

Recovery in Action

Newsletter



June 2021 | Volume 5 - Issue 6



Local Youth Showcasing Resiliency

Local young people are showcasing their resilience through several events and projects, including a summit for young men that attracted 30 participants on June 19, a Crisis Text Line promotion project and a mental health wellness social media series, and a youth-led wellness summit being planned for September.

[Read More](#)

Board Member Reappointments

At the June 23 General Board Meeting, several Board Members were reappointed by the **Ohio Department of Mental Health and Addiction Services (OhioMHAS)**, including **Gwendolyn A. Howard, LSW, MSSA, J. Robert Fowler, Ph.D., Katie Kern-Pilch, MA, ATR-BC, LPC-S, HLM (BATA), and Sharon Rosenbaum, MBA.** Board members were sworn in by **Kelli Perk** from the **County Prosecutor's Office.** We are grateful for their continued dedication serving as volunteer members of our Board.

ADAMHS Board and Partners Distributed 3,468 Units of Naloxone

In May, the ADAMHS Board received 3,468 units of



Life is Better With You Here Suicide Prevention Campaign is Now Running

Members of the **Cuyahoga
County Suicide Prevention**

naloxone to distribute in 13 zip codes thanks to the **Ohio Department of Mental Health and Addiction Services (OhioMHAS)**, **RecoveryOhio** and the **Ohio Department of Health (ODH)**. There are just under 500 units left to distribute by the end of next week. The Naloxone has been distributed through community events, tables and outreach efforts to local businesses. Over 15,000 fentanyl test strips were also distributed along with the Naloxone. A big thank you to **Project White Butterfly** and **Thrive Peer Support** for their partnership and hard work on this initiative!

Behavioral Health Workforce Development Task Force

The first Behavioral Health Workforce Development Task Force meeting was held on June 22. At this meeting, ADAMHS Board executive staff and several providers decided on the purpose of the task force, which is to brainstorm ideas to tackle the behavioral health workforce shortage to attract and retain the most motivated and competent professionals in behavioral health to fill staffing needs for providers.

The task force also reviewed recommendations that were made in our [Strategic Plan](#) and discussed other ideas and next steps. Meetings will be held monthly, and the next meeting is at 11:00 am on July 27, 2021 via zoom.

Coalition provided input on the direction of the ADAMHS Board's suicide prevention public awareness efforts to increase awareness of signs of suicide, how to help individuals in a crisis and ways to connect to resources for help. The first phase of the campaign, which started in June, includes a partnership with the **Ohio Suicide Prevention Foundation (OSPF)** to run the *Life Is Better With You Here* campaign targeted to African-American and Black youth and adults. Be on the lookout for tv ads, bus wraps, billboards, streaming ads and social media posts promoting this campaign through September.

To learn more about the campaign or to join the Suicide Prevention Coalition, visit withyouhereCLE.org.

[Click here](#) to view the full campaign press release.



Rally for Change Held June 4

The **Association of People Against Lethal Drugs (APALD)** held a Rally for Change on June 4 at Public Square to raise awareness and advocate for change in combating the synthetic opioid drug epidemic. APALD encourages awareness of these lethal synthetic drugs and advocates for legislative changes related to drug trafficking and drug induced deaths caused by poisoning from the synthetic opioids fentanyl and carfentanyl. The ADAMHS Board had a table with resources at this event. [Learn more about APALD](#).

Juneteenth: Serve, Reflect and Learn

The ADAMHS Board of Directors passed a resolution making Juneteenth (June 19) an official holiday to be observed and provided to Board staff. The addition of this holiday confirms and honors the ADAMHS Board's commitment to diversity. Staff were encouraged to observe this holiday in service, reflection or learning about cultural competence and diversity that will enhance their personal and professional lives.

Special Pride Month Episode of *Our Stories, Our Healing Series*

The ADAMHS Board, in partnership with the **Cuyahoga**

County Board of Health, **A Vision of Change and Creating Greater Destinies**, produces the *Our Stories, Our Healing* video series as part of an Adverse Childhood Experiences (ACEs) grant from the **Centers for Disease Control and Prevention (CDC)**. This series aims to raise awareness through storytelling by community members who have overcome traumas and found healing. The June episode, which will be released June 25 at noon, features a powerful conversation with members of the LGBTQ+ community about coming out, the importance of finding community, and the beauty of recovery from substance use disorders. Watch this episode and the others on our [YouTube channel](#).

If you are a member of the LGBTQ+ community and need mental health and/or substance use disorder treatment or recovery supports, view the list of ADAMHS Board [provider agencies that have LGBTQ+ specific services](#).

Our Stories, Our Healing

Video Series Episode 4 Coming Out: Our **Pride**

Presented in partnership by:



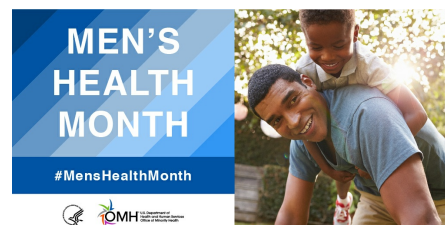
PTSD Awareness Month

June is Posttraumatic Stress Disorder (PTSD) Awareness Month. If you're concerned that you or a loved one are experiencing PTSD, take our [free, confidential screening](#). If you need a referral to services, please call 216-623-6888.

Men's Health Month

Men's Health Month is meant to encourage boys and men to take charge of their mental and physical health. Information and resources are available:

- The **U.S. Department of Health and Human Services Office on Minority Services** has [shareable resources](#).
- View an [infographic from Mental Health America](#) for quick facts about men's mental health and mental illness risk.
- [Man Therapy](#) is an interactive mental health campaign targeting working age men that employs humor to cut through stigma and tackle issues like depression, divorce and anxiety.



IN THE NEWS

In the News

The Morning Journal: [Cuyahoga County Diversion Center offers new tools for law enforcement](#)

The Morning Journal: [ADAMHS Board launches Life is Better With You Here](#)

Ideastream: [Mental Health Groups Intervene](#)



Summer Training Series

The ADAMHS Board is offering a variety of free and low-cost virtual trainings from July to September. These trainings are a great way to earn CEUs/RCHs. Follow the links below to learn more and register. The full list is also available on our website [here](#).

July 2 from 9:00 am to 12:15 pm: [Leading Your Team to Success and Beyond \(Supervision\)](#)

July 7 from 1:00 to 3:00 pm: [Relapse Prevention in Recovery Housing while Addressing COVID-19 Issues](#)

July 9 from 9:00 am to 12:15 pm: [Creating a Healing Forest: The Entire Community as the Treatment Center](#)

July 13 from 9:00 to 11:00 am: [Trauma 101](#)

July 26 from 9:00 am to 12:15 pm: [Adverse Childhood Experiences \(ACEs\) & Handling Crises from Trauma Lens](#)

August 16 from 9:00 am to 12:15 pm: [Demystifying the Mythopoeia of the Black Woman: A Mental Health Dilemma](#)

August 26 from 9:00 to 11:00 am: [Basics of a Trauma Informed Approach in a School/Youth Setting](#)

September 1 from 9:00 am to 12:15 pm: [Supervision & "The Office": Lessons Learned from Managers of Dunder Mifflin](#)

September 8 from 9:00 am to 12:15 pm: [Impact of COVID-19 on Suicidal Behaviors in Communities of Color](#)

September 10 from 10:00 am to 12:00 pm: [Recovery Housing Safety Protocols: Addressing Physical & Recovery Aspects](#)

Looking Ahead

July is Black, Indigenous, and People of Color (BIPOC) Mental Health Month/ National Minority Mental Health Month; the [U.S. Department of Health and Human Services Office on Minority Services](#) and [Mental Health America](#) have resources to share.

The next full [Mental Health Response Advisory Committee](#) (MHRAC) meeting is July 12 from 9:00 to 10:30 am.

The next [Eliminating Structural Racism in Behavioral Health Work Group](#) meeting will be held on July 12 from 1:00 to 2:30 p.m.

The next [Suicide Prevention Coalition](#) meeting is July 19 from 12:00 to 1:30 pm.

The next [Trauma Collaborative](#) meeting is July 23 from 9:30 to 11:00 am.

The next [Virtual Client Information meeting](#) is on July 22 from 1:00 to 2:00 pm. **Magnolia Clubhouse** and **Life Exchange Center** will share information about drop-in centers.

View our [full calendar of meetings and trainings](#) for July.



STAFF UPDATES

Welcome, Doug!

Doug Nichols joined the ADAMHS Board staff on June 1 as the third CIT Training Officer. He is a recently retired police officer from the **Cleveland Division of Police** where he served for over 27 years. For the last eight years, he was a canine handler. His canine partner, Hugo, is a dual-purpose narcotics detection and patrol certified dog. When Doug retired, he got to keep Hugo, who is enjoying life as a retired service dog.



Prior to serving as a canine handler, he was assigned to the Division's Third District where one of his primary functions was to serve as the District's Homeless Liaison Officer. He worked with various outreach workers and social service providers to address the needs of the downtown area's homeless population. For the last seven years, Doug also served in the Division's Bomb Squad on a call up basis.

Doug looks forward to providing CIT training to law enforcement officers because he knows it can help officers have more productive encounters with individuals in crisis. He said, "The encounters will be safer for citizens, officers and the community."

In his free time, Doug enjoys camping with his family. He is also an avid sailor and crew member of Ovation a J105 sailboat. The crew competes locally out of Edgewater Yacht Club during the summer and fall.

He can be reached at nichols@adamhssc.org.

Staff Members Participated in Various Speaking Engagements This Month

Charde' Hollins, MSW, LISW, Behavioral Health Prevention Specialist, was a presenter for the Ohio Prevention Conference Virtual Summit on June 22. Her presentation, Honoring Diversity: Strategies for Culturally Adapting Evidence-Based Interventions, explored the need for cultural adaptation and covered meaningful real-world applications for implementing culturally specific strategies within evidence-based interventions.

Beth Zietlow-DeJesus, Director of External Affairs, and **Madison Greenspan**, External Affairs Officer, presented about the ADAMHS Board's grassroots fentanyl test strip distribution program. They were joined by two community members who have helped with grassroots distribution since the program began, **Rebekah Wiland, MSW, LISW-S**, from **FrontLine Service** and **Waverly Willis** from **The Urban Barber Association**. Their virtual presentation was viewed by over 300 individuals from across the country and was organized by the **Great Lakes Prevention Technology Transfer Center (GLPTTC)** located at the **University of Wisconsin-Madison Center for Health Enhancement Systems Studies**.

The GLPTTC is funded by SAMHSA to provide training and technical assistance services to the substance use prevention field including professionals/pre-professionals, organizations, and others in the prevention community.

“My humanity is bound up in yours, for we can only be human together.”

*–Desmond Tutu,
Human Rights Activist and
Theologian, 1931 – present*

Board of Directors

Rev. Benjamin F. Gohlstin, Sr., Chair

J. Robert Fowler, Ph.D., Vice Chair

Katie Kern-Pilch, MA, ATR-BC, LPC-S, HLM (BATA), Second Vice Chair

Bishara W. Addison

Ashwani Bhardwaj

Reginald C. Blue, Ph.D.

Gregory X. Boehm, M.D.

Crystal L. Bryant, Esq., MS, LSW

Erskine Cade, MBA

Elsie Caraballo

Gwendolyn A. Howard, LSW, MSSA

Patricia James Stewart, M.ED., LSW

Steve Killpack, MS

Jena Olsen

Max M. Rodas, MA

Sharon Rosenbaum, MBA

Harvey A. Snider, Esq

Scott S. Osiecki, Chief Executive Officer

**Cuyahoga County's 24-Hour Suicide
Prevention, Mental Health/Addiction Crisis,
Information & Referral Hotline:
216-623-6888**

**Cuyahoga County's 24-Hour
Warmline: 440-886-5950**

**Crisis Text Line:
Text "4hope" to 741-741**

**OhioMHAS 24-Hour COVID
CareLine: 1-800-720-9616**



ADAMHS Board of Cuyahoga County | 2012 West 25th St., 6th Fl., Cleveland, OH 44113

[Unsubscribe dejesus@adamhsc.org](mailto:dejesus@adamhsc.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by greenspan@adamhsc.org in collaboration
with



Try email marketing for free today!