

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

A monthly update from the Lake County ADAMHS System



## • Lake ADAMHS and Lakeland CC awarded grant

Ohio's Department of Mental Health and Addiction Services (OMHAS) has announced recipients of the ***Rise and Thrive Campus-Community Partnerships***, a competitive funding opportunity. The Lake County

ADAMHS Board and Lakeland Community College are proud to be one of the twelve campus-community partnerships across Ohio to have been selected. The grant includes funding to collaboratively plan and implement behavior and/or mental wellness initiatives, and training, technical assistance, professional development and, networking opportunities.



## October is Domestic Violence Awareness Month

WomenSafe, one of the providers in the Lake County ADAMHS network, is supporting and drawing attention to Domestic Violence Awareness Month in a number of ways.

The agency's ***"Shine a Light on Domestic Violence"*** campaign encourages community members to show their support for survivors by displaying a purple light in their windows (purple is the color that represents DVAM). In partnership with the Northeast Ohio Domestic Violence Task Force, WomenSafe will be a part of the **2<sup>nd</sup> Annual DV Awareness Virtual Conference**

The organization has also partnered with football teams from multiple

area schools to raise awareness of DV at one home football game in October. The players will have purple ribbon decals on their helmets and the cheerleaders will wear purple cheer bows.

## Meet our Team!

Danette Richards is our Triage Specialist. She's been a part of our team for nine years. Her primary responsibility is the Compass Line—a central, user-friendly entry point for Lake County individuals/professionals in need of direction regarding mental health, and/or substance-use disorder services. In addition to the Compass Line, she also manages a wealth of data for quality improvement purposes.



Prior to joining the ADAMHS Board Danette was a Social Service worker for Geauga County Children Services for 10 years and Lake County Children Services for five years.

In her off-duty hours Danette enjoys spending time with her husband John and their four children—Marek, Miranda, Gabriel, and Luke. She also enjoys reading and gardening.

¿Deprimido? ¿Abrumado? ¿Bebe demasiado? ¿Violencia en la familia? ¿Abuso de drogas?

*¿Necesita un sentido de dirección?*



Comience aquí. ¿Está buscando ayuda con problemas como depresión, trastornos del humor, abuso de alcohol o drogas, o violencia familiar? ¿Vive en el Condado de Lake? Entonces le invitamos a llamar a nuestra Línea Compass. Usted hablara con un especialista entrenado en determinar prioridades que le puede ayudar a ordenar sus sentimientos, evaluar sus opciones, y conectarse rápida y firmemente con los recursos locales correctos. Es gratuito. Es confidencial. Es un gran lugar para comenzar.

Directora de Servicios de Atención, Adultos y Drogas,  
Fátima Morales del Condado de Lake (20200107)  
**LA LÍNEA COMPASS**  
Ayudándole a encontrar la dirección correcta.  
(440) 918-2000 o (440) 350-2000  
compass@lakedadhs.org

## News from ADAMHS provider agencies

**Catholic Charities Lake County has opened its new Hispanic Resource Center.** This will meet a host of the community needs including access to a computer, materials from the Mexican Consulate, other resource materials, and a Spanish library.

The Lake County ADAMHS Board contributed Spanish language versions of our Compass Line and Transportation Line promo pieces.

**BRIDGES** hosts its annual Clambake October 16. More information at (440) 350-9922.

Kudos to the **NAMI Lake County** team for their outstanding efforts to make the 2021 NAMIWalks event a big success!

## Problem Gambling Services

The Ohio Department of Mental Health and Addiction Services has released its Problem

Gambling Services Plan. The plan prioritizes ensuring that Ohioans who choose to gamble are aware of how to be responsible about their choices, and how to access help if they need it. Gambling Disorder can have devastating life consequences that often co-occur with other behavioral and physical health issues and elevate the rate of suicide. Locally, problem gambling prevention, treatment and recovery efforts are spearheaded by ADAMHS provider Lake-Geauga Recovery Centers. The Ohio Problem Gambling Helpline number is 1-800-589-9966



## Tips for coping with depressive illness.

**Coping with depression can be tough. It drains your energy and causes you to feel numb. Here are some tips that may help:**

### **Realize that depression is an illness.**

If you or someone you care about is affected with depression the first thing to do is understand that it's a serious illness—not a character weakness. It's wrong and dangerous to think of mental conditions and physical conditions differently. They're both vital components in the definition of wellness. And just like physical conditions, mental conditions are treatable.

### **Don't let yourself fall prey to stigma.**

One in four adults experience mental illness. Of those only 40% receive treatment. There's no stigma about seeking help for physical conditions. Unfortunately that's not always true with mental illnesses. Remember that asking for help is not a sign of weakness.

### **Maintain a healthy lifestyle**

Depression can cause sleep problems. You either sleep too little or too much, and this directly affects your mood. Learn how to maintain a healthy bedtime routine that will help you relax and fall asleep better. Likewise, depression often impacts eating habits. Some people with depression lose weight because the illness makes it tough to navigate shopping for and preparing healthy foods. Others will gain weight because they're "self-medicating" with food. And keep in mind that regular exercise

will help improve your lifestyle and help you with fatigue.

### **Keep stress in check**

Stress can worsen depression, so it's vital to learn how to cope with stress. You can keep your stress levels in check by using relaxation techniques like yoga, deep breathing exercises, and meditation.

### **Practice gratefulness**


Write down five or more little things that make you happy in a journal every day. On particularly low days, you can revisit what you've written to remind yourself that there is still light in your life.

### **Know where to reach out for help**

If you or someone you know experiences depression or other mental health issues, it is important to seek help. And help is readily available here in Lake County through the ADAMHS Board network. A great place to start is with a call to our Compass Line at 440-350-2000. You'll talk with a specially trained triage specialist who will get you quickly and firmly with the right care.

## **We salute and thank our first-responders!**

**The Lake County ADAMHS Board recently participated in a statewide Week of Appreciation effort. First responders include law enforcement officers, firefighters, EMTs, and dispatchers. We always appreciate the dedication and hard work of these vital people, and we're very proud of the collaborative ways we interact with them. Here's a look at the pop-up banner we created to help us recognize and thank them.**




**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](http://HelpThatWorks.us).



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