

# Recovery in Action

## Newsletter



October 2021 | Volume 5 - Issue 9



### October is National Depression and Mental Health Screening Month

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice. That is why during October we promote the importance of depression and mental health screenings.

The ADAMHS Board offers free, confidential online screenings on our website at [adamhsc.org/screening](https://adamhsc.org/screening). The screening process involves answering questions about emotional well-being and readiness to seek help. Then, you can print your results to share with your doctor or counselor. If someone is in need of immediate help based on their answers, they are connected with the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

Screenings are available for the following behavioral health concerns:

- Alcohol Addiction
- Opioid Addiction
- Depression
- Gambling
- Bipolar Disorder
- Eating Disorders
- General Anxiety Disorder
- Posttraumatic Stress Disorder
- Brief Screen for Adolescent Depression
- General well-being screening or a wide range screening

These screenings are anonymous and are not intended to be a diagnosis. The screening tools can help you identify signs that you or someone you know might have a behavioral health issue. The results only indicate that you may benefit from a professional consultation and services.

Take a screening today at [adamhsc.org/screening](https://adamhsc.org/screening).

## Board Member Harvey Snider featured in Cleveland Jewish News Silver Linings Series

Harvey Snider, Board Member, was featured in [Cleveland Jewish News](#) as part of their Silver Linings series. Mr. Snider shared about his law career and involvement in the community, including his 15 years of service as a member of the ADAMHS Board of Directors. [Click here](#) to read the full article.



## Cuyahoga County Diversion Center Referrals Expanded

On October 18, the criteria that a person have a low-level offense to be referred to the **Cuyahoga County Diversion Center** was removed. Now, people who are non-violent, struggling with mental illness and/or addiction, but who have not committed an offense for which they could be arrested can be referred. Though the Diversion Center will continue to take eligible pre-arrest clients, the center is expanding its admission criteria.

Also, the Diversion Center is now open to referrals from a wider range of public safety agencies: starting on Monday, October 18, Cuyahoga County fire departments and emergency medical services (EMS) can now use the center in the same way as police departments.

Officers and public safety workers can provide the Diversion Center as an option to any member of the community with whom they interact who seems to be struggling with a behavioral health concern.

## Presentation Made to the County on CY22 and CY23 Budget

On October 21, **Scott S. Osiecki**, CEO, appeared before the **Cuyahoga County Council** for the 2022-2023 budget hearings (pictured right). In an active hour-long session, Osiecki highlighted the accomplishments of the previous biennium and projected the needs of the coming two years. He cited the **National Institute of Health's** prediction that behavioral health needs will continue to increase and change, as people weather the long trauma of a pandemic and the grief, isolation and disruption it brings.



## Carole Ballard Spoke About Partnership With Milestones Autism Resources

**Carole Ballard**, ADAMHS Board Director of Education and Training, was asked to speak at [Milestones Autism Resources' 2021 Annual Benefit](#) about the importance of Milestones' involvement in CIT trainings for law enforcement. Carole is a member of Milestones' Diversity Taskforce. She is pictured above (right) with **Nicole Crews** (left), Milestones Board Chair, and **Ilana Hoffer Skoff** (middle), Milestones Executive Director.

## CY22 Budget Recommendations Presented to the Board of Directors

**Scott S. Osiecki**, CEO, presented the CY22 funding recommendations to the Board of Directors during the October 20 Committee of the Whole Meeting. The budget was reviewed at the October 27 General Meeting and will be reviewed again at the November 10 Committee of the Whole Meeting. The Board of Directors will then vote on the budget at the November 17 General Meeting. Upon the budget's passing, a resolution is approved by the Board of Directors to accept and enact the budget's recommendations.

## Virtual Coffee With a CIT Officer

Crisis services providers and behavioral health professionals were invited to attend a Virtual Coffee with a CIT Officer on October 5. The event was hosted by the ADAMHS Board in partnership with the **Cleveland Division of Police** and [Mental Health Response Advisory Committee \(MHRAC\)](#). This was an opportunity for providers to learn more about the MHRAC, Crisis Intervention Team (CIT) Training and what it is like to be a CIT officer.

## Next Addiction Recovery Advocacy Meeting is on November 1

The ADAMHS Board's next [Addiction Recovery Advocacy Meeting](#) will be on November 1 on Zoom. The meeting will include a presentation on substance use disorders among veterans. [Click here](#) for

Under Osiecki's leadership, the ADAMHS Board adapted quickly to the changing needs of 2020 and 2021 without disruption to client services. The Board also invested in areas of need like children's residential and crisis services, and housing for vulnerable populations.

Currently, the County Executive is recommending an allocation of \$43,463,659 for the ADAMHS Board, the same as the previous biennium. This local funding is vital for mental health and substance use disorder (SUD) treatment for people not covered by Medicaid, prevention, crisis services, residential housing, employment programs and peer support. The County budget is expected to be finalized and passed in December.

the full agenda and meeting details on our website.

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 the **Edna House Recovery Race** (pictured above) and the **LifeAct Into the Light Suicide Prevention Walk**. The ADAMHS Board sponsored both of these events. Staff also had resources at the **Westlake Police Night Out Event** and a **Beachwood City School District Health and Wellness Community Fair**.

## Change in Leadership at Recovery Resources and Community Action Against Addiction

**Pam Gill**, President and Chief Executive Officer of **Recovery Resources**, will retire at the end of 2021. We thank Pam for her years of dedication to helping individuals in Cuyahoga County living with mental illness and substance use disorders and we wish her the best in her retirement.

In October, **Gladys Hall** was selected as the new Interim Chief Executive Officer for **Community Action Against Addiction**.

## Staff Update

In October, the ADAMHS Board said farewell to **Jordan Scharfeld**, Administrative Assistant II. We wish Jordan well in her new endeavors!



## New Youth Wellness Resource Website is Now Live

**Effective Leadership Academy**, in partnership with the ADAMHS Board, shifted a youth wellness summit planned for September to an online, on-demand platform. The website includes videos from keynote speakers, wellness videos, community resources and video submissions from a youth wellness initiative pitch competition. [Click here](#) to access the platform and please share with the youth and youth-focused professionals you know.

## In the News

Fox 8: [New Day Cleveland, Suicide Prevention](#)  
 Cleveland.com: [First responders no longer have to wait for individuals to commit a crime before they can offer them treatment.](#)



### 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](#).

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 \(EFT\)](#)

### Statewide enCompass Training Replacing County Training

The Cuyahoga County enCompass training scheduled for November 8 was canceled. Instead, we encourage you to register for the virtual [statewide enCompass training](#) on November 9 from 8:00 am to 4:00 pm, hosted by **Governor Mike DeWine's RecoveryOhio Initiative, Addiction Policy Forum,** and the **Ohio Department of Mental Health and Addiction Services (OhioMHAS).**

## Looking Ahead

### Awareness Opportunities

Consider sharing resources from the [Caregiver Action Network](#) for **National Family Caregivers Month** in November. **Courage to Caregivers** is hosting a free virtual event, [Preventing Caregiver Burnout by Illuminating Hope](#), on November 18 from 7:00 to 8:30 pm. There will be a guided breathing meditation and a presentation on finding hope and building resilience.

Be sure to share resources for **International Stress Awareness Day** on November 3, 2021 like these [10 ways to ease stress](#) from the **Cleveland Clinic** or these [tips for coping with stress](#), including tips for kids, teens and parents, from the **Centers for Disease Control and Prevention (CDC)**.

Help us share mental health and substance use disorder resources from the [U.S. Department of Veterans Affairs \(VA\)](#) for **Veteran's Day** on November 11, 2021.

Find events near you and resources to share for **International Survivors of Suicide Loss Day** on November 20 on the [American Foundation for Suicide Prevention](#) website. [Click here](#) for information about **Cornerstone of Hope's International Survivors of Suicide Loss Day** gathering.

### Meetings

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

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.

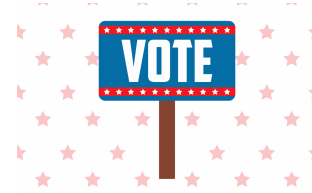
The next [Cuyahoga County Opiate Task Force](#) meeting is December 14 from 9:00 to 10:30 am.

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



## Election Day is November 2, 2021

Election Day is quickly approaching. Visit the [Board of Elections](#) website for information about voting locations, returning vote-by-mail ballots and more.



[Cleveland VOTES](#) and [RideShare2Vote Aware](#) will provide free rides to Cleveland voters who need to get to the Cuyahoga County Board of Elections during the early voting period, occurring now, and then to their polling locations on Election Day. Read more about it in this [Freshwater Cleveland](#) article.



You'll FALL in love with this month's art display from **Far West Center's Art Helps and Heals (AHH!)** program! [Click here](#) to see the full display.

***“Recovery is  
finding strength in  
your trauma.”***

*–Local individual in recovery*

***What does recovery  
mean to you?***

***[CLICK HERE](#) to share with us  
and you might see your quote  
featured in a future Recovery  
in Action newsletter!***

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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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