<b>Guernsey</b>	800-344-5818	<b>Shelby</b>	800-351-7347
<b>Hamilton</b>	513-558-8888	<b>Stark</b>	330-452-6000
<b>Hancock</b>	800-936-3139	<b>Summit</b>	877-604-0006
<b>Harrison</b>	800-454-HELP	<b>Trumbull</b>	330-393-1565
<b>Henry</b>	800-468-4357	<b>Tuscarawas</b>	330-343-1811
	877-419-7233		740-254-4530
<b>Highland</b>	740-335-7155		330-627-5240
	937-393-9904	<b>Van Wert</b>	800-523-3978
	937-987-7020	<b>Vinton</b>	888-475-8484
<b>Holmes</b>	911	<b>Warren</b>	800-932-3366
<b>Huron</b>	800-826-1306	<b>Washington</b>	740-373-8240
<b>Jackson</b>	800-252-5554	<b>Wayne</b>	911
<b>Jefferson</b>	740-264-1627	<b>Williams</b>	800-468-4357
	740-264-1627		877-419-7233
		<b>Wyandott</b>	800-826-1306

## **Employee Assistance Programs (EAP)**

The Ohio Employee Assistance Program is a screening, information, referral and support service for state employees and their family members. The Ohio EAP is designed to help you cope with personal problems such as family and parenting issues, alcohol and other drug abuse, emotional concerns such as anxiety, anger, grief or depression, and legal and financial difficulties. Personal problems can affect your health and well-being as well as your job performance. These problems can be resolved. Unresolved problems may result in family disruption, job loss, health problems or even death.

The Ohio EAP is supported by both labor and management. It has been a benefit to all state employees and their families since 1984.

**Who is eligible?** All current, disabled or retired State of Ohio employees and their families are eligible to participate.

**What services are provided?** Professional staff is available when you need someone to talk to, or need help in locating an attorney, a financial advisor, a support group or referral to a mental health professional for ongoing counseling.

- Consultation services are available when you have concerns about a family member, a friend or a co-worker who may be experiencing personal problems
- Critical Incident Stress Debriefings are arranged and facilitated by Ohio EAP staff following traumatic events, such as a death or serious injury of a co-worker
- Intervention Services for Organizations in Transition are provided for agencies and institutions that are undergoing reorganization or downsizing
- Training is conducted throughout state government on a variety of topics including Workplace Violence Prevention, Drug-free Workplace, Stress Management and the contractually required EAP Referral Training for Supervisors and Union Representatives.
- Advocacy with the managed mental health care provider, should you need it

**Is it confidential?** The Ohio EAP ensures strict confidentiality as governed by State law (Ohio Revised Code 3701.041) and Federal Regulations (42 CFR Part 2) to protect clients. No information regarding an employee's participation in EAP is released unless the employee authorizes it in writing.

**How much does it cost?** The Ohio EAP is part of the employee benefit package and there is no charge for using this service. If a referral is made for ongoing counseling, a small co-payment will be charged for each session for which the employee is responsible. You can call Ohio EAP for services regardless of whether you carry health insurance.

## **How to Contact the Ohio Employee Assistance Program**

For direct assistance involving a personal, confidential problem, please TELEPHONE the office and ask for an EAP INTAKE COORDINATOR at 1-800-221-6327. Staff is ready to take your calls during regular office hours which are 7:45 AM to 4:30 PM, Monday through Friday. There are no EAP services available on holidays or weekends.

**In an emergency**, please contact your local mental health agency or United Behavioral Health (UBH) at 1-800-852-1091.

**Address:** 246 North High Street  
P.O. Box 118  
Columbus, OH 43216-0118

**Telephone:** (614) 644-8545 (Franklin County)  
1-800-221-6327 (6EAP) TOLL-FREE STATEWIDE

**Ohio Department of Rehabilitation and Correction  
Institution EAP Coordinators**

Institution	EAP Coordinator	Contact Numbers
ACI	Matt Schweyer	419-224-8000 ext. 2048
BECI	Zane Dougherty	740-695-5169 ext. 2101
CCI	Donna Bryan Bonnie Hall	740-774-7080 ext. 2445 740-774-7080 ext. 2218
CMC	Dorothy Terry	614-445-5960 ext. 2071
CRC	John Culp	614-877-2441 ext. 7456
DCI	Chaplain Ernest Graves	937-263-0060 ext. 2533
FPRC	Larry Blake	614-445-8600 ext. 2117
GCI	Becky Everly	440-748-1161 ext. 203
HCF	Eddie VanBibber	740-753-1917 ext. 224
LECI	Chaplain Charles Benton	513-932-1211 ext. 3222
LOCI	Dorothy McCann	740-852-2454 ext. 1033
LORCI	Rick Shutek	440-748-1049 ext. 212
MACI	Virginia Workman	740-852-9777 ext. 2202
MANCI	Mary Jansen Brad Wise	419-525-4455 ext. 2811 or 2816 419-525-4455 ext 4302
MCI	Teresa Edoja	740-382-5781 ext. 2397
MEPRC	Leslie McCall	937-262-9853 ext. 2012
NCI	Linda Woytko	740-732-5188 ext. 2105
NCCI	Sheila Goodwin	740-387-7040 ext. 2060
NEPRC	Yolanda Jacko	216-771-6460 ext. 2014
OCF	Rev. Charles Dupree Glenda Turner	419-225-8052 ext. 3015 419-225-8052 ext. 2102
OSP	Janet Thomas	330- 898-0820 ext. 2155
ORW	Walt Malys	937-642-1065 ext. 2226
PCI	Elizabeth Thompson	614-877-4362 ext. 579
RICI	Arnita Pittman	419-526-2100 ext. 2247
RCI	Sandy Hinton	740-774-7050 ext. 2314
SCI	Roxanne Dixon	740-653-4324 ext. 2070
SOCF	Lisa Haynes	740-259-5544 ext. 3288
TCI	Linda Woods	330-898-0820 ext. 2006
TOCI	Cynthia Kitz	419-726-7977 ext. 7218
WCI	Larry Powell Alicia Hall	513-932-3388 ext. 3551 513-932-3388 ext. 2229

*\* Names are subject to change.*

## **United Behavioral Health**

For those employees and their family members covered under one of the state health insurance programs, United Behavioral Health is the manager of mental health and substance abuse treatment. United Behavioral Health (UBH) has been providing these services since 1995 and is very familiar with the issues that state employees may face on their jobs or in their personal lives. UBH is a confidential program and any contact with UBH is not reported to anyone without your written permission to do so. The exceptions to this can include immediate risk of self harm or harming someone else, child abuse and elder abuse issues.

UBH services include referrals for counseling, residential or inpatient treatment, education services and 24 hour access to clinicians via 1-800-852-1091 or through the Live and Work Well website. ([www.liveandworkwell.com](http://www.liveandworkwell.com)). Should you follow up with a counselor for services, the co-pay is 15.00/session. There is no deductible to meet for services.

It is sometimes helpful to seek a referral for counseling to assist you with life stressors. There is a myth that seeking mental health services means that in some way you are “defective” or “crazy”. However, being able to talk with someone outside of your immediate circle of family and friends can often provide you with objective suggestions and guidance through difficult times. UBH does have an extensive network of providers with different backgrounds and areas of expertise. It should be a simple process to locate an appropriate counselor in your area within a reasonable amount of time. Knowing that information will remain confidential can also allow people to feel more comfortable.

For those employees who do not carry state health coverage, EAP can work with your insurance provider to assist you in accessing your mental health benefits and work with you to secure an appointment with the appropriate referral.

Employees who do not carry any health insurance can also access counseling services through Community based programs or programs offering a sliding fee scale. Again, EAP can assist you in locating the appropriate resources.

Contact Info: United Behavioral Health  
425 Market Street, 27th Floor  
San Francisco, California 94105

## **Mental Health Services and Resources**

Mental illness does not discriminate based upon age, race, religion, or income; it can affect anyone. It is not a result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan (NAMI). There are various types of treatment including medication, psycho-social treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups, and other community services can also be components of a treatment plan and that assist with recovery.

The National Alliance for the Mentally Ill (NAMI) offers some facts about mental illness and recovery:

- Mental illnesses cannot be overcome through "will power" and are not related to a person's "character" or intelligence.
- It is estimated that mental illness affects one in five families in America.
- By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Mental illness can strike at any age. All ages are susceptible, but the young and the old are especially vulnerable.
- The consequences of untreated mental illness can be: disability, unemployment, substance abuse, homelessness, legal problems and suicide.
- Treatments for mental illnesses are effective. A wide range of interventions are available. These interventions can include counseling and medications if needed.
- Early identification and treatment is important.

A number of national, state and local resources are available. The following links provide information about where to get assistance and support if you or someone you care about has a mental illness.

## Other Local Resources

### National Alliance for the Mentally Ill - Local Chapters

NAMI provides education, advocacy and support for persons with mental illness and their families.

Contact Info: NAMI Ohio  
747 East Broad Street  
Columbus, OH 43205  
1-800-686-2646

### Ohio Behavioral Health Boards Online Directory and Printable Directory

Ohio's behavioral health boards oversee mental health and/or addiction services at the local level. These services can be obtained through the Ohio Network of Care website.

Contact Info: OACBHA  
33 North High Street, Suite 500  
Columbus, OH 43215  
(614) 224-1111  
(614) 224-2642 (fax)

### Ohio Network of Care

The Network of Care sites provide comprehensive directories of service providers in each participating county. The site enable consumers and families to find mental health information; identify available services, support and community resources. A library on more than 4,000 health topics; access to low-cost insurance programs; and support and advocacy information are available on the network of care website [www.ohio.networkofcare.org](http://www.ohio.networkofcare.org) . See appendix 1.

## State and County Mental Health and Recovery Boards

### County Behavioral Health Boards

#### Adams, Lawrence, Scioto ADAMH Board

802 Chillicothe Street  
Portsmouth, Ohio 45662  
740-354-5648  
Fax: 740-353-5327  
Crisis Hotline: 1-800-354-1010  
[www.communitiesofcare.com](http://www.communitiesofcare.com)

#### Ashtabula County Mental Health & Recovery Board

4817 State Road, Suite 203  
Ashtabula, Ohio 44004  
440-992-3121  
Fax: 440-992-2761  
Crisis Hotline: 1-800-577-7849  
[ashtabadgreg@suite224.net](mailto:ashtabadgreg@suite224.net)

#### Brown County Community Board of ADAMHS

85 Banting Drive  
Georgetown, Ohio 45121  
937-378-3504  
Fax: 937-378-3027  
Crisis Hotline: 1-800-233-4357  
Talkline: 1-800-273-TALK  
[www.brownadamhbd.org](http://www.brownadamhbd.org)  
**Mental Health & Recovery Board of Clark, Greene & Madison Counties**  
1055 East High Street  
Springfield, Ohio 45505  
937-322-0648  
Fax: 937-322-7631  
Crisis Hotline: 937-399-9500  
(Local)  
[www.mhrb.org](http://www.mhrb.org)

#### Crawford-Marion Board of ADAMHS

142 Prospect Street  
Marion, Ohio 43302  
740-387-8531  
Fax: 740-382-0455  
Contact Care Line Marion:  
740-383-2273  
Contact Inc Crawford: 419-562-9010  
[www.mcadamh.com](http://www.mcadamh.com)

#### Mental Health & Recovery Services Board of Allen, Auglaize, Hardin Counties

1541 Allentown Road  
Lima, Ohio 45805  
419-222-5120  
Fax: 419-222-0860  
Hopeline: 1-800-567-HOPE (4673)  
[www.wecarepeople.org](http://www.wecarepeople.org)

#### Athens-Hocking-Vinton 317 Board

7990 Dairy Lane  
P.O. Box 130  
Athens, Ohio 45701  
740-593-3177  
Fax: 740-592-1996  
Crisis Hotline: 1-888-475-8484  
[www.317board.org](http://www.317board.org)

#### Butler County Alcohol and Drug Addiction Services Board

6 South Second Street, Suite 420  
Hamilton, Ohio 45011  
513-867-0777  
Fax: 513-867-1114  
211 County Wide only  
[www.adasbc.org](http://www.adasbc.org)

#### Clermont County Mental Health & Recovery Board

1088 Wasserman Way, Suite B  
Batavia, Ohio 45103  
513-732-5400  
Fax: 513-732-5414  
Crisis Hotline: 513-528-7283 (Local)  
[www.ccmhrb.org](http://www.ccmhrb.org)

#### Cuyahoga County Alcohol & Drug Addiction Services Board

614 West Superior Avenue, Suite 300  
Cleveland, Ohio 44113  
216-348-4830  
Fax: 216-348-4834  
Crisis Hotline: 216-436-2000 (Local)  
[www.adasbcc.org](http://www.adasbcc.org)

#### Mental Health & Recovery Board of Ashland County

1605 County Road 1095  
Ashland, Ohio 44805  
419-281-3139  
Fax: 419-281-4988  
Crisis Hotline: 1-888-400-8500  
[www.ashlandmhrb.org](http://www.ashlandmhrb.org)

#### Belmont-Harrison-Monroe Mental Health & Recovery Board

99 North Sugar Street  
St. Clairsville, Ohio 43950  
740-695-9998  
Fax: 740-695-1607  
Helpline: 1-800-354-HELP (4357)

#### Butler County Mental Health Board

5963 Boymel Avenue  
Fairfield, Ohio 45014  
513-860-9240  
Fax: 513-860-9241  
Oxford/Hamilton: 513-523-4146  
West Chester: 513-894-7002  
Middletown: 513-424-5498  
[www.bcmhb.org](http://www.bcmhb.org)

#### Columbiana County Mental Health and Recovery Services Board

27 Vista Drive  
P.O. Box 500  
Lisbon, Ohio 44432  
330-424-0195  
Fax: 330-424-8033  
Youngtown: 330-424-7767  
Crisis Hotline: 1-800-427-3606

#### Cuyahoga County Community Mental Health Board

1400 West 25th Street, 3rd Floor  
Cleveland, Ohio 44113  
216-241-3400  
Fax: 216-861-5067  
Crisis Hotline: 216-623-6888 (Local)  
[www.ccmhb.org](http://www.ccmhb.org)

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

40 North Sandusky Street,  
Suite 301  
Delaware, Ohio 43015  
740-368-1740  
Fax: 740-368-1744  
Crisis Hotline: 1-800-684-2324  
[www.dmmhrsb.org](http://www.dmmhrsb.org)

**Four County ADAMH Board**

T-761 State Route 66  
Archbold, Ohio 43502  
419-267-3355  
Fax: 419-267-3353  
Crisis Hotline: 1-800-468-4357  
[www.firstcallnwo.org](http://www.firstcallnwo.org)

**Geauga County Board of Mental Health & Recovery Services**

13244 Ravenna Road  
Chardon, Ohio 44024  
440-285-2282  
Fax: 440-285-9617  
Copeline: 1-888-285-5665  
Copeline: 440-285-5665  
(Local)  
[www.geauga.org](http://www.geauga.org)

**Huron County ADAMHS Board**

130 Shady Lane Drive, Bldg D  
Norwalk, Ohio 44857  
419-668-8649  
Fax: 419-663-8649  
Crisis Hotline: 1-800-826-1306  
[adamhs@accnorwalk.com](mailto:adamhs@accnorwalk.com)

**Licking & Knox Counties Mental Health & Recovery Services Board**

1435-B West Main Street  
Newark, Ohio 43055  
740-522-1234  
Fax: 740-522-3502  
Crisis Hotline: 1-800-544-1602  
[www.lickingknoxcmhrb.org](http://www.lickingknoxcmhrb.org)

**Mental Health & Recovery Board of Erie & Ottawa**

416 Columbus Avenue  
Sandusky, Ohio 44870  
419-627-1908  
Fax: 419-627-0769  
Crisis Hotline: 1-800-826-1306  
[www.mhrbeo.com](http://www.mhrbeo.com)

**The ADAMH Board of Franklin County**

447 East Broad Street  
Columbus, Ohio 43215  
614-224-1057  
Fax: 614-224-0991  
Careline: 614-276-CARE  
(2273) (Local)  
[www.adamhfranklin.org](http://www.adamhfranklin.org)

**Hamilton County Community ADAMHS Mental Health Board**

2350 Auburn Avenue  
Cincinnati, Ohio 45219  
513-946-8600  
Fax: 513-946-8610  
Careline: 513-281-CARE  
(2273) (Local)  
Crisis Hotline: 513-584-8577  
(Local)  
Crisis Hotline: 513-281-7422  
[www.hccmhb.org](http://www.hccmhb.org)

**Jefferson County Prevention and Recovery Board**

500 Market Street, Suite 600  
Steubenville, Ohio 43952  
740-282-1300  
Fax: 740-282-6353  
Helpline: 1-866-230-5247  
Helpline: 740-264-1627  
(Local)  
[www.jcprb.org](http://www.jcprb.org)

**Logan-Champaign Counties MHDAS Board**

123 North Detroit Street  
P.O. Box 765  
West Liberty, Ohio 43357  
937-465-1045  
Fax: 937-465-3914  
Crisis Hotline: 1-800-224-0422  
[www.logchammhdas.org](http://www.logchammhdas.org)

**Fairfield County ADAMH Board**

108 West Main Street  
Lancaster, Ohio 43130  
740-654-0829  
Fax: 740-654-7621  
Crisis Hotline: 740-687-8255 (Local)  
Referrals: 740-687-0500  
[www.fair-mh.org](http://www.fair-mh.org)

**Gallia-Jackson-Meigs Board of ADAMHS**

53 Shawnee Lane  
P.O. Box 514  
Gallipolis, Ohio 45631  
740-446-3022  
Fax: 740-446-6814  
Crisis Hotline: 1-800-252-5554  
[www.gjmboard.org](http://www.gjmboard.org)

**Hancock County Board of ADAMHS**

438 Carnahan Avenue  
Findlay, Ohio 45840  
419-424-1985  
Fax: 419-424-2037  
Crisis Hotline: 1-888-936-7116  
[www.hancockadamhbd.org](http://www.hancockadamhbd.org)

**Lake County ADAMHS Board**

One Victoria Place, Suite 205  
Painesville, Ohio 44077  
440-352-3117  
Fax: 440-350-2668  
Crisis Hotline: 1-800-411-0103  
Crisis Hotline: 440-953-8255 (Local)  
[www.helpthatworks.us](http://www.helpthatworks.us)

**Alcohol & Drug Addiction Services Board of Lorain County**

4950 Oberlin Avenue  
Lorain, Ohio 44053  
440-282-9920  
Fax: 440-282-9928  
The Key: 440-244-4566 (Local)  
[www.lorainadas.org](http://www.lorainadas.org)

**Lorain County Board of Mental Health**

1173 North Ridge Road East, Suite 101  
Lorain, Ohio 44055  
440-233-2020  
Fax: 440-233-2030  
Crisis Hotline: 1-800-888-6161  
[www.lcmhb.org](http://www.lcmhb.org)

**Mahoning County Mental Health Board**

25 East Boardman Street  
213 Ohio One Building  
Youngstown, Ohio 44503  
330-746-2959  
Fax: 330-746-4323  
Help Hotline: 1-800-427-3606  
[www.mahoningmentalhealth.org](http://www.mahoningmentalhealth.org)  
**ADAMHS Board for Montgomery County**  
409 East Monument Avenue  
Suite 102  
Dayton, Ohio 45402  
937-443-0416  
Fax: 937-461-2204  
Samaritan Crisis Care: 937-224-4646  
[www.adamhs.co.montgomery.oh.us](http://www.adamhs.co.montgomery.oh.us)

**Portage County Mental Health and Recovery Board**

P.O. Box 743  
Kent, Ohio 44240  
330-673-1756  
Fax: 330-673-1330  
Helpline: 1-866-449-8518  
Helpline: 330-678-4357 (Local)  
[www.mental-health-recovery.org](http://www.mental-health-recovery.org)

**Mental Health & Recovery Services Board of Richland County**

87 East First Street, Suite L  
Mansfield, Ohio 44902  
419-774-5811  
Fax: 419-774-5816  
Helpline: 419-522-HELP  
(4357)[www.richlandmentalhealth.org](http://www.richlandmentalhealth.org)

**Lucas County ADAMHS Board**

3350 Collingwood Boulevard  
Toledo, Ohio 43610  
419-213-4600  
Fax: 419-244-4707  
Rescue Mental Health Services:  
419-255-9585 (Local)  
[www.lucascountymhb.org](http://www.lucascountymhb.org)

**Medina County ADAMH Board**

246 Northland Drive  
Medina, Ohio 44256  
330-723-9642  
Fax: 330-723-9643  
Crisis Hotline: 330-725-9195 (Local)  
[office@adamhmedina.org](mailto:office@adamhmedina.org)  
**Muskingum Area ADAMH Board (Coshocton, Guernsey, Morgan, Muskingum, Noble & Perry)**  
1205 Newark Road  
Zanesville, Ohio 43701  
740-454-8557  
Fax: 740-454-6580  
Crisis Hotline: 1-800-344-5818

**Preble County Mental Health & Recovery Board**

225 North Barron Street  
Eaton, Ohio 45320  
937-456-6827  
Fax: 937-456-1048  
Crisis Hotline: 1-866-532-3097  
[www.pcmhrb.org](http://www.pcmhrb.org)

**Mental Health & Recovery Services Board of Seneca-Sandusky-Wyandot**

600 North River Road  
Tiffin, Ohio 44883  
419-448-0640  
Fax: 419-448-8743  
24-Hour Hotline: 1-800-826-1306  
[www.sensanwyanmhrsrb.org](http://www.sensanwyanmhrsrb.org)

**Mahoning County Alcohol & Drug Addiction Services Board**

20 Federal Place West, 2nd Floor  
Youngstown, Ohio 44503  
330-743-9509  
Fax: 330-743-9514  
Help Hotline: 1-888-317-2169  
[www.mcdasb.com/overview.htm](http://www.mcdasb.com/overview.htm)

**Mercer, Van Wert & Paulding ADAMH Board**

1054 South Washington Street, Suite A  
Van Wert, Ohio 45891  
419-238-5464  
Fax: 419-238-3307  
Crisis Hotline: 1-800-523-3978

**Paint Valley ADAMH Board**

394 Chestnut Street  
Chillicothe, Ohio 45601  
740-773-2283  
Fax: 740-773-2770  
Crisis Hotline: 740-773-4357 (Local)  
[www.pvadamh.org](http://www.pvadamh.org)

**Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County**

835 North Locust Street  
Ottawa, Ohio 45875  
419-523-4300  
Fax: 419-523-6188  
Crisis Hotline: 1-800-468-4357  
[www.pathwaysputnam.org/ADAMHS/home.htm](http://www.pathwaysputnam.org/ADAMHS/home.htm)

**Stark County Alcohol & Drug Addiction Services Board**

800 Market Avenue North, Suite 400  
Canton, Ohio 44702  
330-453-8811  
Fax: 330-588-2288  
Crisis Hotline: 330-452-6000 (Local)  
[www.starkadas.org](http://www.starkadas.org)

**Stark County Community Mental Health Board**

800 Market Avenue North,  
Suite 1150  
Canton, Ohio 44702  
330-455-6644  
Fax: 330-455-4242  
Crisis Hotline: 330-452-6000  
(Local)  
[www.starkmh.org](http://www.starkmh.org)

**County of Summit Alcohol, Drug & Mental Health Board**

100 West Cedar Street,  
Suite 300  
Akron, Ohio 44307  
330-762-3500  
Fax: 330-252-3024  
Crisis Hotline: 1-888-434-8878  
Crisis Hotline: 1-877-604-0006  
Crisis Hotline: 330-434-9144  
(Local)  
[www.admboard.org](http://www.admboard.org)

**Tri County Board of Recovery & Mental Health Services (Darke, Miami & Shelby Counties)**

1100 Wayne Street, Suite 4000  
Troy, Ohio 45373  
937-335-7727  
Fax: 937-335-8816  
Crisis Hotline: 1-800-351-7347  
[www.mdsadamhs.mh.state.oh.us](http://www.mdsadamhs.mh.state.oh.us)

**Trumbull Lifelines ADAMHS Network**

4076 Youngstown-Warren Road, Suite 201  
Warren, Ohio 44484  
330-675-2765  
Fax: 330-675-2772  
Crisis Hotline: 330-393-1565  
(Local)  
[www.trumbulllifelines.org](http://www.trumbulllifelines.org)

**ADAMHS Board of Tuscarawas and Carroll Counties**

1260 Monroe Avenue, NW,  
Suite 27N  
P.O. Box 6217  
New Philadelphia, Ohio 44663  
330-364-6488  
Fax: 330-364-3307  
Crisis Hotline: 330-343-1811  
Crisis Hotline: 330-627-5240  
Crisis Hotline: 740-254-4530  
[www.adamhtc.org](http://www.adamhtc.org)

**Mental Health & Recovery Board of Union County**

131 North Main Street, Suite A  
Marysville, Ohio 43040  
937-642-1212  
Fax: 937-644-9543  
[www.unionmhrb.org](http://www.unionmhrb.org)

**Mental Health Recovery Services of Warren and Clinton Counties**

107 Oregonia Road  
Lebanon, Ohio 45036  
513-695-1695  
Fax: 513-695-2997  
Crisis Hotline: 1-800-932-3366  
[www.mhrsonline.org](http://www.mhrsonline.org)

**Washington County Mental Health & Addiction Recovery Board**

344 Muskingum Drive  
Marietta, Ohio 45750  
740-374-6990  
Fax: 740-374-6927  
Crisis Hotline: 740-373-8240  
(Local)  
[www.wcmhar.org](http://www.wcmhar.org)

**Mental Health & Recovery Board of Wayne & Holmes Counties**

2345 Gateway Drive, Suite C  
Wooster, Ohio 44691  
330-264-2527  
Fax: 330-264-7879  
Crisis Hotline: 1-877-264-9029  
[www.whmhrb.org](http://www.whmhrb.org)

**Wood County ADAMH Board**

745 Haskins Road, Suite H  
Bowling Green, Ohio 43402  
419-352-8475  
Fax: 419-352-3349  
The Link: 1-800-472-9411  
(local)  
1-800-273-TALK  
[www.wcadamh.org](http://www.wcadamh.org)

**Additional Mental Health Resources**  
**Ohio Council of Behavioral Healthcare Providers**

(614) 228-0747

[www.ohiocouncil-bhp.org](http://www.ohiocouncil-bhp.org)

**Ohio's Network of Care**

[www.ohio.networkofcare.org](http://www.ohio.networkofcare.org)

**Ohio Association of County Behavioral Health Authorities**

(614) 224-1111

[www.oacbha.org](http://www.oacbha.org)

**Ohio Advocates for Mental Health**

1-800-589-2603

[www.ohioadvocates.org](http://www.ohioadvocates.org)

**NAMI Ohio** (National Alliance for the Mentally Ill)

(614) 224-2700

[www.namiohio.org](http://www.namiohio.org)

## State Resources

### Consumer and Family Partnership Team

The Ohio Department of Mental Health's Consumer and Family Partnership Team (CFPT) was designed to increase and strengthen consumer and family representation on ODMH committees and workgroups.

Contact Info: Ohio Department of Mental Health  
30 E. Broad Street, 8<sup>th</sup> Floor  
Columbus, OH 43215-3430  
(614) 466-2596  
1-877-275-6364 (Toll-free bridge line for consumers and families)  
(614) 752-9696 TTY

### Homelessness and Housing Resources

The Coalition on Homelessness and Housing in Ohio (COHHIO) Directory of Services lists more than 900 nonprofit housing agencies and services that help prevent homelessness in Ohio. Organized alphabetically by county, this quick reference guide provides user-friendly information to help people avoid homelessness and find affordable housing.

Contact Info: COHHIO  
175 South Third Street, Suite 250  
Columbus, Ohio 43215  
(614) 280-1984

### National Alliance for the Mentally Ill-Ohio Chapter

NAMI provides education, advocacy and support for persons with brain disorders (mental illnesses) and their families.

Contact Info: 747 Broad Street  
Columbus, Ohio 43205  
(614) 224-2700

### Ohio Advocates for Mental Health

The mission of Ohio Advocates for Mental Health is to educate public officials and the community at large about mental health and recovery. Through collaboration and outreach, OAMH offers those in the mental health community the opportunity to belong to a strong leadership and advocacy network which brings about necessary legislative change, assures linkage with needed resources, and promotes the power of self advocacy through peer education.

Contact Info: (614) 340-OAMH (6264)  
800-589-2603 in Ohio  
800-860-0118 nationwide

[Ohio Association of County Behavioral Health Authorities](#)

The Ohio Association of County Behavioral Health Authorities (OACBHA) is the statewide organization that represents the interests of all of Ohio's county Alcohol, Drug Addiction and Mental Health Boards at the state level.

Contact Info: OACBHA  
33 North High Street, Suite 500  
Columbus, Ohio 43215  
(614)224-1111

[Ohio Council of Behavioral Healthcare Providers](#)

The Ohio Council of Behavioral Healthcare Providers, a private, not-for-profit corporation, is a trade association representing provider organizations throughout Ohio which provide behavioral health care services to their communities.

Contact Info: 35 E. Gay Street - Suite 401  
Columbus Ohio 43215-3138  
(614) 228-0747

[Ohio Federation of Families for Children's Mental Health](#)

The Ohio Federation for Children's Mental Health is a statewide parent-run organization that focuses on the needs of children and youth with mental health issues and their families.

[Ohio Legal Rights Service](#)

The Ohio Legal Rights Service (OLRS) is an independent state agency and the federally and state designated Protection and Advocacy system and Client Assistance Program for children and adults with disabilities in the State of Ohio.

Contact Info: Ohio Legal Rights Service  
50 West Broad Street, Suite 1400  
Columbus, Ohio 43215-5923  
(614)466-7264 or 1-800-282-9181 (Toll free in Ohio only)  
TTY: (614) 728-2553 or 1-800-858-3542 (Toll free in Ohio only)

**National Resources:**

[National Alliance for the Mentally Ill \(NAMI\)](#)

NAMI provides education, advocacy and support for persons with brain disorders (mental illnesses) and their families.

Contact Info: NAMI  
Colonial Place Three  
2107 Wilson Blvd., Suite 300  
Arlington, VA 22201-3042  
(703) 524-7600  
Member Services: (888) 999-NAMI (6264)

### National Institute of Mental Health (NIMH)

The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. NIH is part of the U.S. Department of Health and Human Services. The NIMH mission is to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior.

Contact Info: National Institute of Mental Health (NIMH)  
Science Writing, Press, and Dissemination Branch  
6001 Executive Boulevard, Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
(301)443-4513 (local)  
1-866-615-6464 (toll-free)  
(301)443-8431 (TTY)  
1-866-415-8051 (TTY toll-free)

### Mental Health America (formerly the National Mental Health Association)

Mental Health America is a nonprofit organization dedicated to helping people live mentally healthier lives.

Contact Info: Mental Health America  
2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311  
(703) 684-7722  
(800) 969-6642 toll free  
(800) 433-5959 TTY Line

### SAMHSA's National Mental Health Information Center

The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Mental Health Information Center provides information about mental health via a toll-free telephone number (800-789-2647), a [Web site](#), and more than 600 publications

Contact Info: National Mental Health Information Center  
P.O. Box 42557  
Washington, DC 20015  
1-800-789-2647  
866-889-2647 (TDD)  
240-221-4022 (International TDD)



## Domestic Violence

### Who is a battered person?

A battered person is a male or a female who has been physically, sexually or emotionally abused by an intimate partner. In domestic violence, physical, sexual and/or emotional abuses are the weapons utilized by the batterer in order to exercise and maintain power and control over their intimate partner. The following are examples of the types of abuse experienced by victims of domestic violence.

- **Physical Abuse**  
Examples: pulling, shaking, slapping, hitting, choking, throwing items at the individual; inflicting burns.
- **Sexual Abuse**  
Examples: coerced sexual activities; the abuser demands forced oral, anal or genital sex; the offender may insert objects into the victim's vagina or anus.
- **Psychological**  
Examples: bombarding the victim with questions about his/her whereabouts; harassment such as surveillance; sleep deprivation or intense prolonged episodes of questioning are similar to those used by tortures and can constitute a type of torture (Pope & Garcia-Peltoniemi, 1991).

Although Lenore Walker conceptualized domestic violence to occur in a cycle, many times victims of domestic violence only experience the acute phase of the domestic violence cycle. Per Walker (1994), **The Cycle of Escalating Violence** has three phases. These phases are:

- **Tension Building**
  - Occurs after a long courtship and the abuser shows unusually loving behavior
  - The victim senses that something is wrong and tries to calm and defuse the situation.
- **Acute Battering Incident**
  - The tension is discharged through a violent attack on the victim.
  - This is the shortest period to the cycle, can last a few minutes, hours, or at most, days. On this stage, the batterer decides when to stop the attack and the victim recognizes that he/she is powerless over the behavior of the batterer.
- **Loving-Contrition or Absence of Tension**
  - The batterer apologizes often promising never to do it again.
  - There may be gifts, flowers or special favors bestowed upon the victim.

Walker, L. (1994). *Abuse women and survivor therapy: A practical guide for the psychotherapist*. Washington, D.C.: American Psychological Association

If you or someone you know is experiencing domestic violence, help is available. Please call:

<b>National Domestic Violence Hotline</b>	<b>1-800- 799-SAFE</b>
<b>Ohio Domestic Violence Network</b>	<b>1-800-934-9840</b>
<b>Office of Victim Services</b>	<b>1-888-842-8464</b>
	<b>1-614-728-9947</b>

### **Domestic Violence Shelters in Ohio:**

<b>County</b>	<b>Name</b>	<b>Phone</b>
Adams	Reach Out	800-448-2273
Allen	Crossroads Crisis Center Lima Samaritan House	877-228-4357 419-222-4663
Ashland	The Domestic Violence Shelter Rape Crisis Domestic Violence Safe Heaven	800-931-7233 419-289-8085
Ashtabula	Homesafe, Inc.	800-952-2873
Athens	My Sister's Place	800-443-3402
Auglaize	Auglaize County Crisis Center	419-738-5511
Belmont	Women's Tri-County Help Center	800-695-1639
Brown	YWCA House of Peace	513-753-7281
Butler	YWCA Dove House Angel Place Shelter	800-618-6523 877-952-6453 513-422-4433
Carroll	Caritus House Alliance Area DV Shelter Domestic Violence Project, Inc. Harbor House	330-627-5765 330-823-7223 330-453-7233 888-214-3927
Champaign	Project Woman	800-634-9893
Clark	Project Woman	800-634-9893
Clermont	YWCA House of Peace	513-753-7281
Clinton	Highland County DV Task Force YWCA House of Peace Family Violence Prevention Ctr of Green Co.	800-339-5066 513-753-7281 937-372-4552

<b>County</b>	<b>Name</b>	<b>Phone</b>
Columbiana	Christina's House	330-420-0036
	Alliance Area DV Shelter	330-823-7223
Coshocton	First Step F.V.I. S.	740-622-9533
Crawford	Turning Point	800-232-6505
Cuyahoga	The Domestic Violence Center	216-391-4357
	East Side Catholic Shelter	216-641-8989
	West Side Catholic Shelter	216-631-4141
	Jewish Family Services Association	216-691-7233
Darke	Shelter from Violence, Inc.	937-548-2020
Defiance	House of Ruth	800-782-8555
Delaware	Choices	614-224-4663
	Turning Point	800-232-6505
Erie	Safe Harbour DV Shelter	419-626-2200
Fairfield	The Lighthouse	740-687-4423
Fayette	My Sister's House	740-636-9300
Franklin	Choices	614-224-4663
Fulton	House of Ruth	800-782-8555
	YWCA Battered Women's Shelter	419-241-7386
Gallia	Serenity House	800-942-9577
Geauga	WomenSafe, Inc.	888-285-5665
Greene	Family Violence Prevention Center of Green Co.	937-372-4552
Guernsey	Haven of Hope	800-304-4673
Hamilton	YWCA Battered Women's Shelter	800-872-9259
	Rape Crisis and Abuse Center of Hamilton County	
Hardin	Crossroads Crisis Center	877-228-4357

<b>County</b>	<b>Name</b>	<b>Phone</b>
Harrison	Women's Tri-County Help Center	800-695-1639
Henry	Ruth's House	800-782-8555
Highland	Highland County DV Task Force	800-339-5066
Hocking	My Sister's Place	800-443-3402
Holmes	Every Woman's House	800-686-1122
Huron	The Domestic Violence Shelter Safe Harbour DV Shelter	800-931-7233 419-626-2200
Jackson	Serenity House, Inc.	800-953-2207 800-942-9577
Jefferson	A.L.I.V.E., Inc.	888-611-7233
Knox	New Directions	740-397-4357
Lake	Forbes House	440-357-1018 440-953-9779
Lawrence	Lawrence County DV Task Force	888-372-7433
Licking	Center for New Beginnings	800-686-2760 470-345-4498
Logan	Project Woman	800-634-9893
Lorain	Genesis House	440-244-1853
Lucas	YWCA Battered Women's Shelter	419-241-7386
Madison	A Friend's House Haven's House of Pickaway County	800-301-1447 740-852-7761 740-477-9113
Mahoning	Sojourner House Alliance Area DV Shelter	330-747-4040 330-823-7223
Marion	Turning Point	800-232-6505
Medina	Battered Women's Shelter of Summit & Medina Counties	877-414-1344

<b>County</b>	<b>Name</b>	<b>Phone</b>
Meigs	Serenity House, Inc.	800-942-9577
Mercer	Family Crisis Network	419-586-1133
Miami	Family Abuse Shelter of Miami County	937-335-7148 800-351-7347
Monroe	Women's Tri-County Help Center	800-695-1639
Montgomery	YWCA of Dayton Shelter & Housing Services	937-222-7233
Morgan	Transitions	740-454-3213
Morrow	Turning Point	800-232-6505
Muskingum	Transitions	740-454-3213
Noble	EVE, Inc. Haven of Hope	800-974-3111 800-304-4673
Ottawa	Safe Harbour DV Shelter  YWCA Battered Women's Shelter	419-626-2200 800-953-2207 419-241-7386
Paulding	House of Ruth	800-782-8555
Perry	Transitions	470-454-3213
Pickaway	Haven House of Pickaway County	470-477-9113
Pike	Pike County Partnership Against D. V.	740-947-2147
Portage	Safer Futures Alliance Area DV Shelter	330-673-2500 330-823-7223
Preble	Preble County DV Shelter	937-456-6891
Putnam	Crime Victim Services	877-274-7471
Richland	The Domestic Violence Shelter	800-931-7233

<b>County</b>	<b>Name</b>	<b>Phone</b>
Ross	Ross County Coalition Against DV	866-828-2273
Sandusky	First Step	800-466-6228
Scioto	Southern Ohio DV Shelter	740-456-8217
Seneca	First Step	800-466-6228
Shelby	New Choices	937-498-7261
Stark	Alliance Area DV Shelter Domestic Violence Project, Inc.	330-823-7223 330-453-7233
Summit	Battered Women's Shelter of Summit & Medina Counties	888-395-4357
Trumbull	Someplace Safe	330-393-1565
Tuscarawas	Harbour House, Inc.	888-214-3927
Union	Turning Point CHOICES	800-232-6505 614-224-4663
Van Wert	Crisis Care Line/House of Transition	419-238-4357
Vinton	Shepherd's House	866-596-9271
Warren	Warren County Abuse and Rape Crisis Center	888-860-4084
Washington	EVE, Inc.	800-974-3111
Wayne	Every Woman's House	800-686-1122
Williams	House of Ruth	800-782-8555
Wood	First Step YWCA Battered Women's Shelter The Cocoon Shelter	800-466-6228 419-241-7386 800-472-9411
Wyandot	First Step Turning Point	800-466-6228 800-232-6505

## Veterans Administration Resources

This section will provide useful information for Veterans and their families. It is important to contact the appropriate agency to ensure that you and your family are taken care of during this time of separation.

### Deployment Checklist:

- Set up a power attorney, one for financial matters and one for health matters.
- Work out a budget to make sure monthly bills are covered. Determine who will pay bills in the event the soldier cannot.
- Make child care plans. Set up contingency child care plans in the event of an emergency
- Write a list of primary and secondary list of next of kin, with numbers and addresses. Inform next of kin about how to contact the Soldier in case of emergency and let them know that assistance is available
- Create an important document file
- Teach family members how to check the fuse box, turn off water and check the water heater

### Legal Assistance:

Airforce	<a href="http://hqja.jag.af.mil/">http://hqja.jag.af.mil/</a>
Army	<a href="http://www.jagcnet.army.mil/legal">http://www.jagcnet.army.mil/legal</a>
Coast	<a href="http://www.uscg.mil/legal/index.htm">http://www.uscg.mil/legal/index.htm</a>
Navy and Marines	<a href="http://www.jag.navy.mil">http://www.jag.navy.mil</a>

### Readiness Program Links:

<http://www.militaryhomefront.dod.mil>  
<http://www.myarmylifetoo.com>  
<http://www.lifelines.navy.mil>  
<http://www.usmc-mccs.org>  
<http://www.afcrossroads.com>  
<http://www.uscg.mil/reserve/>

**Useful Websites and Numbers:**

Army National Guard	<a href="http://www.arng.army.mil">www.arng.army.mil</a>
Department of Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
Military OneSource	<a href="http://www.militaryonesource.com">www.militaryonesource.com</a>
Family Readiness Groups	<a href="http://FRG.army.mil">http://FRG.army.mil</a>
National Guard Bureau Family Program	<a href="http://www.guardfamily.org">www.guardfamily.org</a>
MyArmyLifeToo.com	<a href="http://www.myarmylifetoo.com">www.myarmylifetoo.com</a>
Sgt. Moms	<a href="http://www.sgtmoms.com/home.asp">www.sgtmoms.com/home.asp</a>
Disabled Soldier Support System	<a href="http://www.armyds3.org">www.armyds3.org</a>
National Center For Post- Traumatic Stress Disorder	<a href="http://www.ncptsd.va.gov/">www.ncptsd.va.gov/</a>
Association of the United States Army	<a href="http://www.ausa.org">www.ausa.org</a>
Army Families Online	<a href="http://www.aflo.org">www.aflo.org</a>
Army Reserve Family Programs	<a href="http://www.arfp.org">www.arfp.org</a>
Ohio National Guard Family Readiness	<a href="http://www.ong.ohio.gov/family">www.ong.ohio.gov/family</a>
Department of Veterans Affairs	1-800-827-1000
GI Bill Information	1-800-827-1000
Health Benefits	1-877-222-8387
Education Benefits	1-888-442-4551
VA Life Insurance	1-800-669-8477
Office of SCLI	1-800-419-1473
CHAMPVA	1-800-733-8387
Environment Health	1-800-749-8387
Headstones (status of claims only)	1-800-697-6947
Telecommunication Device for Deaf (TDD)	1-800-829-4833
Direct Deposit	1-877-838-2778

**VA Medical Centers:****Chillicothe VA Medical Center**

17273 State Route 104  
Chillicothe, OH 45601  
Phone: (740) 773-1141  
or (800) 358-8262

**Cincinnati VA Medical Center**

3200 Vine Street  
Cincinnati, OH 45220  
Phone: (513) 861-3100  
or (888) 267-7873

**Louis Stokes VA Medical Center**

10701 East Boulevard  
Cleveland, OH 44106  
Phone: (216) 791-3800

**Chalmers P. Wylie Independent Outpatient Clinic**

543 Taylor Avenue  
Columbus, OH 43203-1278  
Phone: (614) 257-5200  
or (888) 615-9448

**Dayton VA Medical Center**

4100 W. 3rd Street  
Dayton, OH 45428  
Phone: (937) 268-6511  
or (800) 368-8262

## **COUNTY VETERANS SERVICE OFFICES:**

### **Adams County**

641 Panhandle Avenue  
West Union, OH 45693  
937-544-5005

### **Allen County**

301 N. Main, Room 113  
Lima, Oh 45801  
419-223-8522 or  
419-228-3700x8819

### **Ashland County**

110 Cottage Street  
Ashland, OH 44805  
419-282-4225

### **Ashtabula County**

1212 Lake Avenue  
Ashtabula, OH 44044  
440-964-8324

### **Athens County**

Court House Annex  
15 S. Court Street  
Athens, OH 45701  
740-592-3216

### **Auglaize County**

209 S. Blackhoof Street  
Room 202  
Wapakoneta, OH 45895  
419-739-6750

### **Belmont County**

100 W. Main St., Ste. 104  
St. Clairsville, OH 43950-  
1265  
740-695-2121 x125

### **Brown County**

303 E. Cherry St., Ste. 104  
Georgetown, OH 45121-1345  
937-378-3155

### **Butler County**

Butler City Gov. Serv. Ctr.  
1<sup>st</sup> Floor, 315 High Street  
Hamilton, OH 45011  
513-877-3600

### **Carroll County**

160 Second Street, SW  
P.O. Box 303  
Carrollton, OH 44615  
330-627-2590

### **Champaign County**

308-B Miami Street  
Urbana, OH 43078  
937-653-4554

### **Clark County**

120 South Center Street  
Springfield, OH 45502-1204  
937-328-2482

### **Clermont County**

76 South Riverside Drive  
Heritage Bldg., 3<sup>rd</sup> Floor  
Batavia, OH 45103  
513-732-7363

### **Clinton County**

43 S. Walnut St., Box #2  
Wilmington, OH 45177  
937-382-3233

### **Columbiana County**

966 North Market Street  
Lisbon, OH 44432  
330-424-7214

### **Coshocton County**

Court House  
318 Main Street  
Coshocton, OH 43812  
740-622-2313

### **Crawford County**

112 E. Mansfield St., Ste 95  
CH Lower Level  
Administration Building  
Bucyrus, OH 44820  
419-562-7761

### **Cuyahoga County**

1849 Prospect Avenue  
2nd Floor  
Cleveland, OH 44115  
216-698-2600

### **Darke County**

611 Wagner Avenue  
Greenville, OH 45331  
937-547-7398

### **Defiance County**

1300 Second St., Ste. 102  
Defiance, OH 43512  
419-782-6861

### **Delaware County**

R.B. Hayes City. Serv. Bldg.  
140 N. Sandusky Street  
Delaware, OH 43015  
740-833-2010

**Erie County**

247 Columbus Avenue  
Sandusky, OH 44870  
419-627-7650-51  
419-627-7579

**Fairfield County**

227 E. Main Street  
Lancaster, OH 43130  
740-689-6202

**Fayette County**

113 S. Main St., Ste. L11  
Washington C.H. OH 43160  
740-335-1610

**Franklin County**

250 West Broad Street  
Columbus, OH 43215  
614-462-2500

**Fulton County**

604 S. Shoop Ave., Ste. 270  
Wauseon, OH 43567-1732  
419-337-9266

**Gallia County**

1102 Jackson Pike  
Spring Valley Plaza  
Gallipolis, OH 45631  
740-446-2005

**Geauga County**

470 Center St., Bldg. 8  
Chardon, OH 44024  
440-279-1860 x 6406

**Greene County**

541 Ledbetter Road  
Xenia, OH 45385  
937-562-6020

**Guernsey County**

627 Wheeling Ave., Ste 102  
Cambridge, OH 43725  
740-432-9295 x 94

**Hamilton County**

230 E. 9<sup>th</sup> Street, Rm. 1100  
Cincinnati, OH 45202  
513-946-3300

**Hancock County**

Midtown Center  
209 W. Main Cross Street  
Suite 102  
Findlay, OH 45840  
419-424-7036

**Hardin County**

One Court House Square  
Suite 120  
Kenton, OH 43326  
419-674-2219

**Harrison County**

100 W. Market Street  
Courthouse  
Cadiz, OH 43907-1118  
740-942-8441

**Henry County**

1855 Oakwood Avenue  
Napoleon, OH 43545  
419-592-0956

**Highland County**

135 N. High St., Room 116  
Hillsboro, OH 45133  
937-393-8686

**Hocking County**

Court House, First Floor  
1 East Main Street  
Logan, OH 43138-1207  
740-385-7507

**Holmes County**

10 S Clay St., Ste. 104  
Millersburg, OH 44654-2001  
330-674-4806

**Huron County**

130 Shady Lane Drive  
Norwalk, OH 44857  
419-668-4150

**Jackson County**

157 Broadway Street  
Jackson, OH 45640  
740-286-3004

**Jefferson County**

423 North Street  
Steubenville, OH 43952  
740-283-8571

**Knox County**

117 E. High St., Ste. 257  
Mt. Vernon, OH 43050  
740-393-6742

**Lake County**

Lake Co. Admin. Building  
105 Main St., Box 490  
Painesville, OH 44077-0490  
440-350-2567

**Lawrence County**

Court House  
Ironton, OH 45638  
740-533-4327-4328

**Licking County**

75 E. Main Street  
Newark, OH 43055  
740-670-5430

**Logan County**

121 S. Opera Street  
 Memorial Hall  
 Bellefontaine, OH 43311-2057  
 937-599-4221

**Lorain County**

42495 N. Ridge Road  
 Elyria, OH 44035  
 440-284-4623-24-25

**Lucas County**

1301 Monroe St., Ste. 200  
 Toledo, OH 43624  
 418-213-6090-92

**Madison County**

Court House, Room 011  
 London, OH 43140  
 740-852-0676

**Mahoning County**

County Annex, Rm. #213  
 2801 Market Street  
 Youngstown, OH 44507  
 330-740-2450-51-52

**Marion County**

Vets. Memorial Coliseum  
 220 E. Fairground St. #101  
 Marion, OH 43302  
 740-387-0100

**Medina County**

210 Northland Drive  
 Medina, OH 44256  
 330-722-9368

**Meigs County**

117 Memorial Drive  
 Pomeroy, OH 45769-9582  
 740-992-2820

**Mercer County**

220 W. Livingston 2<sup>nd</sup> Flr.  
 Celina, OH 45822  
 419-586-3542

**Miami County**

510 W. Water St., Ste. 140  
 Troy, OH 45373-2986  
 937-440-8126

**Monroe County**

118 Home Avenue Box 542  
 Woodsfield, OH 43793  
 740-472-0743

**Montgomery County**

627 Edwin C. Moses Blvd.  
 4<sup>th</sup> Floor, E. Medical Plaza  
 Dayton, OH 45408  
 937-225-4801

**Morgan County**

55 S. Kennebec Street  
 McConnellsville, OH 43756  
 740-962-4181

**Morrow County**

619 W. Marion Rd., #107  
 Mt. Gilead, OH 43338  
 419-946-1914

**Muskingum County**

145 Sunrise Center Road  
 Zanesville, OH 43701+740-  
 455-7149

**Noble County**

140 Courthouse  
 Caldwell, OH 43724  
 740-732-5567

**Ottawa County**

8444 W. State Route 163  
 Suite 102  
 Oak Harbor, OH 43449  
 800-610-8872

**Paulding County**

810 E. Perry Street  
 P.O. Box 215  
 Paulding, OH 45879  
 419-399-8285

**Perry County**

120 West Brown Street  
 New Lexington, OH 43764  
 740-342-2536

**Pickaway County**

141 W. Main St., Ste. 300  
 Circleville, OH 43113  
 740-474-3650  
 1-888-330-3522

**Pike County**

116 S. Market St., Ste. 100  
 Waverly, OH 45690  
 740-947-2766

**Portage County**

Portage Co. Admin. Bldg.  
 449 South Meridian  
 Ravenna, OH 44266  
 330-297-3545

**Preble County**

108 North Barron Street  
 Eaton, OH 45320  
 937-456-6111

**Putnam County**

245 E. Main St., Ste 105  
 Ottawa, OH 45875  
 419-523-4478

**Richland County**

597 Park Avenue East  
Mansfield, OH 44905  
419-774-5822

**Ross County**

The Ross Co. Service Ctr.  
475 Western Ave., Ste. C  
Chillicothe, OH 45601-2291  
740-772-1600

**Sandusky County**

2511 Countryside Drive  
Suite B  
Fremont, OH 43420  
419-334-4421

**Scioto County**

612 6<sup>th</sup> Street, Suite E  
Portsmouth, OH 45662-3962  
740-353-1477

**Seneca County**

920 East County Road 20  
Tiffin, OH 44883  
419-447-2885  
1-800-820-0189

**Shelby County**

133 S. Ohio Avenue  
Sidney, OH 45365-2716  
937-498-7282

**Stark County**

110 Central Plaza South  
Suite 424  
Canton, OH 44702-1413  
330-451-7457

**Summit County**

148 Park Street  
Akron, OH 44308-1990  
330-643-2830

**Trumbull County**

280 N. Park Avenue, NE  
Suite 201  
Warren, OH 44481  
330-675-2585

**Tuscarawas County**

393 16<sup>th</sup> Street SW  
P.O. Box 807  
New Philadelphia, OH  
44663  
330-339-116

**Union County**

238 West 6<sup>th</sup> Street  
Marysville, OH 43040-1531  
937-642-7956  
1-800-686-2308

**Van Wert County**

121 E. Main St., Room 101  
Van Wert, OH 45891  
419-238-9592

**Vinton County**

Court House  
P.O. Box 63  
McArthur, OH 45651  
740-596-4571 x224

**Warren County**

312 E. Silver Street  
Lebanon, OH 45036  
513-695-1363

**Washington County**

706 Pike St., Suite 1  
Marietta, OH 45750  
740-568-9009

**Wayne County**

356 W. North Street  
Lower Level  
Wooster, OH 44691  
330-345-6638  
1-800-335-6638

**Williams County**

228 S. Main Street  
Bryan, OH 43506  
419-636-8812

**Wood County**

1616 East Wooster Street  
Unit R – Suite 2A-2  
Bowling Green, OH 43402  
419-354-9147

**Wyandot County**

129 S. Sandusky Avenue  
Upper Sandusky, OH  
43351  
419-294-2045

## **Aging Population and Services**

The Ohio Department of Aging serves more than 2 million older Ohioans. They help mature adults live active, healthy and independent lives through programs like their well-known [Golden Buckeye Card](#). They promote positive attitudes toward aging and older people through outreach, volunteer programs and other efforts. They also provide home and community-based services that help frail individuals remain in their own homes and support consumers of long-term care.

The Department of Aging also provides a continuum of benefits, supports and services to serve a wide range of older Ohioans. From healthy, active mature adults to those who need high levels of care, the aging network is here to help.

Contact Info: Ohio Department of Aging  
50 W. Broad Street, 9<sup>th</sup> Floor  
Columbus, OH 43215-3363  
(614) 466-5500 Gen Info  
(614) 466-6191 TTY

### **Ohio's Area Agencies on Aging:**

Council on Aging of Southwestern Ohio  
Serving Butler, Clermont, Clinton, Hamilton & Warren counties

175 Tri County Parkway  
Cincinnati, OH 45246  
1-800-252-0155  
[www.help4seniors.org](http://www.help4seniors.org)

Area Agency on Aging, PSA 2  
Serving Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble & Shelby counties

6 South Patterson Blvd./#200  
Dayton, OH 45402  
1-800-258-7277  
[www.info4seniors.org](http://www.info4seniors.org)

PSA 3 Area Agency on Aging, Inc.  
Serving Allen, Auglaize, Hancock, Hardin, Mercer, Putnam & Van Wert counties  
892-A South Cable Road  
Lima, OH 45805  
1-800-653-7723  
[www.psa3.org](http://www.psa3.org)

Area Office on Aging of Northwestern Ohio, Inc.  
Serving Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams & Wood counties

2155 Arlington Avenue  
Toledo, OH 43609-0624  
1-800-472-7277  
[www.areaofficeonaging.com](http://www.areaofficeonaging.com)

Ohio District 5 Area Agency on Aging, Inc.  
Serving Ashland, Crawford, Huron, Knox, Marion, Morrow, Richland, Seneca & Wyandot counties

780 Park Avenue West  
P.O. Box 1978  
Mansfield, OH 44901  
1-800-860-5799  
[www.agingnorthcentralohio.org](http://www.agingnorthcentralohio.org)

Central Ohio Area Agency on Aging  
Serving Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway & Union counties

174 East Long Street  
Columbus, OH 43215  
1-800-589-7277  
[www.coaaa.org](http://www.coaaa.org)

Area Agency on Aging District 7, Inc.  
Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto & Vinton counties

University of Rio Grande/F32  
P.O. Box 500  
Rio Grande, OH 45674-3131  
1-800-582-7277  
[www.aaa7.org](http://www.aaa7.org)

Buckeye Hills Area Agency on Aging PSA 8  
Serving Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry & Washington counties

P.O. Box 370  
Marietta, OH 45773  
1-800-833-0830  
[www.areaagency8.org](http://www.areaagency8.org)

Area Agency on Aging Region 9, Inc.  
Serving Belmont, Carroll, Coshocton, Guernsey, Harrison, Holmes, Jefferson,  
Muskingum & Tuscarawas counties

60788 Southgate Road  
Byesville, OH 43723  
1-800-932-7277  
[www.aaa9.org](http://www.aaa9.org)

Western Reserve Area Agency on Aging  
Serving Cuyahoga, Geauga, Lake, Lorain & Medina counties

925 Euclid Avenue/#600  
Cleveland, OH 44115  
1-800-626-7277  
[www.psa10a.org](http://www.psa10a.org)

Area Agency on Aging, 10B, Inc.  
Serving Portage, Stark, Summit & Wayne counties

1550 Corporate Woods Parkway  
Uniontown, OH 44685  
1-800-421-7277  
[www.services4aging.org](http://www.services4aging.org)

Area Agency on Aging 11, Inc.  
Serving Ashtabula, Columbiana, Mahoning & Trumbull counties

Ohio One Building  
25 East Boardman Street  
Youngstown OH 44503  
1-800-686-7367  
[www.aaa11.org](http://www.aaa11.org)

## **Financial Resources**

Financial stressors can create significant problems in individuals and their relationships. While mounting debt often times seems overwhelming and there seems to be little or no solution, it is important to recognize that there are services available to assist people experiencing these situations.

When searching for programs offering financial planning and assistance make sure the programs you are accessing are credible and do not charge exorbitant fees to assist you in resolving debt. Consumer Credit Counseling (CCCS) is a recognized non-profit credit counseling leader that has been helping people since 1955. They are a member of the National Foundation for Credit Counseling (NFCC) and accredited through the Council on Accreditation for children and family services. Their counseling and services are confidential and provided by certified consumer credit counselors. CCCS is funded by voluntary contributions from creditors, client donations, grants and other donations. There is no charge to utilize their services. For additional information about Consumer Credit Counseling or to locate an office in your area, you can contact them at 1-800-355-2227 or through their website [www.cccservices.com](http://www.cccservices.com).

### **The Benefit Bank: Connecting Communities to Resources**

The Benefit Bank® (TBB™) connects communities to resources by providing a practical technological solution to the complex and cumbersome process by which low income households gain access to tax credits and public benefit programs. Developed for use by a wide range of community based, faith-based, governmental, job-training, healthcare or social service agencies, TBB can be part of a community-wide response to poverty. TBB not only provides the opportunity to help neighbors but also provides information for organizations to more effectively advocate for policies that better serve their communities.

The Benefit Bank is a tool to help individuals and families overcome poverty. However, it is also a program that can help states, local governments or communities develop and

implement a targeted economic development program that focuses available, and mainly Federal, resources to aid low and moderate income communities. TBB serves as a platform for reshaping how we think about, talk about and address the issue poverty and its solutions.

Contact Info: The Benefit Bank  
Solutions for Progress, Inc.  
728 South Broad Street  
Philadelphia, PA 19146  
1-215-701-6101  
[contactus@thebenefitbank.com](mailto:contactus@thebenefitbank.com)

## **Legal Assistance**

Occasionally staff or their family members may be in need of legal assistance. Unresolved legal situations can be significant stressors for employees and their families. There are low cost or reduced fee programs available in your area to assist you with legal problems you may be experiencing. These services can be accessed through the County Information and Referral list included in this manual.

AFSCME/OCSEA members do have access to a legal program through the union. Union Privilege Legal Service is available to union members and their family members. They will provide limited free consultations and have also contracted with a network of attorneys throughout the state who will work for reduced rates for union members and their families. They can be reached at 1-800-452-9425.

For all union members, a pre paid legal service is available through Benefits Trust. For more information about this service contact Union Benefits Trust at (614)508-2255 or 1-800-228-5088.

## **Family Resources**

The Department of Rehabilitation and Correction recognizes the importance of our staff and equally important are the family members of our staff. The stressors they experience as a result of the jobs they are doing can be overwhelming at times. Relationships can suffer greatly if all members of a family are not taking care of themselves physically, emotionally and spiritually. While we are making this information available to our staff, families may not be aware of the resources that are available to them. Many of the services described in the previous pages are available to family members including EAP services, county Mental Health Boards, county Information and Referral agencies and UBH services (when covered by state health insurance). We would strongly encourage you to share this information with your family members if needed. It can be a great relief for families to know they do not have to struggle on their own and they may find benefit from accessing the variety of services available to them.

## Grief

Grief is the normal process whereby individuals come to term with loss. In 1969, Elizabeth Kubler-Ross identified five stages of the normal grief reaction. These stages are: denial, anger, bargaining, depression and acceptance. The grieving process is different for everyone and there is no right or wrong way to mourn a loss. How much time it takes to grieve depends on the nature of the loss.

### The Five Stages of the Normal Grief Reaction:

- Denial
  - May last a few moments or longer
  - We deny the loss has taken place
- Anger
  - The person is furious about the person who has inflicted the hurt, even if the person is dead.
  - The person may be angry at himself/herself for allowing the event to happen.
  - Realistically, in many situations nothing could have stopped the event.
- Bargaining
  - The person may make deals with God, asking, “If I do this, can you take away the loss.”
- Depression
  - Feeling numb or sad
- Acceptance
  - This is when the anger, sadness or mourning is tapered off.
  - The person accepts the reality of the loss.

### How do we recover?

- Share your grief with someone close
- Seek professional help
- Attend support groups
- Remind your self that what you are experiencing is a normal reaction to loss
- Maintain a balance diet, exercise, rest
- Avoid mood altering substances (drugs or alcohol)
- Surround yourself by people who care about you
- Do not allow others to tell you how to feel and do not tell yourself how to feel, either
- Plan ahead for holidays, birthdays, anniversaries or other milestones
- Express your feeling in some creative way. For example: write poetry, plant a garden, create a scrapbook, get involved in a social cause

If you or someone you know is grieving a loss, help is available. The following is a list of some books and support groups available.

**Books:**

<i>Author</i>	<i>Title</i>
Levy, Naomi	To Begin Again
Kushner, Harold	When bad things happen to good people.
Tatelbaum, Judy	The courage to grieve. Creative living, recovery and growth through grief.
Kelley, P.	Companion of grief.
LeShan, Eda	Learning to say good bye. When a parent dies.
Myers, Edward	When parents die. A guide for adults.
Hewett, John	After suicide.
Colgrove, et. al.	How to survive the loss of a love.
Staudacher, Carol	A time to grieve: Meditations for Healing After the Death of a Loved One.

**Support Groups**

The Compassionate Friends, Inc.

The Compassionate Friends is a national nonprofit organization that is not affiliated with any religious group. This organization is dedicated to assisting families toward the positive resolution of grief following the death of a child of any age.

Contact Info: P. O. Box 3696, Oak Brook, IL 60522-3696  
 Toll-free: 877-969-0010  
 630-990-0010  
 630-990-0246 (fax)

Bruderhof Grief Companion

Everyone grieves differently, but no one needs to carry grief alone. Here you can share your loss with others and find material that other grieving people have found helpful and comforting.

### Grief Loss & Recovery

Our moderated e-mail discussion list offers grief support and friendship and provides a safe haven for bereaved persons to share their grief, loss and recovery.

### Journey of Hearts

Journey of Hearts is a unique web experience that combines medicine, psychiatry, poetry, prose and images to provide resources and support to those who have experienced loss.

### [New Hope Center for Grief Support](#)

New Hope Center for Grief Support is a Christian based bereavement outreach center that provides grief support services through groups, individual support, seminars and other resources.

### [Deeper Still- Salvation Army](#)

Deeper Still is about people who have drunk deeply from the cup of suffering. One of them being God himself.

### [Grief and Renewal.com](#)

This site is dedicated to the belief that our personal grief can lead to our personal growth and a widening of awareness and caring for all of those around us who suffer loss. From this understanding and greater caring the bereaved are able to bring a new perspective into their lives and a new gift into their worlds.

### [AARP-Widowed Person Service](#)

Interact online with others who have experienced the death of a loved one and are willing to share insights on their personal journey. Share your thoughts and stories, listen to others, create poetry, begin an online journal, and know that you are not alone.

### [Baby Steps](#)

Please use these Sharing Rooms to share your personal stories and experiences with others. Send us your stories, poems or memories, and we will post them at this site. It may also bring you comfort to read the stories of other people who have had similar experiences.

### [Healing After Loss](#)

HALO is a peer grief support group consisting of people who are not professionals. We have all lost a loved one and understand that this is survivable. We are here to help, and to give hope to those who believe there is none.

### [Sympathy Sharing](#)

We are a worldwide compendium where written greetings and tributes can be shared in the 'Quaker Style' at your leisure. Also available is a free open forum where feelings can be shared.

### [The Bereavement Journey](#)

As you travel on your bereavement journey we are here to help you every step of the way. You will always love and miss your loved one until you meet them again. Until that time comes, may you find the support you need here.

### [Beyond Indigo](#)

Beyond Indigo is listed in *Forbes Best of the Web* for the 4th consecutive year for grief support message boards.

### [Grief Steps](#)

In our E-Share Group we share our thoughts, challenges, stories and journeys. You can post e-mails and others respond. We are pleased to introduce our online courses led by Brook Noel to assist you in your journey through grief.

### [Lifewords](#)

*Lifewords* website is designed to be an interactive tool for those who want to enrich their life experience.

### [Our House](#)

*Our House* believes that grieving children and adults deserve the opportunity to begin the healing process in a safe, warm, nurturing environment. We also believe that the healing process is enhanced through the relationships that are developed in support groups.

### [GriefNet.org](#)

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. We have 55 e-mail support groups and two web sites. Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds. Our companion site, [KIDSAID](#), provides a safe environment for kids and their parents to find information and ask questions.

### [MEN GRIEVE 2- The support group for men](#)

This a support group for men that are dealing with loss. Also has a chat room, message board and local meetings.

### [Sole Survivors - Grief Support & Resources](#)

We offer grief articles and poems that address the reality of grief based on our own personal grief experience. We've also provided a safe haven with our support forums for fellow grievers to share their loss or comfort each other.

### [Bereavement Support Group Session Outlines](#)

Outlines for bereavement support group sessions.

### Safely Home Grief Support Group

Safely Home is a safe haven where bereaved grief stricken people come together to help each other walk with God through the journey of Grief. You never Walk alone. Offers care and compassion, for we too have and or walking the journey of grief. Phone 510-471-6545.

### The Alcove Center For Grieving Children & Families

The Alcove's mission is to provide a safe place where children and their families who are grieving the death of a loved one can receive comfort and support through the healing process. A non-profit bereavement center.

### Twinless Twins Support Group

Twinless Twins serves in support of twins (and all multiple births) who suffer from the loss of companionship of their twin through death, estrangement or in-utero loss.

### Grief Support Network

A Kansas City, MO based group that helps those in the community find the support group that best fits their trauma. Our service is free of charge and most support groups are as well.

### TAPS

This is an organization committed to caring for all those affected by a death of a loved one in the armed forces. Whether you are a parent, sibling, spouse, significant other, friend, cousin, or co-worker of a military casualty, you can find special friendships and comfort at a TAPS Support Group meeting. It is here that Survivors share stories of their loved ones, the experience of the loss, life since the death and issues in dealing with sudden traumatic loss. Survivors also share with each other funny stories, good days (and bad), triumphs, special projects and activities they have developed to rebuild their lives, honor their loved one and move forward. Finally, at a TAPS Support Group meeting, those suffering from a traumatic loss of a loved one will find caring and understanding hearts who can provide comfort, hope, and plenty of hugs. Grief can be isolating. Coming together with other survivors provides the connections and support that help you know you are not alone.

For more information about local support groups, contact [info@taps.org](mailto:info@taps.org).

## Miscellaneous

### Workplace Violence Prevention

The Ohio Department of Rehabilitation and Correction (ODRC) recognizes that workplace violence is a global problem. As a result, the ODRC has implemented the Prevention, Identification, and Response to Workplace Violence Policy, 31-SEM-08. The purpose of this policy is to promote a safe work environment through the prevention of workplace violence by outlining steps to respond to incidents of workplace violence, identifying ways to support victims of workplace violence, and informing all employees that the ODRC has “zero tolerance” for violence in the workplace.

Workplace Violence is recognized by the ODRC if the following criteria are met:

1. All threats or acts of violence occurring on State property, regardless of the relationship between the State and the individual involved in the incident;
2. All threats or acts of violence not occurring on State property, but involving someone who is acting in his/her official capacity as a representative of DRC;
3. All threats or acts of violence not occurring on State property, but involving an employee or independent contractor of DRC at the time, if the threats or acts of violence affect the legitimate interests of the State;
4. Any threat or act of violence resulting in the criminal conviction of an employee or agent of DRC, or an individual performing services on the Department’s behalf on a contractual or temporary basis under any criminal code provision relating to threats or acts of violence that adversely affects the legitimate interests of the State.

Threats or acts of violence is defined as conduct against persons or property that is sufficiently severe, offensive, or intimidating to alter the conditions of State employment, or to create a hostile, abusive, or intimidating work environment for one or more DRC

employees, independent contractors and volunteers, as well as those individuals visiting the DRC. For specific examples of conduct that may be considered “threats or acts of violence” that are prohibited, please refer to policy 31-SEM-08.

Examples of warning signs, symptoms, and risk factors that may indicate an employee’s potential for workplace violence include but are not limited to:

- Dropping hints about a knowledge of firearms;
- Making intimidating statements such as: “I’ll get even,” “You haven’t heard the last from me” or “You know what happened at the Post Office”;
- Possessing reading material with themes of violence, revenge, and harassment;
- Keeping records of other employees who the individual believes to have violated office policy;
- Physical signs of hard breathing, reddening of the complexion, menacing stare, loudness, fast profane speech;
- Acting out either verbally or physically;
- Disgruntled employee or ex-employee who is excessively bitter;
- Being a loner;
- Having a romantic obsession with a co-worker who does not share that interest;
- History of interpersonal conflict;
- Intense anger, lack of empathy;
- Domestic problems, unstable/dysfunctional family;
- Brooding, depressed, strange behavior, “a time bomb ready to go off”.

All workplace violence incidents are to be reported both verbally and in writing. Each institution and APA regional office will identify a Workplace Violence Liaison who will work closely with the Victim Coordinator to support the victim of workplace violence, track workplace violence incidents within their location, and report all incidents identified as workplace violence to the Office of Victim Services. If you have additional questions regarding workplace violence, feel free to contact the Workplace Violence Liaison at your location or the Office of Victim Services at 1-888-842-8464.

## Institution Chaplain Contact Information

Institution	Contact Numbers
ACI	419-224-8000 ext. 2532
BECI	740-695-5169 ext. 2534 or 2533
CCI	740-774-7080 ext. 2248
CMC	614-445-5960 ext. 2770
CRC	614-877-2441 ext. 7456 or 7423
DCI	937-263-0060 ext. 2533
FPRC	614-445-8600 ext. 2237
GCI	440-748-1161 ext. 316
HCF	740-753-1917 ext. 253
LECI	513-932-1211 ext. 3222
LOCI	740-852-2454 ext. 4020 or 4021
LORCI	440-748-1049 ext. 342
MACI	740-852-9777 ext. 2665
MANCI	419-525-4455 ext. 3204
MCI	740-382-5781 ext. 2347 or 2346
MEPRC	937-262-9853 ext. 2261
NCI	740-732-5188 ext. 3555
NCCI	740-387-7040 ext. 2233 or 2232
NEPRC	216-771-6460 ext. 2608
OCF	419-225-8052 ext. 3015
ORW	937-642-1065 ext. 2500 or 2078
OSP	330-743-0700 ext. 2450 or 2451
PCI	614-877-4362 ext. 299
RICI	419-526-2100 ext. 2248
RCI	740-774-7050 ext. 2519 or 2517
SCI	740-653-4324 ext. 2770 or 2771
SOCF	740-259-5544 ext. 3684 or 3686
TCI	330-898-0820 ext. 2146
TOCI	419-726-7977 ext. 7466
WCI	513-932-3388 ext. 2534

## **Critical Incident Stress Management Program**

The Department has a Critical Incident Stress Management Program in place that serves DRC employees and their families during emotional or traumatic situations. Each institution and APA Region has Critical Incident Support Team Members who are available to support staff during difficult times. These teams are comprised of peers and licensed professionals.

These teams will be on site during times that a situation has had a negative emotional impact on the staff. The team members may also be contacted by any staff person who is seeking assistance during difficult times. The team members are knowledgeable about stress management and can conduct stress debriefing sessions. They also will meet one-on-one with staff. The CIST members are a good information source when seeking resources that will assist you and your family.

All information shared with CIST Members is confidential. CIST members are not permitted nor can they be compelled to disclose details of any information shared by an employee who is receiving CIST services.

## **Alternative Dispute Resolution**

### **What is Mediation?**

Mediation is an informal, structured process in which a neutral third person, called a mediator, assists disputing parties in finding their own solutions to a problem. The mediator is not a judge and does not give advice. The mediator does not give input into the matter but merely facilitates the process. The conflict between the parties is discussed, ideas for resolving the conflict are generated, and mutually acceptable solutions for an agreement are considered. The parties are in control of how the conflict will be resolved.

### **Who is the mediator?**

Mediators are trained DRC employees. The DRC Mediation Program Coordinator will select a mediator that is from a worksite other than the worksite that has requested the mediation.

### **Is mediation confidential?**

Mediation is confidential. Information shared during mediation is confidential per the Ohio Revised Code 2317.023, and will not be disclosed unless the mediator and all parties agree to disclosure.

### **What does mediation offer employees?**

Mediation offers the parties involved in a dispute the following:

- An opportunity to be heard
- An opportunity to develop new ways of dealing with conflict
- An opportunity to select their own alternatives to the dispute as long as DRC policy is not violated
- An opportunity to save time, expense and emotional distress of living with unresolved conflict in the workplace

If you would like help to resolve a conflict, call the DRC Mediation Program Coordinator at (614) 752-1812.

**Union Contacts:****OCSEA**

390 Worthington Road  
Westerville, OH 43082  
(614) 865-4700 or (800) 969-4702  
888-OCSEA-11 (627-3211) Customer Service  
800-266-5615 Automated Attendant  
(614) 865-4777 (fax)

**SEIU 1199**

1395 Dublin Road  
Columbus, OH 43215  
(614) 461-1199 or 800-227-1199  
(614) 461-1549 (fax)

**OEA**

225 East Broad Street  
P.O. Box 2550  
Columbus, OH 43216  
(614) 228-4526  
800-282-1500 (in Ohio)  
(614) 228-8771 (fax)

## Self-Assessments

Many times people feel as if there is something not quite right about themselves or their life situation. In this chapter, you will find general signs and symptoms associated with mental health concerns, burn-out and self-assessment tools. In general, mental illnesses fall under distinct categories known as affective, psychotic or anxiety disorders. If you or someone you know is experiencing any symptoms of a mental disorder, help is available. You may contact your physician, EAP or a local mental health center in your area. The following are some common symptoms associated with mental illness and burn-out.

Affective Disorder- This is a broad category of mental disorders that primarily involve changes or fluctuations in affect or emotional regulation. For example: Depressive Disorders and Bipolar Disorders.

Signs of Depression:

- Feeling depressed
- Problems with appetite
- Lack of energy or fatigue
- Difficulty with memory and concentration
- Lack of interest in activities
- Worthlessness, hopelessness, helplessness
- Thoughts of death

Signs of Bipolar Disorder:

- Mood fluctuations between depression and mania
- Increased energy
- Decreased need for sleep
- Pressured speech
- Thoughts that are racing
- Distractibility
- Increased in goal-directed activity (money spending, sex, gambling)
- Psychomotor agitation
- Inflated self-esteem/grandiosity

Psychotic Disorders- This is a broad category that includes mental disorders involving changes in cognition or thought. For example: Schizophrenia, Schizoaffective Disorder, and Schizophreniform Disorder. Often these disorders are chronic, severe, disabling and have been recognized throughout history.

Signs of Psychotic Disorder:

- Split between emotion and thinking, meaning that the person's verbal messages may not match their emotion.
- Hallucinations
- Delusions
- Disorganized Speech
- Grossly Disorganized Behavior
- Signs of depression or mania

Anxiety Disorders- This is a broad category of mental disorders in which the person may experience apprehension, fear, obsessions, compulsions or stress.

Signs of Anxiety:

- Restlessness or feeling on edge
- Irritability
- Muscle tension
- Difficulty concentrating
- Difficulty falling asleep
- Distressing or recurring dreams of an event
- Intrusive recollection of an event
- Repetitive behaviors (hand washing, checking doors)
- Recurrent and persistent thoughts that are not simply excessive worries
- Fear of social or performance situation
- Palpitations, accelerated heart rate
- Sweating
- Trembling sensation
- Feeling of choking
- Shortness of breath, smothering sensation
- Fear of losing control of going crazy

### General Signs of Burnout

We live in a fast paced society that often places increasing demands on our performance. At times, our inability to keep-up with these demands leads us to experience symptoms associated with burnout.

- Muscle tension
- Problems with sleep
- Pressure behind the sternum
- Feeling exhausted
- Anxiety and depression
- Mental fatigue
- Lowered tolerance for frustration
- Cynical distrust of others
- Increased drug or alcohol abuse
- Social withdrawal
- Irritability
- Thoughts of suicide
- Inability to generate solutions
- Despair-the main goal is getting through the day
- Loss of spiritual values
- Disillusionment about career