

October Board Retreat and General Meeting

On October 13, the Board of Directors had their **Annual Training Retreat**. The Board heard from motivational speaker, **Stephen Sroka, Ph.D.**, who gave a presentation on addiction; from **Linda Torbert**, director of prevention and children's behavioral health services, who spoke about children's behavioral health outcome tools; and from **Ciara Dennis, Ph.D.** who spoke about the importance of culturally competent programming in the behavioral health care system. The Board participated in the annual retreat as required by **OhioMHAS**.



Board Chair Rev. Benjamin F. Gohlstin, Sr. (left) with presenters Ciara Dennis, Ph.D. (middle) and Stephen Sroka, Ph.D. (right)

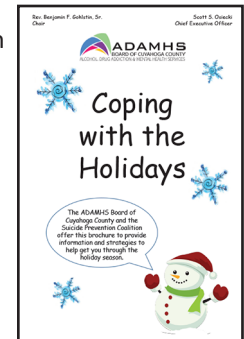
Two of our newest board members Erskine Cade, MBA (left) and Gwendolyn A. Howard, LSW, MSSA (right) pose for a quick photo during the board retreat on October 13.



*The **General Board Meeting** on October 24 was held at **Bellefaire JCB**. Bellefaire JCB is among the nation's largest, most experienced child service agencies providing a variety of behavioral health, substance abuse, education and prevention services. Bellefaire JCB is known for its work in autism, including services like day school, transitional education, and therapeutic residential treatment. They also have a sensory safe dental office and barbershop/salon to meet the needs of their clients and their families.*

Coping with the Holidays Booklet Released

The ADAMHS Board released an annual publication, ***Coping with the Holidays***, which offers tips on reducing extra stresses of the holiday season. This year's booklet was updated in partnership with the **Cuyahoga County Suicide Prevention Coalition**. The booklet is available on the ADAMHS Board website at www.adamhsc.org.



"People often believe that the holidays should be the happiest time of year. However, it can be a time of added stress," explains **Scott S. Osiecki**, Chief Executive Officer of the ADAMHS Board. "There is an unrealistic expectation to have the perfect holiday for ourselves, family and friends. This unrealistic goal is reflected in movies, television, books and our own internal ideals. But, we all too readily find that this goal of achieving the perfect holiday is only a myth. With our fast-paced lifestyles we do not have the time or energy to do everything. All the efforts that go into making a perfect holiday add up to a higher stress level. This booklet helps us remember to slow down and live well during the holidays."

Coping with the Holidays offers suggestions on things like how to reduce stress, deal with loss or change and enjoy the holidays on a budget. In addition, resource numbers are listed for those who find the stress of this holiday season, or any other time of year, too much to handle.

ADAMHS Board Funded Community-targeted Self-management of Epilepsy and Mental Illness (C-TIME) Initiative Featured in Epilepsy & Behavior Journal

In October, a research paper written on the ADAMHS Board funded **Community-targeted Self-management of Epilepsy and Mental Illness (C-TIME) Initiative** was published in ***Epilepsy & Behavior***, a bimonthly peer-reviewed medical journal covering behavioral aspects of epilepsy. This study, conducted in 2017, concludes C-Time is associated with improved outcomes for adults with epilepsy and mental health comorbidity. The initiative was made possible through a community collaboration including the ADAMHS Board, **Epilepsy Association, Department of Psychiatry and of Neurology at Case Western Reserve University's School of Medicine and Neurological and Behavioral Outcomes Center at University Hospitals**. An event in June 2018 was held to highlight this successful collaboration. This example can be repeated in other communities looking to provide a greater level of epilepsy and mental health care services.

In the Community

Congrats Front Steps Housing and Services

Front Steps Housing and Services has so much to celebrate! Front Steps held its 3rd Annual "All About the Arts" show on October 26, 2018. Clients shared stories about how art therapy helps them heal and their artwork with the attendees.

Then, Front Steps announced that they were chosen to be the beneficiary and exhibitors at the "Art of Giving" event hosted by The Progressive Insurance Foundation. The Progressive Insurance Foundation pairs with a nonprofit organization to help them raise funds for their valuable programs.

The "Art of Giving" exhibit will be held November 29, 2018. The showcase includes original artwork created by members of Front Steps Housing and Services art therapy program. At the event, attendees can meet the artists, view the gallery, and purchase one-of-a-kind art.

Front steps Housing and Services works to provide individuals and families in Cuyahoga County who are mentally disabled and/or economically disadvantaged with permanent supportive housing and lifelong solutions to increase self-sufficiency and independence.

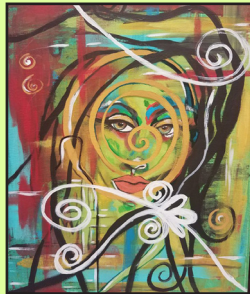


(l-r) **Scott S. Osiecki**, ADAMHS Board CEO, **Katie Kern-Pilch, MA, ATR-BC, LPC-S, HLM (BATA)**, ADAMHS board member, **David Eddy**, Front Steps Housing and Services Board President

Some of the art on display at the "All About the Arts" Show (below)



(l-r) **Gretchen Miller**, art therapist; **Norine C.**, client; **Regina Spicer LSW, LICDC-CS**, ADAMHS Board training officer; **Lawanda Harvey**, community participant



Proceeds from 9th Annual Suicide Prevention Concert go to the ADAMHS Board for Prevention Efforts

For the last 9 years, **Rita Jermann** has planned a suicide prevention concert in memory of a loved one who died by suicide. The concerts are a way to raise awareness and fundraise for suicide prevention efforts.

This year's concert brought in \$1,570 for the ADAMHS Board to put towards suicide prevention efforts.

Thank you Rita and all involved for your continued suicide prevention efforts!



(l-r) **Rita Jermann**, **Scott S. Osiecki**, ADAMHS Board CEO

UPCOMING EVENTS

Moving ROSC Forward Summit

December 4, 9:30 am - 3:30 pm

Xenos Christian Fellowship

1340 Community Park Drive, Columbus

If you would like to attend, please contact
Beth Zietlow-DeJesus

dejesus@adamhssc.org

Addiction and the Opioid Crisis Series: Revelations of Recovery, Community Action and Our Legal System

December 6, 7:00-9:00 pm

Landmarke Centre-Beachwood

Siegal Lifelong Learning

25700 Science Park Dr., Suite 100

Beachwood, Ohio 44122

Triple Threat Opioid Panel

Panelists include Scott S. Osiecki, Chief Executive Officer of the ADAMHS Board

December 11, 6:00-8:00 pm

City of Brooklyn Senior Center

7727 Memphis Ave., Brooklyn

Cuyahoga County Opiate Task Force Meeting

December 18, 9:00-11:00 am

ADAMHS Board of Cuyahoga County

2012 West 25th St.

SAVE THE DATE

Addiction Recovery Advocacy Meeting

January 14, 5:30-7:30 pm

Tri-C Jerry Sue Thornton Center

2500 E 22 St.

All-Provider Breakfast on Culturally Competent / Personalized Behavioral Healthcare

January 28, 8:30-11:00 am

Ariel International Center

1163 East 40th St., Cleveland

Celebrating Our Partners' Achievements

Y-Haven Celebrates 25th Anniversary

On November 10, Y-Haven held their 25th anniversary celebration, Steps and Stages, at Cleveland Public Theatre.

Together, Y-Haven and Cleveland Public Theatre have created a theater production performed by residents of Y-Haven for more than two decades. The play is based on the personal experiences of Y-Haven residents. Work on the production helps participants develop skills and capacities that support their sobriety and transition to employment, permanent housing and independent living.



(l-r) Scott S. Osiecki, ADAMHS Board CEO, Gregory X. Boehm, M.D., new board member and Chip Joseph, former Y-Haven executive director and honoree

Y-Haven provides transitional housing, recovery services, treatment for mental illness, educational training, vocational services and permanent housing placement to men who are homeless. Y-Haven is a program of the YMCA of Greater Cleveland and works closely with the Cleveland Metropolitan Housing Authority. Since 1993 Y-Haven has served over 4,000 men with over 2,300 having successfully completed the program.

FrontLine Service Receives Bezos Day 1 Families Fund Grant

FrontLine Service is one of 24 nonprofits nationwide to receive \$2.5 million from the Day 1 Families Fund to help provide case management, therapeutic and support services to assist families who are homeless. The funding will also support FrontLine's efforts to avoid shelter stays by quickly rehousing and stabilizing families.

The services provided with this funding will include therapeutic interventions to address families' exposure to trauma and mental health issues as well as employment and day care assistance. Increasing wraparound services will reduce the number of families that need to use overflow shelters and the family shelter system, freeing up community resources. It will also save children and families the trauma of entering the shelter system.

The Bezos Day 1 Families Fund was founded by Jeff and MacKenzie Bezos. The Fund provides grants to nonprofit organizations fighting homelessness.

Congratulations Magnolia Clubhouse!

Magnolia Clubhouse received an Award of Excellence at the Peg Foundation's Morgan Impact Awards for developing communities that reduce isolation and encourage hope for recovery. Congratulations Magnolia Clubhouse for being recognized for the great work you do!

2019 Art Program: Call for Artists

The ADAMHS Board of Cuyahoga County is calling for artists to display their artwork as part of the 2019 Client Artwork Display Program. This Program:

- Showcases Client and Consumer Artwork
- Highlights Provider Agencies
- Recognizes the Benefits of Art Therapy
- Celebrates the Recovering Community



Client artwork from Far West Center's Art Helps and Heals Program art display May 2018.

Each month, two-dimensional artwork (paintings, sketches, drawings, etc.) created by clients within the ADAMHS Board system will be featured in the Ohio Room at the ADAMHS Board. Artwork from different artists will be displayed each month and exhibit months are assigned on a first-come, first-served basis.

To participate in this program, please complete the application posted on our website: www.adamhsc.org. If you have questions about this program, please contact Beth DeJesus, External Affairs Officer via e-mail to dejesus@adamhsc.org or by calling 216-241-3400, ext. 812.

New Peer Seal of Quality for Adult Care Facilities (ACFs) Program

The ADAMHS Board is happy to announce a new program, the Peer Seal of Quality for ACFs. This program will help develop a "preferred list" of ACFs to provide safe, decent and affordable housing for individuals living with mental illness.



The Board will contract with certified peer specialists and peers in the process of becoming certified to conduct home visits of the ACFs that have submitted responses to the board request for proposals (RFPs) to be eligible to provide housing to individuals with mental illness funded through the Board's Residential Assistance Program (RAP). The peers and home visits will be coordinated by Craig Dunson of Lifeworks Behavioral Health Solutions, a peer-operated organization.

During home visits, a pair of peers will perform a walk through and visual assessment of a residence, take photos, complete a checklist and provide a recommendation of a "Peer Seal of Approval." Peers will look for cleanliness; upkeep of the property (carpets, floors, cabinets, appliances, visual leaks etc.); supply, availability and quality of food, clean sheets and towels; adequate toiletries etc. Home visits are not a licensing inspection. All of the homes will already be licensed by OhioMHAS.

Staff News

New Staff Member

Curtis Couch, Chief Technology & Data Analytics Officer

Curtis Couch joined the ADAMHS Board in November as the Chief Technology & Data Analytics Officer. He most recently served as Manager of Database Administration for Cuyahoga County. Curtis previously worked for the ADAMHS Board post-merger as a Data Specialist and pre-merger as the Director of MIS for the Cuyahoga County Community Mental Health Board for over nine years.



Curtis Couch

"I have worked in the public and not-for-profit sector for virtually my entire career. Returning to the Board will allow me to work with a great group of dedicated individuals and contribute to the efficiency and efficacy of the County's behavioral healthcare delivery system. I very much look forward to building out the Board's capacity for making data informed decisions and supporting the Board's many subject matter experts with relevant, timely information," he said.

Curtis has dual Bachelor degrees from Miami University in Decision Sciences and Marketing. He also attended the Leadership Academy at Cleveland State University's Levin College of Urban Affairs.

When not at work, you will find Curtis biking, hiking or kayaking on Lake Erie depending on the season.

He can be reached at **216-241-3400 x. 740** or email: couch@adamhsc.org.

OhioMHAS Peer Supporter Trainings to be Held at the ADAMHS Board

What: OhioMHAS Peer Supporter Training

Where: ADAMHS Board of Cuyahoga County

When:
December 10 - 14, 2018
February 11 - 15, 2019
May 6 - 10, 2019
August 5 - 9, 2019

Prior to attending training, you must be approved and assigned to a training. Instructions can be found here: workforce.mha.ohio.gov/Workforce-Development/Job-Seekers/Peer-Supporter-Training.

If you have questions about the process, email peerservices@mha.ohio.gov.

OhioMHAS will be offering the **Ohio Peer Supporter Training** at the ADAMHS Board December 10 - 14, 2018; February 11 - 15, 2019; May 6 - 10, 2019; and August 5 - 9, 2019.

Prior to attending an **OhioMHAS 40-Hour In-Person Integrated Peer Recovery Supporter Training**, applicants first need to be approved and assigned to a training. The detailed process for approval and assignment to a PRS training can be found by following this direct link: workforce.mha.ohio.gov/Workforce-Development/Job-Seekers/Peer-Supporter-Training.

These trainings are hosted by OhioMHAS and held at the ADAMHS Board. Should you have any questions regarding the Peer Recovery Supporter training process, please email: peerservices@mha.ohio.gov.



Ralph Piatak

Farewell Ralph!

At the end of November, **Ralph Piatak**, director of finance, retired from the ADAMHS Board after over 20 years of dedicated service. "This was the first job I had that I felt I was making a difference. I am very grateful for the experience," Ralph said.

Ralph also shared that he will miss his co-workers that he has grown close with over the years. You will be missed, Ralph. Thank you for your 20 years of service to the ADAMHS Board. Enjoy a much deserved retirement!

ADAMHS Board Training Officers in Action

On November 9, **Regina Spicer, LSW, LICDC-CS**, Training Officer for the ADAMHS Board, gave a presentation to the **Board of Governors of The McDonnell Center Community Based Correctional Facility (CBCF)**. Her presentation, *Communication: Impact of Presence, Power and Tone*, briefed the Board of Governors on how they can engage their staff in de-escalation and effective communication with their clients.

Rev. Benjamin F. Gohlstin, Sr., Chair
Eugenia Kirkland, LSW, MSSA, CDCA, Vice Chair
J. Robert Fowler, Ph.D., Second Vice Chair

Reginald C. Blue, Ph.D.
Gregory X. Boehm, M.D.
Erskine Cade, MBA
Elsie Caraballo
Cassi Handler
Gwendolyn A. Howard, LSW, MSSA
Katie Kern-Pilch, MA, ATR-BC, LPC-S, HLM (BATA)
Steve Killpack, MS
Max M. Rodas, MA
Sharon Rosenbaum, MBA
Hugh B. Shannon
Harvey A. Snider, Esq.
Mary M. Step, Ph.D.

Scott S. Osiecki, Chief Executive Officer

Fall/Winter Training Institute

The ADAMHS Board Training Institute's Fall/Winter workshops are wrapping up. There are still a few spots open for the following workshops:

December 7: Technology and Mental Health: Risks and Opportunities

December 14: Bullying: Forms, Functions and Interventions



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
- Melody Beattie