



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

A monthly update from the Lake County ADAMHS System

National Drug & Alcohol Facts Week

March 21-27 is National Drug & Alcohol Facts Week. Let's work together to dispel some myths about the misuse and abuse of drugs and alcohol.

Myth: Abusing prescription medications is a safer than abusing street drugs.

Fact: Many Rx pain meds are opioid-based. They can be very addictive. If you're taking prescribed pain medications make sure your intake is being monitored and that you're transitioned to a non-addictive alternative as soon as possible.

Myth: Teens usually get prescription meds from drug dealers on the street.

Fact: Many pain meds are prescribed following a surgery to provide needed relief. Again, many of the meds can be addictive, and sooner or later the prescriber won't be able to do refills. If, by then, someone has become addicted they'll often turn to the streets for more. One more note here: If you're buying your drugs on the street you have no idea what's in them. They might be laced with something deadly. It's not worth the risk.

Myth: This isn't a big problem.

Fact: On average 14 people will die in Ohio *today* as the result of an overdose. And unintentional overdose is the leading cause of accidental deaths.

Myth: Treatment doesn't work.

Fact: Addiction disorders are treatable and treatment is readily available in Lake County. Three of four people who say they have a substance-use disorder are in successful recovery. For more information or help, call the Lake County ADAMHS Compass Line at 440-350-2000.

Projects for Assistance in Transition from Homelessness (P.A.T.H.)

This Extended Housing program links individuals who are homeless or facing homelessness with vital services.



The agency's team engages in intensive outreach, and provides supplies such as hygiene products, blankets, food vouchers, and bus passes. They'll also help those individuals access available housing and mental health services.

The homeless outreach team is available, no appointment necessary, on the third floor of the Extended Housing Wellness Center located at 270 E. Main Street, Suite 300 in Painesville during walk-in hours Monday from 8:30am–3:00pm. More information is available by calling 440-352-8424 or visiting www.extendedhousing.org.

*Place your hand over
your heart. Can you feel it?
That's called purpose.
You're here for a reason.*



Crisis Hotline: 440-953-8255
Crisis Text Line: Text 4Hope to 741-741

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Meet our Team!

David Enzerra's impacts on the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board have been numerous and profound. He has served on all Board committees and currently serves on our Executive Committee as Past Chair. As our Board Chair during our past fiscal year, Dave provided rock-solid leadership. He has strengthened our Board's ability to make prudent decisions on behalf of Lake County's

taxpayers — by helping recruit and mentor new Board members, by being an assertive voice for enhanced Board visibility, and by making sure that innovation, collaboration, and efficiency are “A” priorities. Dave helped lead our system's strategic planning process, and has since worked to maintain appropriate focus on the results of that important initiative. His uncompromising insistence on the highest ethical standards is apparent in every facet of Dave's involvement with our Board.

Social Work Month

March is Social Work Month. Here are some things you may not know about social workers:

- Ohio is home to more than 22,000 licensed social workers.
- Nationally, social workers are the largest provider of mental health services—more than counselors, psychologists, and psychiatrists combined.
- All social workers have at least a bachelor's degree in social work. Most have a master's degree and many have a doctorate.
- Social workers must be licensed by the state to use the title 'social worker.'
- Social workers are everywhere people need help navigating tough life challenges. They contribute to interdisciplinary care teams in schools, hospitals, mental health centers, nonprofits, corporations, the military—and in local, state, and federal government.
- Health care social workers act as patient advocates, performing research, program development, and administration of care services for individuals, families, or small groups.
- Child welfare social workers provide care services to children, youth



populations, and families, often focusing on abuse or trauma prevention.

The Lake County ADAMHS system relies heavily on the well trained, compassionate, and effective social workers employed by our network of service providers. We salute their dedication and hard work!

LGRC Grief Support Group



Anyone who has experienced the alcohol or drug related loss of a loved one knows that society treats that type of death differently than a death from other causes. When someone dies as the result of cancer or an auto crash there's typically an immediate outpouring of love and support. An overdose? Not so much.

If you're a parent, spouse, partner, son or daughter, sibling or friend, you don't have to go through this alone. Lake-Geauga Recovery Centers' grief support group offers help, comfort and understanding to assist individuals in recovering from this unique loss. Licensed counselors and peer supports will help you navigate the grieving process, and offer encouragement and hope.

Meetings are held weekly at the agency's Mentor office located at 9083 Mentor Avenue. The sessions are free and open to the public. Call 440.255.0678 for days and times.

Crossroads Health wants you to go fly a kite!

But in a great way! Crossroads Health's Inaugural Biennial fundraiser, Soaring Hearts, happens at Headlands Beach State Park on May 21, 2022, at 2 pm. The goal? A Guinness World Record for the most kites flown simultaneously. C'mon, you know you want to be a part of that! School groups, teams, social groups & clubs, organizations, businesses, individuals, families & friends—all are welcome for an unforgettable moment of sheer amazement and wonder for all ages and stages of life. For more information contact James Wyman at 216.360.4445 or jwyman@crossroadshealth.org



March 30 is World Bipolar Day.

Why March 30th? That's the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having a bipolar condition.

Bipolar disorder (formerly called manic depression) is a serious mental disorder characterized by very high highs and very low lows. In some cases symptoms can also include hallucinations, delusions, impulsive behaviors, and/or risk-taking.

The good news is that, like other mental illnesses bipolar is treatable. Treatment typically includes medications and psychotherapy, but may also include self-management strategies and health approaches such as meditation.

Treatment for bipolar disorder is readily available through the Lake County ADAMHS network. To find out more or to explore options call our

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