



# Network News

The Quarterly Newsletter of the Ohio Mental Health Network for School Success

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## Network News Ohio Mental Health Network for School Success

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The Ohio Mental Health Network for School Success is proud to be able to provide you with a fully electronic version of our Network Newsletter. In existence since 2001, the Ohio Mental Health Network for School Success (OMHNSS) consists of action networks spearheaded by affiliate organizations and university partnerships in six regions of Ohio. Currently, the Network is funded by the Ohio Department of Mental Health (ODMH) and the Ohio Department of Education (ODE). Key state-level staff from ODMH and ODE, and partnering organizations also participate as Network members.

### Information Briefs Released

*Two new information briefs have been released by OMHNSS*

#### The Case for Dating Violence Prevention in Schools

Dating violence poses a prevalent and serious risk to the emotional and physical health of America's youth:

- Between 10% and 45% of adolescents in the U.S. report having been physically or sexually abused by a dating partner.
- In a sample of high school students, 45% of girls and 43% of boys reported being a victim of physical dating violence. In addition, 17% of girls and 9% of boys had been coerced by their partners to perform sex act.
- Between 28% and 45% of middle school students report having experienced sexual harassment at school.
- 70% of girls and 52% of boys who are abused by a dating partner report a physical injury.
- Adolescents in abusive relationships often perpetuate patterns of abuse into future relationships.

[Download the full Information Brief here](#)

#### The Case for Culturally Competent Schools

- An increasing percentage of ethnically diverse students are enrolling in primary and secondary education (National Center for Educational Statistics, 1996).
- Recent research shows that 1 in 5 students live in poverty. (Children's Defense Fund, 2001).
- Because teacher reactions to students, both positive and negative, influence student's self-esteem and academic success (Brown, 2007), it is important for teachers to understand how to respond to students a way that is effective and easily interpretable by the students in their classroom.
  - Cultural competency enhances a teacher's ability to create an environment that is fair, understanding, and accepting of diverse students, ideas, experiences, and backgrounds (Brown 2007).
- Some cultural conflicts in schools can be avoided when cultural competency is a highly prioritized ideal.
  - For example, African American students' behaviors are consistent with African American cultural expectations and can come in stark contrast to the mainstream cultural expectations placed on them by their teachers.

[Download the full Information Brief here.](#) Additional Information Briefs can be found at [www.omhnss.org](http://www.omhnss.org).

Noelle Duvall, Northwest  
Action Network

Dave Tener, Southeast  
Action Network

Cricket Meehan,  
Southwest Network

## University Partners

Dawn Anderson-  
Butcher, The Ohio  
State University

Rebecca Wade-  
Mdivanian, The Ohio  
State University

Eric Dubow, Bowling  
Green State University

David Hussey, Kent  
State University

Paul Flaspohler, Miami  
University

Elizabeth Tracy, Case  
Western Reserve  
University

Julie Owens, Ohio  
University

## Network Partners and Family Representatives

Kay Rietz, Ohio  
Department of Mental  
Health

Tracee Black, Tova's  
N.E.S.T., Inc.

# Safety and Violence Prevention Curriculum Trainings



## Meeting the March 2009 K-6 State Law Mandate

To assist K-6 school professionals in meeting the March 30, 2009 deadline to complete four hours of mandated training in child abuse recognition, violence and substance abuse prevention, and positive youth development, the Ohio Department of Education, the Ohio Department of Mental Health, and the Ohio Supreme Court Justice spearheaded the development of a Safety and Violence Prevention Curriculum in partnership with content experts from the Ohio State University, the Ohio Suicide Prevention Foundation, and the Inter-professional Commission of Ohio.

ODE contracted with the OMHNSS' 29 curriculum-approved and available regional affiliates to provide Train-the-Trainers sessions hosted by the Educational Service Centers across Ohio. To date, over 326 School District representatives have been trained to teach the curriculum to the professional staff in their own school districts, and plans are underway to continue "train the trainers" sessions through the 2008-2009 school year (please visit the ODE STARS website for available local events and registration to school district teams). While educators are not expected to provide mental health services to children, the curriculum focuses on the opportunities school professionals have to effectively identify children who are experiencing mental health issues and refer them to the appropriate intervention services.

## See Me, Hear My Feelings

Archiving Resilience Through Youth Testimony

The Ohio Mental Health Network for School Success (OMHNSS) is proud to announce the youth testimony partnerships formed between Ohio Youth and their Families, Mental Health America of Summit County (MHA), The Ohio Suicide Prevention Foundation (OSPA), and the Center for Innovative Practice (CIP). This new project is headed up by Lisa Oswald, a program coordinator from MHA. Lisa has built her career on helping others in the pursuit of recovery through parent education and empowerment, and is now coaching youth testimony. She and a Stark County archivist, Mandy Pond, will be capturing testimonies from Ohio youths about their experiences with mental illness, how they reached resiliency, and who made a difference in their lives.

Coming in future issues of the Network News will be those children's stories and how they reached success in their families, schools, and lives. We will also be updating the See Me Hear My Feelings.org website with these additional youth testimonies in the spring.

## Mental Health America- Promoting Personal Development

Susan Mikolic, R.N., engaged and enriched attendees of Mental Health America of Summit County's annual workshop held on May 28 at the Four Points Sheraton in Akron



Ms. Mikolic shared her personal story of the rampant mental and physical illnesses she and her family suffered for many years before making their own path to recovery. After seeing and feeling the astonishing results of the changes made in her own life, Susan decided she wanted to share the wellness with others and developed her trademarked "Energy Equation Experience™ and Red Light Plan™."

Susan introduced, defined, and showed how to implement her wellness techniques as she discussed throughout the day the many ways our mental health affects our physical health and vice versa and her belief in the need to care for the whole person: mind, body and spirit, in order to obtain effective and stable recovery. Participants felt that, due to its highly personal nature, Susan's presentation was effective, inspiring and energizing.

MHASC would like to thank NCAN for sponsoring our speaker. Many thanks to everyone who attended and participated in the workshop as well! It is only through community involvement and participation that we can continue our mission to educate about, reduce the stigma of, and work towards our goal of victory over mental illness.

Carrie Baker, Ohio  
School Based Health  
Care Association

Susan Mikolic, Stepping  
Stones Mental Health  
Educational Consulting

**OMHNSS Staff  
Contact**

Amy Wilms, Miami  
University

## The Ohio Department of Mental Health Residency and Training Program Grant



The Ohio State University, College of Social Work, received a Residency and Training Program grant from the Ohio Department of Mental Health to build a stronger foundation for students preparing to enter the workforce, particularly those interested in community mental health and school social work. The College is partnering with community mental health professionals to enhance a variety of components of field instruction, strengthen the curricula across the clinical spectrum, and develop a clinical demonstration model to use with students in field settings. These enhancements are facilitated by the input of a Community Mental Health Advisory Group comprised of representatives from ADAMH Board of Franklin County, Rosemont, St. Vincent Family Centers, Ohio Council of Behavioral Healthcare Providers and ODMH. In addition, this grant will strengthen the school social work licensure program, one component of the clinical MSW track. The required curricula and field experience for social work students practicing in schools will be enriched by the development of The Social Work Practice in School Competencies. This tool will guide school social work field practicum experiences, as well as help align practice experiences with classroom content. This is an exciting opportunity to work collaboratively with ODMH and other community mental health partners to assure that students are receiving the best pre-service training possible. For more information please contact Karen Keane at (614) 292-6934.