



Meet the Ohio Mental Health Network for School Success Regional Leads



Join a Regional Network Meeting to Discuss Important Issues



Learn More About Student Assistance Programs and Staff Wellness



Join a Community of Practice to Learn More about Topics of Interest



Receive Mental Health Resources for Your Community



As a partner agency to the School Based Center of Excellence at Miami University, we are excited to invite you to join the Ohio Mental Health Network for School Success (OMHNSS). The network aims to improve mental health services for students in Ohio and increase collaboration between mental health providers, families, and schools. As a member of this network, you will have access to a variety of resources, professional development opportunities, and student assistance and staff wellness programming designed to enhance your skills and knowledge in serving the mental health needs of students.

Thank you,
Kathleen M. Oberlin, OMHNSS Director
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Meri Skilliter, NW Region
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Sabrina Scott, NE Region
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Mary Francis, West Region
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Amanda Hampton, CO Region
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Frances Witt, SW Region
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Brenda Savage, SE Region
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Introducing the OMHNSS Team!



Sabrina Scott, NE Regional Lead
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Sabrina has a Juris Doctor from the University of Akron, Master of Education in Education Administration from Ashland University, and Master of Education in School Psychology from University of Cincinnati. Sabrina spent over 25 years serving public school districts throughout Ohio as a school psychologist, pupil services director, mental health and wellness director, and consultant. Concurrent to preschool to 12th grade service, Sabrina has maintained the teacher and student perspective in her 25+ years of teaching psychology and human development classes at Lorain County Community College. Sabrina's entire career has been fueled by her passion to support the well-being of the whole child through an equity lens and systemic mindset. This included her favorite experience of volunteering in developing countries to be of service to schools and community agencies to help children access education and mental health services. All systemic and service roles naturally led to Sabrina being an affiliate for the Ohio School Wellness Initiative (OSWI), Behavior Health and Wellness Coach, Staff Wellness Facilitator, and the OMHNSS Peer Coach. She is also a certified Youth and Adult Mental Health First Aid Instructor.

"The time is always right to do what is right,"

- **Martin Luther King Jr.**

"I say that the time is now to empower our children as we create a more compassionate, unified world."

- **Sabrina Scott**



Meri Skilliter, NW Regional Lead
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Meri spent her thirty-year education career as a teacher, principal and superintendent. She also is a volunteer EMT in her community, which led to involvement in Critical Incident Stress Management. She is an approved instructor of the International Critical Incident Stress Foundation (ICISF) in group, individual, school, suicide awareness, and law enforcement perspectives. After retiring from school administration, Meri earned her Wellness Facilitator certification and worked with Miami University (Ohio) to provide wellness facilitation in the northwest region of Ohio. Currently, Meri is a Youth MHFA instructor and is working toward prevention specialist credentials. She is serving Northwest Ohio again, providing support in the area of staff and student wellness.

The people who are crazy enough to think they can change the world, are the ones who do."

- **Steve Jobs**



Mary Francis, West Regional Lead
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Mary has an Associate of Applied Science in Human Service from Edison State College, a Bachelor of Arts in Social Work from the Union Institute, and a Master of Arts in Adult Education and Distance Learning from the University of Phoenix. She is a certified prevention consultant, licensed social worker, and licensed independent chemical dependency counselor. Mary worked for seven years as Director of Prevention Services at the Addiction Services Council. She was an Adjunct Faculty Member at the University of Cincinnati Teacher's College for 15 years and worked at Interact for Health for 21 years of serving it's twenty-county tri-state region. During this time, Mary directed the Assistance for Substance Abuse Prevention Center and later led the Thriving Communities initiative, convening communities of practice and guiding community-led initiatives. Mary has published three articles on: a model for community-engaged grantmaking, mobilizing the faith community in prevention, and using the interactive systems framework.

"History shows that PATTERNS are our future. Let's improve and strengthen patterns that build healthy futures for our children."

- Mary Francis



Amanda Hampton, CO Regional Lead
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Amanda is Central Ohio native. Her family is the most important thing in her life. She loves to read, listen to music, bead, garden, hike, practice yoga, leisure and adventure travel and dances very poorly!

Amanda has been in the prevention field since 2010. As a past Family Services/Prevention Manager, Amanda became an Ohio Certified Prevention Specialist and expanded prevention services from 1 PAX GBG program to 15 programs in the counties she served, including Youth Led initiatives. She is trained in the following EB programs: Alcohol Literacy Challenge, PAX GBG/Heroes, Trauma 101, Prime for Life, QPR, Sources of Strength, Youth Yoga Project, Mental Health First Aid, Youth Mental Health First Aid, Teen Mental Health First Aid, SBIRT, DBT Steps A, Botvin LifeSkills, GenRX, Catch My Breath, Truth – VAPE initiative, and Youth Led Adult Ally. Amanda has received the following awards: Ohio Adult Ally; Most Knowledgeable Instructor with Mental Health America (MHFA and YMHFA); Exceptional People award – Mental Health Recovery Board; OPPA (formerly ADAPAO) Member of the Year; and 2023 Adult Mental Health First Aid Instructor of the Year.

"The world has enough for everyone's needs, but not everyone's greed,"

- Mahatma Gandhi

"I feel very fortunate that my life has unfolded the way that it has. I was a high-risk youth with a lot of increased risk due to my biology. I want to empower people to know that biology does not have to be destiny and that our choices are the source of our strength. I am so very excited and honored to be a part of the OMHNSS team!"

- Amanda



Frances Witt, SW Regional Lead
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Frances graduated with a Bachelor in Social Work from the University of Cincinnati. She worked with the Butler County Family and Children First Council (FCFC) for about 5 years as a behavioral health mentor with the Community Wraparound program, then as a Wraparound Facilitator, and finally served as the Training Coordinator on the Strong Families, Safe Communities grant. Frances worked with Project AWARE as a Community Educator. During this time, Frances received high evaluative scores on the various trainings offered to educators and communities. Frances served as the PAX Good Behavior Game Program Coordinator and as a PAX Partner. During the tenure of Project AWARE in Warren County, she saw over 200% growth in PAX trained educators and implementation. In 2017, Frances was inducted as a PAX National Trainer and in 2019 was selected to facilitate that year's cohort of new national trainers. Frances continues to work with PAXIS as a Trainer for both their PAX Good Behavior Game programs and PAX Tools programs

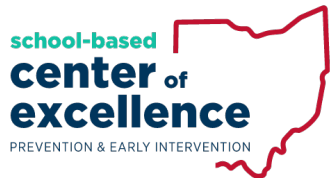
"It is easier to build strong children than to repair a broken man"
- Frederick Douglass



Brenda Savage, SE Regional Lead
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Brenda has a Bachelor in Business Administration from the University of Cincinnati, a Securities Series 6 license with LOMA ACS, and AAPA designations. Brenda is a yoga teacher, a retail professional, and has worked in both insurance and finance in her 18-year career. Brenda has enjoyed volunteering at a local high school, having done charity walks, and having worked with Habitat for Humanity. Brenda utilizes strong communication and interpersonal skills to enhance efficiencies in customer service, problem solving, and connections to the Appalachian communities in Ohio. Brenda is excited about her current role and to be a part of Ohio's Mental Health Network for School Success. Brenda has gained several certifications that have prepared her to take on this crucial work, including Mental Health First Aid, Sources of Strength K-6 Coach, Sources of Strength T4T, and SBIRT, among others. In addition, Brenda has participated in ongoing education regarding School Safety, Family Engagement, Words Matter, Diversity Equity and Inclusion, and Trauma Informed Schools and Reframing. Brenda loves the unique beauty and culture of Ohio's Appalachian region. The rugged and beautiful landscape of rolling hills, winding rivers, and dense forests has always held a special place in her heart as these communities have a strong sense of community and tradition.

"Nothing is impossible, the word itself says 'I'm Possible'"
- Audrey Hepburn



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