

# Recovery in Action Newsletter



November 2021 | Volume 5 - Issue 10

## Cuyahoga County Diversion Center Now Open to Residents Seeking Care

As of November 1, 2021, family, friends or individuals seeking assistance with mental illness or substance use issues may call 216-623-6888 to connect with the [Cuyahoga County Diversion Center](#). The Center is expanding eligibility beyond law enforcement referrals to include calls from friends, family members and individuals in need of and wanting care for a behavioral health concern.

“A person might stay at the Diversion Center for four to five days depending on their needs, and that can be a turning point in a person’s life,” said **Scott S. Osiecki**, CEO. “The Diversion Center is an option when people are struggling to manage mental health issues or substance use disorders, when symptoms are getting worse. The Diversion Center staff works with the individual to stabilize the symptoms and connect or reconnect to ongoing care.”

**Using the Cuyahoga County Diversion Center**

**A GUIDE FOR FRIENDS, FAMILY MEMBERS AND INDIVIDUALS SEEKING CARE FOR A MENTAL ILLNESS AND/OR SUBSTANCE USE DISORDER**

Family, friends or individuals seeking assistance with mental illness or substance use issues may call 216-623-6888 to connect with the Cuyahoga County Diversion Center.

The Diversion Center is an option when a person is struggling to manage behavioral health concerns, and symptoms are getting worse. Staff works with the individual to stabilize the symptoms and connect or reconnect to ongoing care. It is a voluntary option for adults 18 or older who are non-violent.

**HOW TO ACCESS THE DIVERSION CENTER:**  
CALL the 24 Hour Help Line at 216-623-6888 (search help and front-line service).  
- Answer questions from Front-Line Service staff.  
- Share the information.  
- All call center staff are available 24/7.  
- If eligible, Front-Line will notify the Diversion Center staff.  
- Front-line staff will provide information and support.

**TO CONNECT TO THE DIVERSION CENTER, CALL FRONTLINE SERVICE: 216-623-6888**

**What services are available?**  
The Diversion Center is a 24-hour facility for adults who need a short stay (usually 4-5 days) to help stabilize symptoms and connect to behavioral health treatment. On-site services include assessment, medical evaluations, case management, medication management, individual counseling, group therapy, and crisis intervention. Medication management, individual counseling, and linkage to other community services.

**Is this a 24/7 facility?**  
Yes, The Diversion Center is staffed and ready to help 24/7, 365 days a year. Call 216-623-6888.

**What happens next?**  
Upon discharge, individuals are linked or referred to appropriate treatment and recovery supports in the community. Staff will continue services with the Diversion Center. The individual must choose whether to receive help.

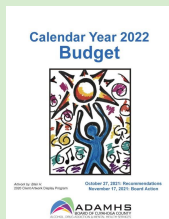
**“I came here lost and confused without hope or positive direction. In the short time that I have been here, with your endless help, your staff has instilled in me that there are still kind and caring people in this world. Today I leave with a new sense of hope and a positive attitude towards my life.”**  
—Cuyahoga County Diversion Center client

Learn more: [adamhs@ccdc.org](mailto:adamhs@ccdc.org)

READ MORE

## Board of Directors Voted to Approve the CY22 Budget

**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 at the November 10 Committee of the Whole Meeting. The Board of Directors voted on the budget at the November 17 General Meeting. Upon the budget’s passing, a resolution was approved by the Board of Directors to accept and enact the budget’s recommendations.



The CY22 provider direct service budget includes \$63,520,522 in funding to 76 agencies for 212 programs, including funding to eight new agencies and 29 new programs.



## ADAMHS Board Launches New Workforce Development Video Series as Part of National Career Development Month

The ADAMHS Board and its **Behavioral Health Workforce Task Force** created a video series to showcase a wide variety of behavioral health careers. It just launched as part of **National Career Development Month**.

This series of over twenty short interviews will educate potential workers about career opportunities in the behavioral health field and generate interest in young people who are determining their career path.

[Click here](#) to view the full CY22 budget on our website.

## November Addiction Recovery Advocacy Meeting Focused on Veterans Health

The ADAMHS Board held an Addiction Recovery Advocacy Meeting on November 1 on Zoom. Meeting discussions were focused on the intersection of post-traumatic stress disorder (PTSD) and substance use disorders. The group heard from two veterans, **Drew** and **Nick**, who shared their recovery stories and also had a presentation by **Ashley Fedynich**, a Clinical Psychologist at the **U.S. Department of Veterans Affairs (VA) PTSD Clinic** in Cleveland.

Several resources for veterans were shared by individuals in attendance:

- [Veterans Services Commission](#): 216-698-2600
- [VA Crisis Line](#): 800-273-8255
- For resources regarding Military Sexual Trauma (MST), call: 216-791-3800 and ask for an MST coordinator

The next meeting is January 10 on Zoom. Details will be posted at [adamhsc.org/ARAM](https://adamhsc.org/ARAM).

The videos can be accessed on the ADAMHS Board's [YouTube page](#) or on our website at [adamhsc.org/workforcevideos](https://adamhsc.org/workforcevideos).

Studies predict that the behavioral health workforce will continue to shrink, while the need for behavioral health services rises. This video series is just a small part of a larger effort to combat workforce shortages. For more about the ADAMHS Board's workforce development efforts, view the [2021-2025 Strategic Plan](#).

## Client Meetings Return to In-Person

In September, client [Lunch-n-Learn](#) and [Action Committee Advocating Change \(ACAC\)](#) meetings returned to in-person. The September and November meetings were hosted by **Future Directions** and **Magnolia Clubhouse** hosted the October meetings (picture below). Thank you to both agencies for hosting! Clients and staff had a great time reconnecting in-person.



## In the News

**WOJU**: **Scott S. Osiecki**, CEO; **Larry Smith**, Director of Programs; and **Beth Zietlow-DeJesus**, Director of External Affairs, were guests on Board Chair **Rev. Benjamin F. Gohlstin's** radio show **The Black Thought** on **WOJU 95.9 FM** (pictured above).

**WTAM**: [Scott S. Osiecki on CEOs You Should Know](#)

**News 5**: [Diversion Center expands eligibility to all residents looking for treatment](#)

**Cleveland.com**: [Diversion Center expands to allow self and family member referrals for treatment](#)

**Channel 19**: [12 overdose deaths in 2 days triggers Cuyahoga County public health alert](#)

**News 5: [Strongsville family inspires bill in honor of their son on COVID-19 mental health impact](#)**

**Channel 19: [New phone rule for dialing local calls creates space for future crisis emergency number](#)**

## Community Presentations

**Scott S. Osiecki**, CEO, spoke about the Diversion Center at a **Unitarian Congregation of Cleveland** Community Forum on October 31 on Zoom. On November 22, **Beth Zietlow-DeJesus**, Director of External Affairs, and **Madison Greenspan**, External Affairs Officer, will be giving Youth Question, Persuade and Refer (QPR) trainings for students at **Parma High School** involved with the school's Hope Squad.

## Front Steps Held Annual Art Show



**Clare Rosser**, Chief Public Affairs Officer, addressed the crowd at the **Front Step Housing and Services** Fifth Annual *All About the Arts* show featuring resident and community artwork. She congratulated the artists and emphasized the ADAMHS Board's

support for the healing power of art therapy. In closing, she shared inspirational words from a piece on display: "Don't tell people your dreams. Show them." The artists spoke about the opportunity that art therapy provides to share, care and "to see the pain, love, concern, peace and hope for the future." **Cheryl Lydston**, Front Steps Program Director, concluded the night with the message: "We are very grateful to the ADAMHS Board for keeping the dream alive."

### ***Coping with the Holidays as the Pandemic Continues* Booklet Now Available!**



## Tips for Coping With the Holidays as the Pandemic Continues

The ADAMHS Board published the ***Coping with the Holidays as the Pandemic Continues*** booklet to offer suggestions on things like how to reduce stress, deal with loss or change and enjoy the holidays safely and on a budget. In addition, resource numbers are listed for individuals who find the stress of this holiday season and/or the pandemic, too much to handle. The 24-Hour Warm Line is available at 440-886-5950. Peer Supporters are available to listen and talk.

Below is the full list of topics included in the booklet this year:

- Tips for Overcoming Holiday Stress
- Ways to Take Charge of your Holiday Plans
- 7 Holiday Season Self-Care Tips
- Grieving During the Holidays
- Children, the Holidays and COVID-19
- Kids Activities: Coloring Page and Kindness Word Search
- Dealing with Loss/Change Over the Holidays
- Tips for Individuals in Recovery
- Seasonal Affective Disorder (SAD)
- Ways to Support Older Adults During the Holidays
- 10 Meaningful and Inexpensive Ways to Celebrate the Holidays
- CDC Holiday Celebration Guidance

- Reach Out if You Need Help

The booklet is available [here](#) on the ADAMHS Board website.



## Winter 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](#).

January 19 from 10:00 am to 12:00 pm: [Question, Persuade and Refer \(QPR\) Suicide Prevention](#)

January 21 from 9:00 am to 12:15 pm: [Reframing Resistance](#)

January 21 from 1:00 pm to 4:15 pm: [Supervision in the Workplace](#)

February 2 from 9:00 am to 12:15 pm: [Discovering Your Personal PPE](#)

February 15 from 9:00 am to 12:15 pm: [Motivational Interviewing Basic Skills & Enhanced Strategies for Counseling](#)

March 14 from 9:00 am to 12:15 pm: [Alcohol – America’s Other Drug](#)

March 24 from 9:00 am to 12:15 pm: [Introduction to Addictions Psychopharmacology](#)

March 29 from 9:00 am to 12:15 pm: [EMDR Therapy With Complex Trauma: An Introduction](#)

March 31 from 9:00 am to 3:30 pm: [Mental Health First Aid](#)

## The Importance of Fentanyl Awareness Messaging as the Holiday Season Nears

**Beth Zietlow-DeJesus**, Director of External Affairs, spoke at the **Portage County Substance Abuse and Mental Health Conference** on October 26. She presented on the ADAMHS Board’s grassroots fentanyl test strip distribution and fentanyl awareness messaging.

The fentanyl awareness messaging she spoke about warns of the danger fentanyl poses in cocaine, pressed pills, meth and heroin. This messaging also shares the hotline number 216-623-6888 to connect with treatment as well as the importance of not using alone, having Narcan and using fentanyl test strips.

The ADAMHS Board will be running radio and Spotify ads sharing this messaging the days surrounding the Thanksgiving holiday as well as the week leading up to New Year’s Eve. Last year, both time periods had increased rates of overdoses.

On November 8, Cuyahoga County Medical Examiner **Dr. Thomas Gilson** issued a public health alert after at least 12 suspected overdose deaths in a two-day period further adding to the dire need for this messaging. Dr. Gilson urged in his statement, “the public should be aware that there is a serious threat to their lives if they are using street drugs right now in Cuyahoga County.”

Please help share this important message. Learn more about local harm reduction efforts at [adamhsc.org/harmreduction](http://adamhsc.org/harmreduction).

## Upcoming Meetings

The next [Eliminating Structural Racism in Behavioral Health Work Group](#) meeting will be held on December 6 from 1:00 to 2:30 p.m. Please note that this group’s name was changed to the **Diversity, Equity and Inclusion (DEI) in Behavioral Health Care Work Group at the November 17, General Board Meeting** and will be referred to as that going forward.

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

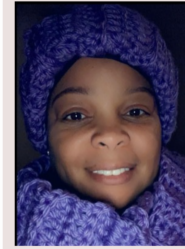
View our [full calendar of meetings and trainings](#).

## Staff Update

The ADAMHS Board welcomes two new Compliance Officers. **Olivia Abdlrasul** started with the Board on October 25 and **Tawanna Pryor's** first day was November 1. They will be working under the direction of Chief Compliance Officer **Anthony Henderson**. Olivia and Tawanna will act as points of contact for provider agencies regarding Annual Compliance Assessments the ADAMHS Board will be conducting going forward. They will also make sure that outcome and metric information is gathered and submitted to the Board in a timely fashion.



**Olivia Abdlrasul**



**Tawanna Pryor**

**Olivia Abdlrasul** joins us from **Case Western Reserve University** where she was the Director of Patient Services. She has her Bachelor's in Communication and a minor in International Business from **The University of Akron**. She also has her Master of Business Administration, with a specialty in healthcare administration, from **Walsh University**.

She is excited to join the compliance team to help ensure programs and services exemplify the Board's mission and vision.

Olivia enjoys cultural cuisine cooking and loves connecting with others through sharing meals. Other interests include reading newspapers, watching 80's sitcoms and movies, and music of all genres.

Her email is [abdlrasul@adamhsc.org](mailto:abdlrasul@adamhsc.org).

**Tawanna Pryor** has over twenty years of experience in the banking industry working for **Third Federal Savings and Loan**. She holds an Associate's in Corporate Management and Bachelor's in Business Administration from **David N. Myers University**.

She has a passion for helping others and is excited to be able to do that as a member of our newly formed compliance team.

Outside of work, Tawanna enjoys family time with her son, daughter and granddaughter and likes crafting, football and basketball.

Her email is [pryor@adamhsc.org](mailto:pryor@adamhsc.org).

## Now Accepting Applications for 2022 Client Art Display Program

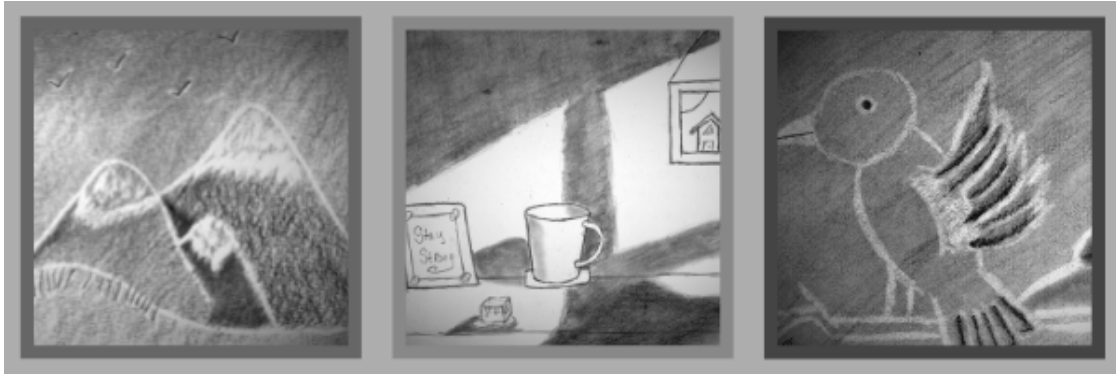
The ADAMHS Board is now accepting applications for the **2022 Client Artwork Display Program**. This program showcases client artwork, highlights our provider agencies, recognizes the benefits of art therapy and expressive arts, and celebrates the recovery community.

Cuyahoga County residents receiving mental health and/or addiction recovery support services and agencies in Cuyahoga County providing art therapy and expressive arts services may have an art display at the ADAMHS Board office and in our [website art gallery](#) for one month. Artwork will also be shared in the ADAMHS Board newsletter and on social media pages. All art displays will be archived on the ADAMHS Board website so they can be enjoyed even after the display month is over.

Client artists displaying individually, not with an agency, can receive a \$100 gift card for participating. A minimum of five pieces of artwork must be displayed to be eligible, but more is encouraged!

**For more information and to complete a participation form, [click here](#).**

Participation forms will be accepted until all the spots are filled. Please contact Madison Greenspan, External Affairs Officer, by [email](#) or by phone at 216-241-3400 x861 if you have any questions.



These black and white sketches were created by this month's artist, **Michael S.**

You can view the rest of his art display on our website [here](#).

***“Recovery gives  
you hope for a  
new life.”***

*–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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**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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