

# EXPRESSIONS

## Maumee Valley Guidance Center Newsletter

### Maumee Valley Guidance Center Celebrates 65 Years of Service

*Maumee Valley Guidance Center's Lasting Impact on the Four County Area*



*Pictured from left to right: Kim Vogel (Clinical Director), Dawn Miller (CEO), Rachelle McDonald (Case Management Manager), and Karen VonDeylen, (Prevention Manager)*

This year, Maumee Valley Guidance Center proudly celebrates 65 years of dedicated service to individuals and families throughout Defiance, Fulton, Henry, and Williams counties. Since 1960, MVGC has remained a trusted resource for compassionate, accessible, and high-quality behavioral health care—supporting people across all stages of life. *(continued on page 2)*



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

### IN THIS ISSUE

**MVGC CELEBRATES 65 YEARS**

**STAFF ANNIVERSARIES**

**HONORING VETERANS: SSVF PROGRAM**

**SOS 4.0 YEAR 2 GRANT**

**UNWRAPPING A CALMER HOLIDAY SEASON**

Ohio Department of Health  
 Tobacco Prevention and Cessation  
 Quit Line: [ohioquits.org](http://ohioquits.org)

There is never a better time to quit than **now**.

There is **free** help available.

► **1-800-QUIT-NOW (1-800-784-8669)**  
 ► **[ohioquits.org](http://ohioquits.org)**

Service locations:

Defiance: 211 Biede Avenue

Bryan: 910 E. Maple Street

Napoleon: 1325 Woodlawn Avenue

Wauseon: 1190 N. Shoop Avenue

## MVGC Celebrates 65 Years of Service (continued)

Our work today is guided by a mission that reflects both our long-standing values and our forward-looking vision:

*"To improve the quality of life for individuals across all stages of life by providing effective treatment, fostering community engagement, and delivering innovative behavioral health programs. We are committed to reducing the impact of behavioral health disorders while preserving the unique character and honoring shared values that define Northwest Ohio's small communities."*

### **A Legacy Rooted in Community**

Over the past 65 years, MVGC has grown from a small mental health clinic into a comprehensive behavioral health provider offering counseling, psychiatric services, crisis intervention, school-based supports, prevention programming, and community-based services. Throughout this growth, one principle has remained constant: our dedication to the people and communities of Northwest Ohio. Our mission emphasizes not only treatment, but also community engagement and innovation. This focus has allowed us to partner closely with schools, local governments, healthcare systems, law enforcement, and fellow social service agencies to meet emerging needs, strengthen support networks, and expand access to care.

### **Honoring the Character of Northwest Ohio**

The small communities we serve are defined by connection, resilience, and shared values. MVGC's mission reflects our commitment to honoring these strengths while providing the specialized behavioral health services that individuals and families need to thrive. By preserving the character of our communities and bringing forward innovative, evidence-based approaches, we help ensure that high-quality care remains close to home.

### **Dedicated Staff, Meaningful Impact**

Our staff—past and present—have played a vital role in shaping MVGC's legacy. Their expertise, compassion, and commitment ensure that every person who walks through our doors is met with dignity and support. Their work embodies our mission each day, improving quality of life and reducing the impact of behavioral health challenges for thousands of community members.

*(continued on page 3)*

## MVGC Celebrates 65 Years of Service (continued)

### 65 Years of Progress—and a Vision for the Future

As we celebrate this milestone, we extend our deepest appreciation to the clients, partners, and supporters who have been part of our journey. The challenges facing our communities continue to evolve, and so will our services. Guided by our mission, MVGC will continue building innovative programs, fostering community partnerships, and expanding access to care across the region. Here's to 65 years of service, and to many more years of hope, healing, and shared progress in the Four County area.

### STAFF ANNIVERSARIES

**November:**

Rachelle McDonald (21)  
Anna Williams (11)

**December:**

Karen Lause (8)  
Kim Grimes (8)  
Vivian Rosas-Escareno (2)  
Zuliakha Keller (2)

**January:**

Janine Tonjes (8)  
Kym Wittenburg (6)  
Isaac Seagrave (4)  
Jaimee Schreiber (3)  
Mark Sanchez (1)

**February:**

Sherri Ward (13)  
Michale Wilson (7)

**April:**

Betty Tingley (8)  
Julia Coutz (3)

*thank you*

### Donations:

One-Step-At-A-Time: \$1,000 for the Signs of Suicide Program and purchased participant books for Mental Health First Aid

NAMI Four County: Purchased participant books for Mental Health First Aid

**THANK  
YOU!**

## Honoring Veterans Through Continued Support: We Remain a Qualifying SSVF Grant Provider

In honor of Veterans Day this November, we take time to reflect on the sacrifices made by the men and women who have served our country. It's also a time to reaffirm our commitment to supporting them, not just in words, but through meaningful action.

We are proud to announce that our organization continues to serve as a qualifying provider of the Supportive Services for Veteran Families (SSVF) grant, allowing us to deliver critical services that help veterans and their families achieve housing stability and long-term success.

**What Is SSVF?:** The Supportive Services for Veteran Families (SSVF) program is funded by the U.S. Department of Veterans Affairs (VA) and is designed to prevent and end homelessness among low-income veterans. Through the SSVF grant, providers like us are able to offer a range of supportive services, including:

- Rapid re-housing for homeless veterans
- Homelessness prevention for those at risk of losing their housing
- Assistance with obtaining VA and other public benefits
- Help with job training, education, and employment support
- Case management and housing navigation

**Why It Matters:** Every veteran deserves a safe place to call home. SSVF addresses the root causes of housing instability by offering long-term solutions that foster independence and dignity, not just short-term assistance. By continuing as a SSVF grant provider, we remain a vital resource for veterans in our region who are navigating difficult transitions or facing housing challenges. Our dedicated staff works one-on-one with each veteran to develop a personalized plan that supports their unique needs and goals.

**A Veterans Day Commitment:** Veterans Day is more than a national holiday; it's a reminder of our ongoing responsibility to support those who served. We are honored to play a part in fulfilling that responsibility through the SSVF program. Our continued participation reflects our commitment to ensuring that veterans in our community receive the support, respect, and opportunities they deserve.

**To all veterans:** Thank you for your service, your courage, and your sacrifices. We are proud to stand beside you, not just on Veterans Day, but every day.





## Exciting News: We've Been Awarded the SOS 4.0 Year 2 Continuation Grant!

We are proud to announce that our organization has been awarded the State Opioid and Stimulant Response (SOS) 4.0 Year 2 Continuation Grant! This important funding will allow us to continue providing life-saving programs that support prevention, treatment, and recovery efforts in our community.

**What is SOS 4.0?:** The SOS 4.0 initiative is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by the Ohio Department of Behavioral Health (DBH). The goal of SOS 4.0 is to address the opioid and stimulant crisis by supporting a full continuum of care from prevention and early intervention to treatment and long-term recovery.

This grant directly supports our work in combating Opioid Use Disorder (OUD) and Stimulant Use Disorder (StUD) in our community.

**Programs Supported by SOS 4.0 Year 2:** Thanks to this continuation grant, we will be able to sustain several key initiatives, including:

- **OUD and StUD Treatment Programs:** Our treatment services offer individuals affected by opioid and stimulant use access to comprehensive, person-centered care, helping them on the path to recovery and long-term wellness.
- **WISE (Wellness Initiative for Senior Education):** An evidence-based program that empowers older adults to make healthy choices, prevent substance misuse, and improve overall well-being.
- **Botvin LifeSkills Training:** A proven, research-based curriculum that helps youth build resilience and develop skills to resist peer pressure, manage stress, and make positive life choices.
- **Project DAWN (Deaths Avoided With Naloxone):** An overdose education and naloxone distribution program equips individuals with the knowledge and tools to prevent opioid overdose deaths. This program continues to save lives and strengthen community safety.

**Looking Ahead:** Receiving the SOS 4.0 Year 2 Continuation Grant is a testament to the hard work and dedication of our team, partners, and community. With this funding, we will continue to deliver critical services, expand outreach, and build a healthier, more resilient future for those affected by substance use.



## Unwrapping a Calmer Holiday Season

The holidays can bring joy, connection, and time to slow down—but they can also bring financial stress, family tension, busy schedules, grief, or pressure to feel cheerful. If this season feels overwhelming, you're not alone.

At Maumee Valley, we encourage taking a compassionate approach to the holidays. A few reminders can help ease the stress:

- Set realistic expectations. Focus on what truly matters and let go of the pressure for a “perfect” holiday.
- Protect your energy. Saying no is a healthy act of self-care. It's okay to simplify plans or decline invitations.
- Connect with supportive people. Spend time with those who help you feel comfortable, and set boundaries around gatherings that feel stressful.
- Maintain steady routines. Small habits—sleeping well, eating regularly, moving your body—can help you stay grounded.
- Honor your feelings. Grief, loneliness, or difficult memories can surface this time of year. Your emotions are valid, even if they don't match the holiday mood.
- Reach out if you need support. Talking with a friend, joining a support group, or contacting our team can make a difference.

This season, we hope you treat yourself with kindness and give yourself room to rest. Wishing you peace and comfort in the weeks ahead.

— Maumee Valley Guidance Center



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

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