



South Community Inc.

## COMMUNITY OF COMPASSION

Legacy Newsletter

Spring, 2009

### Leaving a Legacy

If you are considering including South Community in your estate plans, please contact us so that we may be aware of your plans and document your wishes. It would be our honor to be included in your legacy. Our official name, for insertion in your will or as a beneficiary of life insurance policies or other financial instruments, is South Community Inc. To share your legacy plans with us, please contact Carol Gaeke, Legacy Committee Chair, at (937) 534-1098 or at [cgaeke@southcommunity.com](mailto:cgaeke@southcommunity.com).

In addition to the use of well-drafted wills and trusts, leaving property through retirement plans, life insurance and other estate-planning tools can help you reduce or eliminate taxes while also minimizing possible expenses and delay in the probate and estate settlement process. Recent and proposed tax legislation may make gifts using retirement plan assets more attractive than ever. Check with your advisors for the latest information.

For information on donation to SCI's Legacy, please visit our website:

[www.southcommunity.com](http://www.southcommunity.com)



### Doctor's Corner

By Maria Mathias, M.D.

### Assertive Community Treatment ACT

South Community Inc. is pleased to be able to serve patients in the community who would have been previously treated through New Dimensions prior to the closing of Twin Valley Behavioral Health State Hospital in Dayton, Ohio. South Community Inc. is able to do so through starting an ACT team, which serves adults with severe mental health disorders with ongoing high service needs and moderate to major impairments in functioning. Without similar services, those served by ACT would be hospitalized more often in local hospitals or out-of-town state mental health hospitals. Some served here have histories of homelessness, incarceration or court-ordered hospitalizations. This service treats people where they live. It is available to clients 24 hours a day, 7 days a week. ACT team members typically include a psychiatrist, team leader, nurse, substance abuse team member, employment specialist, social worker and a peer specialist. ACT services include help with daily activities, housing, health, medication support, substance abuse treatment, counseling, assistance with benefits, finances, family intervention and employment. Why adopt the ACT model? The ACT model has been proven to have around a 61% reduction in hospital days and increased engagement of clients due to higher consumer satisfaction.

### What is ADHD?

By Rick Bowers, M.D., Medical Director

Attention Deficit Hyperactive Disorder (ADHD) is a medical condition that is believed to be caused by an imbalance of two naturally occurring chemical messengers in the brain.

When properly treated, the symptoms of ADHD – inattention (e.g., focus, listening to and following instructions) and behavior (e.g., hyperactivity, impulsivity) – can be controlled.

ADHD may result in difficulties with:

- Focusing on tasks
- Organizing and prioritizing work
- Filtering out or ignoring distractions
- Thinking before acting

### ADHD in Adults

Though ADHD has long been believed to be a childhood condition, a recent “study” estimated up to 4.4% of adults may have ADHD. What many people may not realize is that ADHD symptoms may impact every aspect of an adult's life if not properly treated. According to recent studies, adults with ADHD had a higher rate of under-employment, divorce and car accidents.

A comprehensive treatment plan that may include medication is often recommended for the treatment of ADHD.



## **LIFE Success Stories Learning Independence & Family Empowerment**

The following are two success stories of youth who have been helped by the LIFE Program under the direction of Jackie Price.

### **Equestrian Assisted Social Skills Training**

This last fall, South Community's Youth Community Support Program has had the wonderful opportunity to partner with Gretta Miles and Richard Elliott of Elliott Stables in Germantown, Ohio to offer Equestrian Assisted Social Skills training groups. The children that are referred to the groups are displaying problems of depression, self-esteem, attention and anxiety. Many of the children have been exposed to domestic violence or other trauma-related issues. Additionally, the children have had difficulty with behavior in their home and school environments.

The Equestrian Assisted Social Skills groups are not horseback riding lessons. The groups focus on activities involving horses which require the youth to apply social skills, creative thinking, non-verbal communication, problem-solving, confidence and leadership.

The horses have shown to be a powerful and effective tool to be used in treatment. It allows our children an alternative avenue to discuss feelings and increase the use of appropriate behaviors. Parents have already commented about the positive impact that the groups have made on their children's lives.

"Dee" is a 16-year-old female who was referred to the Juvenile Court system six times and her parents said she was "out of control". In the fall of 2007, she was referred to the LIFE Program. She agreed to a psychiatric evaluation, medication and therapy. After several sessions, mother and daughter began openly communicating about family issues. Later, when her father began participating in therapy, "Dee" was able to see that her parents loved her. Her behavior changed and her grades improved. She was recently selected to be a member of the Montgomery County Juvenile Court Youth Advisory Board to contribute leadership and a voice for youth involved in the Juvenile Court system.

"Ron" was charged with M1 Domestic Violence and placed on probation. Later there were 2 more domestic violence charges. "Ron" and his family received services from SCI. He had a diagnosis of Bipolar and Aspergers. "Ron" had problems at school, in social situations, power struggles with his mother and there were 2 hospitalizations. He was being considered for out-of-home placement when he was accepted for the LIFE Program. His initial therapy sessions did not go well. "Ron" and his mother then began to look forward to their therapy sessions. His behavior changed and he actually talked to his case manager when she visited. "Ron" was the first male youth to successfully complete the Boy's LIFE Program.