

## Mental Health First Aid

### What is Mental Health First Aid?

Mental Health First Aid (MHFA) is to mental health emergencies what First Aid and CPR are to medical emergencies. This is a 1 day training course for your staff that teaches the non-professional many of the signs and symptoms of mental health distress and gives some basic tools to better understand how to help in a challenging situation. MHFA is an evidenced based program.



MENTAL  
HEALTH  
FIRST AID



#### It is designed to:

- Increase mental health literacy
- Expand individuals' knowledge of how to help someone in crisis
- Connect individuals to needed service
- Reduce stigma

This training is an 8 hour course and upon successful completion you will be a certified Mental Health First Aider. If you are interested in attending our next class contact April Smith 740-387-5210 or [asmith@maccsite.com](mailto:asmith@maccsite.com) for dates.

## MACC Board

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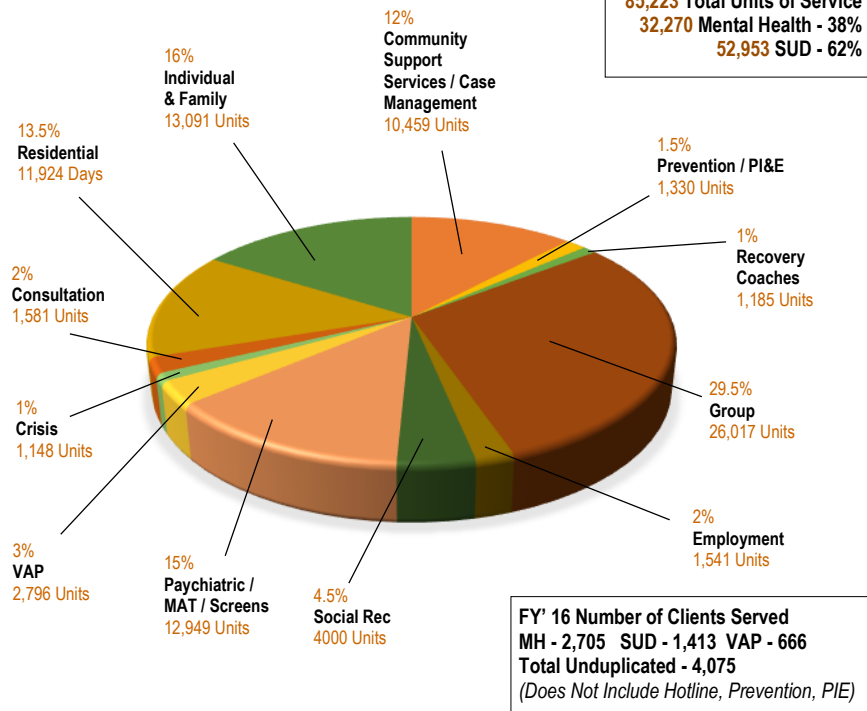
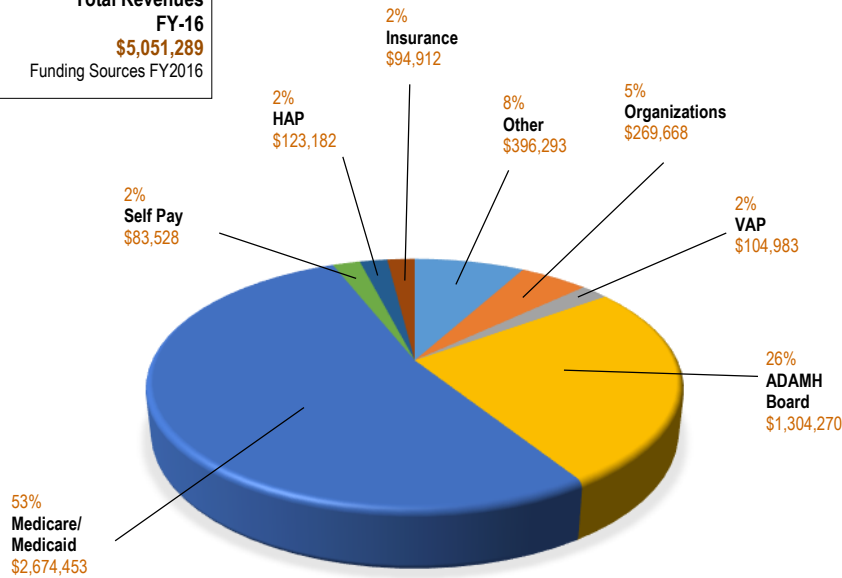
# Annual Report 2016



 **MACC**  
Marion Area Counseling Center, Inc.  
*Enriching Lives / Enhancing The Community*

# FY 2016 Statistical Summary

**Total Revenues**  
**FY-16**  
**\$5,051,289**  
 Funding Sources FY2016



## Dr. Paul Culler Joins the MACC Team to Provide Medication Assistance Treatment To Pregnant Women



Dr Paul Culler has joined the staff of the Marion Area Counseling Center to provide a vitally important service to pregnant women as well as others addicted to opiates. Dr. Culler will administer and supervise the medication assistance treatment program utilizing Subutex/Suboxone to eradicate opiates' influence on the brain, and both medications allow opiate addicted users to stop taking drugs such as heroin without experiencing the painful withdrawal symptoms or significant drug cravings.

Dr. Culler is a board certified Emergency Physician who has been a Marion resident since 1992. He is a graduate of The Ohio State University for both undergraduate studies and Medical School. He completed his residency at Riverside Methodist Hospital in Columbus prior to moving to Marion. He served as Medical Director of Emergency Services at Marion General from 1998 to 2010. Since 2010, he has been a Regional Medical Director for Premier of Team Health and works both administratively and clinically at Blanchard Valley Hospital in Findlay, Galion Community Hospital, and Grady Memorial Hospital in Delaware. He has served in the community on the Board of Directors of the Marion Area Counseling Center (1998-2008), and he has just completed a 17-year career as the River Valley High School team physician. He is married to his wife of 29 years, Kelly, and has 3 children.

## Care-Line Celebrates 40 years of service

Forty years ago on March 7, 1977, the Care-Line Crisis Intervention and Information & Referral telephone helpline took its first call. Care-Line is a program of the Marion Area Counseling Center and began when a group of concerned citizens proposed that individuals in the community who might be lonely or depressed or in crisis should have a means by which to share their problems anonymously with a kind and caring person by telephone. A training class was offered and 60 volunteers graduated to serve on the Care-Line.



Care-Line remains a volunteer based program yet today and the special people who serve continue to provide a vitally important and much needed service to our community. Our efforts to recruit additional volunteers are essential as we must assure that our program remains healthy.

Individuals who join the Care-Line family as a Telephone Help Line volunteer receive excellent training and an opportunity to know that great feeling that comes when a crisis has been averted or a hurting person has been helped to survive the day. Volunteers are trained not to just hear a caller in distress but to listen attentively so as to understand through focusing on feelings. Anyone can hear another person which is merely a perception of the ear, but to listen is the art of auditory trail.

Care-Line seeks to provide a safe, neutral and comfortable environment for people in crisis to connect and find hope. Become A Volunteer, Call Linda Harris 740-387-5210