



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

A monthly update from the Lake County ADAMHS System



## **Holiday Greetings from our Team!**

**The holidays, no matter how you choose to define them, are upon us! From the Lake County ADAMHS staff and board best wishes for a wonderful season with family and friends!**

## **You matter!**

Your Lake County ADAMHS Board launched a yard-sign campaign recently. This one combines a suicide prevention message with a nod to the holidays. As you know, the holiday season can spawn nasty bouts of anxiety and depression. Hundreds of these signs are posted all throughout Lake County. Thanks to our service providers and community partners who helped with the distribution!



## **Tips for reducing holiday stress**

As wonderful as the holiday season can be it can also bring on stress factors that can be tough to deal with. Here are some tips that can help.

### **Practice positive self-talk**

One of the ways we can overcome stress is by thinking in a more optimistic manner and speaking nicely to ourselves. Positive self-talk really can help make our day-to-day challenges more manageable.

### **Reduce your to-do list**

During the holidays we often feel pressure to do more. This year try to focus on the things that really matter. You'll be

surprised at how much this can help.

## **Set boundaries**

One of the healthiest things we can do for ourselves is to create and enforce boundaries. When you start to feel tired or uncomfortable, or if an action/situation doesn't align with your values, it's okay to say no.

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# **Meet our Team!**

Christine Lakomiak, our Director of Quality and Clinical Operations, will be with the Board for 15 years in March and has worked in our Lake County ADAMHS system of care since 1998. Her responsibilities include monitoring agency performance for local, state and federal compliance; identifying gaps and program development; acting as client rights officer; and being the go-to person for clinical issues and challenges – working with providers daily to help resolve barriers and brainstorm solutions for client care. Christine says she “supervises three amazing staff and has named them the Dynamic Doers – they consistently get the job done and get it done well!”

Christine and her husband, Jason are the parents of two children. Christine is a passionate dirt bike and dual sport rider. A proud mom-moment was when she taught her son how to ride a dirt bike. While her daughter doesn't ride alone yet, she is on the back telling the family through the helmet intercom what to do and where to go. And yes, they listen. Her family explores trails and mountains in the back-country all over the United States – taking their camper and toys to help them explore. This summer the family explored mountains and trails in Ohio, PA, West Virginia, and Colorado. After an exciting day of riding, they watch videos shot on their Go Pros and laugh, high five, and sometimes cringe in disbelief that they conquered a big ol' challenge!



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## **The Lake County CALMHS Committee**

Lake County's Community Alliance of Law Enforcement and Mental Health Services (CALMHS) Committee was founded in 2001.



The goal, then as now, is to foster communication and cooperation between local law enforcement personnel, mental health treatment providers, and courts to ensure that more people with mental illness get the help they need.

**CALMHS is not anti-incarceration.** But CALMHS recognizes that incarceration isn't always a complete – or appropriate – answer

when mental illness is a factor.

### **Crisis Intervention Training**

CALMHS offers Crisis Intervention Training (CIT) for first responders to help them recognize mental illness symptoms, and respond safely and effectively when they encounter someone exhibiting symptoms during a call. There are CIT-trained officers in every law enforcement department in Lake County.

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## **When mental illness adds to the stress of parenting**

Being a parent is no picnic some days. Stress factors can come at you from all kinds of directions – school troubles, the economy, family dynamics, peer pressure, and adolescent hormonal shifts to name just a few. Even the most savvy moms and dads can have a tough time keeping their acts together when things start to spin out of control.



The Lake County ADAMHS Board provides funding and support for a network of local mental health and recovery service providers. If you're a parent looking for help – either for yourself or for your kids – consider calling the ADAMHS Compass Line at 440-350-2000. You'll talk with a trained triage specialist who can help you sort through issues and connect you quickly and firmly with the right local resources. It's free, it's confidential, and it's a great place to start.

Lake County ADAMHS Board | One Victoria Place, Painesville, OH 44077

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