

# FAIRFIELD COUNTY PREVENTION IN FOCUS



AN ENEWSLETTER BY THE FAIRFIELD COUNTY ADAMH BOARD FOR SCHOOLS, PARENTS, AND STUDENTS

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## MID-OHIO PSYCHOLOGICAL SERVICES, INC.

*Brain Power!* is a school-based alcohol and drug prevention program delivered by Mid-Ohio Psychological Services, Inc., and funded by the Fairfield County ADAMH Board. Providing curriculum for all grade levels, the program is designed to take students through the exploration of the processes of science — the brain, the nervous system, and the effects of drugs and alcohol on the nervous system and the body. *Brain Power!* is delivered through hands-on science investigations, videos, and supplementary activities that allow students with different learning styles and strengths to benefit.

Mid-Ohio Psychological Services, Inc., a local nonprofit agency serving Fairfield County since 1989, offers a variety of outpatient mental health and prevention services that are provided by highly trained employees. During this difficult time when many are feeling isolated, we continue to offer support and assistance via video conferencing and telephone to students, parents, and the community. It is O.K. to experience difficult feelings. We are here for you. Services can be scheduled by calling our office at 740.687.0042 or through our website: [www.mopsohio.com](http://www.mopsohio.com).



**OhioGuidestone**  
SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

## THE INCREDIBLE YEARS®

The Incredible Years® Classroom Dinosaur School is an evidence-based, year-round, whole classroom prevention program for children ages 3–8 (preschool through second grade) that aims to strengthen children's emotional, persistence, social, and academic competencies while preventing behavior problems.

The program is typically delivered for 90 minutes twice a week for the entire school year. Each session consists of a 15–20-minute whole group lesson followed by small group activities with social coaching to reinforce the group lesson. Weekly communication regarding the lessons and parent-child activities is sent home with each child in the program. Classrooms receiving the Incredible Years Dinosaur School also include teacher consultations on individual and classroom management strategies at any time during the program.

OhioGuidestone believes that early intervention and prevention programs pave the way for lifelong success. Our agency has been providing Early Childhood Mental Health Prevention and Consultation Services, including the Incredible Years programming, to school districts and community partners in multiple counties throughout the state for over 10 years and in Fairfield County for three years.



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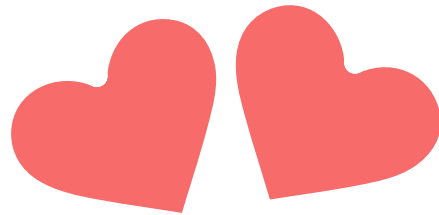
## OHIOGUIDESTONE CONTINUED ...



OhioGuidestone, one of the largest behavioral health agencies in the state, has been helping individuals reset their paths, reclaim their autonomies, and restore their purposes for more than 155 years through school-based services, prevention services, community counseling, substance use disorder treatment, early childhood services, psychiatric care, workforce development training, and more.

For more information on OhioGuidestone services in Fairfield County, please contact Central Ohio Regional Director Amanda Wattenberg at 614.653.2384 or [Amanda.Wattenberg@OhioGuidestone.org](mailto:Amanda.Wattenberg@OhioGuidestone.org).

[View video.](#)



## NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Fairfield Mental Health Consumer Group](#)
- [Lancaster/Fairfield Community Action](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

**CRISIS TEXT LINE |**

**Text 4HOPE to 741741**

A free, 24/7 text line for people in crisis.

## Mental Health Crisis Hotline

**740.687.8255**

**Toll-free: 855.431.0803**

**24/7/365**



Fairfield County ADAMH Board  
108 W. Main St.  
Lancaster, Ohio 43130  
740.654.0829

[www.fairfieldadamh.org](http://www.fairfieldadamh.org)

