

Coronavirus (COVID-19) Updates, Response and Resources

Behavioral Healthcare is Open

Thank you to everyone working hard to ensure that mental health and addiction treatment and recovery support services continue to be available to those that need them. We applaud your quick responses and creative problem solving to come up with new ways to provide services, especially through telehealth.

OhioMHAS Director Lori Criss said, "It is vital that you communicate to your community partners and the general public which programs and services remain open in your behavioral healthcare organization. Publish your phone numbers and other contact information. Reach out to current clients through email or by phone. People need to know that behavioral health is open for business."

ADAMHS Board Update

All trainings and events scheduled for March, April and May were canceled. In addition, staff is working remotely during normal business hours between **7:30 a.m. and 6:00 p.m.** In regards to the Governor DeWine's Stay Safe Ohio Order, the ADAMHS Board is reviewing safety plans and will continue working remotely for the time being. We will keep the public updated about changes. If you need to reach a staff member, a full email list can be found on our website. Our main phone line will also be available during business hours: **216-241-3400**. Please leave a message and we will return your call.

The ADAMHS Board is sending out updates to providers almost daily and emails to the public on a weekly basis. If you are not on our email list, but would like to be added, please email **Madison Greenspan**, External Affairs Officer, via email to greenspan@adamhsc.org.

State legislators passed the Open Meetings amendment in HB197 – the Emergency Relief Legislative Package for Ohio related to COVID-19. The bill allows for public boards to meet electronically, in any format, so long as the public can still participate and the rules of the revised code related to public meetings still be met. The order is issued from March 9, 2020 through December 1, 2020. For this reason, the ADAMHS Board is holding Board meetings via teleconference or Zoom video conference until further notice. Information on how to join Board meetings can be found on the ADAMHS Board website: adamhsc.org under the *Board Meetings* tab.

Supplies Distribution Efforts

In April, The ADAMHS Board received a shipment of supplies either donated through **NAMI Ohio**, picked up from the County Emergency Management Agency, or ordered by the ADAMHS Board. Supplies were distributed to ACFs, RCFs, recovery homes, and mental health and addiction residential treatment providers. Supplies were distributed to ADAMHS Board funded and non-funded agencies. Thank you to **Terry Russell** from **NAMI Ohio** and **First Lady Fran DeWine** for the supplies donation and to **Recovery Resources** for providing space to distribute the supplies!

Manage Your Stress Levels - Help Is Available

Your mental health is important! Keep all of your behavioral healthcare appointments. You may receive care in new ways, like over the telephone or even by video chat. Call your behavioral healthcare provider directly for more information about appointments.

If you are experiencing stress or anxiety, you can call the Cuyahoga County Warmline at **440-886-5950** to talk through things with a peer. The warmline is now operating 24-hours a day, seven days a week. Staff at **NAMI Greater Cleveland** is also available to help at **216-875-7776**. The Crisis Text Line is also available by texting "4hope" to **741741**.

If you are in crisis, please call the 24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline at **216-623-6888**.

If you are an individual in recovery from addiction looking for online resources to support your recovery, please visit our website: www.adamhsc.org for a list of online recovery groups and other resources to support recovery.



Nearly two hundred housing providers picked up supplies during the drive-through distribution!

"When I was a boy and I would see scary things on the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"
– Mister Rogers, American TV personality, 1928 - 2003

More Free Virtual Training Opportunities Coming Soon!

The ADAMHS board webinar that was announced at the end April sold out in less than an hour. People who reached out to us regarding that training were scheduled in a second session. Because of its success, look for more virtual training opportunities coming from us soon! These webinars will be offered through summer and will include free CEUs.

Postponed May Events

- ADAMHS Board Annual Meeting postponed - **new date is October 5, 2020**
- Women's Recovery Center Miracles of Recovery Breakfast postponed until fall 2020
- NAMI Greater Cleveland Annual Meeting postponed until fall 2020



During this time of uncertainty, take a few minutes to think about what you are **grateful** for. Remember that everyone is experiencing hard times, so **kindness** matters now more than ever. Reach out to friends and family members to remind them that they are **loved**.

This artwork was showcased during the 2019 Cleveland Municipal Court Mental Health Docket art show held at the ADAMHS Board.

Join the Ohio Strive for Five Challenge!



We are joining **OhioMHAS** and **MHARS Lorain County** for the **Ohio Strive for Five** challenge. The challenge is for everyone across our state to identify five people they know who they can check on every day for the next 30 days. You can call, text, write or video chat.

For more information about how you can join the Strive for Five Challenge, visit: www.mharsloraincounty.org/blog/ohstrive5

Cuyahoga County Suicide Prevention Coalition Awarded Grant from Ohio Suicide Prevention Foundation

As part of an initiative to strengthen and sustain Ohio's suicide prevention coalitions, the **Ohio Suicide Prevention Foundation** awarded grants to seventeen suicide prevention coalitions across the state. The **Cuyahoga County Suicide Prevention Coalition** was one of the recipients. The coalition can use this funding to support its efforts and have a greater impact on the community. If you're interested in joining the coalition, please contact **Chardé Hollins**, Chair of the Suicide Prevention Coalition, via email to hollins@adamhssc.org.



Remember to Fill Out Your 2020 Census Questionnaire

Now more than ever, we need activities we can do from home. Here is one to add to the list: fill out your 2020 Census! By now, you should have received an invitation in the mail to complete the Census online. If not, **you can fill out your Census today by visiting: www.my2020census.gov**. The self-response deadline has been extended to October 31, 2020.

It only takes ten minutes to complete your Census questionnaire, and it impacts our community for the next ten years. Census results are used to direct the distribution of billions of dollars in federal funds to local communities for schools, roads and other public services. That is why it is so important that we get everyone counted. Do your part today, and make sure your family is counted in the 2020 Census!

Thank you Emerald Jenny Foundation!

The **Emerald Jenny Foundation** online addiction treatment provider database was created because there was a gap in resources for families struggling to navigate services. In late 2019, The Substance Abuse and Mental Health Services Administration (SAMHSA) created a treatment locator tool accessible at findtreatment.gov. With this new resource in place, the Emerald Jenny database will no longer be updated after April 1, 2020. Instead, the website will direct visitors to use SAMHSA's treatment provider tool.

We would like to thank the **Emerald Jenny Foundation's** for its work over the years to provide a tool that helped countless individuals and families find addiction treatment services.

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