



Happy March! It was so great to see everyone last month during the regional consortium meetings. I hope everyone was able to get valuable information from the PCSAO START team and your fellow local START team members. As we are now in the midst of the COVID-19 state of emergency, our PCSAO technical assistance consultants will be postponing their visits to your agency or asking to move those check-ins to calls. Also, if you were scheduled to attend a training in the next month, please pay close attention to your email as we will send out notices regarding the status of each training. If you have any questions about START activities during this time, please do not hesitate to reach out.

Fawn

LAWRENCE COUNTY

Lawrence County has reported improved access to resources and shorter wait times for assessments!

STARK COUNTY

Stark County has hired their Family Peer Mentor and will soon begin accepting START cases!

ASHTABULA COUNTY

All of Ashtabula County's current START cases are voluntary!

Trauma-Informed Care Summit

OhioMHAS and the Department of Developmental Disabilities will host their annual Trauma-Informed Care Summit on May 19-20 in Columbus. This year's theme will be "Creating Environments of Resiliency and Hope."

For more information and to register, visit: <https://ohca.memberclicks.net/conferences>

NEW GUIDANCE FOR CO-OCCURRING DISORDERS

The Center on Addiction and the Child Mind Institute have released a guidance document which offers information and resources for individuals working with young adults with co-occurring substance use and mental health symptoms.

The full document can be found at:

<https://drugfree.org/wp-content/uploads/2019/02/Substance-Use-Mental-Health-in-Teens-and-Young-Adults.pdf>

DR. NICOLE LABOR WILL BE THE KEYNOTE SPEAKER FOR THE OHIO START SUMMIT

Dr. Labor graduated from the Lake Erie College of Osteopathic Medicine and is board certified in both family medicine and addiction medicine. She is the medical director for OneEighty in Wooster, OH; the director of the addiction medicine fellowship for Summa; and the medical director for Interval Brotherhood Home in Akron, OH and the Esper Treatment Center in Erie, PA. Dr. Labor will discuss the science of addiction, as well as her own personal recovery.

Read more on Dr. Labor's website: <https://theaddictsdoc.com>

New Research Supports Non-Drug Therapies for Chronic Pain

A new study conducted by researchers at the VA Palo Alto Health Care System in California found promising results for service members who received non-drug therapies for chronic pain conditions.

Individuals received treatments such as acupuncture, electrical nerve stimulation, exercise therapy, and superficial heat treatment.

The non-drug therapies were associated with a lower risk for new onset substance use disorders as well as a lower risk for suicidal thoughts.

For more information, visit:

<https://www.research.va.gov/currents/1219-Study-supports-long-term-benefits-of-non-drug-therapies-for-pain.cfm>

Training & TA Update

Due to the COVID-19 state of emergency and the Governor's recommendations, all Ohio START trainings between now and April 3, 2020 have been cancelled and will be rescheduled at a later date.

All TA visits will be postponed or changed to a phone call. If meetings need to be cancelled or postponed for a month or two, please feel free to do so.

Ohio START Summit Save the Date and Hotel Registration

The Ohio START Summit will take place on May 7, 2020 from 9 am to 4 pm at the Ohio State University Union. The Summit is open to all cohorts, and all Ohio START team members are encouraged to attend. There is no cost to attend and lunch will be provided. More information to follow.

If you are interested in booking a hotel room at the discounted group rate, please see the information below. Rooms must be booked before midnight on April 5, 2020 to get the group rate.

Hotel: Hampton Inn & Suites Columbus/University Area
Address: 3160 Olentangy River Road, Columbus, OH 43202

To reserve a hotel room, visit: <http://tiny.cc/5z0wjz>

The group code is: OSM