



Happy April! I hope everyone is staying physically and mentally healthy during the pandemic and our new way of life. It is amazing how much has changed over the last month. During this time, our Ohio START team at PCSAO is here to offer any assistance that we can. Please feel free to reach out at any time with questions or requests for assistance.

*Fawn*

### TUSCARAWAS COUNTY

Tuscarawas County has completed all their training and will soon accept their first Ohio START case!

### ATHENS COUNTY

Athens County has been working with a family who has had previous children removed from the home. But they will soon move to over-night visits with their youngest child!

### HARRISON COUNTY

Harrison County has identified their behavioral health partner, who will provide all services needed by Ohio START clients!

### DIGITAL RECOVERY SUPPORT

[In The Rooms](#) offers free online meetings for individuals in recovery. The platform includes 12 Step, non-12 Step, and other recovery programs. For more information, visit [intherooms.com](http://intherooms.com)

Addiction Policy Forum and CHESS Health have launched [Connections](#), a free smartphone app for individuals in recovery. The app includes access to e-therapy and peer support. Learn more at <https://www.addictionpolicy.org/connections-app>

### YOUTH MOVE OHIO LAUNCHES HEALTHY AT HOME CHALLENGE

YouthMOVE Ohio is posting daily riddles and activity ideas to keep youth and families engaged during the Shelter in Place order. Individuals who participate on social media will also be entered in a drawing for a chance to win an Amazon gift card.

You can find more information on their website: [youthmoveohio.com](http://youthmoveohio.com)

## MENTAL HEALTH RESOURCES FOR COVID-19

The Ohio Department of Health published a list of resources for adults coping with the COVID-19 pandemic. The list includes help line numbers, links to virtual support groups, as well as health and wellness resources.

[Click here for more information.](#)

## BEHAVIORAL HEALTH TELEHEALTH TRAINING WEBINAR

The Ohio Department of Medicaid and the Department of Mental Health and Addiction Services hosted a webinar on delivering behavioral health services through telehealth.

You can find a recording of the webinar here:

<https://register.gotowebinar.com/recording/5265613268419530243>

Slides are available here: <http://tiny.cc/oaefmz>

## **Fayette County Family Peer Mentor Kerri Black recently celebrated 8 years of sobriety surrounded by her coworkers at Fayette County Child Protective Services.**

Kerri Black applied to be a family peer mentor because she wanted to give back by offering lived experience and understanding to her clients. In her time with Fayette County Child Protective Services, Black has seen changes in both her clients and the overall community culture. "People get burnt out and don't understand. They see the same people over and over again. But now that I've been there and they celebrated my eight years of recovery, it's getting better."

One of the most rewarding parts of her job is getting clients into treatment and seeing them progress in their recovery. Black recently ran into an acquaintance who told her that they had been offered drugs but had said no. Hearing that "made [her] so happy. One day at a time."

When asked if she had any tips for someone struggling with substance use, she stressed the importance of a support system. "You have to get a support system. It's crucial. You need someone to hold you accountable."

Becoming a family peer mentor has given Black an opportunity to become part of that support system for others. "I feel like I'm finally doing what I'm meant to do in life."

Congratulations, Kerri! Ohio START is proud to join you in celebrating your recovery and glad to have you as part of the Ohio START team!



## TRAINING & TA UPDATE

Due to the COVID-19 state of emergency and the Governor's recommendations, all Ohio START trainings through the end of May have been cancelled and will be rescheduled at a later date.