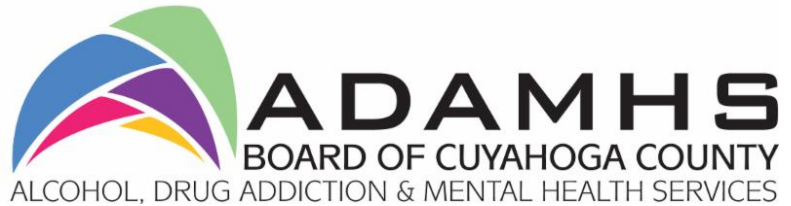


Recovery in Action

Newsletter



September 2021 | Volume 5 - Issue 8



September is Suicide Prevention Month and Recovery Month

September is **Suicide Prevention Month** and **Recovery Month** and awareness efforts this year are more important than ever. Learn more about the national and local campaigns the ADAMHS Board participated in this month and how you can help raise awareness in your community that suicide is preventable and recovery is possible. [Read more.](#)

First Responder Appreciation Week

The ADAMHS Board participated in the statewide “Bringing Help, Bringing Hope” first responder appreciation week September 20-26, 2021 to thank all those working on the front lines of the opioid epidemic.

"Dealing with the coronavirus pandemic on top of the opioid epidemic has been physically and mentally exhausting for our first responders, which is why we are providing some fun, stress-relieving activities to help them take a much deserved break," said Scott S. Osiecki, CEO of the ADAMHS Board. "We hope these activities give first responders a good laugh, give their minds a break and allow them a chance to refresh as they face these obstacles." [Read more.](#)

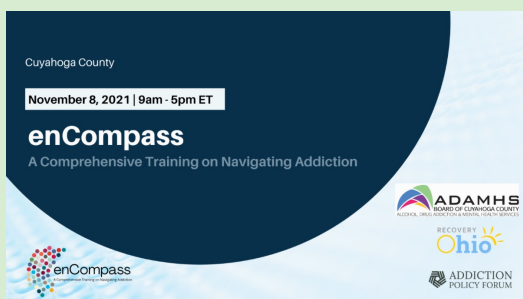




Overdose Awareness Day

August 31, **Overdose Awareness Day**, is a time to remember and honor the many lives lost to overdose. These deaths are not statistics, these are our family and community members. It is also a day to raise awareness of ways we can help prevent overdoses in our communities.

The ADAMHS Board partnered with **Thrive Peer Support** and **Project White Butterfly** to host a Facebook event and distribute yard signs throughout the county (pictured above). [Learn more.](#)



Free EnCompass Training Taking Place on November 8, 2021

You are invited to attend enCompass, a comprehensive training on navigating addiction, sponsored by **RecoveryOhio**,

Board of Director Updates

In September, **Reginald C. Blue, Ph.D.**, and **Harvey A. Snider, Esq.**, were both reappointed to the Board of Directors. **Jena Olsen** resigned from the Board of Directors. We wish her the best of luck in her new role at **OhioGuidestone**.

Advocacy Update

Scott S. Osiecki, CEO, and **Cheri L. Walter**, CEO of the **Ohio Association of County Behavioral Health Authorities (OACBHA)** met with **Senator Nickie J. Antonio (D)** to discuss legislation surrounding virtual public board meetings and workforce issues.

DEI Consultant Selected

Rice Education and Consulting, Inc. was chosen as the Diversity, Equity and Inclusion consultant to assist the ADAMHS Board with its efforts to ensure equitable access to care and address disparities in the behavioral health care system. The consultant will also work with the **Eliminating Structural Racism in Behavioral Health Work Group**.

Prevention Trainings

Andrea Hoff, MPA, GPC, OCPC, ICPS, from **You Thrive Training & Consulting, LLC**, as part of the **Ohio Coaching and Mentoring Network**, held a webinar on September 10, 2021 to provide information on how to receive prevention certification from the **Ohio Department of Mental Health and Addiction Services (OhioMHAS)** for both individuals and for agencies. More than 30 individuals joined the presentation.

Passing of Judge McDonnell

On behalf of the ADAMHS Board of Cuyahoga County, our deepest sympathies are extended to the family, friends and co-

Addiction Policy Forum and the ADAMHS Board.

This 8-hour training session is virtual and open to all adults who want to learn more about addiction and have the skills to respond. Attendees often include families, friends, caregivers, clergy, law enforcement, first responders, healthcare providers, employers, educators, community-based service providers, and anyone interested in learning how to respond to substance use/co-occurring disorders.

Like CPR, the course is designed to build the skills to support and respond to someone who needs help. The training will also help participants navigate the resources available in their own community.

enCompass participants will learn:

- How to identify the signs and symptoms of addiction
- How to help an individual in need of support
- The effects of stigma on individuals and families
- How to set healthy boundaries and principles of self-care

All participants receive a certificate at the completion of the course. Please [register here](#) by October 30, 2021.

workers of **Judge Nancy McDonnell**. She was a champion for County residents who were involved in the justice system, especially individuals with mental illness and substance use disorders. Her presence in Cuyahoga County will be missed.

Addiction Recovery Advocacy Meetings Reconvened

The ADAMHS Board's [Addiction Recovery Advocacy Meetings](#) reconvened on September 13, 2021 on Zoom. The meeting included 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. The next meeting will be in November.

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.



Community Events

ADAMHS Board staff members have been out and about at community events, including **Recovery Resources Run for Recovery** and **NAMI Walks** (both pictured above). The ADAMHS Board sponsored both of these events, and **Scott S. Osiecki**, CEO, gave brief remarks before the start of NAMI Walks.

Staff also had resources at the PTSD Awareness Walk, the African American Male Wellness Walk, a **Family Promise of Greater Cleveland** health fair, Community Impact and Love Day at **Mt. Zion Baptist Church**, a back to school resource fair hosted by **University**

Settlement, and at Yoga in the Park hosted by the **Greater Cleveland Drug Court** in celebration of Recovery Month (pictured below right).

Board Members **Katie Kern-Pilch** and **Ashwani Bhardwaj** and staff members **Woo Jun**, **Beth Zietlow-DeJesus** and **Samantha Maloy** attended the **Women's Recovery Center** Miracles of Recovery Breakfast on September 23, 2021 (pictured below left).



Cornerstone of Hope Support Groups

Cornerstone of Hope is a nonprofit comprehensive bereavement support center. They have support groups for individuals who have experienced loss due to overdose, suicide, murder and other losses.

[Click here](#) for a flyer with information about 2021 bereavement support groups.

[Click here](#) for information about their **International Survivors of Suicide Loss Day** gathering on November 10, 2021.



OACBHA's Virtual Celebration of Recovery

OACBHA is hosting a virtual Celebration of Recovery on October 1 at 1:00 pm in place of their in-person Recovery Conference. This virtual celebration will feature inspiring recovery stories, a recovery-centered trivia game, a breakout session and keynote presentation from comedian, writer, and podcast host, **Chris Gethard**. This event is hosted in partnership with **NAMI Ohio**, **Ohio Citizen Advocates for Addiction Recovery (OCAAR)**, and **Ohio Peer Recovery Organizations (Ohio-PRO)** and is sponsored by **OhioMHAS**. [Click here to register.](#)

IN THE NEWS

In the News

ScripType Publishing: [Rethinking Drinking](#)

Cleveland.com: [Cleveland Officials Slow to Use Diversion Center](#)

WKSU 89.7: [Working to Combat Suicide in Black Children](#)



Fall Training Series

The ADAMHS Board is offering a variety of free and low-cost virtual trainings this fall.

These trainings are a great way to earn CEUs/RCHs while learning about new topics. Follow the links below to learn more and register. The full list is also available on our website [here](#).

October 13 from 9:00 to 11:00 am:

[Question, Persuade and Refer \(QPR\) Suicide Prevention](#)

October 25 from 9:00 am to 12:15 pm:

[Ethics in the Electronic Age: Standards for Ohio Social Service Professions](#)

November 8 from 9:00 to 11:00 am:

[You Can't Pour from an Empty Cup - Taking Care of Yourself While Caring for Others](#)

November 9 from 1:00 to 4:15 pm:

[Stress Relief Using Tapping - Emotional Freedom Technique \(EFT\)](#)

November 10 from 9:00 am to 4:00 pm:

[Mental Health First Aid \(MHFA\)](#)

Looking Ahead

Awareness Opportunities

For **National Depression and Mental Health Screening Month** in October please help us share our free, confidential screenings available at adamhsc.org/screening. This is also a great resource to share on October 7 for **National Depression Screening Day**.

Mental Illness Awareness Week is October 3-9 and **World Mental Health Day** is on October 10. [NAMI](#) has great resources available to share.

October is also **ADHD Awareness Month** and there is an entire [website](#) dedicated to raising awareness.

Bullying Prevention Month is recognized in October and can be supported by wearing blue and sharing resources from organizations like [Stomp Out Bullying](#) and the [U.S. Department of Health and Human Services](#).

OCD Awareness Week is October 10-16 and the [International OCD Awareness Foundation](#) has resources available to help share knowledge and reduce stigma related to OCD.

ADAMHS Board Sponsored Events and Trainings

[Edna House Race](#) on October 3 from 9:00 to 11:00 am at Edgewater Park.

The Hoarding Connection's Hoarding Conference

- [Day 1](#): October 14 from 1:00 to 4:15 pm on Zoom
- [Day 2](#): October 15 from 1:00 to 4:15 pm on Zoom

[Wave of Light](#) virtual candle lighting ceremony on October 15 at 6:30 to 8:00 pm.

[LifeAct's Into the Light Suicide Prevention Walk](#) on October 17 from 6:00 to 8:30 pm at the Cleveland Metroparks Zoo.

[The Center for Community Solutions Virtual Celebration of Human Services](#) on October 22 from 1:00 to 2:00 pm.

[Virtual Addiction Workshop](#) hosted by **St. Malachi Parish** on October 23 from 9:00 am to 4:00 pm.

Meetings

The next [Eliminating Structural Racism in Behavioral Health Work Group](#) meeting will be held on October 4 from 1:00 to 2:30 p.m.

The next [Cuyahoga County Opiate Task Force](#) meeting is October 19 from 9:00 to 10:30 am.

The next full [Mental Health Response Advisory Committee \(MHRAC\)](#) meeting is November 8 from 9:00 to 10:30 am.

The next [Suicide Prevention Coalition](#) meeting is November 15 from 12:30 to 2:00 pm.

Change in Leadership at Achievement Centers for Children

Sally Farwell, President and CEO of **Achievement Centers for Children**, retired July 30 after 26 years with the organization. **Bernadette Kerrigan** was named the new President and CEO. We congratulate them both.



Bellefaire JCB's Homeless and Missing Youth Program Received National Award

Congratulations to **Bellefaire JCB** and their **Homeless and Missing Youth program** for being awarded the **Model Program Award** by the national **Safe Place Network** for their recently launched, **Value You** campaign. This campaign involved creating and delivering an educational program on the risks of human trafficking to area students and community partners. This award recognizes agencies that have developed creative and innovative ways to improve service delivery to youth and their families. [Click here](#) for more information about the Value You campaign.

“Recovery is not easy, but it's so worth it.”

—Local individual in recovery

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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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