

# ASSOCIATION NEWS: CMC

Monday, May 7, 2018

## Addressing ‘It’s a mental health issue’

So often in the wake of a tragedy involving guns, violence and opioid addiction, someone imparts the phrase “it’s a mental health issue.”

The next CMC forum will focus on the ongoing challenge of identifying and treating mental illness.

Featured speakers will be Tracy Plouck, director, Ohio Department of Mental Health and Addiction Services; Dr. Megan Schabbing, psychiatrist, OhioHealth Riverside and Doctors Hospitals; Duane Casares, CEO, Directions for Youth; and the discussion will be hosted by Teresa Long, former Columbus Public Health Commissioner.

CMC’s “Our Healthy Community” is presented by OhioHealth with support from Mt. Carmel Health System and forum sponsorship from Nationwide Children’s Hospital and the Osteopathic Heritage Foundations.



Teresa Long



Megan Schabbing



Duane Casares



Tracy Plouck

Mental health, like physical health, has far-reaching consequences to other family members and the community-at-large when the illness is not treated. In the case of mental illness, talking publicly about mental health still carries a stigma but healthcare professionals hope that will change.

Under the direction of Plouck, Mental Health and Addiction Services launched its “Be Present” a social media campaign aimed at adolescent through college age to encour-

age friends, peers, siblings to “step-up” and provide support for others who feel depressed, isolated or are suffering other mental health issues. The goal of the campaign is to raise awareness of the struggles of young people and direct them to resources for help. Directions for Youth offers counseling, educational and support services for youth and families, including programs that address emotionally traumatic incidences such as violence in the form of sexual abuse

or murder. Casares and his agency colleagues understand the adverse impact trauma can have on a child and the challenges that experience can present into adulthood.

*CMC forums are frequently aired on the Ohio Channel via WOSU digital and Columbus Television at channel 3 on Insight and Time Warner and channel 99 on Warner, WOW and AT&T U-Verse. For schedule details, visit [ctv.columbus.gov](http://ctv.columbus.gov).*

## Indian Ambassador to the United States to speak on May 18

Navtej Sarna, ambassador of India to the United State since Nov. 5, 2016 will speak at a special Friday CMC forum on May 18.

He will begin with remarks and then chat with Patrick Terrien, CEO, Columbus Council on World Affairs. This forum is presented in partnership with the Federation of Indian Associations, the Columbus Council on World Affairs and Greater Columbus Sister Cities International.

Sarna has been a member of the Indian

Foreign Service since 1980 holding posts around the world including High Commissioner of India to the United Kingdom, Ambassador of India to the State of Israel, Counsellor at the Embassy of India in Tehran, Counsellor, at the Permanent Mission of India at the UN in Geneva, First Secretary at the Embassy of India in Warsaw and Third Secretary at the Embassy of India in Moscow.

He has written several books, both fiction and non-fiction, some inspired by the places he has lived.



Navtej Sarna

April 25 Forum

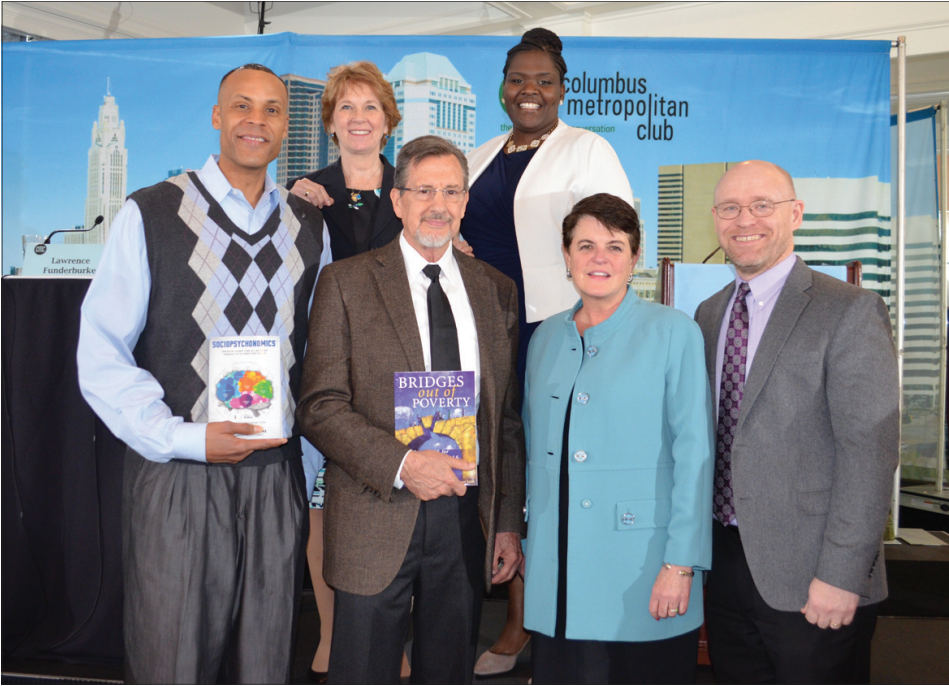
## Bridges Out of Poverty

Featured Phil DeVol, consultant, author of “Bridges to Sustainable Communities” and other books, Lawrence Funderburke, former OSU and NBA basketball star and author of Sociopsychonomics.” Moderated by Lisa Courtice, president & CEO, United Way of Central Ohio.

Sponsored by the Thomas B. Fordham Institute.

Photos by Lucy Wolfe

Participating in the forum (first row) were speakers (with their books) Lawrence Funderburke, Phil DeVol, Lisa Courtice, from sponsor Fordham Institute Chad Aldis, (second row) CMC CEO Jane and CMC trustee Laquore Meadows.



RE-TWEETS FROM THE APRIL 25 CMC FORUM – @CMCFORUM

“You cannot be a solid community with these levels of poverty.” @PhilDeVol @cbusmetroclub #cbusforum – Brie Lusheck

Behaviors can’t change without exposure to what’s out there and support to help change a mindset. #cbusforum; We gotta do more. @mrfundyofficial – at The Boat House Poverty is different in EVERY community ... and we need people living in poverty at the table – Christina

Bridges out of Poverty guru @PhilDeVol sez: The catalyst for our work in the future will be the private sector. Workforce stability requires addressing poverty and inequality. @mrfundyofficial sez: nonprofits need more than programs, they need a wholistic approach that begins with their own employees. @ PhilDeVol@UWCO #cbusforum @UWCO @mrfundyofficial @cbusmetroclub – Action for Children

@mrfundyofficial - great insights on changing the perspective of kids growing up in poverty, to help them see a way

forward. “Plan your process and process your plan” #cbusforum – Thoughtwell

@mrfundyofficial: Exposure learning is key - give kids a different frame of reference in order to change their mindsets. @PhilDeVol: “We look at people in poverty as problem solvers. #cbusforum – Kelly Atkinson

No one has ever calculated the value of what the poor do to help one another. They are driven by relationship and supporting one another.

Personal brokenness is a root cause of employment barriers. Find holistic solutions that address stability and ownership of their skills, assets and future. Most of antipoverty programs are facilitate by the middle class. We need to teach them to move to be prepared not only for today but also for future of work. Tyranny of the moment - if band width is completely focused on today - they are victims to predictors like payday lenders. We need to build abstract thinking to build different opportunities @cbusmetroclub – Maureen Metcalf



Diana Arthur, Marilyn Brown and Eric Brown found the forum very interesting.



There were many questions from audience members including Fred Needham, David Noble, Dave Parker, Andrea Applegate and Doreen Whitely Rogers.

## Columbus Metropolitan Club

### – Calendar of Events –

#### This week

Wednesday, May 9

Charles Y. & Frances N. Lazarus Legacy Forum

Columbus Aviation: Rich History, New Horizons Featuring Joe Nardone, president & CEO, Columbus Regional Airport Authority, David Stratchko, director of global sales, Delta Air Lines, Debbie Ryan, VP of global transportation and logistics, Ascena Retail Group Inc and moderated by Marla Rose, journalist, The Columbus Dispatch.

With introduction by Nancy Recchie, principal partner, Benjamin D. Rickey & Co.,

In partnership with Preserving Original Columbus Airport Terminal, Columbus Landmarks Foundation (POCAT)

With support from The Columbus Dispatch

#### Upcoming

Wednesday, May 16

CMC and OhioHealth present Our Healthy Community “It’s a Mental Health Issue”

Featuring Tracy Plouck, director, Ohio Department of Mental Health and Addiction Services; Dr. Megan Schabbing, psychiatrist, OhioHealth Riverside and Doctors Hospitals, Duane Casares, CEO, Directions for Youth, and hosted by Teresa Long, former Columbus Public Health Commissioner.

Series sponsored by Ohio Health, Mount Carmel Health System

Forum sponsored by Nationwide Children’s Hospital, Osteopathic Heritage Foundations

Friday, May 18

Navtej Sarna, Indian Ambassador to the United States

Ambassador Sarna will begin with comments and then he will be interviewed by Patrick Terrien, CEO, Columbus Council on World Affairs.

In partnership with the Columbus Council on World Affairs and Greater Columbus Sister Cities International, Federation of Indian Associations

Wednesday, May 23

Authorizing Transit in Central Ohio

Featuring Joanna Pinkerton, CEO, COTA who will be interviewed by Elissa Schneider, board member, Transit Columbus

Sponsored by GBQ Partners, LLC, IGS Energy, The Robert Weiler Company

Wednesday, May 30

Restaurants Revitalizing Neighborhoods

Rich Terapak and Steve Stover, the ultimate foodie duo, will chat about new restaurants and their impact on the community with Erin Edwards, dining editor, Columbus Monthly

#### Save the date:

Wednesday, July 11

CMC’s special event, Con-ver-sa-tion 2018, noon at the Boat House

Featuring journalist Bret Stephens and Governor Kasich

CMC forums are held at the Boat House at Confluence Park, 679 West Spring Street, Columbus. Free parking. Check-in for forums is at 11:30 a.m. with lunch served at noon.

The program concludes at 1:15 p.m. and guests are encouraged to continue the conversation in the lobby with coffee and cookies.

CMC members, the deadline for early-bird registration, \$22 is Friday at midnight, prior to the standard Wednesday luncheon forum. Pre-paid reservations are required. The price is \$25 for CMC members; \$35 for CMC members’ guests; and \$45 for the general public.

Reservations can be made online at [www.columbusmetroclub.org](http://www.columbusmetroclub.org) or by calling (614) 464-3220 ext. 1. Anyone requesting additional information may contact Jane Scott, President and CEO; Andrew Campbell, Vice President of Programming; Debby Rosenthal, Vice President of Member Relations and Marketing, or Lanie Cuthbert, Event Coordinator.



Katie Matney, Leigh Edwards and Holly Stokes attended the forum.

