



WEST CENTRAL NEWS

October 2019/ Issue 1

Our Mission

To promote the health and quality of life of individuals, families and communities by providing treatment for mental illness and substance use disorders, while helping to reduce the stigma associated with these challenging conditions.



24/7 Emergency Help for
Those in Crisis
800-542-2578

A Client's Story Shared, Thanks to Laura* and Dr. Diane Roston, Medical Director at WCBH

"I have been a client at West Central Services for more than 10 years. I came in desperate and in need of direction. I was enmeshed in my alcoholism and bipolar disorder while they were complicated by PTSD and anxiety issues. Together we twisted through years of tears, medications, hospitalizations, relapses, ECT, groups and therapy. They all stood by me without judgment and celebrated with me my smallest accomplishments and major milestones.

I've appreciated being part of the decision-making process throughout my journey. No one has said, "Here is a pill you will take" or "here is a group you are going to attend." I am always asked for my thoughts and shown respect. I've felt "heard" and have been better able to follow through with my treatment plan when I've been a part of it.

Today I've been sober for eight years. I exercise regularly. I give back to the community with my volunteer work. I have my

family back in my life and I finally have my self respect."

Thank you, Laura,* for writing your story and letting us use it here. We know there are myriad more stories, and it's important to know nobody is immune. If you - or a loved one - is living with mental illness or needs help with substance use, we can help.

To schedule an appointment, call (800) 542-5128

* Name has been changed to protect client privacy.

New Leadership

West Central welcomes its new President & CEO, Dr. Roger Osmun, Ph.D. [Click Here for a Valley News article about his arrival.](#) During his first month here, Roger has been visiting all WCBH locations to hold Town Hall meetings with staff members to better understand the WCBH community. Dr. Osmun comes to us from Pennsylvania, where he served as the Chief Clinical Officer for 22 years, and the



Chief Operating Officer, for two years, of Holcomb Behavioral Health Systems.

Getting Out and About



A huge thanks to all our staff who venture out into our communities to spread the word about what we do every day to help children, adults, and families. We help **more than 2,200 people per year** living with mental illness and substance use disorders.

Emergency Services

Did you know our Emergency Services team fields **over 5,000 calls per year** from those in crisis? It's true! Our skilled and compassionate clinicians are available at all hours - 24/7 - to those in need of help. WCBH's Emergency Services Program is directed by Bill Metcalf (pictured below), of our Claremont office, but we provide assistance throughout the Upper Valley and Sullivan County region.



WCBH Emergency Services: **800-564-2578**

Get Educated!

Take a Mental Health First Aid class. It's like CPR for mental health, and will help you to recognize and assist someone experiencing a mental health or substance use-related crisis. The full-day training is open to those 18 years and older.

Our 2020 classes will be scheduled soon, so follow us on Facebook or email us at info@wcbh.org and ask to be put on the notification list.

[Click Here for More Info.](#)



A Big *Thank-You* to the Hypertherm HOPE Foundation



WCBH was recently the recipient of two generous grants from the Hypertherm Hope Foundation - one in support of our Emergency Services Program, and one in support of our Substance Use Services. Thank you, Hypertherm, for your support and partnership in strengthening our communities!

What You Can Do

Did you know that 1 in 5 adults are affected by a mental health condition? Or that 10% of teens in NH suffer from depression?

Help us break the stigma of mental illness and substance use by 1) learning about it, and 2) talking about it. These are illnesses, and they're treatable. Stigma and shame prevent people from seeking the help they need.



[Click Here to Learn
How You Can
Help Break The Stigma](#)

[Donate to WCBH](#)

[Visit Us on Facebook](#)

This newsletter goes out to WCBH staff and to our many

friends and supporters. Please share it broadly with your friends and family so people remember our name and the work we do as this region's community mental health and substance use clinic. When people in need know who we are, they'll contact us *when they need help*.



We're Here When You Need Us

West Central Behavioral Health serves clients in the Upper Valley and Sullivan County, and has offices in Lebanon, Claremont, and Newport, NH.

WCBH is a tax-exempt, 501(c)(3) organization.