

ADAMH

Alcohol
Drug Addiction
and Mental Health
FAIRFIELD COUNTY BOARD

SEPTEMBER 2007



Are Your Kids at Risk?



To the parents of Fairfield County youth:

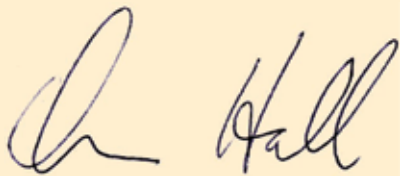
No adolescent is immune to addiction disorders and depression; regardless of his or her experiences with alcohol and drug education; and regardless of how involved his or her family may be. But we know parents can continue to exert a positive influence on their children's values and attitudes well into adolescence. As a parent, you must be able to recognize warning signs and you **must** be prepared to intervene.

The Fairfield County ADAMH Board, Fairfield County Family Adult & Children First, Prevention Works for a Drug Free Fairfield County, and the public schools of Fairfield County work together to collect and analyze student surveys from 10th and 12th graders in Fairfield County. Through our youth survey, we ask teens to share personal information about their lives. Questions cover topics such as drug and alcohol use, depression, suicidal thoughts, sexual activity, violence and self-injuring behavior. Although many important youth survey statistics appear in this publication, you may access complete survey results at www.fair-mh.org.

According to the 2006 Fairfield County Youth Survey, 34.9 percent of area twelfth graders say they have used alcohol within the last 30 days. Another 11.3 percent have thought about suicide. Parents who discuss these issues with their teens can drastically reduce the chances their child will use drugs. Parents can also help their children deal with depression, anxiety and other serious mental health problems.

This booklet has been designed to help educate parents about the pressures their teens face on a daily basis. The stories told here are based on actual events.

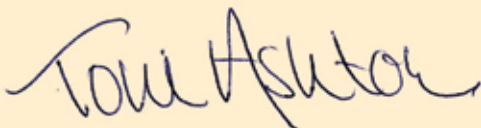
Orman Hall, Executive Director
Fairfield County ADAMH Board



Becky Edwards, Executive Director
Fairfield County Family, Adult and Children First Council



Toni Ashton, Director
Prevention Works for a Drug Free Fairfield County



What Parents Need to Know...

Our study shows that children are less likely to use drugs and alcohol when they live in households with a parent who:

- 1** *makes rules*
- 2** *enforces those rules, and*
- 3** *talks about the dangers of drug and alcohol use*



Ashley

I used to spend hours listening to music with depressing themes while I cut out depressing words from magazines and pinned them onto my bulletin board. My mom never seemed to notice that my bulletin board was a shrine of depression. She was so busy with work and trying to get on with her life without my dad, that she didn't come in my room very much anyway.

My parents were getting a divorce. I just couldn't believe it. On top of that, I was under a lot of pressure from friends to do things I didn't want to do, and I just didn't like myself. I felt so alone most of the time. I felt stupid and ugly and alone. I had friends, but nobody to really talk to about how I was feeling. I just sat at home crying most of the time. I didn't have much of a social life, and I didn't want one.

I didn't want to feel sad all the time, so I started taking drugs, smoking and drinking. I didn't realize that I was actually depressed, and drinking is a depressant, so it only made me feel worse. I started getting in fights at school a lot. Sometimes I even hurt myself when I was alone in my room. I would punch the walls, and once I even broke my hand doing that.

One time, I took too many Tylenol and then cut my wrist to see if I would die. I really hoped it would work. When I was rushed to the hospital, my mom finally realized something was wrong. Some of my friends knew I wasn't doing well, but I never said a word to my mom about it, so she didn't know.

That was me two years ago. Today I am a 17-year-old high school senior who is involved in school activities and has overcome a deep bout of depression. I used to think counseling would not work, and I was a little scared to ask for help, but after months of therapy, I feel so much better. Now I'm in the drama club, choir and photography club. I have monthly counseling sessions now, and I have learned so much about myself. I realize now that I was trying to ask for help without using words, just hoping someone would notice that I was not okay. I hope other kids will take their friends seriously when they talk about suicide or seem depressed. I only wish I would have asked for help sooner.

Based on a true story.



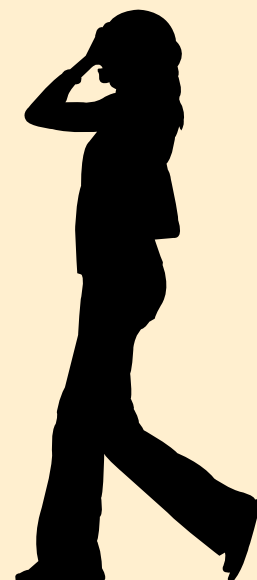
Depression

In a 2006 Survey, 19.7% of Fairfield County Seniors indicated they were nervous, worried or upset most of the time during the past month.

(Fairfield County Youth Survey - 2006).

Nationally, it is estimated that 1 out of 8 teenagers suffer from depression.

(CMHS - 1998).



New Horizons Youth and Family Center



AGENCY MISSION:

The New Horizons Youth and Family Center Mission is to improve the health and well-being of individuals, families and our community, through the provision of accessible, evidence-based, comprehensive mental health care, and the creation of effective community partnerships.

Caring Enough to Understand.

The most important element in any healing process is a full understanding of the situation. Our staff carefully searches out the core of each problem. They listen, they communicate likely avenues of treatment, and they involve both you and your family through each phase of treatment.

Always Ready, Always Near.

At your moment of crisis, we are near. Through lengthy recoveries or rapid changes, we are always available. Throughout Fairfield County, our care remains where and when you require it- for as long as you need it. As part of a mental health network, our crisis intervention staff is available every hour, every day of the year. For crisis care, go to the Fairfield Medical Center Emergency Room or call (740) 687-TALK.

New Horizons is a thriving system of care that serves nearly 4,000 individuals each year. Services are provided in schools, homes, social service agencies, within the criminal justice system, in other community locations, in Fairfield Medical Center and in mental health centers in both Lancaster and Pickerington (Pickerington Area Counseling Service).

New Horizons holds national CARF accreditation, and is also certified by The Ohio Department Of Mental Health and The Ohio Department Of Alcohol And Drug Addiction Services.

New Horizons treats individuals of all ages who have mental health concerns, and provides integrated treatment for individuals who have mental health as well as alcohol or other drug disorders.

1592 Granville Pike
Lancaster, OH 43130
Tele: (740) 687-0835
Fax: (740) 687-9391

Crisis Intervention: (740) 687-TALK

info@nhyfc.com
www.nhyfc.com

Office Hours:

Monday-Thursday 9 am - 6 pm

Friday 8-5

Treatment Options

Our services are ideally fitted to your situation; developed in complete cooperation with you.

They include:

- 24/7 Crisis Intervention
- Diagnostic Assessment
- Counseling/Psychotherapy
- In-Home Assessment/Counseling
(for qualified individuals)
- Psychological Evaluation
- Child, Adolescent, Adult, Geriatric
Psychiatry
- Case Management/Community
Support
- Telephone Support
- School-Based Early Mental Health
Intervention

A sliding fee scale is available to qualified Fairfield County residents.

We also accept Medicare, Medicaid and most health insurance plans.

Cindy

I met Gary at a friend's birthday party. He went to my school, but he was older, and I had never noticed him in the halls. He had the greatest wavy brown hair and brown eyes that just sparkled when he looked at me. He was so cute.

We dated for a while. One day he told me he loved me, and I knew it was true. He was the only person who ever *really* listened to me, and I felt important to him. We spent all our free time together, and I knew he was the one I wanted to be with forever.

My parents found out about Gary after we had dated for several months. They said Gary was too old for me, but I was 15 and he was 17. How can two years older be *too* old? My parents said I couldn't see him any more, but by that time, Gary was my life and I was his. I argued with my parents. I told them how important Gary was to me. But the more I argued the more adamant they became that this relationship would not be allowed to continue.

In the weeks that followed, Gary and I became very sad. We couldn't concentrate on school work, because we just kept thinking about each other and the horrible situation we were in. We weren't allowed to spend time alone, so it was very painful to see each other at school.

I couldn't eat or sleep. I couldn't even *think* about homework. What would I do when Gary finished school and I would never see him again? It seemed so hopeless. Things could never get better without my parents' support.

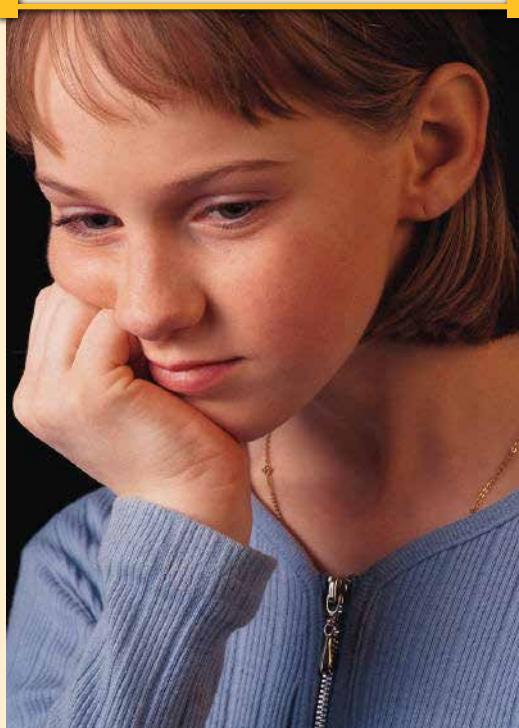
Gary told some of his friends at school that my parents would not let him see me. He said that he could not live without me and wanted to die. His friends never told anyone what Gary said.

Suicide

In a 2006 Survey, 13.7% of Fairfield County Seniors indicated they had considered suicide.
(*Fairfield County Youth Survey - 2006*).

Nationally, almost 1 in 5 teens have seriously considered attempting suicide.

(*National Youth Violence Prevention Resource Center*).



We decided if we could not be together in life, we could be together in death. So we made a suicide pact.

I met Gary in the science hall bathroom at our high school on Friday, just like we planned. I got out the .22-caliber gun I had taken from the safe at my house and handed it to Gary. We held each other for a long time, crying but not speaking. Then Gary stepped back, aimed the gun at his head, and pulled the trigger. I took the same gun, aimed it at my head, and pulled the trigger.

Based on a true story.



Pickerington Area Counseling Service



Caring Enough to Understand.

The most important element in any healing process is a full understanding of the situation. Our experienced staff carefully searches out the core of each problem.

They listen, they communicate likely avenues of treatment, and they involve both you and your family through each phase of treatment.

Always Ready, Always Near.

At your moment of crisis, we are near. Through lengthy recoveries or rapid changes, we are always available. Throughout Fairfield County, our care remains where and when you require it—for as long as you need it. As part of a mental health network, our crisis intervention staff is available every hour, every day of the year. For crisis care, you may go to the Fairfield Medical Center Emergency Room or call (740) 687-TALK.

Pickerington Area Counseling Service is part of a thriving system of care that serves nearly 4,000 individuals each year. Services are provided in schools, homes, social service agencies, within the criminal justice system, in other community locations, in Fairfield Medical Center and in mental health centers in both Pickerington and Lancaster (New Horizons Youth and Family Center.)

Pickerington Area Counseling Service holds national CARF accreditation, and is also certified by The Ohio Department of Mental Health and The Ohio Department of Alcohol And Drug Addiction Services.

Pickerington Area Counseling Service treats individuals of all ages who have mental health concerns, and provides integrated treatment for individuals who have both mental health as well as alcohol or other drug disorders.

Pickerington Area Counseling Service has proudly been proudly serving Pickerington and Violet Township since 1979.

437 Hill Road North

Pickerington, OH 43147

Tele: (740) 834-1919

Fax: (740) 834-1920

Crisis Intervention: (740) 687-TALK

info@pickareacounseling.com

www.pickareacounseling.com

Office Hours:

Monday-Thursday 9 am - 8 pm

Treatment Options

Our services are ideally fitted to your situation; developed in complete cooperation with you. They include:

- 24/7 Crisis Intervention
- Diagnostic Assessment
- Counseling/Psychotherapy
- In-Home Assessment/Counseling (for qualified individuals)
- Psychological Evaluation
- Child, Adolescent, Adult, Geriatric Psychiatry
- Case Management/Community Support
- School-Based Early Mental Health Intervention

We accept most health insurance plans as well as Medicaid and Medicare.

A sliding fee scale is available to qualified Fairfield County residents.

Sara

She just sat there and looked at me. She didn't even seem angry this time. She just seemed... sad. I felt so bad and wished I hadn't done it but I couldn't undo what I had done. I wished I could make her understand that I didn't do these things on purpose. I wasn't really a mean person; I just couldn't help myself. I don't want to hurt anyone or anything but I always end up doing just that.



I guess I do seem to be angry a lot. When things don't go my way or someone makes me mad, I get frustrated and angry and I just have to hit something. That is why I am here waiting to start at this special school. They said I have behavioral problems and need to go here until I get them under control. They said I need counseling and anger management classes too. Maybe they are right.

I really did hurt that girl last week. She made me so mad. She went out with the guy I liked. So I said something to her and she said something back, and then I just lost it. I wanted to mess her up so bad that he wouldn't ever look at her again. I did too. I hit her in the face several times and knocked her down. I started pounding her head on the ground until some teachers pulled me off of her. They called the police, and they took me to the police station and called my parents. They took her to the hospital in an ambulance and called her parents.

So here I am, sitting and waiting. I don't know how long I have to go here or how long it will be before I can see my friends again. I'm not allowed to go near my school or that girl. I can't even go home until I get out of here. Mom is still worried that I will hurt my little brother again. I knocked him down the stairs when he took some stuff out of my room. I didn't mean to hurt him but I was mad. Maybe it is a good thing that I am here. I don't want to hurt anyone any more. I walked over to Mom when she visited today and hugged her and said I was sorry. I thanked her for getting me help. She cried. And now I'm crying too.

Based on a true story.

Violence

In a 2006 Survey, 13.2% of Fairfield County Seniors indicated that a family member had hit, slapped or physically hurt them during the past month.

(Fairfield County Youth Survey - 2006).

Children who are exposed to domestic violence are more likely to exhibit behavioral and physical health problems including depression, anxiety and violence toward peers.

(Family Violence Prevention Fund).



Fairfield County Sheriff's Office

Sheriff's Office
221 East Main Street
Lancaster, Ohio 43130

IMPORTANT PHONE NUMBERS

Emergency	9-1-1
Toll Free	800-808-5223
Communications	740-653-5223
Civil Unit	740-687-3657
Minimum Security Jail	740-681-5550
Detective Bureau	740-687-0212
Main Jail	740-653-5777

Website: www.sheriff.fairfield.oh.us

Free Programs Offered by the Sheriff's Office!

Safety First Training. Offered to county residents to assist in creating awareness of criminal activity and how to target harden your home or property. Call Pam Renko at 740-687-6751 for more information.

Neighborhood Watch Groups. Provides citizens the necessary training on what to watch for, and how to observe and report crime. Call Sgt. Alex Lape at 740-687-6896 for more information.

Are You OK? Program. A computer operated telephone monitoring system programmed to call senior/disabled residents at a designated time each day to check on their well being. If no answer after 30 minutes of calling or there is a busy signal for more than an hour, a deputy is sent to the home to check on you.

To enroll call the dispatch center at 740-653-5223, option #2.

Vacation Watch. If any county resident is going on vacation or out of town for an extended period, contact the dispatch center at 740-653-5223, option #2 to set up a vacation watch.



Dave Phalen
Fairfield County Sheriff

Being a parent and grandparent, I know the importance of having a safe community to raise our children. The Fairfield County Sheriff's Office offers a number of programs throughout the year to help ensure the safety of our children.

Parents can find a list of all sex offenders that live within our county by accessing our website.

The men and women of the sheriff's office are dedicated to community outreach and have a commitment to excellence to ensure that Fairfield County remains a safe place to live and raise a family. We will be glad to send a speaker to private organizations, schools, and churches to talk about issues that affect our children, i.e. internet predators, alcohol and drug consumption, etc.

The Fairfield-Hocking Major Crimes Unit (MCU) is a major task force consisting of members from the Fairfield County Sheriff's Office, Pickerington Police Department, Lancaster Police Department, Hocking County Sheriff's Office, and Logan Police Department. The MCU is dedicated to arresting individuals attempting to distribute drugs to our children and preventing drugs from filtering into our counties. To report illegal drug activity, please call the MCU at 740-653-5224.

We continue to look for ways to improve our services to the community. If you have any suggestions or comments or want to schedule a speaker, please feel free to call me directly at 740-687-6751.

Tom

It was a nightmare; it just had to be. Things like this don't happen to me, I'm a good kid. I don't cause trouble or hurt anyone, I thought. So what am I doing here in the back of a police cruiser with handcuffs on?

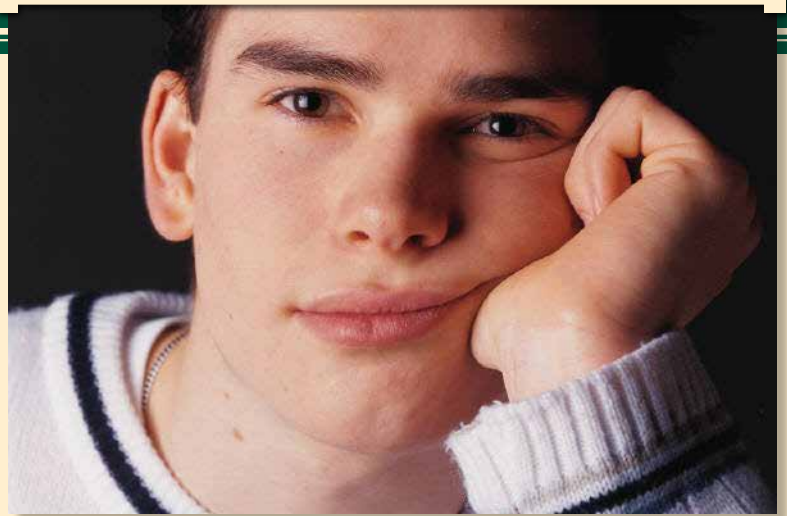
It all started out as just having some fun. A friend's parents were out of town so he was having a party. It wasn't anything big, just a few friends sitting around, talking and drinking. Another friend had stolen some liquor from the family's bar and brought it to the party. We were having a good time drinking and talking. We weren't looking for trouble but it soon showed up.

Somehow the word got out that my friend's parents were out of town, and kids starting coming from everywhere. Pretty soon the house was full of kids, and we didn't even know most of them. Someone lit one up and you could smell it all over the house. We thought we were really having fun. Music was on, and kids were dancing. As everyone got drunker, things got rowdier. I remember hearing a loud noise from upstairs but I was starting to feel dizzy and sick. A couple of other kids had already gotten sick. Kids were yelling something. I couldn't understand them. About that time, I got sick and passed out.

By the time I woke up, there were policemen all over the house. The police took us down to the station and called our parents. I'll never forget that look on my parents' face. They were relieved I was okay but they were also disappointed in my lack of judgment. It was a long ride home. They said I would be grounded for a long time and could no longer see my friends. They said they couldn't trust me any more. That hurt the most. It might take a long time but I will regain their trust.

We were charged with underage drinking and property damage. Someone had broken the parent's waterbed and caused water damage. Some kids were charged with illegal drug paraphernalia possession. There was an awful mess from kids getting sick from too much alcohol. They said it was a good thing that no one died from alcohol poisoning. We had to pay for the damages to the house, so I won't have any money for anything fun for quite a while. My friends' parents are mad at my whole group of friends and our parents. This sure isn't my idea of having fun anymore.

Based on a true story.



Percentage of High School Students Using in the Last Thirty Days (Fairfield County Youth Survey - 2006)

DRUG TYPE	2004	2006
ALCOHOL	37.4%	35.6%
CIGARETTES	24.1%	23.0%
CHEWING TOBACCO	9.1%	9.3%
MARIJUANA	18.8%	15.1%
COCAINE	3.8%	2.9%
CRACK	1.8%	1.2%
INHALANTS	2.6%	1.9%
STIMULANTS	5.7%	2.8%
SEDATIVES	4.2%	3.6%
ECSTASY	2.8%	2.4%
METHAMPHETAMINES	1.6%	1.4%
OTHER ILLEGAL DRUGS	2.6%	3.0%
HEROIN	2.0%	1.5%
PRESCRIPTION DRUGS	9.4%	8.5%



The Recovery Center



1856 Cedar Hill Road
Lancaster, OH 43130
Tele: (740) 687-4500
Fax: (740) 687-8595
www.fair-mh.org/Agencies/recovery_center.htm

Hours of Operation
Monday-Thursday 9 a.m. - 9 p.m.
Friday 9 a.m. - 5 p.m.

How to Access Services: Persons seeking services may call during office hours to make an appointment. Crisis intervention services are provided on a walk-in basis. Prevention services are scheduled in advance.

Who is Eligible For Services: Persons 12 years of age or older with behavioral health problems are admitted without regard to race, color, national origin, disability, age, sex, religion, sexual orientation, political affiliation or ability to pay. The Recovery Center admits individuals or family members who:

- are concerned about the effects that alcohol, drugs or mental health issues are having in their lives;
- have a desire to learn more about, or participate in a formal intervention for a person with alcohol, drug or mental health problems;
- are adult children of alcoholics or mentally ill persons concerned about the continuing effects of parental alcohol, drug or mental health issues in their lives;
- are referred by parole officers, case workers, teachers, counselors, physicians or other health or human service professionals for evaluation of possible alcohol, drug or mental health problems.

What is Required for Admission: Potential clients must show proof of income by providing two of their most recent pay stubs to qualify for financial assistance. Fees for Fairfield County residents are determined using a sliding fee scale based on family size and monthly income. Documentation from Fairfield County Job & Family services is required for those persons with no income. The Recovery Center also bills third party insurance, when available.

What Services are Offered:

- Consultation and Pre-Screening
- Referral and Information
- Crisis Intervention
- Diagnostic Assessment
- Individual and Group Counseling
- Medication Management
- Case Management
- Education and Training
- Early Intervention, Problem Identification and Referral
- Community Awareness, Advocacy and Systems Development
- Prevention and Education

School Prevention

School programs provided by The Recovery Center are intended to promote the physical, mental, emotional and spiritual health of families and strengthen the community by providing drug and alcohol and mental health prevention to children and adolescents.

Community Prevention

The Recovery Center provides Fairfield County residents with general information on substance abuse and mental health and how to access further assistance by participating in a number of community health fairs. In addition, the agency promotes systems development and enhances large-scale prevention efforts within Fairfield County by participating on a number of community committees and boards.

The Recovery Center provides a full spectrum of outpatient alcohol, drug addiction and mental health prevention, intervention and treatment programs to children, adolescents and adults.

Heather

When I was 17, I was in love with a boy named Scott. I was so happy, and Scott was so great for me. We could talk about anything. We had so many great times together, and we would spend almost every waking moment together. He was everything to me. He said he loved me too, and I knew then that I wanted to spend my life with him. We decided to have sex, since we planned to get married eventually anyway, and I really didn't think of the possibility of getting a sexually transmitted disease or getting pregnant. We used condoms and were very careful.

I still got pregnant. I was in denial about the pregnancy for a long time. I just couldn't believe it happened, when we had been so careful. My parents never talked to me about sex or sexually transmitted diseases or pregnancy, and I thought I learned enough about it from my friends. I wish now that I could have talked to an adult about all of this long before I made the decision to have sex.

Having a baby changed my life. I had to quit school in 11th grade because it was too hard to find a babysitter and to arrange for rides. I didn't own a car. But I was very lucky that Scott stayed with me, and we moved into subsidized housing for a while. People kept breaking into our house, so we eventually had to find another place. When Scott started working, we lost our Medicaid benefits, and our food stamp allotment went down. I don't understand why we were penalized just when we were trying to get on our feet. But that's the way the system works.

I can't even say how much I regret our decision to have sex. I know he was the right man for me, but we should have waited. Having a baby really added a lot of stress to our lives. We had to put everything else on hold to take care of our baby, and we started our lives together in a very bad financial position. It is so much harder for us than it might have been if we had just waited. We now have to work twice as hard to make a living to support our entire family.

The saddest thing is that my younger sister is now pregnant. The same thing happened to her. She fell in love, had sex, and then had a baby. Her baby is five months old now. She also quit school and is now trying to get her GED. Unfortunately, her boyfriend decided not to stay with her. I wish I could help her, but I can barely help myself.

Based on a true story.

Teen Pregnancy

In a 2006 Survey, 65.9% of Fairfield County Seniors indicated they have had intercourse.

(Fairfield County Youth Survey - 2006).

At age 18-19, 69% have had intercourse in 2002.

(National Center for Health Statistics)





Mid-Ohio Psychological Services



Services

- Psychological Evaluations
- Individual Counseling
- Group Counseling
- Family Counseling/Home Based Counseling
- Psychiatric And Medication Services for Children And Adults
- Case Management
- Alcohol And Other Drug Treatment
- Consultations With Human Services Agencies And Judicial Systems
- Educational Seminars And Workshops
- Specialized Treatment Services:
 - Anger Management
 - Sexual Abuse Survivors
 - Sexual Offenders
 - Parenting
- Court Evaluations
- Court Liaison

Main Office

624 East Main Street
Lancaster, Ohio 43130
(740) 687-0042 (voice) • (740) 687-6677 (fax)

Services by Appointment
Monday-Thursday 9am - 7pm
Friday 9am - 5pm

Franklin County Office

2246 S. Hamilton Rd., Suite 202
Columbus, Ohio 43232
(614) 751-0042 (voice) • (614) 751-0047 (fax)

Services by Appointment
Monday-Friday 9am - 5pm

Mid-Ohio Psychological Services, Inc.

is dedicated to providing the highest quality psychological, psychiatric and substance abuse interventions to persons who live in and around the Fairfield County area. Our staff is experienced in treating a wide variety of mental health issues in child, adolescent, and adult populations. Many of our therapists specialize in issues that affect children and adolescents and their families.

The agency provides services in the specialized areas of forensic psychology, substance abuse counseling, anger management, behavioral issues, adjustment and depressive disorders, blended families, as well as general mental health treatment.

Mid-Ohio Psychological Services provides parenting intervention services for adult caretakers of children and adolescents with chronic and recurrent disruptive behaviors.

Selected programs
at the agency have
been accredited by



www.carf.org

Cathy

I hated everything – my school, my family, my friends, myself. I hated my life so much it's all I could think about. How could I stop the pain?

I was sitting on my bed with old, rusty scissors in my hands. I was so very sad. I felt if I didn't do something, I might die from the pain I felt inside. I opened the scissors and ran the blade slowly, purposefully across my left wrist. I made several uneven lines and watched the blood ooze onto my arm. I breathed slowly. I watched the blood pool on my wrist, then cascade like a small waterfall onto the towel I had placed on my lap. I dabbed at the blood, amazed that it didn't hurt. In fact, it felt better.

Some days I would cut myself three or four times before going to school to make the pain go away. I used anything I could find – knives, a box cutter, paper clips, blades from my disposable razor. I would go to the bathroom at school, when I needed to, and cut myself. I knew it was wrong, and I would promise myself not to do it again.

School was hard. Some girls called me Fatty Cathy. They made fun of my flat hair and teased me because I didn't wear makeup. I was so shy that I often wished I was invisible so nobody would pay attention to me. I didn't have many friends at school.



Self Mutilation

In a 2006 Survey, 20.3% of Fairfield County Seniors indicated they had engaged in self-mutilating behavior.

(Fairfield County Youth Survey - 2006).

"I cut myself because I feel so much pain inside that I need a way to release it all. So by cutting myself, it acts as an outlet for that pain, I guess, somehow. It feels like it's all running out of me when I see myself bleeding. I know that probably sounds gross to most people who don't do this. Yes, I am in group therapy for people who self-injure".

*(Chrissy, Age 17, USA)
Cool Nurse Website*

In April, a rumor started that I was the reason one girl left school. Students wouldn't talk to me or sit by me at lunch. I felt so alone and couldn't do anything to stop the rumor, so I got the razor blades out of my backpack and asked to go to the bathroom. As soon as the door closed behind me, I started cutting myself. Another girl from my class walked in after me. She saw what I was doing and told the teacher. My teacher told my parents.

I was taken to the emergency room, and they prescribed an antidepressant. That didn't help, and I continued to cut myself. I just wanted to die. My mom thought I was cutting myself to get attention, but I wasn't. When friends at school found out what was going on, they wrote me notes of support, and I hung them up in my room. It helped to know I really wasn't alone at all.

Now Mom and I wear bright yellow rubber bracelets that say "LiveStrong." When I am stressed or sad, instead of cutting my arm, I snap the yellow band against my wrist really hard. It helps. I am also still taking an antidepressant and seeing a therapist every week. I think I'm going to be okay. But it's hard.

Based on a true story.



40 Developmental Assets® for Adolescents (ages 12-18)

Search Institute® has identified the following building blocks of healthy development—known as **Developmental Assets**®—that help young people grow up healthy, caring, and responsible.



External Assets	Support	<ul style="list-style-type: none"> 1. Family support—Family life provides high levels of love and support. 2. Positive family communication—Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. 3. Other adult relationships—Young person receives support from three or more nonparent adults. 4. Caring neighborhood—Young person experiences caring neighbors. 5. Caring school climate—School provides a caring, encouraging environment. 6. Parent involvement in schooling—Parent(s) are actively involved in helping young person succeed in school.
	Empowerment	<ul style="list-style-type: none"> 7. Community values youth—Young person perceives that adults in the community value youth. 8. Youth as resources—Young people are given useful roles in the community. 9. Service to others—Young person serves in the community one hour or more per week. 10. Safety—Young person feels safe at home, school, and in the neighborhood.
	Boundaries & Expectations	<ul style="list-style-type: none"> 11. Family boundaries—Family has clear rules and consequences and monitors the young person's whereabouts. 12. School Boundaries—School provides clear rules and consequences. 13. Neighborhood boundaries—Neighbors take responsibility for monitoring young people's behavior. 14. Adult role models—Parent(s) and other adults model positive, responsible behavior. 15. Positive peer influence—Young person's best friends model responsible behavior. 16. High expectations—Both parent(s) and teachers encourage the young person to do well.
	Constructive Use of Time	<ul style="list-style-type: none"> 17. Creative activities—Young person spends three or more hours per week in lessons or practice in music, theater, or other arts. 18. Youth programs—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community. 19. Religious community—Young person spends one or more hours per week in activities in a religious institution. 20. Time at home—Young person is out with friends "with nothing special to do" two or fewer nights per week.
Internal Assets	Commitment to Learning	<ul style="list-style-type: none"> 21. Achievement Motivation—Young person is motivated to do well in school. 22. School Engagement—Young person is actively engaged in learning. 23. Homework—Young person reports doing at least one hour of homework every school day. 24. Bonding to school—Young person cares about her or his school. 25. Reading for Pleasure—Young person reads for pleasure three or more hours per week.
	Positive Values	<ul style="list-style-type: none"> 26. Caring—Young person places high value on helping other people. 27. Equality and social justice—Young person places high value on promoting equality and reducing hunger and poverty. 28. Integrity—Young person acts on convictions and stands up for her or his beliefs. 29. Honesty—Young person "tells the truth even when it is not easy." 30. Responsibility—Young person accepts and takes personal responsibility. 31. Restraint—Young person believes it is important not to be sexually active or to use alcohol or other drugs.
	Social Competencies	<ul style="list-style-type: none"> 32. Planning and decision making—Young person knows how to plan ahead and make choices. 33. Interpersonal Competence—Young person has empathy, sensitivity, and friendship skills. 34. Cultural Competence—Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. 35. Resistance skills—Young person can resist negative peer pressure and dangerous situations. 36. Peaceful conflict resolution—Young person seeks to resolve conflict nonviolently.
	Positive Identity	<ul style="list-style-type: none"> 37. Personal power—Young person feels he or she has control over "things that happen to me." 38. Self-esteem—Young person reports having a high self-esteem. 39. Sense of purpose—Young person reports that "my life has a purpose." 40. Positive view of personal future—Young person is optimistic about her or his personal future.

Fairfield County

adamh

Alcohol, Drug Addiction & Mental Health

The Fairfield County ADAMH Board is the county agency authorized to plan, fund and monitor mental health, drug and alcohol services in Fairfield County.

108 W. Main Street, Suite A, Lancaster, OH 43130

Phone 740.654.0829 • Fax 740.654.7621

24 Hour Crisis Line 740.687-8255 (TALK) • www.fair-mh.org



The Fairfield County Family, Adult & Children First Council is a partnership of public and private non-profit and for-profit child and family serving agencies and organizations committed to improving the well-being of children and families in Fairfield County.

108 W. Main Street, Suite B, Lancaster, OH 43130

Phone 740.681.4712 • Fax 740.681.5540 • www.facfc.org

Prevention Works for a Drug Free Fairfield County is a community coalition working to prevent and reduce substance abuse in youth in Fairfield County. The Coalition mobilizes all sectors of the community to work collaboratively in promoting healthy lifestyles for a healthy community and positive youth development.



108 W. Main Street, Suite B, Lancaster, OH 43130

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