



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

A monthly update from the Lake County ADAMHS System



Here's to a great 2022!
Our staff and board wish you and yours all the best for the year ahead!



Parents support mental health education in schools

A recent poll conducted on behalf of the National Alliance on Mental Illness reveals that an overwhelming number of parents support mental health education in schools. The same poll found that 44% of parents of children 17 and younger report being concerned about their children's mental health, but far fewer (16%) looked for help for them.

Helping someone with a mental illness

Start the conversation.

"You haven't been acting like yourself lately. Is something going on?" "I've noticed that you're (sleeping more, eating less, etc.) lately. Is everything okay?"

Offer support.

"I care about you. Let's work together to try to get you some help."

Be a friend.

Check in with them regularly, and



include them in your plans. Reinforce that help is available and that things will get better. Know how to access resources. A great place to start is with a call to the Lake County ADAMHS Compass Line at 440-350-2000.



Meet our Team!

Roberta Kalb was first appointed to the ADAMHS Board in 2002. Per Ohio law, she had to step down from the Board 2010. Fortunately for us, she became eligible for reappointment one year later.

Roberta has served as chair, vice-chair, secretary, and treasurer of our board. Her involvement has also spanned every ADAMHS Board committee. ADAMHS Executive Director Kim Fraser said “Roberta and her husband, Jerry have well-earned reputations for compassion, enthusiasm, clear thinking, leadership, and respect for the perspectives of others. Roberta brings all of those attributes to her work here. She’s a tireless advocate for our ADAMHS system, the agencies we support, and the local families and individuals who rely on our services.”

Suicide Prevention Updates

As a part of our recent suicide prevention efforts your ADAMHS Board distributed 3,000 coasters bearing messages of hope to area restaurants and bars. We also designed and posted back-lit signs with similar messaging in eight locations at Mentor’s Great Lakes Mall. Last but not least we’re proudly bringing Zero Suicide to this area in February. The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable. Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care. When an organization makes a commitment to Zero Suicide, everyone understands that safe suicide care begins the moment the patient walks through the door for the first time. It is essential that all staff members have the necessary skills to provide excellent care, which in turn will help staff to feel more confident in their ability to provide caring and effective assistance to patients with suicide risk.

Are you a "manly man"?

If so you may be a tad reluctant to reach out for help for depression, anxiety, or other

mental health issues. Well here's a website that has your name all over it. Mantherapy.org is a marvelous resource that speaks your language. We promise it will make you smile while it conveys important information about various disorders and how to deal with them.

PS...This is also a great site to visit if you're the son, daughter, wife, or significant other of a manly man!
<https://www.mantherapy.org/>.



Welcome Dan Rowles!

Your Lake County ADAMHS Board is proud to welcome Dan Rowles to our team as our new Behavioral Health Project Manager. Dan is no stranger to our system. He spent a number of years as Behavioral Health Liaison and Forensic Monitor, both headquartered at Signature Health. He was also heavily involved in our system's QRT (Quick Response Team) initiative.

Dan's new position will see him working with our management team to identify possible service gaps, exploring and securing grants that would help us deal with those issues, and following through to make sure all the dots are connected properly.

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

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