

Cuyahoga County's Strive for Five Challenge - Choose Your Five!

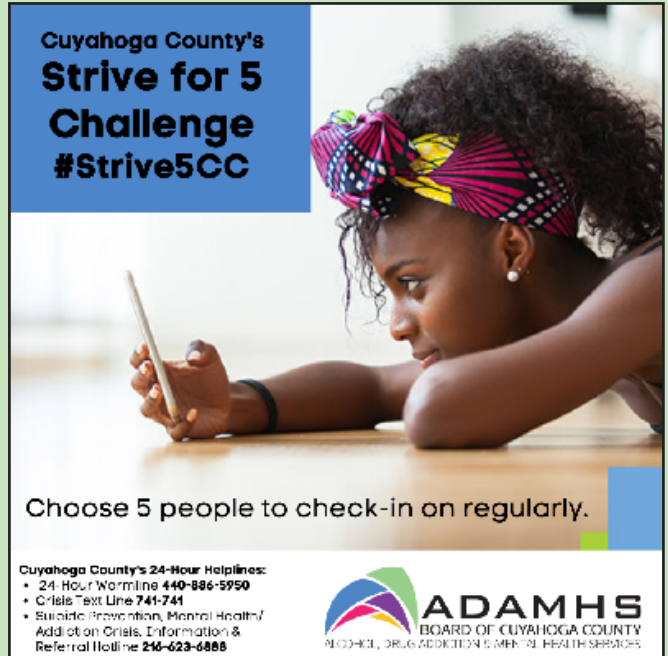
The ADAMHS Board is encouraging Cuyahoga County residents to join the **Strive for Five Challenge** to connect with others when we can't be together. The goal of the challenge is for everyone to choose five people to check-in on regularly. You can call, text or send a letter.

The challenge began in New York and is designed to help all people feel connected as well as reduce feelings of isolation and loneliness during the COVID-19 pandemic. It was brought to Ohio by the **Ohio Department of Mental Health and Addiction Services (OhioMHAS)** and **MHARS Board of Lorain County**.

When you choose your five people to connect to, think about individuals who may need extra support right now. Consider people you know who live alone, live with mental illness or in recovery. Also people who have recently lost a loved one or a job. It is important to check-in on people during this time of staying at home because isolation can increase stress, anxiety and depression.

The *Strive for Five* awareness campaign will promote connectedness and how to get help when needed through local resources like:

- 24-Hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline operated by **FrontLine Service: 216-623-6888**
- 24-Hour Peer-to-peer Warmline operated by **Thrive Behavioral Health: 440-886-5950**
- Crisis Text Line: Text "4hope" to **741-741**



Cuyahoga County's Strive for 5 Challenge #Strive5CC

Choose 5 people to check-in on regularly.

Cuyahoga County's 24-Hour Helplines:

- 24-Hour Warmline **440-886-5950**
- Crisis Text Line **741-741**
- Suicide Prevention, Mental Health/ Addiction Crisis, Information & Referral Hotline **216-623-6888**

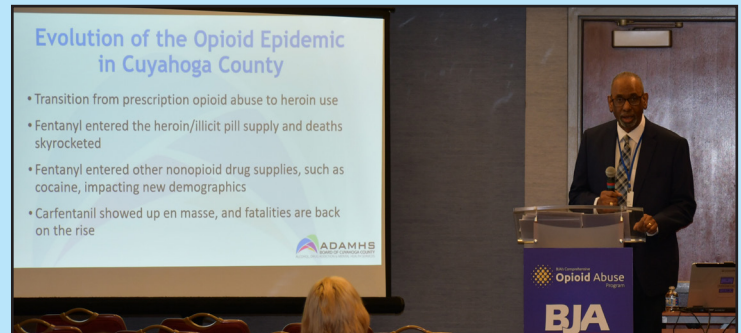


Look out for *Strive for Five* messages on TV, radio, newspaper, billboards and social media this summer!

Supporting Recovery During COVID-19: Expanding Peer Support

In early May, **Fox 8** ran a story about **Thrive Behavioral Health's ThriveED** program. Through the ThriveED program, peer supporters are in the emergency rooms of **MetroHealth** and **St. Vincent Charity Medical Center** 24-hours-a-day, every day of the year. Peer supporters have continued providing their service in emergency rooms even during the pandemic. "That person is there to help them throughout the entire process right from detox all the way through to residential treatment," explained Scott Osiecki, CEO of the ADAMHS Board. When FOX 8 interviewed two people in recovery in February, they had only known each other for 63 days, the amount of time Harper had been sober, but they talked as if they had been friends for years. Today, he is nearly three months beyond that 63-day mark and living in recovery. "It's exhilarating and I'm so thankful," Harper said. View the story here: <https://fox8.com/news/coronavirus/near-death-to-detox-drug-and-rehab-supporters-now-in-more-emergency-rooms/>

In the story, Adrienne DiPiazza, Fox 8, interviewed a ThriveED peer supporter, Avril (right), and individual in recovery, Michael (left), who was helped by the program. It's a must watch interview!

Evolution of the Opioid Epidemic in Cuyahoga County

- Transition from prescription opioid abuse to heroin use
- Fentanyl entered the heroin/illicit pill supply and deaths skyrocketed
- Fentanyl entered other nonopioid drug supplies, such as cocaine, impacting new demographics
- Carfentanil showed up en masse, and fatalities are back on the rise

ADAMHS

Opioid Abuse

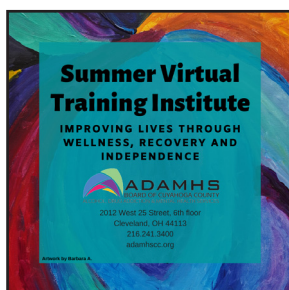
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Larry Smith, Jr., Director of Programs, gave a presentation at the Bureau of Justice Assistance-supported 2020 Comprehensive Opioid Abuse Program (COAP) National Forum, held March 10–12, 2020, in Arlington, Virginia. The presentation was about investing in innovative peer support and recovery housing and included ThriveED and the Briermost farm programs.

Staying Connected with the Community During Social Distancing

ADAMHS Board staff has been finding ways to stay connected with the community during this time of social distancing through webinars and media outreach opportunities. Here is what Board staff has been up to:

- Scott S. Osiecki, CEO, gave two remote presentations recently. One to the **Council on Older Persons' (COOP)** and the other to **United Pastors in Mission**. He spoke to the groups about the ADAMHS Board's COVID-19 response, the passing of the Health and Human Services Levy and services that are available.
- Scott was also interviewed for an alumni profile series for the **Levin College of Urban Affairs at Cleveland State University**. In his profile, he shared his thoughts on leadership and personal development. Read the profile here: <https://urban.csuohio.edu/prof-dev/ocmp-alumni-profile-series-scott-s-osiecki>
- **Dr. Leslie Koblentz**, Chief Clinical Officer Consultant, was interviewed for a **Cleveland Jewish News** article on the impact of social distancing and self-isolation on mental health. "We are evolutionarily wired with a need to be close, to be with each other," Koblentz said. "The impact can be very traumatic, especially for those who are already prone to depression, anxiety and loneliness." Read the article: https://www.clevelandjewishnews.com/features/health/social-distancing-self-isolation-harmful-to-mental-health/article_6a3ebfbc-8fa0-11ea-8b5b-57b31a13cb04.html
- **Larry Smith, Jr.**, Director of Programs, was interviewed on **Thrive Behavioral Health's** new Thrive Live Facebook live interview series on Fridays. Larry spoke about the ADAMHS Board's response to COVID-19.
- **Beth Zietlow-DeJesus**, Director of External Affairs, and **Chardé Hollins**, Behavioral Health Prevention Specialist, were interviewed by **Harry Boomer** for **Cleveland 19 News** for a segment to air on May 27. They shared behavioral health resources that are available, how to recognize stress, and when to ask for help.
- **Chardé** is also speaking on a webinar presented by **NAMI Greater Cleveland** and **Peel Dem Layers** on May 30 at 10 a.m. The topic is self-love during quarantine. Register here: <https://www.eventbrite.com/e/the-root-of-it-all-self-love-in-quarantine-tickets-105657183480>



The ADAMHS Board Training Institute has gone virtual for the summer! Check the [training institute page](#) on our website for the most up-to-date webinar training opportunities. Webinars will be free of charge and participants can get CEUs.

Community News

Several Provider Agencies Received Funding from the Greater Cleveland COVID-19 Rapid Response Fund

In mid-May, the Greater Cleveland COVID-19 Rapid Response Fund coalition announced its latest round of grants to support the nonprofit community. Several ADAMHS Board provider agencies were among the recipients, including **Asian Services in Action, Inc.**, **Front Steps Housing and Services** and **Cleveland Rape Crisis Center**.

The rapid response fund partners plan to make grants through June, with the potential to extend grant opportunities as needed and as additional funding resources become available through new partners joining the effort.

The Northeast Ohio Black Health Coalition Helping to Address Food Insecurities During COVID-19

Recognizing that food insecurity is a big concern in communities of color and that many children were going to be greatly impacted by school closings, **The Northeast Ohio Black Health Coalition** stepped up to help. The organization gathered food and has been providing breakfast and lunch during school closures. This volunteer-led delivery effort has provided 210 meals and snacks a day, 1,050 meals a week and 4,200 meals a month!

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2020 Census Update

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! If you haven't filled out your Census questionnaire yet, you can fill it out online at www.my2020census.gov or by phone at 844-330-2020. The self-response deadline has been extended to October 31, 2020. As of May 9, 2020 the national self-response rate was at 59%, the state is at 64% and Cleveland is at 44%. According to the **Center for Community Solutions**, that means there are still at least 4.2 million Ohioans and 214,000 Clevelanders who have yet to be counted.

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!

"Act as if what you do makes a difference - it does!"
- William James, American Philosopher, 1842 - 1910