

Welcome to Recovery In Action!

Welcome to the inaugural edition of the Board's new newsletter *Recovery in Action... from Addictions and Mental Illness!*

Valeria A. Harper, MA, CDCA, Chief Executive Officer, is very excited to launch this newsletter to inform and inspire you, share information about our community behavioral health system and celebrate recovery from addiction and mental illness.

The name of the newsletter was selected through a friendly competition among staff. *Recovery in Action... from Addictions and Mental Illness* was selected from 23 entries and was submitted by **Team Get It Done**, consisting of **Maggie Tolbert, RN, C**, Utilization Review Specialist; **Carole Ballard, MSSA, LISW**, Crisis Intervention Team (CIT) Program Officer and **Leshia Yarbrough-Franklin, LSW**, Clients Affairs Officer. The three ladies will join Ms. Harper for lunch or receive a gift card compliments of Ms. Harper as their prize for suggesting the winning newsletter name.

Jenita Simmons, Receptionist & Mental Health Advocate for the ADAMHS Board of Cuyahoga County, was a keynote speaker and shared her recovery story during the OACBHA Recovery Conference.



ADAMHS Board of Cuyahoga Well Represented at OACBHA Recovery Conference

ADAMHS Board of Cuyahoga County clients, board members and staff attended the OACBHA Recovery Conference in Columbus on September 11 and 12, 2017. This two-day event, sponsored by OhioMHAS and Boards across the state - including ADAMHS Board of Cuyahoga County - was filled with workshops, a talent show, and incredible speakers including the ADAMHS Board's own receptionist, **Jenita Simmons** (She was absolutely amazing, by the way!).

"I would like to thank the ADAMHS Board for giving me the opportunity to attend the conference, and to share my mental health recovery story. I enjoyed meeting others in recovery and was strengthened by their stories," said Jenita. "Techniques learned in the breakout sessions, such as Dancing Mindfulness, one of my favorites, were very helpful. I left truly feeling that *Recovery Is Beautiful* and can't wait until the conference next year."

One of the clients we sent, Chann P., performed a phenomenal spoken word piece called, "I make love hard" and placed in the talent show. Hearing the stories of recovery, learning about different treatment and recovery services and interacting with those living in recovery from mental health and substance use disorders was inspiring.

These are important reminders about the importance of our work here at the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County.



Ron Patton, ADAMHS Board of Cuyahoga County ACAC President signed his name to a banner thanking OhioMHAS for its support of the conference.

ADAMHS Board Staff Working Together!

Staff gathered on the morning of Tuesday, August 1, 2017 for the **first staff meeting** under the direction the Board's new Chief Executive Officer, **Valeria A. Harper, MA, CDCA**.

The meeting opened with a melodious greeting from Ms. Harper and a rousing congratulations from the staff on Ms. Harper's appointment. She re-visited the Board's mission and vision statements and all renewed their commitment to serving the residents of Cuyahoga County and promoting recovery for individuals and families living with mental illness and/or substance use disorder.



ADAMHS Board of Cuyahoga County staff working together for recovery!

ADAMHS Board Department Highlight: IT



(l-r) Chris Tomaro, Network & Systems Specialist and Yancey Quinn, Programmer Database Specialist, working on another IT project!

There are not many areas that evolve as quickly as **Information Technology (IT)** does, especially in today's technology driven world. Though this can create challenges at times, it **also improves the ADAMHS Board's ability to provide efficient services and communication to our providers, clients, Board of Directors, staff and community.**

Our IT people, **Chris Tomaro**, Network & Systems Specialist and **Yancey Quinn**, Programmer Database Specialist, are the reason we can log in, check e-mail and follow up with providers and clients every day. These two gentlemen keep things moving around the Board and their work could easily be taken for granted. It is because of Chris and Yancey that the Board can run two data-collection/billing systems (Shares and MACSIS), keep clients and providers' services and payments timely, safeguard information that passes through our systems, and make the community aware of all the ADAMHS Board does for Cuyahoga County. Frankly, without them - well - we'd be a mess!

Frank Brickner, Chief Financial Officer, who oversees the IT Department, says, "I really appreciate our IT team of Chris and Yancey. In the face of significant challenges the team delivers results. They are action-oriented, do not hesitate identifying new ideas for complex situations and work autonomously to get the job done. I appreciate their willingness to continue to learn and grow. I also certainly appreciate their sense of humor."

If you see, talk or e-mail to Chris and Yancey, thank them for keeping Cuyahoga County's behavioral health IT system up and running!

Welcome New Board Staff

Beth Zietlow-DeJesus joined the ADAMHS Board in August and serves as the **External Affairs Officer**. Prior to her work at the Board, she served as the Communications Director in the Office of Mayor Frank G. Jackson. She has a wide-range of experience in public information, communications, social media and public relations. She is also a tap dance teacher.

Beth received a bachelor's degree in Communications and Dance from Baldwin-Wallace College; is currently working toward her master's degree in Public Relations from Kent State University; and, has several certifications in emergency public information from the Federal Emergency Management Agency (FEMA).

When asked about her work, Beth said, "I have been an advocate for mental health and addiction services in my personal life for more than 20 years. Combining a career I love with one of my greatest passions is pretty much a dream come true. I look forward to sharing the mission of the Board with the community and ensuring that all residents of Cuyahoga County have access to the mental health and addiction treatment and support services they need to recover."

Feel free to contact Beth via phone 216-241-3400 extension 812 or e-mail to dejesus@adamhsc.org.

Bill Hebble, MSA, is the new **Client Rights Officer II** for the Cuyahoga County ADAMHS Board. He joined the Board staff in early September and has hit the ground running.

His educational background is social work and he has served as a Client Rights Officer for a non-profit agency for the past several years.

When asked about his work, Bill said, "I have a great deal of direct practice experience, so I am well attuned to the challenges our clients face

beyond just a diagnosis. Please know that my purpose in this role is to serve as an advocate for our clients. I am looking forward to a positive working relationship with all of you and serving the clients of Cuyahoga County."

Bill can be reached at 216-241-3400, ext. 825 or e-mail at hebble@adamhsc.org.



Beth Zietlow-DeJesus



Bill Hebble

NOTE:

Watch for the October Issue to meet the new ADAMHS Board Members that are being sworn in during the September 27, 2017 Board Meeting!

Board of Directors

Eugenia Kirkland, LSW, MSSA, CDCA, *Chair*
J. Robert Fowler, Ph.D., *Vice Chair*
Pythias D. Jones, M.D. *Second Vice Chair*

Reginald C. Blue, Ph.D.
Elsie Caraballo
Rev. Benjamin F. Gohlstin, Sr.,
Cassi Handler
Katie Kern-Pilch, ATR-BC, LPC-S
Steve Killpack, MS

Max M. Rodas, MA
Sharon Rosenbaum, MBA
Hugh Shannon
Harvey A. Snider, Esq.
Mary M. Step, Ph.D.
Ericka L. Thoms

Cuyahoga County Council Presentations

Valeria A. Harper, MA, CDCA, Chief Executive Officer, **presented before the Cuyahoga County Health, Human Services & Aging Committee** on September 20. Councilwoman **Yvonne M. Conwell** (District 7) **chairs the committee**. Ms. Harper shared an **in-depth presentation about the ADAMHS Board's behavioral health programs**, which included a background on the Board and detailed descriptions of the mental health and addiction treatment and recovery services funded and monitored by the Board. Numbers served and cost of providing the services were also highlighted. **Frank Brickner**, Chief Financial Officer; **John Garrity**, Ph.D., Chief Quality Officer, and **Scott Osiecki**, Chief of External Affairs accompanied Ms. Harper to the meeting.



ADAMHS Board CEO, Valeria A. Harper, MA, CDCA, discussing Board programs with members of the Cuyahoga County Health, Human Services & Aging Committee, including (seated l-r) Councilwoman Nan Baker (District 1); Councilman Dale Miller (District 2) and Scott Tuma (Committee Co-chair, District 4). Other Council Members in attendance but not pictured included Committee Chair Yvonne Conwell (District 7); Councilwoman Shontel Brown (District 9) and Council President Dan Brady (District 3).

issued **proclamations** to bring awareness to suicide prevention. The External Affairs Unit supported the **National Lifeline's "Be the 1 to" online suicide prevention campaign** via social media. On **Facebook, 12 posts** went up related to suicide prevention reaching more than **14,000 people**. On **Twitter, our 32 tweets reached more than 20,000 people**.



Laura Simmons

Sample of a suicide prevention social media post that reached more than 34,000 people.

Retirement: Laura Simmons

Laura Simmons, Administrative Assistant II, is retiring from the ADAMHS Board of Cuyahoga County on September 29, after more than 29 years of service.

She began her career with the former Cuyahoga County Community Mental Health Board in April of 1988. In that time she has seen many changes, but the one thing that has remained steady is the dedication of the people working towards the same goal – to help people.

Of her time here she says, "I am most grateful for the friendships I've made over the years. I also appreciate the opportunity to have my position evolve and to have served the community for some many years."

She reminisced about the 2011 layoffs, stating that the uncertainty of that time was collectively the toughest day the Board ever had. She followed that up stating, "That from that day forward we all had a chance to do more to help others. We increased our responsibility and fine-tuned our efforts. I did the best I could every day and worked hard to provide the service our community deserves."

Laura is looking forward to her retirement and traveling, especially to her favorite city, Seattle. She will continue bowling, her favorite pastime, and hopes to get another 300 game. When asked what she wanted the Board to know, she selflessly said, "Thank you for the opportunity to serve alongside a great group of people for so many years. I has truly been a privilege."

Laura, congratulations on your retirement! Everyone at the Board truly wishes you the best and thanks you for your years of dedicated service!

Committee members congratulated Ms. Harper on her new role as CEO, asked questions and **thanked for her presentation**, which was helpful in providing good information about the ADAMHS Board as County Council enters its 2018-2019 Budget Hearing Process. You can view the entire committee meeting and presentation at: <http://council.cuyahogacounty.us/en-US/20170920HSA.aspx>.

Ms. Harper is **also preparing for the Board's 2018-2019 County Biennial Budget presentation** that is scheduled for 10:00 a.m., on Thursday, **October 19**, before the Committee of the Whole. She will be presenting along with the Cuyahoga County Division of Children & Family Services, Senior & Adult Services, Cuyahoga Jobs & Family Services and the Office of Child Support Services. The **Board has just five minutes to present** a brief overview of its 2018-2019 biennial budget; any budget reductions or elimination of existing programs, initiatives, or services; any new initiatives or increased expenditures; any additions or reductions of personnel from the previous budget, and any issues with the 2018-2019 recommended budget and/or any additional funding requests for Council's consideration.

Observance of September as National Suicide Prevention Month

The ADAMHS Board supported **National Suicide Prevention Month** by participating in awareness activities throughout the entire month of September. **Valeria A. Harper**, MA, CDCA, Chief Executive Officer, and **Cleveland Mayor Frank G. Jackson**



The ADAMHS Board Sponsored and Participated in Several Events since August Including:

- **City of Parma Opioid Presentation** (August 16):
- **The Community Health Centers Conference** (August 17): “The Role of Primary Care in Combatting Opiate Addiction” at Tri-C’s Jerry Sue Thornton Center.
- **Recovery Resources’ Run for Recovery:** (August 19) at the Cleveland MetroParks Zoo.
- **Young People in Recovery’s Recovery Ready Panel** (September 11): **Panelist Linda Torbert**, LISW-S, Children’s Projects Administrator.
- **OACBHA’s Recovery Conference** (September 11 & 12): at the Hyatt Regency Columbus.
- **NAMIWalks for the Mind of America** (September 16): at Edgewater Park.
- **Cleveland Clinic Panel on Opioids Addiction at St. Joseph’s Academy** (September 21):
- **Celebrating Recovery Run** (September 24) at Edgewater Park.
- **Greater Cleveland Urban Film Festival’s “Pressure”** a movie about depression (September 26) at the Shaker Square Cinema.
- **National Voter Registration Day** (September 26).



Valeria A. Harper, MA, CDCA, Chief Executive Officer, receives a proclamation acknowledging Health Centers Week from Merle Gordon, Director, Cleveland Department of Public Health, at the Community Health Centers Conference



Valeria A. Harper, MA, CDCA, Chief Executive Officer; (third from the left) presented the first place ribbon in the banner competition to the Cleveland Clinic Team, as Michael Baskin (far right), Director of NAMI Greater Cleveland, look on at the annual NAMIWalks.

Kids Run for Recovery at the Recovery Resources Run for Recovery at the Cleveland MetroParks Zoo.



Valeria A. Harper, MA, CDCA, Chief Executive Officer, with Judge David Matia, at the Cleveland Clinic Panel on Opioids Addiction at St. Joseph’s Academy.

Upcoming Events Being Sponsored or Attended by the ADAMHS Board:

- **Saturday, September 30 – Recovering Lives Matter Expo.** This event takes place from 1:00 p.m. - 7:00 p.m., at the Huntington Convention Center and is designed to address the disparities, needs, and aspirations of the Recovery community, families, and supporters in the areas of education, empowerment, health and wellness.
- **Sunday, October 1 – Epilepsy Association’s 5th Annual eRace:** The eRace is a 5K & 1 Mile Walk/Run that takes place from 7:30 a.m. to 10:00 a.m., on Sunday, October 1, 2017, at Merwin’s Wharf, 1785 Merwin Ave. The eRace raises awareness of the special challenges of living with epilepsy and provides a venue for families to meet other families living with epilepsy, including families dealing with a mental health diagnosis.
- **Thursday, October 5, 2017 - Connections Annual Meeting:** This event takes place at the Embassy Suites, 3775 Park East Dr., Beachwood with a reception, cash bar and raffle beginning at 6 p.m. and dinner served at 7 p.m. The meeting will be emceed by Monica Robins from WKYC TV3 with a keynote delivered by Kevin Hines a suicide survivor, activist, storyteller and filmmaker. Dr. Donald Malone from Lutheran Hospital will be honored with the Infield Award for his service.
- **Friday, October 6, 2017 - Mental Health & Addiction Advocacy Coalition’s Public Officials Breakfast:** This event celebrates the work of public officials in addressing mental health and addiction issues in our community.

As of September 27, Valeria A. Harper, MA, CDCA, has been the Chief Executive Officer of the ADAMHS Board of Cuyahoga County for 58 Days!