

Recovery in Action

Newsletter



July 2021 | Volume 5 - Issue 7



Messages of Hope, Recovery and Resiliency are Essential During this Challenging Time

In mid-July, the **Centers for Disease Control and Prevention (CDC)** [reported](#) that in 2020 the U.S. saw the highest number of overdose deaths ever reported. It was a 30% increase from 2019. The opioid epidemic has been exacerbated by the pandemic, which is evidenced by the drastic increase nationally in overdose deaths. Cuyahoga County saw this increase in late 2020 and we are still seeing it in 2021.

“These deaths are not statistics, these are our family and community members. We mourn with our community and it is heartbreaking to lose these meaningful and valuable lives,” said **Scott S. Osiecki**, ADAMHS Board CEO, in a [cleveland.com](#) story about the increase in deaths.

“The ADAMHS Board will not let up on its efforts to ensure that harm reduction, treatment and recovery support services are available to all in Cuyahoga County. Through community partnerships, we have increased access to detox, residential treatment and medication assisted treatment. We have expanded peer support programs, recovery housing and harm reduction efforts such as Narcan/NaloxBox and fentanyl test strips distribution.”

The ADAMHS Board will also continue to share messages that help is available and recovery is possible. Please join us in sharing messages of hope and recovery during [National Recovery Month](#) in September. Please also consider joining the [StigmaFreeCLE](#) campaign.

ADAMHS Board of Director In-person Meetings Resumed in July

The HB 404 extension, which allowed for public bodies to convene virtually, ended on June 30, 2021. Therefore, our Board of Director Meetings began in-person on July 7, 2021.

[Click here](#) to view the full schedule of upcoming Board of Director Meetings. There is no virtual option for attending the Board of Director Meetings. Masks are required for all ADAMHS Board visitors. Board Members and staff who have shown proof of vaccination will not be required to wear a mask.

OhioMHAS State Budget Update

The Governor has signed the biennial budget, which at one point contained a provision that would eliminate the required categorical appointments and change the number of members appointed to ADAMHS Boards across the state. Because of our successful advocacy to ensure that the voice of clients, family members and professionals with behavioral health experience are represented in

First Cuyahoga County Diversion Board Meeting Held on July 22, 2021

Scott S. Osiecki, ADAMHS Board CEO, gave an update on the [Cuyahoga County Diversion Center](#) at the first Cuyahoga County Diversion Board meeting on July 22, 2021. Also at the meeting, **Dr. Akram Boutros**, President and CEO of **The MetroHealth System**, was elected chair of the Diversion Board and the bylaws were set and approved.

Addiction Recovery Advocacy Meetings to Reconvene

The ADAMHS Board's Addiction Recovery Advocacy Meetings are set to reconvene on Monday, September 13 from 5:00 to 6:00 p.m. on Zoom. This meeting will include updates on several initiatives, including the Cuyahoga County Diversion Center and NaloxBox program, as well as a discussion of how the group would like to continue its work. [Click here](#) for more information and to view the full agenda



These meetings bring together family members who have lost a loved one to addiction, individuals with a loved one struggling with addiction, recovery advocates, professionals, and family support groups to unite powerful voices and create change through action.

Board appointments, this provision was vetoed by the Governor.

The **Ohio Department of Mental Health and Addiction Services (OhioMHAS)** budget maintained and increased slightly for FY22 and FY23. During [a briefing from OhioMHAS Director Lori Criss](#), she noted the following priority areas over the next two years: youth and young adult early intervention; continued focus on children, youth and families; enhanced focus on adults with serious mental illness; expanding crisis services; protecting community funding for a full continuum of prevention, treatment and recovery; empowering families and communities; addressing needs of criminal justice-involved Ohioans; sustaining regional psychiatric hospitals; and equitable system of care.

We will receive detailed budget allocations from OhioMHAS concerning funding to our Board.



Shareable Materials Available for the Life is Better With You Here Suicide Prevention Campaign

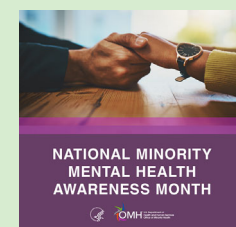
The ADAMHS Board launched the "Life is Better with You Here" suicide prevention campaign in June. The goal is to reach Black and African-American youth, young adults and families in Cuyahoga County with messages of hope and mental health and addiction resources. We need your help!

We hope your organization will consider promoting this campaign with the materials included below.

- [Social media posts](#)
- [Twitter banner](#)
- [Facebook cover](#)
- [Website content](#)
- [Newsletter article/e-blast](#)
- [Video](#)

National Minority Mental Health Month and BIPOC Mental Health Month

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.



Our Stories, Our Healing Series July Episode is Now Available

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 July episode, which was released on July 23, is all about knowing your worth. Participants share what this means to them, how they maintain their self-worth, and resources they use. Watch this episode and the others on our [YouTube channel](#).



Upcoming Peer Recovery Supporter Training

If you are in recovery from a mental health and/or substance use disorder and desire to use your experience to help others, consider becoming an OhioMHAS Certified Peer Recovery Supporter. One of the steps to certification is 40-hour training, which is being held in September. [Click here](#) for more details.



Youth Wellness Summit to Include Pitch Competition

The ADAMHS Board and **Effective Leadership Academy** are teaming up to hold a Youth Wellness Summit September 17-18, 2021.

At the summit, youth groups will have the opportunity to pitch a youth focused wellness initiative for a school, neighborhood or community. Winners of the pitch competition will receive a prize money stipend to put toward implementing their wellness initiative.

[Click here](#) for more information about the summit.



OACBHA's New Recovery Story Series

The **Ohio Association of County Behavioral Health Authorities (OACBHA)** launched a new recovery video series and will premiere two recovery videos each month. The series will highlight the courage and strength of Ohio's recovery community and provide viewers the opportunity to chat together throughout the summer. [Click here](#) to view the videos.



Board Member Update

Board Member **Crystal L. Bryant, Esq., MS, LSW**, resigned from the Board of Directors on July 8, 2021.

We thank Ms. Bryant for her service and wish her the best.

IN THE NEWS

In the News

News 5: [Summer Camp Uses the Arts to Keep Students on Track, Off the Streets](#)

News 5: [Lingering pandemic impact, rise in fentanyl lead to worrisome rise in opioid overdose deaths](#)

WKSU: [New Program Aims to Destigmatize Addiction by Making Naloxone More Available](#)

19 News: [Boxes of Overdose-reversing Antidotes to be Installed at Locations Throughout Cuyahoga County](#)

Cleveland.com: [Placing 100 Naloxone Boxes Throughout County to Combat Opioid Overdoses](#)



Summer Training Series

The ADAMHS Board is offering a variety of free and low-cost virtual trainings through 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](#).

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

August 18 from 9:00 am to 12:15 pm:
[Cultural Competence in Mental Health and Addictions Treatment \(Ethics\)](#)

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

Awareness Opportunities

Back-to-school is right around the corner! [Mental Health America](#) has a back-to-school mental health toolkit.

[Overdose Awareness Day](#) is August 31

September is [Recovery Month](#) and [Suicide Prevention Month](#)

ADAMHS Board Sponsored Events

[Recovery Resources' Run for Recovery](#) is August 14.

[NAMI Greater Cleveland's NAMIWalks](#) is September 11

Meetings

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

The next [Cuyahoga County Opiate Task Force](#) meeting is August 17 from 9:00 to 10:30 am.

The next full [Mental Health Response Advisory Committee](#) (MHRAC) meeting is September 1 from 9:00 to 10:30 am.

The next [Suicide Prevention Coalition](#) meeting is September 20 from 12:30 to 2:00 pm.

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

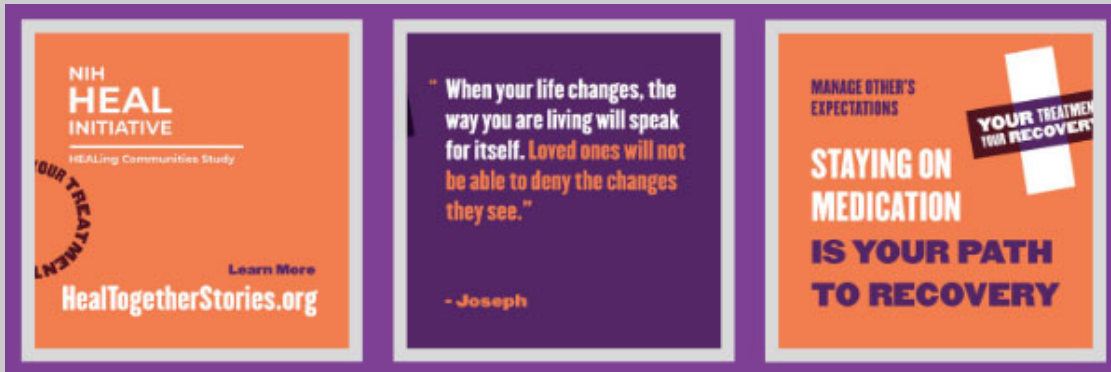
Hispanic UMADAOP Named New Executive Director

Hispanic UMADAOP announced that **Rafie Sturgis, M.A., L.P.C.** was named the new Executive Director and will start on August 1, 2021. The ADAMHS Board congratulates Mr. Sturgis on his new role.



Congratulations to Naaleh Cleveland's Teen Mentorship Group!

Naaleh Cleveland recently celebrated the accomplishments of the teens in their mentorship program. In addition to their scholastic achievements, the boys successfully completed six marathons in honor of their friends, **Yoni** and **Danny Vaiselburg**. At the celebration, the boys surprised the crowd with a beautiful video presentation thanking their unwavering mentor, **Rabbi Nosson Kielski** and his family, for their devotion to the community through very challenging times.



New MOUD Staying in Treatment Campaign Encourages Individuals, Family Members and Friends to Support Medications for Opioid Use Disorder (MOUD) as a Tool in Recovery

In July, the **HEALing Communities Study** launched the MOUD Staying in Treatment campaign, which encourages individuals and loved ones to view MOUD as a tool in recovery. The goal is to reduce stigma by sharing the stories of individuals in recovery who are utilizing MOUD.

Campaign materials are available [here](#). [Videos](#) are also available. We're sharing these posts on [Twitter](#), [Facebook](#) and [Instagram](#). Feel free to share!

STAFF UPDATES

Congratulations, Beth!

Beth Pfohl, ADAMHS Board Grants Officer, recently received her Grants Professional Certified designation from the **Grants Professional Association**, a national membership organization focused on professional knowledge in grant research, proposal development and post-award grant management of private and government grants.

In 2019, she also received the Certified Grants Management Specialist certification from the **National Grants Management Association**, which focuses on the management of government grants and the federal regulations surrounding them.

We congratulate Beth on these achievement and thank her for her tireless efforts to secure and maintain grant funding to help enhance mental health and addiction services in Cuyahoga County.

Welcome, Ryan and Samantha!

Ryan Gongaware join the ADAMHS Board staff on June 28, 2021 as the new Network and Systems Specialist. Ryan has his Bachelor of Science in Computer Science from **Bowling Green State University (BGSU)**. Ryan enjoys working through IT issues with staff and building relationships along the way. He is also looking forward to some of the larger IT projects that are in the works and growing as an IT professional.



His experience with family members and friends who have struggled with mental health and substance use disorders attracted him to work at the ADAMHS Board. “ It’s incredibly rewarding knowing that my contributions are helping to better our community,” Ryan shared.

In his free time, Ryan enjoys writing and performing music, and plays drums in a band called Teamonade. Ryan moved to Cleveland to work for the ADAMHS Board, and he is excited to settle in and explore Cleveland.

He can be reached at gongaware@adamhsc.org.

The ADAMHS Board also welcomes the newest **AmeriCorps VISTA** Member, **Samantha Maloy**, who started her service on July 6, 2021, and will be assisting the External Affairs department with community relations and engagement. Samantha is also a graduate of **BGSU** where she studied Business and Marketing.



After working with a private company for over six years, and in the wake of the current pandemic, she chose to pursue a new career path. Samantha decided to serve in AmeriCorps to gain an understanding of the non-profit sector and to determine her next steps. She shared, “The ADAMHS Board has a great reach in Cuyahoga County and I’m excited to join and learn the many ways they support our community. I hope to combine this experience with my passion for marketing and make a career that has a positive influence.”

In her free time, Samantha enjoys reading, cooking and hiking. In her lifetime, she hopes to through-hike the Appalachian Trail.

She can be reached at vista@adamhsc.org.

AmeriCorps VISTA Member **Erika Losse’s** last day of service was July 16, 2021. Thank you to Erika for her year of service with the ADAMHS Board!

“Stay strong as you live your life story and remember your blessings, no matter what circumstances you face.”

–Dr. Damary M. Bonilla-Rodriguez, national leading authority on leadership development with a focus on diversity and inclusion

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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

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