



# Expressions

*Maumee Valley Guidance Center*

Connie Planson, President & CEO

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## Maumee Valley Guidance Center Initiates New Teen Group

### “Winning the Smart Way”

Our teen group is rapidly growing in our Bryan office. The “Winning the Smart Way” group focuses on teens making good choices, learning emotional control, exploring the role of substances in teen life, options to violence, and explaining why this stage of life makes teens vulnerable. Teens also learn how to deal with life and family issues. We have already seen success stories for teens graduating from the group.



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#### Board of Directors:

Paul Barnaby  
 James Harris  
 David Westrick  
 Richard Myers  
 Lewis Hilkert  
 Cheryl Kehnast  
 William Brenner  
 Denny Shannon  
 Dr. Laura Eckhardt

## Embrace Wellness—May is Mental Health Awareness Month



*A vast majority of mental health conditions are treatable, we can—no matter how challenging the mental health obstacle we face—always chart a course back to wellness.*

*MVGC’s commitment to the community can be an important part of the recovery process by providing education, support and by helping individuals and families work through their personal situations through the counseling process.*

# Wellness, Management & Recovery—Outcome Measure Results

Overview: Group intervention that uses a psycho-educational curriculum that is recovery-focused and consumer-centered. Ten modules, covered in weekly (2-hour) sessions. Critical component of WMR—Co-facilitation team- - peer specialist & mental health specialist from the agency. It incorporates adult education methodologies, with an emphasis on multicultural competency, experimental learning, shared group process, mutual support and encouragement- - and laughter. It also incorporates a holistic view of health (physical, emotional, social, spiritual) with an emphasis on building on strengths and increasing capacities of individuals. The program also focuses on the development of skills, positive expectations, setting individual recovery goals, and promoting self-efficacy. The emphasis is on “promoting wellness” rather than simply “coping with illness.”

The Wellness, Management & Recovery (WMR) program at Maumee Valley Guidance Center received results from the Mental Health Recovery Measure in January 2011. The results are as follows:

Percentage of participants reporting improvement, deterioration or no change on the mental health recovery measure are as follows:

- 52% Reliable Improvement
- 3% Moderate Improvement
- 42% No Significant Change
- 0% Moderate Deterioration
- 3% Reliable Deterioration.

On the Client Self-Rating Scales, the Top 10 Areas of Change are:

1. Knowledge Increase (of symptoms, treatment, coping strategies, medications),
2. Use of a wellness plan
3. Use of relapse reduction planning
4. Progress towards personal goals
5. Making health life-style choices

6. Coping better with mental and emotional illness day-to-day
7. Involvement with self-help activities
8. Recovery philosophy integrated into your life
9. Involvement of family & friends in my mental health treatment
10. Symptoms interfering less with daily functioning.

Other significant changes on the Self-Report Measures are:

1. Increases in both Quantity and Quality of Social Support Networks
2. Decreases in Distress from Symptoms.

Qualitative Data from MVGC: How has WMR program helped you in your recovery:

“Noticing the person I can be and help others to help control our emotions and behavior and continue group!”

“Wow—It really made me think and helped me through.”

“It was very effective in sharing our lifestyles and gaining new friendships.”

“It has deeply affected my road to better mental and emotional health.”

“It helped a lot. It helped me be a positive person.”

“It was very effective in sharing our lifestyles and gaining new techniques.”



## Clubhouse Activities

Clubhouse has been busy taking part in various activities. They have toured Spangler Candy Company where they were able to watch how the world famous Dum Dum Pops were made, along with candy canes, circus peanuts, and other varieties of suckers. The client Christmas party held in December was a hit, complete with a visit from Santa. Clients enjoyed heading to Toledo for an afternoon at the Toledo Museum of Art. Doing arts/crafts while watching movies has been a way to stay warm and have fun during the cold winter months. No month would be complete

without a little “thrifty shopping” at the various dollar stores and thrift shops!!

In the coming months, participants can look forward to visiting Boyd’s Retro Candy store, taking in a Tin Caps game, checking out the historic Sauder’s Village as well as the Toledo Botanical Gardens, and a day of Putt Putt golf!



## Maumee Valley Guidance Center's Public Appearances

Maumee Valley Guidance Center provided informational brochures at the 2011 Health, Home and Fun Expo at Northtowne Mall. Our booth was staffed for the two day event and our staff was able to talk with people while providing valuable mental health information to the community. In addition to brochures, staff members handed out over 500 pedometers to those attending the event to encourage wellness in their lives.

Maumee Valley Guidance Center also provided informational brochures and staffed a full day Veterans Event where mental health is-

sues and resources were provided for area veterans. Over 300 veterans from the four county area attended this event. Our staff discussed symptoms of depression and PTSD. Both older and younger veterans attended the event. Resources were provided and referrals made for those needing services.

Look for us this summer at the County fairs in Defiance, Henry, Fulton and Williams Counties.



## Member of MVGC Board of Directors Resigns—New Board Member Welcomed

Susan Jackson, of Williams County, has served on the MVGC Board of Directors since 2006. She has been the Vice President of the Board since 2008. In March 2011 Susan resigned her position with the Board of Directors.

We appreciated Susan's dedication and loyalty. Her service to the organization truly has made a difference. Thank you Susan for your valued service.

Maumee Valley Guidance Center is also pleased to announce that Laura Eckhardt, Ph.D. will join the Maumee Valley Guidance Center Board of Directors in May 2011. Dr. Eckhardt also comes from Williams County. She brings with her an extensive knowledge regarding mental health.



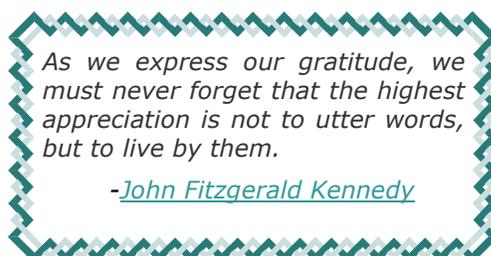
Dr. Eckhardt is a former employee of Maumee Valley Guidance Center and Midwest Community Health Associates. She is currently working for the Bryan City School System as a Consulting Psychologist. She received her doctoral degree from Case Western Reserve University and completed her pre-doctoral internship at the Medical University of South Carolina in Charleston, SC.

Dr. Eckhardt is active in her community as a member of Bryan Area Foundation and the Claire Newcomer Club. She and her husband, Jon, have a son, Max. Her vast experience in the mental health field will be a tremendous asset to our organization. Welcome, Dr. Eckhardt.

## Grants and Donations Awarded

### Community Donations

Maumee Valley Guidance Center received various donations from local community members. We thank them for their generous contribution to the agency and its mission.



## Maumee Valley Guidance Center

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Enhancing the Quality of Life for  
Those We Serve



A contract  
agency of the  
Four County  
ADAMHS Board

### 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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