

# EXPRESSIONS

## Maumee Valley Guidance Center Newsletter

### Over 7,000 Students Participate in MVGC Programs

Maumee Valley Guidance Center provided prevention programming to over 7,000 students during the 2023-2024 school year through our various school-based prevention programs. 24 school districts participated in MVGC programs, along with several parochial schools. Our evidenced-based prevention programs include Signs of Suicide, Incredible Years, Teen Mental Health First Aid, Botvins Life Skills, and CATCH My Breath. Many of these programs serve the need for House Bill 123 requiring schools to provide prevention



programming for students. For more information, check out our website or contact Karen VonDeylen, Prevention Manager, at 419-785-3835.

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Maumee Valley Guidance Center  
1-800-569-3980  
[maumeevalleyguidancecenter.org](http://maumeevalleyguidancecenter.org)

Service locations:  
Defiance: 211 Biede Avenue  
Bryan: 910 E. Maple Street  
Napoleon: 1325 Woodlawn Avenue  
Wauseon: 1190 N. Shoop Avenue

## MVGC Participates in Ohio's Great Minds Fellowship

Did you know that Defiance, Fulton, Henry and Williams Counties have been identified as Ohio Mental Health Professional Shortage Areas? 2.4 million Ohioans live in communities without enough behavioral health care. With the demand for behavioral health services increasing, the behavioral health services workforce has not kept up at the same rate. In fact, the demand for behavioral health services increased 353% from 2013-2019 while the workforce increased only 174%. To address this need, Ohio has created The Ohio Wellness Workforce Great Minds Fellowship. The goal is to grow the number of Ohioans entering behavioral health professions in the next two years. This fellowship can offer up to \$10,000 during undergraduate and graduate studies to assist with the cost of obtaining eligible degree or certificate.

Eligible Fields of Study Include:

- Social Work
- Marriage & Family Therapy
- Mental Health Counseling
- Psychiatric and Mental Health Nursing
- Substance Abuse and Addiction Counseling

Maumee Valley Guidance Center has provided learning opportunities for 3 students so far who are participating in this fellowship, hoping to help increase the number of behavioral health professionals in our Four County area. For more information, go to: [highered.ohio.gov/initiatives/workforce-development/great-minds](https://highered.ohio.gov/initiatives/workforce-development/great-minds)



*"The health and success of Ohio's families and communities depends on our ability to recruit, train, and retain the best talent to ensure Ohio has the most robust behavioral health workforce possible. Behavioral health care workers are a valued and vital part of our healthcare system, and our efforts today are focused on helping to quickly infuse more qualified professionals into behavioral health care workplaces throughout the state. I look forward to working with the General Assembly, Ohio's providers, and our colleges and universities on this innovative plan."*  
- Governor Mike DeWine

## MVGC Clubhouse Visits the Fort Defiance Humane Society

Participants of MVGC Clubhouse visited the Fort Defiance Humane Society. They enjoyed playing, petting, and walking the dogs and the dogs enjoyed the love and attention.



## STAFF ANNIVERSARIES

### May:

Katie Shaffer (8)  
Linda Pavel (7)  
Natalie Gibson (5)  
Kali Leatherman (3)

### June:

Karen VonDeylen (6)  
Megan Kreischer (4)  
Chloe Baker (1)  
Andria Parrott (1)

### July:

Dawn Miller (16)  
Misty Gomez (7)  
Chelsea Bunnell (6)  
Caleb Shanks (4)

### August:

Dave Brown (20)  
Chase Shinnars (4)  
Harley Shock (2)  
Shannon Richardson (2)

### September:

Jenny Hoeffel (12)  
Lauri Whiteford (12)  
Donovan Gaffney (2)  
Abby McGough (1)

### October:

Monica Lowe (3)

Thank you  
to our  
staff!



## Take Care of Your Mental Health This Summer

"Summer weather can wear our bodies down physically, as extended periods in heat can cause sleeplessness, lethargy, lack of appetite and dehydration, all of which can lead to aggressive behaviors and anxiety. In fact, a study by the American Physiological Society found that people are more likely to have higher levels of stress hormones in the summer than in winter. That's why it's important to take a proactive approach to maintain your mental wellbeing this summer." - Mental Health First Aid USA

- Here are some mental health tips for this summer:



Stay hydrated.  
Taking care of  
your mind starts  
with caring for  
your body.



Start a garden  
and watch it  
grow.



Take a stroll through  
nature. Check out a  
local walking trail.



Feel the grass with your feet. It  
reduces the stress hormone, cortisol,  
and helps you to feel more relaxed.



Find something  
active that you  
enjoy. Ever tried  
kayaking?



Take time to  
connect with a  
friend.



Take a book  
outside to read.

Call MVGC to  
schedule an  
appointment if  
you need us:  
800-569-3980

