

## Representative Stephanie Howse Joined the ADAMHS Board for the Meet Your Legislators Series

On Monday, April 15, **Representative Stephanie Howse**, Ohio House District 11, came to the ADAMHS Board to meet with clients, family members, staff, providers and other community members for the **Meet Your Legislators Series**.

Born and raised in Cleveland, Representative Howse has lived most of her life in the Ward 7 community. She was inspired by her mother, a former State Representative, to pursue a career in public service.

Session attendees talked to Representative Howse about mental health and addiction funding flexibility and allocation, Medicaid expansion, suicide prevention, rehabilitation and correction reform, and stigma as a barrier to treatment.

The Meet Your Legislators Series is an opportunity to interact with legislators about various issues affecting the behavioral health community.



(l-r) The Honorable Emanuella Groves, Mental Health Specialized Docket, Cleveland Municipal Court; Felicia Harrison, MBA, Chief Financial Officer; Tami A. Fischer, Chief Administrative Officer; Rep. Stephanie Howse; Scott S. Osiecki, CEO; Rev. Benjamin F. Gohlstin, Sr., Board Chair; and Maggie Tolbert, RN, C, Assistant Chief Clinical Officer

## ADAMHS Board Distributing Deterra Bags for Drug Take Back Day on April 27

The ADAMHS Board has teamed up with **Cuyahoga County, the City of Cleveland, Shaker Heights Fire and CVS** to help support the **Drug Enforcement Administration's** efforts on **Drug Take Back Day**, April 27 from 10:00 am to 2:00 pm. The DEA and many law enforcement and community partners host prescription drug drop off sites. Since not everyone will be able to make it out with their prescriptions during the drop off hours, the ADAMHS Board and partners are making Deterra Drug Deactivation/Disposal Bags available to the community. Cuyahoga County is sharing these bags with case workers and social workers to get them directly into the homes of families and seniors in Cuyahoga County.

Deterra Bags are easy to use – dump the prescription in the bag, add warm water, close it and toss in the trash – this makes it possible for residents to safely dispose of unwanted medications right in their own homes. The bags deactivate the medication, so there are no environmental concerns with the disposal of these bags.

Bags will be available at the ADAMHS Board, all Cleveland Police Stations and Recreation Centers and the Shaker Heights Fire. Pick up your Deterra bag today and help get unwanted prescription medications out of your house and off the streets.

To find a drug drop off site near you, visit: [takebackday.dea.gov](http://takebackday.dea.gov).



A watercolor painting featured in this month's art display from the Depression and Bipolar Support Alliance in Solon.

## Art Needed for Annual Meeting Art Show

This year, in honor of our 10<sup>th</sup> Anniversary, we want the Client Art Show/Contest to be our biggest one yet, and we need your help to make it happen!

The art show/contest is open to any Cuyahoga County resident who is receiving treatment for mental illness and/or addiction or recovery services. Artists will receive a small gift for participating. Only one piece of art may be submitted by each artist, and only the first 100 pieces will be accepted. Only art that can be hung can be in the art show.

Meeting attendees will be the judges for the art contest by voting for their favorite art pieces. Winners of the contest are announced at the end of the event, and prizes are given to the top three artists.

Want to participate? Please bring your piece of art to the ADAMHS Board by Tuesday, May 7 with a completed submission form, which can be found on the ADAMHS Board's homepage: [www.adamhsc.org](http://www.adamhsc.org).

## First Responder Appreciation Week April 29 – May 5: “Bringing Help, Bringing Hope”

The **Ohio Association of County Behavioral Health Authorities, Ohio Department of Mental Health and Addiction Services, Office of the Attorney General** and ADAMHS Boards across the state are partnering to have a week of appreciation for all first responders dealing with the opioid crisis.

During the “Bringing Help, Bringing Hope” appreciation week, communities throughout Ohio will address the opiate epidemic by showing appreciation for frontline workers.

“We can never repay the first responders in our community for all the lives they have saved. Saving individuals living with addiction helps open the door to recovery and our community will be stronger as a result,” said Scott S. Osiecki, CEO of the ADAMHS Board. “As a community, let’s join together in thanking our front-line workers for not giving up hope and for being there for those living with addiction and their families. Recovery from addiction is possible, and our recovery community is joining us in thanking first responders as living testimony that “Treatment Works and People Recover.”

Our local activities involve delivering thank you packages to first responders across Cuyahoga County and creating thank you messages on social media.

Would you like to help deliver care packages to first responders during the week of appreciation? If so, please contact **Madison Scagnetti**, External Affairs Officer, at [scagnetti@adamhsc.org](mailto:scagnetti@adamhsc.org) or 216-241-3400 ext. 861.

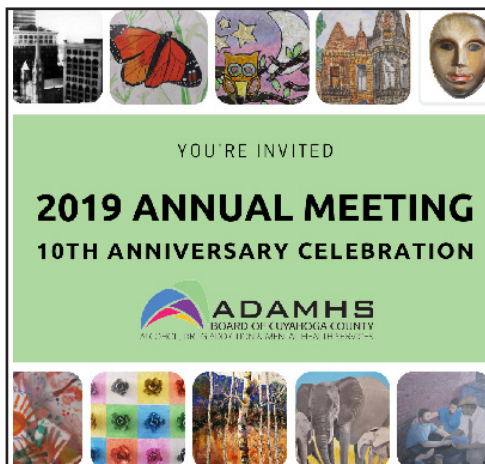
Thank you to the **North Olmsted Walmart** for donating, and a special thanks to the **Academy of Medicine Education Foundation (AMEF)** for co-sponsoring this year’s week of appreciation. The purpose of AMEF is to add a charitable component to the **Academy of Medicine of Cleveland & Northern Ohio (AMCNO)** and to partner with the AMCNO in implementing new initiatives for both physicians and the patient population through charitable, educational and scientific efforts. AMEF’s mission is to enhance health care through education of the medical profession and the community at large.

## Tickets on Sale for ADAMHS Board Annual Meeting and 10<sup>th</sup> Anniversary Celebration

You are cordially invited to attend the ADAMHS Board’s 2019 Annual Meeting 10<sup>th</sup> Anniversary Celebration on Monday, May 13 from 9:00 am to noon at the **Cleveland Marriott East** in Warrensville Heights.

You won’t want to miss this special celebration that will include brunch, an awards ceremony, client art show/contest and a few surprises for our guests! Guests will also hear from keynote speaker **Josh Ruminski** who started **Happy Thoughts Candle Co.**, to help change the stigma surrounding mental health and suicide.

Individual tickets and tables of ten can be purchased on Eventbrite at: [www.adamhsc2019annualmeeting.eventbrite.com](http://www.adamhsc2019annualmeeting.eventbrite.com). Clients can purchase a ticket for \$5 at the ADAMHS Board office. Please RSVP by May 3. If you have questions, call **Madison Scagnetti**, External Affairs Officer, at 216-241-3400 ext. 861.



## Upcoming Events

### Drug Take Back Day

April 27, 10:00 am - 2:00 pm

Find a drop off location: [DEATakeBack.com](http://DEATakeBack.com)

### Songs of the Trumpet: The Donald Malloy Story

April 27, 7:00 pm

Cleveland State University Berkman Hall Auditorium

Buy tickets at: [bit.ly/2F8zHn9](http://bit.ly/2F8zHn9)

### First Responder Appreciation Week

April 25-May 5

### Improbable Players Spring Gala

May 3, 6:30-8:30 pm

Mitchell’s Ice Cream, 1867 W 25<sup>th</sup> St.

### Rose Centers for Aging Well Annual Fundraiser

May 4, 6:00-9:00 pm

Benjamin Rose, 11890 Fairhill Rd.

Buy tickets at:

[benrose.org/RoseCenters/Annual-Fundraiser.cfm](http://benrose.org/RoseCenters/Annual-Fundraiser.cfm)

### Cleveland Christian Home 30<sup>th</sup> Annual Walk & Run for the Kids

May 4, 7:30 - 10:30 am

Cleveland Metroparks Zoo

Register at: [cchome.org](http://cchome.org)

### “Into the Light” Suicide Prevention Walk

May 5, 6:00-9:00 pm

Cleveland Metroparks Zoo

Register: [bit.ly/2Fjm10F](http://bit.ly/2Fjm10F)

### Miracles of Recovery Breakfast

May 7, 7:30 - 9:00 am

Cleveland Metroparks Zoo

Register: [bit.ly/2VCcorO](http://bit.ly/2VCcorO)

### ADAMHS Board Behavioral Health and Human Services Career Fair

May 10, 10:00 am - 2:00 pm

Doubletree in Beachwood

Register: [adamhs2019careerfair.eventbrite.com](http://adamhs2019careerfair.eventbrite.com)

### ADAMHS Board Annual Meeting

May 13 from 9:00 am - noon

Cleveland Marriott East, Warrensville Heights

Purchase tickets:

[www.adamhsc2019annualmeeting.eventbrite.com](http://www.adamhsc2019annualmeeting.eventbrite.com)

### Recovery Resources Annual Meeting

May 22, 12:00 - 1:30 pm

InterContinental Cleveland

Register: [recres.org/AnnualMeeting](http://recres.org/AnnualMeeting)

### NAMI Greater Cleveland Annual Meeting

May 23, 11:30 am - 1:00 pm

Holiday Inn, 6001 Rockside Rd., Independence

Register here: [bit.ly/2Dpt5PN](http://bit.ly/2Dpt5PN)

## Connecting Behavioral Health & Human Services Employers with Job Seekers

The ADAMHS Board is hosting its fifth annual **Behavioral Health & Human Services Career Fair** on Friday, May 10, 2019 from 10:00 a.m. to 2:00 p.m. at the DoubleTree by Hilton Cleveland East Beachwood, 3663 Park East Drive in Beachwood.

This free career fair is open to the community. Attendees will explore the employment, internship and volunteer opportunities in the behavioral health and human services field. Candidates of all levels are encouraged to attend and bring a resume.

Pre-registration is encouraged but is not required. Walk-ins are welcome.

To register, visit: [adamhs2019careerfair.eventbrite.com](http://adamhs2019careerfair.eventbrite.com).

## Community Spotlight

**Naaleh Cleveland's** new center, "The Living Room," provides teens with a safe, fun and nurturing environment under the supervision of Naaleh staff and social workers. The Living Room is a great place for teens to play, talk, eat and relax in a non-judgmental atmosphere. Oftentimes, due to the warmth and acceptance they feel at the Living Room, participants will let down their guard and confide in Naaleh staff, leading them to getting the additional help they need.

The **Teen Mentorship Program** is funded as part of the ADAMHS Board's faith-based initiative. In February, Naaleh staff were on the radio show "Healing the Hurt" on WERE-AM 1490 discussing the program.



(l-r) Tova Herskovi, Case Worker, Naaleh; Starlette Sizemore-Rice, BSBA, Director of Special Projects, ADAMHS Board; Rev. Brenda Ware-Abrams, ADAMHS Board Faith-Based Outreach Committee member

## Out & About



Cuyahoga County Executive Armond Budish delivered his fifth State of the County address on April 18. The event was attended by Scott S. Osiecki, CEO; Board members, Elsie Caraballo; Sharon Rosenbaum, MBA; and Katie Kern-Pilch, MA, ATR-BC, LPC-S, HLM (BATA) and several staff members.



(Above) The Board held its March 27 General Meeting at Lutheran Metropolitan Ministries, which included a tour led by President and CEO Andrew D. Genszler.



Scott S. Osiecki, CEO; Board Members, Rev. Benjamin F. Gohlstin Sr., Board Chair; Bob Fowler, Ph.D., Second Vice Chair; Sharon Rosenbaum, MBA; and Steve Killpack, MS; and, ADAMHS Board staff, Tami A. Fischer; Maggie Tolbert, RN, C; Felicia Harrison, MBA; Curtis Couch; and Beth Zietlow-DeJesus met with Sheriff Clifford Pinkney and toured Cuyahoga County Jail on April 11.

**Faces of Change Luncheon**  
The Cleveland Rape Crisis Center held its **Faces of Change Luncheon** on April 17. The event was attended by Scott S. Osiecki, CEO; Eugenia Kirkland, LSW, MSSA, CDCA, ADAMHS Board Vice Chair; board members Steve Killpack, MS and Elsie Caraballo; Board staff Maggie Tolbert, RN, C, Assistant Chief Clinical Officer; LaVedia Smith, BSN-BC, Adult Clinical Utilization Review Specialist; Leshia Yarbrough-Franklin, LSW, Adult Behavioral Health Specialist I; and Felicia Harrison, MBA, Chief Financial Officer; and Mrs. Kirkland's husband Carl.

## **ADAMHS Board to Give Presentation at the 2019 Opiate and Other Drug Conference in Columbus**

The ADAMHS Board is leading a panel discussion on “Using the Arts to Reduce Stigma, Heal Trauma, and Sustain Recovery” at **Ohio’s 2019 Opiate and Other Drug Conference** June 10-11 at the Hyatt Regency in downtown Columbus. The panel will be moderated by **Regina Spicer, LSW, LICDC-CS**, Training Officer for the ADAMHS Board. Panelists include **Sherri Brandon, MNO/MSSA, CDCA**, Executive Director, **Front Steps Housing and Services, Inc.**; **Ed Gemerchak, MA, MSW, LISW-S**, Executive Director, **Y-Haven**; **Karen Snyder**, Ohio Regional Director, **Improbable Players**; and **Marty Blade**, artist, member of recovery community.

The conference is held by the **Ohio Association of County Behavioral Health Authorities**, in partnership with the **Ohio Department of Mental Health and Addiction Services** and the **Ohio Department of Rehabilitation and Correction**. This year’s conference is expected to bring in 1,200 attendees for two full days of education related to addiction.

## **Training News**

**Spring Training Institute Underway:** There are still plenty of trainings left in the ADAMHS Board Spring Training Institute schedule. All workshops offer CEUs/RCHs. Please register via Eventbrite. The full training schedule can be found on our website: [adamhsc.org](http://adamhsc.org).

### **Twenty-eight Officers Graduated from Crisis Intervention Team (CIT) Training**

A CIT training held at the end of March had 28 graduates from 11 different municipalities and organizations. Two of the graduates were our security staff, **Officer Mason** and **Officer Welch**!

The training included ride-alongs with case managers from **Signature Health, The Centers for Families and Children, Jewish Family Services Association of Cleveland, Frontline Service and Murtis Taylor Human Services System**. The officers went on tours of **Magnolia Clubhouse, Life Exchange Center, Northridge Commons** operated by Signature Health and the **Psychiatric Emergency Room at St. Vincent Charity Medical Center**. Officers also participated in a virtual reality session and worked through crisis scenarios. **Sizemore-Rice, BSBA, Director of Special Projects, ADAMHS Board**

### **Suicide Prevention Training Opportunities**

The **Ohio Suicide Prevention Foundation (OSPF)** is hosting a training on **Assessing and Managing Suicide Risk (AMSR)** on May 7 from 8:30 am to 5:30 pm at **Beacon Health** in Mentor. This training is a great opportunity for behavioral health professionals that work with suicidal youth in any capacity. Attendees can earn 6.5 CEUs, and the cost is only \$30. Register by April 30 at: [cvent.com/d/5bqqqt/4W](http://cvent.com/d/5bqqqt/4W).

### **ADAMHS Board Training Department Attends Adverse Childhood Experiences Event**

The ADAMHS Board training department attended an event on adverse childhood experiences (ACEs) at the **City Club**. **Carole Ballard, MSSA, LISW**, Director of Training and Education; **Carmen Gandarilla, LSW**, Training Officer; and **Regina Spicer, LSW, LICDC-CS**, Training Officer heard from keynote speaker Dr. Nadine Burke Harris, author of, *The Deepest Well: Healing the Long Term Effects of Childhood Adversity*. The event also featured a viewing of the film *Resilience* and a panel discussion on how to bring ACEs to the Cleveland community. The ADAMHS Board participated in this event as part of our ACEs grant with the **Cuyahoga County Board of Health**.

OSPF is also holding the first annual **Suicide Prevention Summit** on June 13-14 in Dublin. This is an opportunity for members from suicide prevention coalitions across the state to gather and learn from one another. Representatives from the **Cuyahoga County Suicide Prevention Coalition** will be in attendance.



**Nadine Burke Harris, M.D.**

## **Community News**

### **Congratulations, NORA!**

The **Northern Ohio Recovery Association** received a \$30,000 donation from **Ganley Subaru of Bedford** as part of Subaru’s “Love Promise” donation program.

### **Welcome, Orion!**

**Benjamin Rose Institute on Aging** named **Orion H. Bell IV** as the new President and CEO. Welcome to Cleveland, Orion!

### **Community Forum Held at the ADAMHS Board**

On April 3, **Cuyahoga Job and Family Services** hosted their **Community Partner Conversation Forum** at the ADAMHS Board. The forum was held to share information about the updates and improvements being made to their systems.

### **Talking Faith-based Programming on “Healing the Hurt” Radio Show**



*Staff members from OhioGuidestone were recently on the radio show “Healing the Hurt” on WERE-AM 1490 talking about their faith-based program. (back) Rev. Renee Jacobs, Director of Spiritual Care, OhioGuidestone (front, l-r) Michael Kraynak, Community Chaplain, OhioGuidestone; Rev. Brenda Ware-Abrams, ADAMHS Board Faith-Based Outreach Committee member; and Starlette Sizemore-Rice, BSBA, Director of Special Projects, ADAMHS Board*

**“Your present circumstances don’t determine where you can go; they merely determine where you start.”**

**– Nido Qubein, Businessperson and motivational speaker  
1948 - present**

CEO Scott S. Osiecki recently wrote a letter to the editor after reading a very stigmatizing opinion piece titled, "Mental Disorders Are Not Diseases." You can read his full letter below...

### ***There are so many misconceptions about mental illness***

April 2, 2019

A response to Mental Disorders are not Diseases:

I've been working in the behavioral healthcare field for nearly 25 years and have heard from clients we serve time and time again that stigma is the main barrier to receiving treatment for mental illness.

There are so many misconceptions about mental illness -- it is these misconceptions that fuel stigma, shame and judgment. This article certainly highlights shame and judgment by telling someone how they "should" or "should not" treat their symptoms and conditions, while also attacking psychiatrists.

Is it true that not all people living with a mental health condition require medication? Yes, it is. Some people can manage their conditions without medication. However, there are many who cannot. Neither of these groups should have shame placed upon them for how they choose to best treat the conditions by which they are affected.

There is not a one-size-fits-all paradigm for mental wellness. Many people's lives are made better because they were able to get access to medications, therapy and supportive services that help them manage symptoms and live healthier lives.

Mr. Hancock's opinion article does a disservice to people living with mental health conditions by assuming there is only one way to health for every individual. Mental health conditions are complex and experienced differently by each person. That is why the American Psychiatric Association (APA), which Mr. Hancock refers to, states in its "Position Statement on Principles for Health Care Reform for Psychiatry (2008)" that "Every American with psychiatric symptoms has the right to a comprehensive evaluation and an accurate diagnosis which leads to an appropriate, individualized plan of treatment."

The position paper further states, "Timely access to psychiatric care and continuity of care are the cornerstones for quality, even as a continuum of medical and non-medical services becomes available that would encourage maximum independence and quality of life for psychiatric patients (APA, 2018)."

At the ADAMHS Board of Cuyahoga County, we will continue to fight against stigma and support each individual's personal journey toward the management of and recovery from mental health conditions.

Scott S. Osiecki,

Chief Executive Officer of the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County.

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#### Social Media Highlight



ADAMHS Board of Cuyahoga County

April 18 at 1:24 PM · 🌐

Some fantastic students from Cuyahoga Valley Career Center created this video promoting the Crisis Text Line. The students want their peers to know that you're never alone! You can text "4HOPE" to 741741. #crisistext 📱



Check out this **Crisis Text Line** promotional video made by students at **Cuyahoga Valley Career Center** for us to share on our social media sites! Watch it on our Facebook page: @ADAMHSCC