

OhioMHAS Director Lori Criss Visited Provider Agencies While in Cleveland

On August 30, **Scott S. Osiecki**, CEO and **Maggie Tolbert**, Assistant Chief Clinical Officer joined **Lori Criss**, Director; **Lois Hochstetler**, Assistant Director of Community Treatment; **Alisia Clark**, Assistant Director of Community Planning and Collaboration and **Ben Kimmel**, Legislative Liaison from **OhioMHAS** for visits to **Stella Maris** and **St. Vincent Charity Medical Center**. The visits included discussions with the provider agencies about the programs and services they offer as well as challenges to meeting the needs within our community. The groups were greeted with stories of recovery from people who have utilized the facilities and programs. The visit also included a tour of St. Vincent's Psychiatric Emergency Department and the Rosary Hall Detox facility. Media from both **WCPN** and **Cleveland.com** were along for the meetings at both facilities. A special thank you to Director Criss for talking the time to visit with provider agencies in Cuyahoga County to gain a better understanding of the needs, as well as services and programs available to our residents.



Director Criss went to Stella Maris during her visit in Cleveland.

Representative Greenspan Joined the ADAMHS Board for the Meet Your Legislators Series



Meet Your Legislator Series attendees with Representative Greenspan.

On Monday, September 23, **Representative Dave Greenspan**, Ohio House District 16 (R), came to the ADAMHS Board to meet with clients, family members, staff, providers and other community members for the Meet Your Legislators Series. Session attendees spoke with Representative Greenspan about a variety of topics including transportation, community hospitals and legislation around acts of mass violence.

Representative Jeffrey Crossman, Ohio House District 15 (D), will be at the next Meet Your Legislators session on Monday, November 18 from 10:00 – 11:00 a.m. at the ADAMHS Board.

Celebrating Recovery Month at the September 23 Addiction Recovery Advocacy Meeting

On the evening of September 23, the ADAMHS Board held an Addiction Recovery Advocacy Meeting. Hosted quarterly, the meetings are a convening of family members who have lost a loved one to addiction, individuals with a loved one struggling with addiction, recovery advocates, professionals, and family support groups. These meetings provide an opportunity to unite the powerful voices of individuals and advocacy groups to create change through action.

The meeting was started and ended with recovery stories from two participants of our 2018 Recovery Month billboard campaign. **Scott S. Osiecki**, CEO, gave an update on the state budget, the ADAMHS Board's request for additional funding from County Council and the Board's 2020 priorities.

Attendees spent the remainder of the meeting in work groups discussing the ideas that came out of last meeting's strategic planning session on aligning behavioral healthcare services in Cuyahoga County with **RecoveryOhio's** goals. There was discussion around how ideas brainstormed in the areas of Stigma and Education, Workforce Development, Prevention, and Treatment and Recovery Supports can be put into action. The outcomes of these discussions are being put into a plan for the group to review at the next meeting.



Attendees discussed how to put ideas into action.

Register Today for the Roads to Recovery 19' Conference!

The Roads to Recovery '19 Conference: Navigating Person-Centered Care...Recovery, Resiliency and Beyond is on Monday, October 21, 2019 at the Cleveland Airport Marriott Hotel, 4277 West 150th Street. **Registration closes on Wednesday, October 9, so register today at: [www.roadstorecovery19.eventbrite.com!](http://www.roadstorecovery19.eventbrite.com)** Registration is \$100 and includes breakfast, lunch and 7.5 CEUs/RCHs. \$10 registration is available to anyone in Cuyahoga County living with mental illness and/or addictions.



Dakota L. King-White, Ph.D., LPC, LPSC will be the keynote speaker at this year's conference. Her presentation will be on trauma-informed approaches to strengthen our communities. In the United States, millions of children and adolescents are impacted by traumatic experiences, and are often left without the tools necessary to cope with these experiences. Trauma can have a lasting impact on children, families and communities. If we want to strengthen our communities, we must address childhood trauma with effective strategies. This year's keynote speaker will discuss trauma, its impact on our communities and trauma-informed approaches that can be used to strengthen our communities. She is an Assistant Professor of Counseling and School Counseling Coordinator with Cleveland State University. She has published work on a variety of topics, including trauma and working with youth in schools. In 2018, she was named a **Crain's Cleveland Business Top Forty Under 40**.

Improbable Players will perform during the lunch plenary session at the conference. Improbable Players is a theater prevention group new to Cleveland. The organization has been in Boston and New York for decades. Improbable Players uses theater performances and workshops to address addiction, alcoholism and the opioid epidemic. All of their programs are aligned to Health and Social Emotional Learning curriculum frameworks and all of the actors are in recovery. The troupe is led by **Karen Snyder**, Ohio Regional Director of Improbable Players.

The ADAMHS Board Was Busy During September for National Suicide Prevention Month

QPR-aThon

The Board offered free Question, Persuade, Refer (QPR) suicide prevention trainings so that residents of Cuyahoga County could learn to recognize a crisis and warning signs that someone may be contemplating suicide. In just 90 minutes, participants learned three simple steps to help save a life. The Board held 20 trainings with over 400 participants total! The QPR trainings were held as part of a statewide QPR-a-Thon initiative to train as many people in QPR as possible in September. The ADAMHS Board will continue to hold free QPR trainings throughout the year.

Charity Spotlight on 107.3 The Wave

The **Cuyahoga County Suicide Prevention Coalition** used donations for suicide prevention to run an awareness campaign with radio station **107.3 The Wave**. The campaign included radio spots, social media posts and e-newsletters sharing personal stories, warning signs to look out for and ways to get help. Information on how to join the Suicide Prevention Coalition was also shared as part of the campaign.

Moments of Mindfulness Series on News 5

The ADAMHS Board worked with **News 5** to facilitate a series of *Moments of Mindfulness* related to suicide prevention. The clips were shown throughout September. **Josh Ruminski**, Suicide Prevention Advocate and Founder of **Happy Thoughts Candle Company** was featured as part of the series. Josh was the keynote speaker at our 2019 Annual Meeting. ADAMHS Board Member **Max Rodas** and receptionist **Jenita Simmons** were also featured.

Thank you to everyone who helped raise awareness during National Suicide Prevention Awareness Month!

**"Hope is real, healing is real,
and recovery is real too."
– Josh Ruminski,
Suicide Prevention Advocate**

Upcoming Events

Edna House Race to Recovery: ADAMHS Board Sponsored

October 6, 9:00 - 11:00 am
Edgewater Park
Register: bit.ly/2K0irTy

Cleveland Municipal Court Art Show

October 10, 10:00 am - 12:00 pm
ADAMHS Board, Ohio Room
All are welcome to attend!

MHAC Public Officials Breakfast: ADAMHS Board Sponsored

October 11

The Centers and Circle Health Services Benefit Luncheon

October 18, 11:30 am - 1:00 pm
Renaissance Cleveland Hotel
Register: [www.thecentersohio.org/
benefit-luncheon](http://www.thecentersohio.org/benefit-luncheon)

ADAMHS Board Roads to Recovery Conference

October 21, 7:30 am - 5:30 pm
Cleveland Airport Marriott Hotel
Register: [www.roadstorecovery19.
eventbrite.com](http://www.roadstorecovery19.eventbrite.com)

The Center for Community Solutions 2019 Celebration of Human Services: ADAMHS Board Sponsored

October 25, 11:00 am - 1:00 pm
Hilton Garden Inn Downtown
Register: bit.ly/32GWCyl

Meet Your Legislators Series: Representative Jeffrey Crossman

November 18, 10:00 - 11:00 am
Ohio Room

Cleveland Playhouse Performance of Every Brilliant Thing: ADAMHS Board Sponsored

Show runs from November 23 -
December 22
Outcalt Theatre, Playhouse Square
Purchase tickets: bit.ly/2Q5PoD5

The Woodruff Foundation Hosts Learning Collaborative On Improving Workforce Recruitment and Retention In Behavioral Health Organizations

Recruiting and retaining a workforce is a major challenge for many organizations that provide mental health and substance use services. To assist behavioral health organizations in addressing recruitment and retention challenges, technical assistance is being offered through a Learning Collaborative. The Collaborative is open to non-profit mental health and substance use service providers in Cuyahoga County.

It is common for these organizations to have positions that remain vacant for extended periods of time and turnover rates are often quite high. Finding and keeping specific types of workers, such as prescribers, can be particularly challenging. High vacancy and turnover rates are costly to organizations, place a heavy burden on remaining employees, and decrease access to quality care for individuals seeking services.

Organizations that apply and are selected to participate will each create a small Change Management Team for this initiative. All teams will participate in a one-day launch meeting of the Learning Collaborative and receive:

- Information on best practices in recruitment and retention
- Technical assistance on developing a recruitment and retention plan for their organizations
- Guidance on managing the change process in their organizations

After the meeting, teams will return to their organizations to develop their recruitment and retention plans, and then implement their plans with ongoing technical assistance from the Learning Collaborative leader.

There is no fee for organizations to participate in this Learning Collaborative. Applications are due on October 7, 2019. Visit www.adamhsc.org to apply today!

ADAMHS Board Fall Training Institute Schedule Released!

The fall training schedule outlines trainings being offered from November through December. All workshops offer CEUs/RCHs. The full training schedule can be found on our website www.adamhsc.org.

Cleveland Municipal Court to Host Art Show at the ADAMHS Board

Cleveland Municipal Court's Mental Health Specialized Docket is hosting their 2nd Annual Art Show on Thursday, October 10 from 10:00 am to 12:00 pm at the ADAMHS Board! There will be nearly 100 pieces of art on display and live music from Councilman **Kevin Conwell's** band **Footprints**. Light refreshments will be served. This event is open to the public and all are welcome to come enjoy art and celebrate recovery!

Reaching Hard to Count Communities for the 2020 Census

The 2020 Census is quickly approaching. The ADAMHS Board is working alongside community partners as part of the *Hard to Count Communities* subcommittee to make sure all of our clients are counted in the Census. It's important that we get everyone in Cuyahoga County counted in the 2020 Census because there's a lot of decisions made based on Census results. Did you know that distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on Census data?

The ADAMHS Board has developed an outreach plan for the 2020 Census that includes speaking to clients and providers about the Census and what to expect, distributing information at community events and even providing a computer at the ADAMHS Board for clients to take the Census.

Jess Shared Her Recovery Story With News 5



Jess Saker, ADAMHS Board Network & Systems Specialist, shared her journey to recovery as part of a story about the opioid lawsuit that aired on Channel 5 in September.

Working With Community Partners to Raise Awareness About Adverse Childhood Experiences (ACEs)

The ADAMHS Board has been working with the **Cuyahoga County Board of Health, OhioGuidestone, Berea Police District, and Berea City School District** to raise awareness about Adverse Childhood Experiences (ACEs) as part of a grant the Board of Health received from the **Centers for Disease Control and Prevention (CDC)**. ACEs are events that may have a negative impact on a person's lifelong health and prosperity.

There are two main messages in the ACEs awareness campaign: *Grab Your Cape – one caring adult can make a difference in a child's life*, and statistics and information about ACEs. The campaign includes mall advertisements during back-to-school time, social media posts, banners to hang on schools, print resources, articles in local newspapers and newsletters. For more information, visit www.ccbh.net/adverse-childhood-experiences

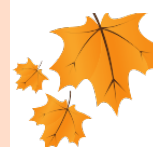


Teachers and staff at Berea-Midpark High School and Grindstone Elementary School agreed to be One Caring Adult and grab their capes! Thank you to all who participated in the campaign!

Fentanyl Test Strip Distribution Gets National Media Coverage

Fentanyl test strip distribution that the Board has been working on alongside community partners was featured in a story by **Evan MacDonald** at **Cleveland.com** in August. MacDonald interviewed several local businesses that agreed to pass out the test strips. At each of these businesses, people can get free test strips along with education and information on where to get more. This story was shared with

the **Associated Press** and earned coverage in many areas of the United States, including **US News and World Report**.



Out & About



(l-r) Marie Lassiter Black and Yvonne Pointer at the event Get Up Girl! Dancing for Life 5th Annual Praise Dance Fest. Marie plans this event every year in memory of her son Tyree who she lost to suicide. The ADAMHS Board had a table at the event to share resources.



(l-r) Kirsten Holzheimer, Mayor of Euclid and Regina Spicer, LSW, LICDC-CS, ADAMHS Board Training Officer at the Euclid Police Athletic League basketball tournament where we had a resource table.



Jessica M. Torres, ADAMHS Board Project Manager, and her son posed for a photo at Recovery Resources Run for Recovery on August 17 at the Cleveland Metroparks Zoo!



(above) On September 15, the Celebrating Recovery Run/Walk took place at Edgewater Park. Tonya Birney, Cleveland Department of Health and Tom Williams, ADAMHS Board Data Research Specialist, posed for a photo. The Epilepsy Association's Race the River also happened the morning of September 15!



On September 20, the Greater Cleveland Drug Court held its 20th Anniversary Luncheon. The drug court has graduated more than 1,700 individuals over the past 20 years. The ADAMHS Board purchased a table for the event.



Ellen Riehm, Community Education Coordinator and Lisa Dellaflora, Special Events and Development Coordinator for NAMI Greater Cleveland at NAMI Walks on September 14 at Edgewater Park. Thank you to Ellen and Lisa for their hard work on this event! Also congratulations to Ellen who is retiring in October! You've made a big impact over the years through your work with NAMI Greater Cleveland!

Meetings of Note

ADAMHS Board staff and Board Members have been busy meeting with partners to see how we can better collaborate to serve our clients. Some recent meetings of note include:

- **Scott S. Osiecki**, CEO and **Rev. Benjamin F. Gohlstin, Sr.**, Board Chair have been meeting with **County Council** members to discuss funding needs and the distribution of the opioid lawsuit settlements. To date, meetings were held with **Councilpersons Cheryl Stephens, Yvonne Conwell, Dan Brady, Dale Miller, Pernel Jones, and Scott Tuma.**

- On August 5, ADAMHS Board and **MetroHealth** staff met to discuss training opportunities for MetroHealth's staff at the jails. During this meeting, it was determined that all nursing staff and paramedics would be trained in the suicide prevention model, Question, Persuade, Refer (QPR). Over a two-week period more than 30 staff members were trained with this model.

- On September 4, Scott and **Maggie Tolbert, RN, C**, ADAMHS Board Assistant Chief Clinical Officer met with **Jan Murphy**, President and CEO of St. Vincent Charity Medical Center. **Thom Olmstead**, Director of External Affairs for St. Vincent was also in attendance during the discussion that included several topics including continued partnership, the psychiatric emergency room, Rosary Hall and other behavioral health issues.

- Scott participated in a meeting with other stakeholders where preliminary findings from the consultants working on the Justice Center were presented. Statistics from the Criminal Justice System Assessment and next steps in the process were discussed. Scott, Maggie Tolbert and Dr. Leslie Koblentz, ADAMHS Board Chief Clinical Officer Consultant participated in interviews with the consultants to provide information for the assessment.

- The consultants were also retained to work on the planning of a Mental Health Diversion Center, Dr. Koblentz and Scott participated in a meeting on September 11 when the consultants presented diversion goals, examples of successful diversion programs and the scope of the project. Scott and Maggie were interviewed by the consultants in preparation for this presentation.

Thank You To Crisis Intervention Trained Officers Johnathan Holub and Ryan Cygan from the Cleveland Division of Police

In August and September, the ADAMHS Board called upon **Cleveland Division of Police** Crisis Intervention Trained officers to assist with two client matters. Both incidents were responded to by Crisis Intervention Trained Patrol Officers **Johnathan Holub** and **Ryan Cygan**. Officers Holub and Cygan handled these cases with genuine care and concern for the clients' well-being. Both clients were transported to the crisis stabilization unit by the officers. We would like to recognize Officers Holub and Cygan for their hard work, dedication and special care they provided to clients experiencing mental health crises. The work both officers did is invaluable and we are grateful for their service.

Welcome, Joseph!

Joseph Arnett started in September as the new **Adult Behavioral Health Specialist II (Criminal Justice)**. Joseph attended the **University of Cincinnati** where he earned a Bachelor of Science in Addiction Studies and Master of Science in Criminal Justice. He has worked at the **Cuyahoga County Common Pleas Court** for the past seven years as a Probation Officer, Presentence Investigator and with the Mental Health and Development Disabilities Court.



Joseph Arnett

Joseph said he is excited for a new challenge and to work in the behavioral health field in a big-picture capacity. He can be reached at 216-241-3400 ext. 722 or email at arnett@adamhsc.org. Welcome aboard, Joseph!

Farewell, LaSenia and Linda!

LaSenia Scott is transitioning out of her role at the front desk. **Wendy Wills** will be a new face at the front desk. Wendy is a practicing attorney and volunteer at **Magnolia Clubhouse**. Also farewell to **Linda Torbert**, MSSA, LISW-S, Director of Clients Rights. Best of luck to LaSenia and Linda in their future endeavors!



LaSenia and Linda's energy and enthusiasm will be greatly missed!

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Community News

Programming in Response to Youth Risk Behavior Survey Findings

Hispanic UMADAOP started a summer girl's empowerment and development program called **La Mariposa**, which means *butterfly* in Spanish. The program was designed to encourage genuine self-expression, healthy relationships, emotional coping, decision-making, and pursuit of full potential. In addition, the girls, ages 9-16, received substance use prevention. La Mariposa was started as a direct response to recent Cuyahoga County Youth Risk Behavior Survey (YRBS) findings indicating that middle and high school Latinas have the highest propensity toward depressive symptoms compared to other racial groups. Great work by Hispanic UMADAOP on this new program!

Cuyahoga Problem Gambling Coalition Received \$20,000 Grant!

The Cuyahoga Problem Gambling Coalition received a \$20,000 grant from **Prevention Action Alliance** for enhancements in problem gambling and gambling disorder prevention services. The new funding will allow the coalition to focus on outreach to the Asian community, being one of the populations identified locally, statewide and nationally.

Ground Breaking and Ribbon Cuttings

Stella Maris held a groundbreaking ceremony on September 9 for a new centralized intake and detox building. On September 19, **Northern Ohio Recovery Association (NORA)** held a ribbon cutting ceremony and town hall. Congratulations to Stella Maris and NORA on their new facilities!

Also Congratulations to **Anita Bradley**, Executive Director of NORA for her recognition as a *Notable Woman in Nonprofit* by **Crain's Cleveland Business!** Bradley founded NORA in 2004 to help individuals with substance use disorders. She has grown NORA from a 2,500 square foot office, to their recently purchased 18,000 square foot building housing 38 full time staff. Bradley developed the ROPE project increasing medication-assisted treatment after detox and integrates psychosocial services. She has also created programs for those using prescription medications during the spike in opioid overdoses. Congratulations, Anita!

On August 21, **Circle Health Services** held a celebration of their syringe exchange program. The celebration included the unveiling of their new syringe exchange van!



(l-r) Beth Zietlow-DeJesus, ADAMHS Board Director of External Affairs; Daniel Lettenberger-Klein, Stella Maris Executive Director; and Allison Brandon, Stella Maris Development Coordinator



Ribbon cutting for Circle Health Services' new syringe exchange van!



Mayor Frank Jackson spoke to the crowd at NORA's ribbon cutting alongside Anita Bradley, NORA Executive Director.