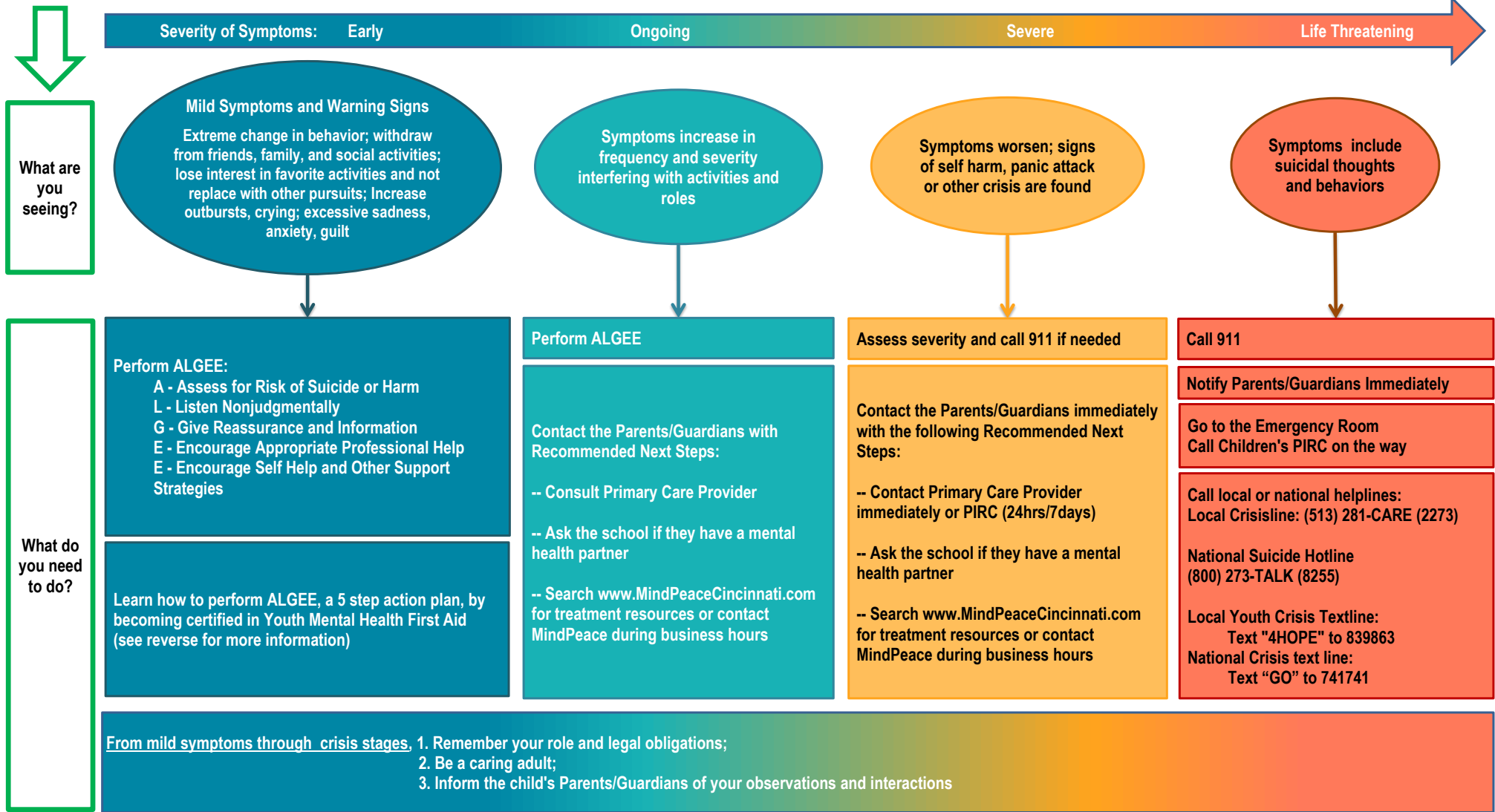



# Navigating Youth Mental Health Services in Hamilton County, Ohio



**Learn More!**  
  
**See Reverse for resources and contact information**

Funding provided by: Substance Abuse Mental Health Services Administration (SAMHSA)  
© 2017 Copyright by Mental Health America of Northern Kentucky and Southwest Ohio

in collaboration with MindPeace, Cincinnati Children's Hospital Medical Center  
and the Hamilton County Mental Health and Recovery Services Board

## Navigating Youth Mental Health Services in Hamilton County, Ohio - Resources and Contact Information

Learn  
More!



Mental Health America of Northern Kentucky & Southwest Ohio: is dedicated to promoting mental health and working to prevent mental and substance use disorders through education, advocacy, and service. MHA is currently in the process of certifying over 3,000 Youth Mental Health First Aiders in Hamilton County. [www.mhankyswoh.org](http://www.mhankyswoh.org) • (877) 361-4518



Youth Mental Health First Aid is a training for adults to help a young person experiencing a mental health challenge, mental disorder, or a mental health crisis. Schedule and registration can be found at [www.hamiltoncountymhfa.com](http://www.hamiltoncountymhfa.com). Groups and individuals in Hamilton County can host or take the course at no charge. Contact Bill Shamblin: (859) 652-7155 or [bshamblin@mhankyswoh.org](mailto:bshamblin@mhankyswoh.org) for more information.



MindPeace works to unite the right teams, schools and community mental health providers, so children and their families can get the mental health care they need. Many schools in Hamilton County have School Based Mental Health Services which provide on site mental health care. Contact MindPeace to access Mental Health help, services and resources. [www.mindpeacecincinnati.com](http://www.mindpeacecincinnati.com) • (513) 803-0844



Cincinnati Children's Psychiatric Intake Response Center (PIRC): The PIRC is the admission and evaluation center for all psychiatric services. Anyone with mental health questions is encouraged to contact the PIRC. The PIRC is staffed 24 hours a day, seven days a week, year-round. [psychiatryresponse@cchmc.org](mailto:psychiatryresponse@cchmc.org) • (513) 636-4124



A  
L  
G  
E  
E

### Learn more about the ALGEE Action Plan

*(The information below is not intended to be a substitute for the certification training that teaches participants how to use this 5 step action plan):*

#### **A - Assess for Risk of Suicide or Harm**

Based on what you are seeing, determine severity of symptoms. When helping an adolescent who is going through a mental health crisis, it is important to look for signs of suicidal thoughts and behaviors, non-suicidal self-injury, or other harm.

*Always seek emergency medical help if the person's life is in immediate danger. If you have reason to believe someone may be actively suicidal, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).*

#### **L - Listen Nonjudgmentally**

It may seem simple, but the ability to listen and have a meaningful conversation requires skill and patience. Maintaining an attitude of Acceptance, Genuineness, and Empathy is critical in helping a youth feel Heard, Understood, and Helped.

#### **G - Give Reassurance and Information**

Approach the conversation with respect and dignity and don't blame the individual for his or her symptoms. Let the youth know that they are not alone, that it isn't their fault, and that they can get better. Your goal is to reduce the stigma and shame associated with mental illness. Provide knowledge about mental illness, and indicate that it is no different than any other physical illness. Provide information and give the youth hope of recovery.

#### **E - Encourage Appropriate Professional Help**

There are many types of professionals that help individuals with mental illness, and navigating the mental healthcare system can be overwhelming. This guide is designed to simplify the process.

#### **E - Encourage Self Help and Other Support Strategies**

Individuals with mental illness can contribute to their own recovery and wellness. Involve youth in creating other options; ask what has helped in the past. Promising self-help strategies are interesting to the young person, promote a sense of satisfaction, may be social, and help with symptom management.