



# EXPRESSIONS

MAUMEE VALLEY GUIDANCE CENTER NEWSLETTER

**STRENGTHENING FATHERS.  
STRENGTHENING FAMILIES.**



## **NEW MVGC FATHERHOOD INITIATIVE INVESTS IN DADS, FAMILIES & OUR COMMUNITIES**

Maumee Valley Guidance Center is excited to announce that we were recently awarded funding by the Ohio Commission on Fatherhood through the Ohio Department of Children and Youth to launch our new Fatherhood Initiative—a family-focused program dedicated to helping fathers become more engaged, confident, and connected while strengthening the families who depend on them.

The program will be available to fathers in Defiance and Fulton Counties.

At the heart of the initiative is 24:7 Dad® A.M., an evidence-based curriculum developed by the National Fatherhood Initiative®. Fathers will explore real-life topics including parenting, communication, co-parenting, healthy relationships, managing and expressing emotions, child development, the role of a father, men's health, and balancing work and family.

But support won't stop when class ends.

Through Parent Café conversations, fathers will have a welcoming space to connect, share experiences, learn from one another, and build supportive relationships. Individual goal planning and case management will provide additional one-on-one support to help fathers strengthen family stability and work toward goals that matter to them and their families. Depending on individual needs and program availability, fathers may also receive assistance with goal setting and action planning, employment and education referrals, co-parenting and relationship support, connections to community resources, encouragement and accountability, follow-up, and other practical supports.

This new initiative reflects MVGC's commitment to supporting the whole family. When fathers have the tools, resources, and support they need to thrive, their children, families, and communities benefit too.

More information about enrollment and program opportunities in Defiance and Fulton Counties will be coming soon!

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## **HIGHLIGHT**

**FATHERHOOD  
INITIATIVE**

**VETERANS  
SUPPORT YEAR-  
ROUND**

**FY2026**

**OVERDOSE  
AWARENESS**

**SUICIDE  
PREVENTION  
MONTH**

**QPR**

**WELCOME NEW  
PROVIDER**

**MENTAL HEALTH  
THIS FALL**

**800-569-3980**

Serving Defiance, Fulton, Henry,  
& Williams Counties  
[maumeevalleyguidancecenter.org](http://maumeevalleyguidancecenter.org)



**SUICIDE  
PREVENTION**  
AWARENESS MONTH



## FY2026: A Year of Progress at MVGC

Fiscal Year 2026 was a strong year for Maumee Valley Guidance Center, with continued progress in access, quality, prevention, and client care.

MVGC maintained excellent access to services, with clients offered an assessment in an average of 1.62 days and a first treatment appointment in 2.49 days. Medication Management also supported continuity of care, with 96.94% of clients receiving timely follow-up after psychiatric hospitalization.

Prevention Services reached 8,486 unduplicated people, including 7,519 youth and 967 adults. Programs included Incredible Years, Signs of Suicide, Botvin's LifeSkills, Project DAWN, Mental Health First Aid, WISE, and community education.

Clinical services also showed growth with Outpatient clinicians completing 1,258 EMDR sessions, a 21.78% increase over FY25. Client feedback remained very positive, with 94.9% overall satisfaction. Clients also rated providers highly for respect, listening, and cultural awareness. MVGC staff achieved 99.4% mandatory training compliance, and staff turnover decreased from 15.9% to 11.2%. Peer Review results also remained strong across departments.

As we move into FY2027, MVGC remains committed to improving access, strengthening evidence-based care, expanding prevention efforts, supporting staff, and providing high-quality behavioral health services throughout northwest Ohio.

Thank you to our staff, Board, community partners, clients, and families for helping make FY2026 a year of meaningful progress.

## MVGC SUPPORTS VETERANS YEAR-ROUND



As Veterans Day approaches, communities will pause to honor the men and women who have served our country. At Maumee Valley Guidance Center (MVGC), supporting veterans goes beyond one day—it is a year-round commitment.

MVGC offers several programs and services designed to support veterans, service members, and military-connected families.

Supportive Services for Veteran Families (SSVF) helps eligible veterans and their families achieve housing stability through case management, housing assistance, benefits navigation, and short-term financial assistance for eligible needs. MVGC is pleased to announce that funding for the SSVF program has been renewed, allowing this important work to continue.

The FOX Wellness Program serves veterans in Defiance, Fulton, Henry, and Williams counties, with a special focus on reaching those who may not be connected to VA services. The program provides wellness support, suicide prevention, mental health screening, case management, benefits navigation, and connections to housing, employment, transportation, financial, and community resources.

MVGC is also proud to announce that its FOX Wellness Program grant has been renewed, allowing the program to continue strengthening suicide prevention and wellness services for veterans throughout Northwest Ohio. Since the program launched in April, MVGC has helped 11 veterans through the FOX Wellness Program, connecting them with individualized support, resources, and services based on their needs.

MVGC also provides military-informed behavioral health care through therapists who have completed Star Behavioral Health Providers training. Services include support for PTSD, trauma, anxiety, depression, grief, relationships, and adjustment to civilian life. EMDR, a trauma-focused therapy, is also available through appropriately trained clinicians.

Through Operation K.A.V.I.C. (Keller Assists Veterans in Crisis), eligible veterans and service members may also receive financial assistance when veteran benefits do not cover needed behavioral health services.

This Veterans Day—and every day—MVGC is proud to honor those who served by ensuring veterans and military-connected families throughout our communities know they are not alone and can access the support, resources, and services they need.

## OUR SERVICES

### Outpatient Counseling

Individual, family and group therapy for all ages.

### Psychiatric Services

Medication management and mental health evaluations.

### Case Management

Personalized support and connection to resources.

### Children & Youth Services

Behavioral health support for children and families.

### School-Based Services

Support and prevention programs in local schools.

### Prevention Programs

Evidence-based approach for your own families and communities.

### Substance Use Services

Assessment, treatment and support for individuals and families.

### Recovery Support

Resources and encouragement on the path to recovery.

### Veterans & Military-Connected Services

FOX Wellness Program and support for veterans and their families.

### Family Support Services

Programs to strengthen families and build brighter futures.

### Community Education & Training

Mental health training and resources for schools, workplaces and community groups.

## SEPTEMBER IS SUICIDE PREVENTION MONTH: EVERY CONVERSATION MATTERS

September is Suicide Prevention Month, a time to raise awareness, reduce stigma, and remind our communities that help and hope are available.

Suicide prevention is not limited to mental health professionals. Friends, family members, coworkers,

educators, neighbors, and community members can all make a difference. Taking time to notice changes in someone's behavior, asking how they are doing, listening without judgment, and helping connect them with support can be powerful steps.

Warning signs may include withdrawing from others, expressing hopelessness or feeling like a burden, significant changes in mood or behavior, increased substance use, or talking about wanting to die. If you're concerned about someone, don't be afraid to ask directly if they are thinking about suicide. Asking the question does not increase the risk of suicide and can open the door to an important conversation.

At Maumee Valley Guidance Center, suicide prevention is a year-round priority. Through prevention education, behavioral health services, community outreach, veteran support, and programs such as QPR (Question, Persuade, Refer) Gatekeeper Training, MVGC is working to give individuals the knowledge and resources they need to recognize risk and connect people with help.

This September, take time to check in with the people around you. Start a conversation. Listen. Learn the warning signs. Know where to find help.

If you or someone you know is experiencing a suicidal or mental health crisis, call or text 988 to connect with the 988 Suicide & Crisis Lifeline.

## MVGC ADDS QPR SUICIDE PREVENTION TRAINING



Maumee Valley Guidance Center is expanding its suicide prevention efforts by adding QPR (Question, Persuade, Refer) Gatekeeper Training to its prevention programming.

QPR is designed to teach community members how to recognize the warning signs of a suicide crisis and respond appropriately. Much like CPR prepares individuals to respond to a medical emergency, QPR provides practical skills that can help someone respond when a person may be considering suicide.

During the training, participants learn three important steps: Question someone about suicide, Persuade them to seek help, and Refer them to appropriate resources and support.

By adding QPR, MVGC continues its commitment to increasing suicide prevention awareness and giving individuals throughout our communities the knowledge and confidence to recognize when someone may need help.

Suicide prevention starts with a conversation—and anyone can learn how to help.

## MVGC SUPPORTS OVERDOSE AWARENESS AND COMMUNITY SAFETY



Maumee Valley Guidance Center (MVGC) recently participated in overdose awareness events throughout the Four County area, continuing our commitment to prevention, education, and connecting communities with life-saving resources.

MVGC staff shared information about mental health, prevention, and wellness services while distributing free naloxone, a medication that can rapidly reverse an opioid overdose. Through Project DAWN, community members can also learn how to recognize an overdose, respond appropriately, and administer naloxone.

MVGC is proud to work alongside community partners, families, and advocates to increase awareness, reduce stigma, provide hope, and help save lives throughout Defiance, Fulton, Henry, and Williams counties.



## STAFF ANNIVERSARIES

### SEPTEMBER

Jennifer Hoeffel (14)  
Kimberly Vogel (2)  
Lauri Whiteford (14)

### OCTOBER

Monica Lowe (5)

### NOVEMBER

Chelsie Litwiller (1)  
Rachelle McDonald (22)

### DECEMBER

Kim Ackelson (9)  
Zuliakha Keller (3)  
Karen Lause (9)  
Vivian Rosas Escareno (3)

**THANK YOU FOR  
YOUR SERVICE!**

## MVGC PREVENTION TEAM IS BACK IN THE SCHOOLS!

As students across Northwest Ohio head back to the classroom, Maumee Valley Guidance Center's Prevention Team is excited to be back in area schools, helping students build skills that support their mental, emotional, and social well-being.

During the last school year, MVGC's Prevention Team partnered with 19 school districts and reached more than 7,500 students through evidence-based prevention and education programs.

From helping young children understand their emotions to teaching older students healthy decision-making skills and recognizing the warning signs of suicide, MVGC works alongside schools to provide students with tools they can use both inside and outside the classroom.

MVGC's Prevention Team understands that prevention is about more than presenting a lesson—it's about building relationships, starting important conversations, and giving young people practical tools they can carry with them throughout their lives.

As another school year begins, we look forward to continuing our partnerships with local schools, educators, students, and families and working together to build healthier, stronger communities—one classroom at a time.



## MVGC WELCOMES CALEB MICK, APRN



Maumee Valley Guidance Center is pleased to welcome Caleb Mick, APRN, to our team as a psychiatric medication provider.

We understand that meeting with a new provider can feel uncertain, especially when you have already built a relationship with someone else. Our goal is to make that transition as comfortable and supportive as possible.

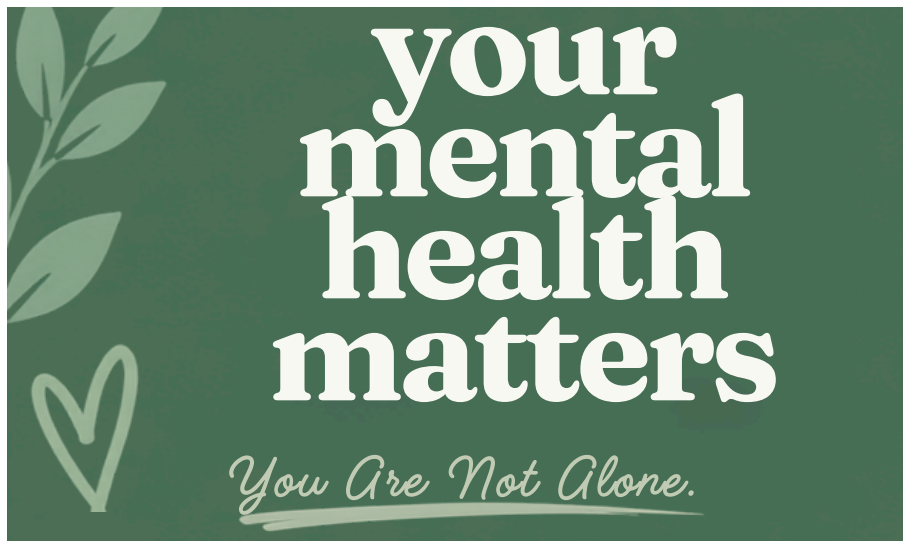
Caleb will work with clients to evaluate symptoms, discuss treatment options, prescribe and manage psychiatric medications, monitor how medications are working, and make adjustments when needed. He believes in listening carefully to each client's concerns and working together to develop a treatment plan that feels appropriate and manageable.

If you are scheduled to meet with Caleb, we encourage you to give yourself time to get acquainted and ask questions about your medications, possible side effects, or treatment goals. Building trust with a new provider can take time, and Caleb looks forward to getting to know each client and supporting their continued progress.

Please join us in welcoming Caleb Mick, APRN, to the MVGC team!

## WELCOME TO OUR NEW STAFF

Jeffrey Childress  
Akacia Hunt  
Lyndsi Lorenzen  
Caleb Mick APRN  
Jonathan Mielke  
Alicia Ricker



## CARING FOR YOUR MENTAL HEALTH THIS FALL



As summer fades and fall settles in, many of us experience changes in our routines, schedules, and even our moods. Shorter days, cooler temperatures, busy school and work schedules, and the approach of the holiday season can all affect our mental well-being.

Fall is a great time to check in with yourself and make your mental health a priority. Just as we prepare our homes and routines for a new season, we can also take steps to care for our emotional well-being.

### Simple Ways to Take Care of Yourself This Fall

Taking care of your mental health doesn't have to mean making major changes. Small, consistent habits can make a difference:

- Get outside. Take advantage of daylight and cooler temperatures by going for a walk, sitting outside, or enjoying a favorite fall activity.
- Stay connected. Make time for friends, family, and people who help you feel supported and connected.
- Keep a routine. Regular sleep, meals, exercise, and daily routines can provide stability during busy or stressful times.
- Move your body. Physical activity can help relieve stress and support your overall mental well-being.
- Make time for things you enjoy. Read a book, listen to music, work on a hobby, attend a community event, or simply give yourself time to relax.
- Limit unnecessary stress. It's okay to say no, set boundaries, and make room in your schedule for rest.
- Check in with yourself. Ask yourself how you're feeling emotionally and physically. Don't ignore signs that you may need additional support.
- Reach out when you need help. Talking with someone you trust or connecting with a mental health professional can be an important part of taking care of yourself.

It's normal to have difficult days, but ongoing feelings of sadness, isolation, anxiety, low energy, changes in sleep, or loss of interest in activities you normally enjoy shouldn't be ignored.

At Maumee Valley Guidance Center, we're here to support individuals and families throughout every season. Whether you're experiencing stress, navigating a difficult transition, or simply need someone to talk to, support is available.

This fall, make your mental health part of your routine. Take care of yourself, check in on those around you, and remember that reaching out for support can be one of the most important forms of self-care.

## BRING MVGC TRAINING TO YOUR ORGANIZATION

Want to bring one of Maumee Valley Guidance Center's prevention programs or trainings to your school, business, organization, or community group?

Our Prevention Team provides engaging, evidence-based education designed to build skills, increase awareness, promote healthy choices, and strengthen our communities.

Programs and trainings include Mental Health First Aid, Signs of Suicide, Incredible Years: Dinosaur School, Botvin LifeSkills, CATCH My Breath, Parent Café, Project DAWN, WISE, Mental Health in the Workplace, QPR, and FOX Wellness.

From youth prevention and mental health education to workplace wellness, older adult education, overdose prevention, and veteran support, we can help connect your group with a program that fits its needs.

### Reach out to us at:

[mvgcprevention@mvgcohoio.org](mailto:mvgcprevention@mvgcohoio.org)  
419-785-3834

**Let us bring the training to you!**

## SERVICE LOCATIONS

### DEFIANCE

ADDRESS: 211 BIEDE AVENUE  
DEFIANCE, OH 43512  
PHONE: (419) 782-8856  
EMAIL: [MVGC@MVGCOHIO.ORG](mailto:MVGC@MVGCOHIO.ORG)  
HOURS: M-W-F 8AM-5PM  
TUE-TH 8AM-8PM

### BRYAN

ADDRESS: 910 E. MAPLE STREET  
BRYAN, OH 43506  
PHONE: (419) 636-2932  
EMAIL: [MVGC@MVGCOHIO.ORG](mailto:MVGC@MVGCOHIO.ORG)  
HOURS: M-TH-F 8AM-5PM  
TUE-W 8AM-8PM

### NAPOLEON

ADDRESS: 1325 WOODLAWN AVENUE  
NAPOLEON, OH 43545  
PHONE: (419) 592-5981  
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HOURS: WEEKDAYS  
8AM – 5PM

### WAUSEON

ADDRESS: 1190 N. SHOOP AVE.  
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HOURS: WEEKDAYS  
8 AM – 5 PM

"THERE IS SOMETHING SO SPECIAL IN THE EARLY LEAVES DRIFTING FROM THE TREES—AS IF WE ARE ALL TO BE ALLOWED A CHANCE TO PEEL, TO REFRESH, TO START AGAIN."

**– RUTH AHMED**