

MARCH 2020



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline

Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support

March is Designated As Problem Gambling Awareness Month



Ohio Problem Gambling Awareness Month is held every March to coincide with the national observance. The theme for 2020 is "*Awareness + Action*" #AwarenessPlusAction #PGAM. The goals of the campaign are to increase public awareness of problem gambling, to promote the availability of prevention, treatment and recovery services for gambling addiction, and to encourage health care providers to screen clients for problem gambling issues.

What is Problem Gambling: Problem gambling or gambling addiction includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. The symptoms include: an increasing preoccupation with gambling; a need to bet more money more frequently; "chasing" losses (betting even more to try to recoup previous losses); restlessness/irritability when trying to stop; a loss of control manifested by continuing to gamble in spite of mounting, serious, negative consequences. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide.

Problem Gambling Is Not Just a Financial Problem: Problem gambling is an emotional problem that has financial consequences. If you pay all the debts of a person affected by problem gambling, the person would still have a gambling problem or gambling disorder. The real issue is they have an uncontrollable obsession with gambling. The amount of money lost or won does not determine when gambling becomes problematic. Gambling becomes a problem when it causes a negative impact on any area of a person's life.

Who is at Risk for Problem Gambling: Anyone who gambles can develop problems. This is why it is important to be aware of the risks and to gamble in a responsible way, if you choose to gamble. When gambling behavior interferes with finances, relationships, and the workplace, a serious problem already exists.

How Can a Person be Addicted to Something That Isn't a Substance: Someone with a gambling problem gets the same effect from gambling as one might get from taking a drug or drinking alcohol. But just as tolerances develop to drugs or alcohol, a person with a gambling problem finds it takes more and more of the gambling experience to achieve the same effect as before. This creates an increased urge for the activity and the person finds they have less and less ability to resist as the craving grows in intensity and frequency.

Jim Adams, CEO of the Geauga County Board of Mental Health and Recovery Services, said "Gambling is often a hidden addiction, that left untreated, can have a devastating effect on individuals and their families. We are learning more and more about the brain and how different types of addictions, like gambling and substance abuse, may have some similarities in brain structural and chemistry changes. The more we know the better treatment models we can build to help people recover."

Where to Find Information: Educational videos, information and articles about gambling, along with links relating to its effects on the brain, are available at www.ProblemGamblingOhio.org. You can also call the Ohio Problem Gambling Helpline at 1-800-589-9966 to speak with someone directly. Additional resources are available at the Ohio Department of Mental Health and Addiction Services <https://mha.ohio.gov/Families-Children-and-Adults/Get-Help/Problem-Gambling/Problem-Gambling-Resources> and at Ohio for Responsible Gambling <https://www.ohio.gov/>.

Where to Find Local Help: If you or a loved one has a gambling addiction, local help is available. **Lake-Geauga Recovery Centers** offers free Problem Gambling Prevention, Education, Screening and Treatment to individuals and family members who have been affected by problem gambling. They are located at 209 Center Street, Unit E, Chardon, Ohio, and can be reached by phone at 440-255-0678. You can also contact COPELINE at 440-285-5665 or 1-888-285-5665, which is available 24 hours, 7 days a week.

New Web-Based Interactive Dashboard Offers Timely County-Level Data About ED Visits For Suspected Drug Overdoses In Ohio



The Ohio Department of Health (ODH) has launched a new web-based interactive dashboard that supplements death certificate data with more timely county-level data about emergency department visits for suspected drug overdoses.

The ED dashboard uses data from the state's syndromic surveillance system, which collects non-identifiable patient information such as the primary reason for a patient's visit in most of Ohio's emergency departments. State and local public health officials have used syndromic surveillance data for several years to identify spikes in drug-related emergency department visits - which could be due not only to overdoses, but also to drug and alcohol withdrawal. This data has been refined to specifically identify suspected drug overdoses which are reported in the ED dashboard beginning with data from the third quarter of 2016.

This dashboard, updated on a monthly basis, provides four sets of visuals:

- statewide trends and demographics
- trends and demographics by county
- county data table, and
- county rate maps.

Access to ODH's new web-based ED dashboard is available [here](#).



How To Manage An Employee With Depression

Depression is the leading cause of disability worldwide. One in five Americans are affected by mental health issues, with depression being the most common problem. A recent report by Blue Cross Blue Shield found that depression diagnoses are rising at a faster rate for millennials and teens than for any other generation. All told, the disorder is estimated to cost \$44 billion a year in lost productivity in the U.S. alone.

Yet despite this enormous and growing toll, many employers take an ad hoc approach to handling depression among employees. Many managers become aware of mental health issues only when they investigate why a team member is performing poorly. A better scenario would be if employees felt empowered to report a mental health problem and ask for a reasonable accommodation so that their manager can intervene and help the employees return as quickly as possible to full health.

[Click here for more information](#) for managers on how to negotiate work arrangements for individuals with depression.

WomenSafe - Purses & Pastries

Date: April 19, 2020

Time: 2:00-4:00 p.m., doors open at 1:30 p.m.

Location: Munson Township Town Hall
12210 Auburn Road, Chardon, Ohio 44024

For more information: call 440-285-3741

NAMI Geauga County - New Anonymous Dual Recovery Support Group

Date: Starts March 1, 2020

Time: 6:30 - 7:30 p.m.

Location: NAMI Geauga, 8389 Mayfield Rd., Ste. A-2, Chesterland, OH 44026

For more information about the meetings contact: NAMI Geauga County at 440-286-6264 or admin@namigeauga.org

Torchlight Youth Mentoring Alliance - Light Up The Lanes

Date: March 8th, 1:30 p.m. at Sonny Lanes in Geneva

Date: March 15th, 2:00 p.m. at Scores Fun Center in Painesville

For more information: go to <https://torchlightyma.ejoinme.org/bowl>



Geauga County Board of Mental Health and Recovery Services
Phone 440-285-2282 | Email mhrs@geauga.org | www.geauga.org