



ADAMHS Board of Cuyahoga County Resources for Businesses

Resources for Your Business

- **Working Minds Training** – Is a suicide prevention training for workplaces. Contact Beth Zietlow-DeJesus at dejesus@adamhsc.org or Chardé Hollins at hollins@adamhsc.org from the ADAMHS Board to schedule a training. Learn more at www.coloradodepressioncenter.org/workingminds.
- **Substance Use Recovery and Workplace Safety Program** – The ADAMHS Board and the Ohio Bureau of Workers' Compensation partner on this program, which reimburses employers for participating. Learn more at bit.ly/3qmwXHj
- **RecoveryOhio's Recovery Friendly Employer Training Modules** – These trainings focus on a science-based explanation of substance use disorder to reduce stigma and develop effective strategies for managing it. The trainings guide employers in developing a business approach to hiring and retaining employees in recovery. For individuals, the trainings can help them navigate workplace policies, practices and culture so they can maintain their recovery while also managing possible triggers. Access trainings at www.recoveryohio.gov/wps/portal/gov/recovery/resources/all-resources/recovery-friendly-employer-modules
- **Employer Toolkit on Mental Health in the Workplace** – This toolkit from the Ohio Department of Insurance, created in partnership with OhioMHAS and RecoveryOhio, is designed to help employers and employees promote mental health in the workplace and provide helpful information on navigating mental health and substance use disorder insurance benefits. Toolkit available at bit.ly/ODImhkit
- **Mental Health First Aid** – Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. More information at www.adamhsc.org/training/mental-health-first-aid
- Consider having someone trained to carry Narcan/Naloxone in case of overdose. Project DAWN provides free education on what puts someone at risk for opioid overdose, how to recognize the signs and symptoms of opioid overdose and how to respond to an opioid overdose and use naloxone (Narcan) the antidote to opioid overdose. Learn more at www.metrohealth.org/office-of-opioid-safety/project-dawn



Resources to Share with Your Workforce

- **Online Screenings** – The ADAMHS Board offers free, confidential online screenings for a variety of mental health and substance use concerns. Screening results are not a diagnosis but are a good starting point for someone to speak to a healthcare professional. Screenings are available here www.adamhscc.org/resources/online-screening

- **Ways to Reach Out for Help:**
 - Cuyahoga County’s 24-Hour Suicide Prevention, Mental Health/Addiction Crisis Information & Referral Hotline: 216-623-6888
 - Cuyahoga County’s 24-Hour Warm Line: 440-886-5950. This is operated by peer supporters at Thrive Behavioral Health who are there to listen and help callers if they are struggling.
 - Crisis Text Line: text “4Hope” to 741-741
 - OhioMHAS COVID Emotional Support Careline: 1-800-720-9616
 - National Suicide Prevention Lifeline: 1-800-273-8255