

Mental Health &  
Recovery Services  
Board of Allen,  
Auglaize, and  
Hardin Counties

## September 2023 School Newsletter

### Allen County Youth Resources

It's a new school year! To make sure you and your child are prepared for anything that comes up this year, the Mental Health & Recovery Services Board of Allen, Auglaize, and Hardin Counties is highlighting youth services we fund in your county. The local mental health & recovery services levy helps fund these youth services, keeping local dollars right here for your child.

Not sure what service is right for your child, or want to discover other local services? Call **211** or visit [allen211.org](http://allen211.org). If you or your child are ever in crisis, call the local 24/7 Hopeline at **1-800-567-HOPE (4673)**.

#### Family Resource Center

[frcohio.com](http://frcohio.com)

530 S Main St, Lima, OH 45804

Phone: 419-222-1168

OPEN ACCESS HOURS

Monday, Wednesday, Friday from 9:30-11:30 am

Tuesday & Thursday from 2:30-3:30 pm

Family Resource Center or FRC provides in-person and telehealth MH & SUD counseling, case management, Daytime Crisis response to the schools, and psychiatry for youth and adults. Their specialty services include Problematic Sexual Behavior Treatment, Cognitive Processing Therapy for Veterans, and Triple P Parenting.

FRC also hosts groups!

Adolescent Substance Use Disorder Treatment Group on Tuesdays and Thursdays 3:30-5:00 pm

#### SAFY Behavioral Health Youth Drop-In Center

658 West Market Street, Suite 112, Lima, Ohio 45801

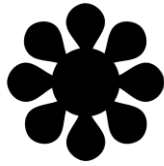
Monday - Saturday from 10 am-8 pm

Phone: 419-695-3050

Email: [LimaReferral@safy.org](mailto:LimaReferral@safy.org)

The SAFY Youth Drop-In Center provides a safe and supportive environment for youth ages 12-17. It allows kids access to services after school hours for a place to do homework, spend time with peers, and skill-building activities.

The Center provides youth peer mentoring under supervision of trained staff, meals and essential resources, and other activities. This year, they will be emphasizing coping and social skills development during back-to-school season to help them manage that stress and build resiliency.



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## **Coleman Health Services**

799 S. Main St, Lima, OH 45804

Phone: 419-229-2222

[colemanservices.org](http://colemanservices.org)

Along with the 24/7 Hopeline and Crisis Center, Coleman Health Services offers a wide range of youth services including psychiatry, counseling, and case management at their Wapakoneta location.

## **PASS (Prevention Awareness Support Services)**

309 W. High St., Suite A, Lima, OH 45801

Phone: 419-549-8530

[passaah.org](http://passaah.org)

PASS offers prevention and postvention programs such as Catch My Breath (and E-cigarette and JUUL prevention program), Class Action (evidence-based alcohol-use prevention program), DBT Steps-A (a suicide prevention program), and the Gatekeepers which is a student-led mental health awareness and suicide prevention group in schools.

They also host the I Mind Program, a voluntary 4-hour program, with offerings in Allen, Auglaize and Hardin counties. It gives adolescents tools to avoid substance use and helps students return to school or school programs as quickly as possible after discipline measures. Learn more at [wecarepeople.org/imindprogram](http://wecarepeople.org/imindprogram).

## **School Based Services**

Other board funded services are available to local schools, including:

- **School Navigation** which follows the SBIRT model of screening, brief intervention and referral to treatment and/or other needed community resources.
- **Daytime Crisis Response** for youth behavioral health crisis concerns during the school day.
- **Behavioral Support Specialist** response which is provided by the Allen County Board of Developmental Disabilities to share their skillset in providing strategies for managing challenging behaviors by responding to the school and providing classroom observation, consultation and strategies for behavioral support.
- **Prevention Programming and Training** various substance use and suicide prevention programs, as well as training opportunities like Mental Health First Aid are offered by PASS.

## **Youth Mental Health Screenings**

Free, anonymous mental health screenings are a quick way to see if you or a loved one are experiencing symptoms of a treatable mental health condition. These are paid for by public funds through the local mental health & recovery services levy, making it yours to use whenever you need it.

If you are concerned about your child's mental health or substance use, take a Mental Health Screening at [wecarepeople.org/screening](http://wecarepeople.org/screening).