



## Vision & Mission

The Executive Steering Committee (Kathryn Gambatese, CCCMHB Chair; Russell Johnson, ADASB Chair; William Denihan, CCCMHB CEO; and Dr. Russell Kaye, ADASB Executive Director) is meeting regularly to provide guidance on the consolidation process and have developed working vision and mission statements for the consolidation process.

The vision and mission are “working” statements. The Steering Committee realizes that the new behavioral health board will create a vision and a mission for the new organization when it undertakes its strategic planning process.

### MISSION

*To promote and enhance the quality of life for residents of our community through a commitment to excellence in alcohol, drug addiction, and mental health services.*

### VISION

*Alcohol, drug addiction, and mental health services will be available and accessible for every county resident in need. The Behavioral Health Board will provide a preeminent, seamless and integrated system of care.*

## Stakeholder Meeting

On Monday, October 22, over 60 people participated in a Consolidation Stakeholders Meeting. The meeting gave providers and partners the chance to express concerns and recommendations.

Participants expressed some common themes, including the need to slow the consolidation process to develop the best behavioral health system possible. Providers were also hopeful that a consolidated board would lessen the duplication of paperwork and audits.

An additional Stakeholders Meeting will be held on Thursday, November 15, from 5:30 - 8:00 p.m. The meeting

will be held on the second floor of the building that houses the CCCMHB offices, 1400 West 25th Street.



The Alcohol & Drug Addiction Services Board  
of Cuyahoga County  
The Cuyahoga County Community  
Mental Health Board

## Key Issues Discussed with BOCC

The Consolidation Steering Committee met with the Cuyahoga County Board of County Commissioners (BOCC) on October 25. The purpose of the meeting was to update the BOCC on the planning process, key issues, and clarification of expectations.

The key issues were identified with input from consumers, providers, and staff. These key issues are:

- Restoration of 2008 base funding

- Appointment of current Board Members
- Location and space needs of the consolidated Board
- Legislation to allow the consolidation of the Boards
- Operating efficiencies:
  - Personnel
  - Information Technology
  - Financial
  - Contracting
  - Regulatory Audits

- Integrated programs
- Individual core programs
- System improvements:
  - Remove duplication
  - Standardized process
  - Integrate best practices
  - Strengthen provider assets
- System philosophy
- Impact of collective bargaining unit
- Cost of consolidation

## Learn About Alcoholism & Mental Illness

**Alcoholism**, also known as alcohol dependence, is a disease that includes the following four symptoms:

- Craving: A strong need, or urge, to drink.
- Loss of Control: Not being able to stop drinking once drinking has begun.
- Physical Dependence: Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.
- Tolerance: The need to drink greater amounts of alcohol to get "high."

Alcoholism is a disease. The craving that an alcoholic feels for alcohol can be as strong as the need for food or water. An alcoholic will continue to drink despite serious family, health, or legal problems. Like many other diseases, alcoholism is chronic, meaning that it lasts a person's lifetime; it usually follows a predictable course; and it has symptoms. The risk for developing alcoholism is influenced by a person's genes and by his or her lifestyle.

Alcoholism cannot be cured at this time. Even if an alcoholic hasn't been drinking for a long time, he or she can

still suffer a relapse. Not drinking is the safest course for most people with alcoholism. However, alcoholism can be treated. Treatment programs use both counseling and medications to help a person stop drinking. Treatment has helped many people stop drinking and rebuild their lives.

**Mental illnesses** are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), and borderline personality disorder. The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or

poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups, and other community services can also be components of a treatment plan and that assist with recovery. The availability of transportation, diet, exercise, sleep, friends, and meaningful paid or volunteer activities contribute to overall health and wellness, including mental illness recovery.

*Consolidation Update* is a joint publication developed and distributed by the communication staff of the Cuyahoga County Community Mental Health Board and the Alcohol and Drug Addiction Services Board of Cuyahoga County to keep the community informed on the consolidation process.

### Consolidation Executive Steering Committee

Kathryn E. Gambatese, CCCMHB Chair  
Russell E. Johnson, ADASB Chair  
William M. Denihan, CCCMHB CEO  
Russell S. Kaye, Ph.D., ADASB Executive Director

Editors: Scott Osiecki, CCCMHB & Julie Fogel, ADASB