



**Mental Health
Recovery Board**
Serving Warren & Clinton Counties

FOR IMMEDIATE RELEASE

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MHRB pilots e-prevention tool to help people with drinking, drug use concerns

Mental Health Recovery Board Serving Warren & Clinton Counties (MHRB) is excited to pilot a new e-prevention tool aimed at helping people better understand whether their drinking or substance use could be a potential problem – and offer options for help if they want it.

Working in partnership with CHESS Health through a grant from the Ohio Department of Mental Health & Addiction Services (OhioMHAS), MHRB launched the tool at the end of September. MHRB is only the third Ohio county to pilot the e-prevention tool and the first in Southwest Ohio.

“One of the great things about this tool is that it’s anonymous,” said Amy Fornshell, MHRB executive director. “Anyone can answer the questions and get feedback, plus they’ll also see videos and local resources for help should they decide to seek it.”

The e-prevention tool also offers users an opportunity to find support if a family member might be addicted to a substance like alcohol, get help if they think they are at high risk for addiction, or may just be curious about a need to cut back. There is also a quiz to test your knowledge about drugs and addiction.

Additionally, clients being treated through provider agencies can also use a phone app to connect to someone at all hours, even in the middle of the night, should they feel like they want to use drugs or alcohol and need support to keep from using. If they want to use the app, clients will receive information about downloading it during an appointment with their therapist.

About MHRBWCC

Mental Health Recovery Board Serving Warren & Clinton Counties (MHRB) is the local board of mental health and addiction services for residents of Warren and Clinton Counties. MHRBWCC plans, funds, monitors, and evaluates services and programs provided by various agencies that contract with the Board to care for residents living with mental health and addiction issues. For more information, Call (513) 695-1695 or visit mhrbwcc.org.

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