



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

A monthly update from the Lake County ADAMHS System



Local decision making matters!

Ohio ADAMHS Boards are established by state statute. There's one of us, or the equivalent, in every Ohio County. In our case, we're responsible for planning, funding, monitoring, and evaluating the network of services available to Lake County residents who are dealing with mental illness and/or substance-use disorders.

Local decision-making is so very important to our mission. Our board is made up entirely of Lake County residents who serve without

compensation. They're the ones guiding decisions about services available to their fellow Lake Countians. They have local perspectives which help them understand local needs, and to address those needs effectively and efficiently.

Local decision making works. It's one of the reasons your Lake County ADAMHS Board can keep vital services available to our neighbors who rely on them.

Board member retires

Chief Jim McBride has retired as an ADAMHS Board member. Chief McBride became a board member in 2014. He was appointed by the Lake County Commissioners. He served on our Allocation, Program, Long Range Planning, and EQI Committees.



The retired Lakeland Community College Police Chief has been a staunch and effective advocate for the health and wellness of first responders and veterans and a strong voice for our system with political leaders throughout the county and state. We will miss him!

Recovery is a journey, not a destination. There's no finish line. It's worth it.

Need a place to start? Call our Compass Line at 440-350-2000.

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Meet our Team!

Sandra Tenkku is our Community Outreach Specialist. Her job in a nutshell? Increase awareness that mental illnesses and substance-use disorders are legitimate, treatable illnesses, and that help is readily available here in Lake County through the Lake County ADAMHS



Board's network of providers.

Sandra is one busy lady. During our fiscal year 2021 she did presentations for businesses, first responder groups, social service agencies, libraries, churches, and community organizations. She's also heavily involved with initiatives like our Community Alliance of Law enforcement and Mental Health Services (CALMHS) Committee, Suicide Prevention Coalition, and Trauma Response

Team.

Prior to joining Team ADAMHS Sandra was Director of Housing Services for Extended Housing, one of the providers in our network. She holds a B.S. degree from Bowling Green State University as well as an M.B.A. from North Central University.

Off-duty she loves to read and spends as much time as possible outdoors. Oh, and she very much looks forward to her nightly kitchen dance parties with her almost-two-year-old daughter.

Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. Our friends at WomenSafe would like you to understand a few things about that topic.

- Teen dating violence is common. Data from the CDC indicate that approximately 1 in 11 female and 1 in 14 male high school students have experienced dating violence in the last year.
- Teen dating violence can manifest itself in a number of ways. Physical violence, sexual violence, psychological aggression, and stalking are all forms of teen dating violence.
- Many teens do not report unhealthy behaviors because they're



afraid to tell family and friends.

- Teen dating violence can have profound impacts on lifelong health and well-being. Unhealthy relationships can start early and last a lifetime.

The good news is dating violence is preventable. Educating teens on healthy vs. unhealthy relationships is vital to help them navigate their dating life in responsible and healthy ways. Even if your teen isn't yet dating, talking with them can prevent future abuse. Ask your teen about their friends' relationships. Use TV, news, and social media to point out healthy/unhealthy characteristics. Have an open, non-judgmental discussion about dating.

Conversation starters:

- Are any of your friends dating? What are their relationships like? What might you want in a partner?
- Have you witnessed any unhealthy relationships at school? How does that make you feel?
- Would you know what to do if you witnessed or experienced abuse?
- Would it be weird if someone you were dating texted you constantly to ask you what you're doing?

For more information about dating and/or domestic violence
womensafe.org.

If you need help:

Call the 24/7 WomenSafe COPEline at 888-285-5665 or text 4HOPE to 741741

Counterfeit drugs



Despite best efforts by law enforcement, fake prescription tablets are being sold in Ohio and elsewhere. Some of these tablets contain fentanyl, a powerful drug that can be fatal. It's nearly impossible to visually tell the difference between these counterfeit pills and legitimate ones.

Bottom line: Be safe. Know for sure what you're putting in your body. If it wasn't prescribed to you by a licensed health care

provider, don't take it.

NAMI Lake County Offers Men's Support Group

Looking for a safe, confidential environment in which you can explore and share experiences unique to men? The local chapter of the National Alliance on Mental Illness (NAMI) has begun a weekly support group that fills that bill. The group meets every Thursday via Zoom from 6-7:30 p.m. It's open to men of all ages. Learn more at www.namilakecountyohio.org

*Be the reason
somebody
decided not to
give up today!*



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