



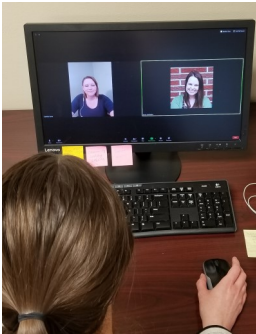
# Expressions

Maumee Valley Guidance Center

Connie Planson, President & CEO

Volume 12, Issue 2

## COVID-19—Telehealth, Outreach, Safety



Maumee Valley Guidance Center has remained open and available to clients and our community throughout the COVID-19 pandemic. As Ohio begins to take steps forward in re-opening, we will continue to be here providing services through the “Stay Safe Ohio” order. We continue to offer telehealth appointments through video or phone, allowing clients to stay at home while keeping their appointments. Our offices are following all safety guidelines, including social distancing and cleaning standards. Our staff are wearing masks, and any clients entering our buildings will also be provided with masks to wear. We encourage people to comply with the new “Stay Safe Ohio Order” while actively participating in treatment and taking care of their mental health.

Our prevention department has also been providing community supports during this time through flyers and social media. Information about local and national resources, including crisis hotlines, as well as signs of distress and self-care tips have been distributed through print and email for our community members. Flyers targeting specific populations, including first responders, healthcare workers, industry, older adults, teachers, and families, have also been created and shared throughout the community. The Maumee Valley Guidance Center Facebook page has also been active providing information, resources, and uplifting messages.

If you have any questions about our services, outreach, or safety efforts, please contact us at 800-569-3980. We will get through this challenging time together.

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### Board of Directors:

- Glenn Miller
- Kyle Weber
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- Jamie Gerken
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- Mick Pocratsky
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*Serving Defiance,  
Fulton, Henry, and  
Williams Counties  
since 1960*



## New Napoleon Office



Maumee Valley Guidance Center has been serving the mental health needs of the Napoleon area community for over 30 years with Outpatient Therapy, Case Management and Psychiatry. On February 18, 2020 MVGC proudly opened the doors of their new, agency owned location at 1325 Woodlawn Avenue in Napoleon. The Napoleon location offers ease of access, a bright, airy waiting area, therapy offices, case management offices and a conference room. The Napoleon staff has met the challenges of the current societal restrictions, maintained compliance with CDC guidelines and continues to offer quality services to the community. Services offered at Napoleon include outpatient and home-based therapy (individual, family, children, couples), group therapy, case management services (youth and adult), school-based therapy, Tele-med services, and offers clients access to the SSVF and all other MVGC programs. Call 419-592-5981 or 1-800-569-3980 to schedule an appointment.

## May—Mental Health Awareness Month



Nearly 450 million people worldwide are currently living with a mental illness, yet nearly 2/3 of people with a known mental illness never seek treatment. Awareness raising information and events are aimed toward helping to end the stigma of mental illness across generations. May 7th was named Mental Health Awareness in Older Adult Day to help teach signs and symptoms of mental illness in older adults. Events like “We Are the Majority” get youth involved in prevention awareness with a rally-style event that even Covid19 could not stop this year (the event speakers will be live-streaming their speeches and ideas on May 15), and Prevention Week is May 12-19. Help stop the stigma, speak up, speak out!

## Staff Anniversaries



July	August	September	October	November	December
Chelsea Bunnell	Dave Brown	Ashley Brown	Eva Valle	Rachelle McDonald	Thelma Esterline
Teresa Eaton	Becky Elkins	Jenny Hoeffel		Connie Planson	Kim Grimes
Misty Gomez	Jasmine Torbet	Lauri Whiteford		Shannon Ries	Karen Lause
Taylor Hueston		Amy Zimmerman		Danielle Vance	
Dawn Miller					



## ACCESS to Care: Our Commitment

Access to services is one measure that contracting entities require of agencies providing mental health services. The ability for a client to call and schedule an appointment quickly is important not only to the client, but also to Maumee Valley Guidance Center. At MVGC, we understand that once a client reaches out, the length of time between initial call and the first appointment with their mental health provider helps to determine the course of client treatment. We are proud to be able to get clients in to see a Masters level Clinician within 3.2 days, on average, of their initial call for their assessment. After the initial assessment, clients then have an appointment scheduled to begin treatment with their provider within an average of 2 days. MVGC is committed to providing quick access to quality care for all of our clients.

## Prevention—Incredible Years/Dino School



The Incredible Years®, also known as Dino School, is an evidence-based program that helps reduce challenging behaviors in children and increase their social emotional learning and self-control skills. The Incredible Years® program use dinosaur-themed materials and life-size puppets, Wally and Dina, to engage children and build social and emotional skills. The curriculum emphasizes skills such as emotional literacy, empathy, friendship skills, managing emotions, and problem-solving. Each week, a topic is introduced to help students learn and strengthen these important skills. These topics include listening, identifying feelings, controlling anger, friendships, bullying/teasing, telling the truth, sharing, helping and manners. Each week, students engage in interactive activities to help enhance the lesson and participate in a compliment circle to help build self-esteem. An activity sheet is also given to the children to complete at home with an adult to help bring the lessons and skills home. The program is offered to all Pre-K through 1<sup>st</sup> grade classes in the four-county area, as well as in preschools/day care centers, and libraries. During the recent 2019-2020 school year, over 1900 students from the four-county area participated in the program.

Teacher Comments:

“My students love Dinosaur School. I am so grateful for this program. It really encourages my students’ social development. I notice an increase in social awareness and kindness. I love it!”

“Dinosaur school helped many of my students in a very positive way! I was able to discuss ideas from dinosaur school in our regular school day, and see positive changes from the students.”



**Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.**

**Lao Tzu**

## Maumee Valley Guidance Center

### Enhancing the Quality of Life for Those We Serve

Toll Free: 800-569-3980  
Email: [mvgc@mvgcoho.org](mailto:mvgc@mvgcoho.org)

Defiance Office:  
211 Biede Avenue  
Defiance, OH 43512  
419-782-8856

Bryan Office:  
910 Maple Street  
Bryan, OH 43506  
419-636-2932

Napoleon Office:  
1325 Woodlawn Avenue  
Napoleon, OH 43545  
419-592-5981

Wauseon Office:  
222 Depot Street  
Wauseon, OH 43567  
419-337-5941

### 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.

[www.maumeevalleyguidancecenter.org](http://www.maumeevalleyguidancecenter.org)

Find us on 



*The Four County*  
**ADAMhs Board**  
Four County Board of Alcohol, Drug Addiction and Mental Health Services



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