

EXPRESSIONS

Maumee Valley Guidance Center Newsletter

CEO Retires After 35 Years at MVGC



Connie Planson, CEO, has announced her retirement for the end of the 2024. As we turn the page to a new chapter in our agency's journey, it's important to pause and celebrate Connie's tenure as our CEO, and 35 years of dedicated

service with Maumee Valley Guidance Center. Connie began as an intern at MVGC and was hired on as an employee in 1989. She served in several different roles, including outpatient therapist, prevention services, and clinical director. In January 2008, Connie became the CEO and has been instrumental in MVGC's success. Congratulations on your retirement! You deserve every moment of joy that comes with it. May your days ahead be filled with relaxation and all the things you love. Thank you for your hard work and dedication; you've made a lasting impact.



Maumee Valley Guidance Center
1-800-569-3980
maumeevalleyguidancecenter.org

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

MVGC Welcomes Genoa Healthcare Pharmacy



MVGC has partnered with Genoa Healthcare® to offer on-site pharmacy services to our consumers, staff, and families. Genoa Healthcare strives to improve the quality of life for individuals living with mental illness, substance use disorder and other complex,

chronic health conditions. This partnership helps us deliver on our mission by providing the population we serve with access to a higher level of pharmacy service. Genoa Healthcare strives to improve the quality of life for individuals living with mental illness, substance use disorder and other complex, chronic health conditions. This partnership helps us deliver on our mission by providing the population we serve with access to a higher level of pharmacy service.

- For our consumers, Genoa Healthcare can:
- Fill all medications on site, saving them multiple pharmacy stops
- Assist with insurance plans and questions, including Medicaid and Medicare
- Provide medication delivery options at no additional cost
- Organize medications in convenient pre-filled pill packaging to help keep them on track and adherent to their medications
- Provide prior authorization assistance
- Personalize services to fit their individual needs
- Transfer prescriptions from other pharmacies to Genoa Healthcare

Stop by the pharmacy located at our Defiance site to learn more, or call 419-770-6245.

Genoa Healthcare Pharmacy

Open Monday-Friday 8:30 am - 5:00 pm



**All your prescriptions in one place.
It's easy to move your meds to Genoa.**
Ask your doctor about Genoa Healthcare® pharmacy.



New Teen Seeking Safety Group

MVGC is now offering a group treatment program for adolescents. This group utilizes the evidence-based Seeking Safety program to address issues such as trauma, self-harm, substance use, anger issues and more. Groups are held on Thursday Evenings from 5:00 - 6:00 pm in our Defiance location. Clients will need to complete an intake and be referred into group. For more information, contact Dawn Miller at 419-782-8856.

MVGC in the Community

Our staff is active in the many communities in the Four County area. If you see us, stop over and say hello and grab some resources. Have an event coming up that you would like us to attend to provide mental health resources, information, or a presentation? Call us at 800-569-3980, ask for Karen VonDeylen.



STAFF ANNIVERSARIES

<p>November:</p> <p>Connie Planson (35) Rachele McDonald (20) Anna Williams (10) Kim Grimes (7) Shannon Ries (7) Karen Lause (7)</p>	<p>December:</p> <p>Thelma Esterline (6) Haley Roth (3) Zuliakha Keller (1) Vivian Rosas-Escareno (1)</p> <p>January:</p> <p>Janine Tonjes (7) Kym Whitenburg (5) Isaac Seagrave (3) Jaimee Schreiber (2)</p>	<p>February:</p> <p>Sherri Ward (12) Michale Wilson (6) Jessica Freiholtz (2)</p> <p>April:</p> <p>Betty Tingley (7) Julia Coutz (2) Shannon Carpenter (1)</p>
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Thank you

Overdose Deaths Drop for Second Consecutive Year in Ohio, Outperforming National Average

"On Wednesday (October 30, 2024), Governor Mike DeWine announced newly verified data demonstrating that the number of overdose deaths in Ohio have dropped substantially for a second consecutive calendar year.

The Ohio Department of Health (ODH)'s 2023 Ohio Unintentional Drug Overdose Report, released this week, revealed a 9% decrease in verified overdose deaths across the state. In 2023, Ohio recorded 4,452 unintentional drug overdose deaths, down from 4,915 in 2022. The results underscore the progress of numerous state programs and resources implemented or expanded under the leadership of Governor DeWine with a combined aim of saving more lives and putting more people on a path toward recovery from addiction. The report shows that Ohio has now outperformed national overdose death trends for two years in a row. In 2023, Ohio's 9% decrease in overdose deaths was better than the 2% decrease seen nationwide. In 2022, Ohio's 5% decrease in overdose deaths was better than the 1% increase seen nationwide. The report also shows building momentum through the end of 2023 and into this calendar year. In 2023, there was a 24% decrease in the number of overdose deaths from the second quarter to the fourth quarter."

Source: OhioMHAS News Now; Ohio Department of Mental Health and Addiction Services. 11/1/2024.



**Department of
Health**

Project DAWN

MVGC - Project Dawn Site

Project DAWN (Deaths Avoided with Naloxone) is a network of distribution programs that provide opioid overdose education and harm reduction services

coordinated by the Ohio Department of Health. MVGC provides training on understanding opioid use disorder and the stigma that is often a barrier for treatment. Participants are also taught how to use Naloxone and given a free Naloxone kit. For more information, contact Shannon Garza-Richardson at 800-569-3980 or srichardson@mvgcoho.org.

New Year's Resolutions: Building Good Mental Health Habits

Here are some tips for creating resolutions that prioritize your mental well-being:

- **Pick a Goal that Motivates You:** You are more likely to stick to your goal if it motivates you or if it is influenced by others, such as a spouse, a workout partner, or a medical professional.
- **Break Down Your Big Goals into Smaller, More Manageable Goals:** By doing this you'll be much less likely to feel overwhelmed.
- **Focus on Progress, Not Perfection and Stay Positive:** Emphasize the journey and strive for progress rather than aiming for perfection. And reward yourself for the progress you made.
- **Lean on Others for Support and Motivation:** Achieving goals can be easier when done with others. Consider joining groups or communities with similar goals to connect with people who can provide encouragement and accountability.
- **Practice Self-Compassion:** Be easy on yourself. Acknowledge that setbacks will happen and that's okay. Just pick back up where you left off.
- **Set a New Date:** You do not need to commit to a resolution on January 1. Feel free to delay implementing your New Year's resolutions until the time is right.
- **Don't Compare Yourself to Others:** Don't get too caught up in the New Year's resolutions of others. Set goals with only you in mind.
- **Know When to Ask for Help:** You are not alone. SAMHSA has behavioral health resources to help. Visit [SAMHSA.gov](https://www.samhsa.gov), [Find Help](#) or call MVGC at 800-569-3980.

"No matter how big or small your New Year's resolutions are for 2025, remember to show yourself some grace and forgiveness during the times when you may struggle as you work to reach your goals. Please take time over the course of this new year to engage in something meaningful to you, but more importantly, be kind to yourself. You deserve it."

Anita Everett, MD, DFAPA, Director, Center for Mental Health Services

Information taken from the "New Year's Resolutions: Building Good Mental Health Habits" by Anita Everett on <https://www.samhsa.gov/blog/new-years-resolution-building-good-mental-health-habits>

