



Expressions

Maumee Valley Guidance Center

Connie Planson, President & CEO

Volume 1, Issue 1

United Way—Day of Caring

On Friday, October 17, 2008, United Way conducted a “Day of Caring”. Local community members provided Maumee Valley Guidance Center with some much needed face-lifts.

The Main office of Maumee Valley Guidance Center had its front door adorned with new paint which was much needed.

The community volunteers also updated the front of our building with new landscaping. This added a new revitalized look to the front of our building.

Local businesses donated the material to Maumee Valley Guidance Center that were used to enhance the visual appearance.

The experience was a positive one and the work done was very much appreciated. We thank them for their hard work and dedication to helping other community members.



MVGC Front Door Face Lift

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Board of Directors:

Paul Barnaby
 Susan Jackson
 James Harris
 David Westrick
 Richard Myers
 Lewis Hilbert
 Cheryl Kehnast
 William Brenner

Joint Commission Survey

On September 9 & September 10, 2008, the Joint Commission conducted a full unannounced survey. The surveyor was Ms. Theresa E. Walsh, LISW, MSW.

After two days of reviewing the Guidance Center opera-

tions, regulations and policies, we were awarded Joint Commission Certification status. This is a great achievement.

The survey was a positive experience. Ms. Walsh was very helpful and informative

with her recommendations.

Great job Maumee Valley Guidance Center Staff!

“Our greatest glory is not in never falling, but in rising every time we fall.”

-Confucius

Clubhouse—Program changes

The Bryan Area Foundation donated monies to the Guidance Center to assist us with purchasing a new van for our Clubhouse Program. The old van was in desperate need of repairs and was probably on its last leg.

The newly purchased van has been a tremendous improvement for the program. Clubhouse participants have even commented how nice it is to have air conditioning.

The Clubhouse program has gone through some changes in recent weeks with newly formatted programming.

The programming changes consists of: 1) A collaboration between MVGC and the PATH program to utilize the staff and resources of both programs to provide a wider range of community-based, therapeutic activities to clients in both programs. 2) A volunteer program in which Clubhouse members will volunteer their time at community agencies. The primary goal of the program is to provide our clients with a positive experience that will enhance self-confidence and self-esteem while making new friends. Clubhouse volunteers are currently working at Grace Community Church cleaning toys for the

annual Christmas program for needy children.



Van purchased with donation from Bryan Area Foundation

Fundraising Committee

Maumee Valley Guidance Center is in the process of forming a Fundraising Committee. Currently the committee consists of several staff members as well as a Board member and local members of the Four county communities wishing to enhance mental health opportunities.

We are hoping to launch an initial fundraiser in May 2009 as part of Mental Health Month Awareness Month.

If anyone is interested in helping Maumee Valley Guidance Center promote opportunities in the local community by assisting this committee, please contact Mary Bailey, CFO at 419-782-8856.

If opportunity doesn't knock,
build a door.

-Milton Berle

Community Donations and Assistance

Maumee Valley Guidance Center has received donations or received assistance from area community members and businesses and we wish to thank them. They are:

Maxton Motors—Montpelier

Bryan Area Foundation—Bryan

Werlor Waste Control—Defiance

Mike Freeman—Community Hospitals and Wellness Center

United Way of Defiance County

*As we express
our gratitude, we must
never forget
that the highest
appreciation is not
to utter words, but
to live by them.*

-John Fitzgerald Kennedy

Wellness Management & Recovery Program

Ohio's mental health system is changing, and Wellness Management & Recovery is part of that change.

Wellness Management & Recovery programs are led by people who have lived through and are recovering from mental illness; people who believe that recovering from mental illness is a process of transformation, hope, holistic care and individual empowerment.

The program is coordinated by the Wellness Management & Recovery Coordinating Center of Excellence (WMR CCOE), a statewide endeavor that seeks to improve the quality of clinical

care by accelerating the adoption of best practices within Ohio's public mental health system.

WMR CCOE is supported by the Ohio Department of Mental Health and is a partnership among Southeast, Inc. in Franklin County, The University of Toledo in Lucas County; and the Lorain County Mental Health Board.



*You are a vital part
of your recovery*

Everyday life is complicated. There's a lot to think about. There's a lot to take care of.

Our bodies and minds are complicated too. Everyone is different. Being happy and healthy depends on more than just doctors and medications.

Nobody knows what you want from life better than you. You can get where you want to go with Wellness Management and Recovery.

WMR CCOE—HOW THE PROGRAM WORKS

The Wellness Management & Recovery program consists of ten group sessions that are team taught, including a staff member of an agency and a peer specialist who is currently receiving mental health services. This approach emphasizes the collaborative nature of the program. The goal of the program is to promote good health and recovery from mental illness by teaching skills that empower consumers to: 1) identify and achieve personal recovery and wellness goals; 2) develop informed, collaborative

approaches to effectively select and manage treatment and recovery; and 3) achieve an overall healthier lifestyle.

The Wellness Management & Recovery curriculum includes information on general health and wellness issues and co-occurring mental health and substance abuse disorders.

WMR had two groups last fiscal year. We graduated 12 clients from the program. We are currently running a group in Napoleon, and once that group is completed we are hoping to start a

"Recovery from mental illness is not like recovering from the flu. It's recovering your life and your identity."

group in Defiance. If you have clients interested, please contact Rachelle McDonald at MVGC.

Anger Management Program

Maumee Valley Guidance Center provides an Anger Management Program.

The benefits of the program include: ongoing group; new members can join anytime, no waiting; all topics will be covered for all participants as material is notated and supplemented by individual sessions if needed; monthly reports to court regarding client progress in group.

Topics Covered:

- Anger: what it is and why it matters
- When does anger become a problem
- Definitions and myths about anger
- The split second decision that changes lives
- Pushing buttons
- Cognitive restructuring for anger control
- Assertiveness training
- Drugs, alcohol and their role in anger management
- Planning ahead: the Anger Management Relapse Prevention Plan.
- Coping skills for managing anger

Learning skills to manage and control anger will improve overall quality of life.

Maumee Valley Guidance Center

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www.maumeevalleyguidancecenter.org

Enhancing the Quality of Life for
Those We Serve

Mission Statement

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



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