



YOU.ME.US. We're in this together. There is no them.

A monthly update from the Lake County ADAMHS System

First Responder Efforts

For this year's *Week of Appreciation* we focused on our county's law enforcement officers, firefighters, EMTs, and other first responders. We not only appreciate their exceptional efforts and commitment, we also fully understand that many of these people are experiencing job-related stress and anxiety. So our message was two-fold: Thank you, and please reach out for help if you need it.

We created a pop-up banner and some mini footballs to help carry the messages, and participated in Spaulding Fest, an event which raised awareness and funds to help with the cause. We also did regular social media posts to help promote the efforts.

Crossroads Health, Lake-Geauga Recovery Centers, and University Hospitals/Lake Health have collaborated to offer improved behavioral health and physical health needs of first responders. The goal is to embed a culture of wellness into participating departments through prevention. The initiative establishes a first-responder led peer supporter program in each of the participating departments. Access is through the 24/7 First Responder Hotline at 440-639-3600. Hotline calls are answered by Certified First Responder Triage Specialists.

For more information contact our Compass Line at 440-350-2000.

THANK YOU!

If you're a law enforcement officer, fire fighter, or EMT you regularly save lives and help get people on the road to recovery.

Our sincere thanks.

The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board plans, funds, evaluates, and monitors services available for Lake County residents who are dealing with mental illness and/or substance use disorders. Learn more at HelpThatWorks.us.

www.HelpThatWorks.us

LAKE COUNTY ADAMHS BOARD

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24 in 24

Jackie Bruner, our Director of Business Operations, did something quite remarkable recently. She was a part of the "24 in 24" event where participants do the seemingly impossible: run 24 miles in 24 hours.

All told, she and 249 other runners raised a whopping \$447,000 for Special Wish, a foundation that supports youngsters who have life-



threatening illnesses.

Wow. We're proud of you, Jackie.
This photo says it all.

Meet our Team!

Matt Sabo, Concord Township's Fire Chief, is vice-chair of our ADAMHS Board. Sabo has been an ADAMHS Board member since 2018. He's a long-time and active member of the ADAMHS Board's Opiate Task Force and was instrumental in planning and coordinating Lake County's Quick Response Team.



Kimberly Fraser, our Executive Director, says "One of the reasons our Lake County ADAMHS system is so effective is that we have great board members. Matt Sabo's above-and-beyond efforts are making a real difference in Lake County. Our ADAMHS system is very fortunate to have him on our team."

Sabo was named a 2020 CARES award winner by the Ohio Association of County Behavioral Health Authorities. CARES awards are given annually to first responders and frontline workers who go above and beyond in helping individuals, families, and communities deal with the adverse effects of Ohio's opiate epidemic. Sabo was selected in the EMS category.



**If you have
the power
to make
someone
happy, do
it.
The world
needs more
of that.**

-Unknown

**RANDOM ACTS OF KINDNESS
FOUNDATION**

News from ADAMHS provider agencies

Crossroads Health: A Certified Community Behavioral Health Clinic

There are eleven CCBHCs in Ohio. Crossroads Health is the only one in Lake County. CCBHCs up the intensity of services and client engagement in their treatment, thus allowing for better rates of recovery and reduced rates of hospitalization and incarcerations. CCBHC clients experience streamlined, easy to access services with their treatment team including a Care Coordinator. Clients are able to utilize their Care Coordinator as a single point of contact to organize all services and support their access to needed treatment. Clients are also offered the opportunity to participate in an important evaluation project, which seeks to give a voice to those receiving services. CCBHC services are available to both youth and adult clients.



Lake-Geauga Recovery Centers Expands Treatment facilities

To address the growing and changing needs for residential substance use disorders services Lake-Geauga Recovery Centers (LGRC) officially opened its newest residential treatment facility in Painesville during a ceremony on October 13.

LGRC operates residential treatment programs for men, women and pregnant women. The programs provide a structured, nurturing, therapeutic environment in which individuals can develop the skills, insight and support necessary to achieve long-term sobriety. The facilities offer a home-like atmosphere with easy access to public transportation, churches, YMCA, 12-step meetings, stores, and social service agencies. Family counseling services are available and encouraged for the family members of residents. Programming addresses the full spectrum of clients' needs including housing, relationships, vocational training, workforce preparation, child care, education, transportation, mental health and physical health.

Saluting our Veterans

November 11 is Veterans Day – a day set aside in the United States to honor veterans of the armed forces.

Our Lake County ADAMHS system is acutely aware of and grateful for the commitment and sacrifices of these brave men and women. We work in cooperation with the Lake County Veterans Administration office, and we encourage local veterans to use our Compass Line (440-350-2000) to explore available services to treat anxiety, depression, PTSD, or substance-use disorders. Crossroads Health's recent status as a Certified Community Behavioral Health Clinic translates to improved and expanded offerings for active military personnel and veterans. And our system has collaborated with Willoughby Municipal Court to create programming especially focused on the needs of veterans who are involved with the criminal justice system.

International Survivors of Suicide Loss Day

November 20th is International Survivors of Suicide Loss Day; an annual event when survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. Losing a friend or family member to suicide is a unique experience; the pain and anguish are unlike what you might feel when someone you care about dies from other causes. If you've lost someone to suicide please call our Compass Line at 440-350-2000 to learn more about available support resources.

The Lake County Trauma Response Team

The Lake County ADAMHS Board's Trauma Response Team offers timely, coordinated, professional response to traumatic incidents that have broad community impact. On request, a Team will assemble and, using techniques widely recognized to mitigate psychological trauma, help those impacted begin to understand and recover. Among the entities the Team has worked with are schools, businesses, non-profits, and community groups that have experienced suicides, assaults, accidents and similar tragic events. Teams are made up of mental health professionals from agencies within the Lake County ADAMHS network. Access is through our Crisis Hotline at 440-953-8255.

Lake County Alcohol, Drug Addiction and Mental
Health Services (ADAMHS) Board

Lake County
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**TRAUMA
RESPONSE**
The healing starts here.

