

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

A monthly update from the Lake County ADAMHS System

Trauma Response

The Lake County ADAMHS Trauma Response initiative offers free, timely, coordinated support in the wake of a suicide, assault, large scale accident, or other serious event.

A group of locally-based behavioral health professionals who work within the ADAMHS network will be deployed to the site on request. These interventions are not intended to take the place of counseling or therapy. Our team makes every effort to identify those who may be in need of additional professional mental health services and help connect them with appropriate resources.

To access Trauma Response services call Lake County's Crisis Hotline at 440-953-8255. A team leader will contact you to learn more about the nature and scope of the incident and to begin planning an appropriate response strategy.

Lake County Alcohol, Drug Addiction and Mental
Health Services (ADAMHS) Board

Lake County
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**TRAUMA
RESPONSE**
The healing starts here.



Annual Awards

It's time once again to start thinking about our annual system-wide awards. As a reminder, there are three:

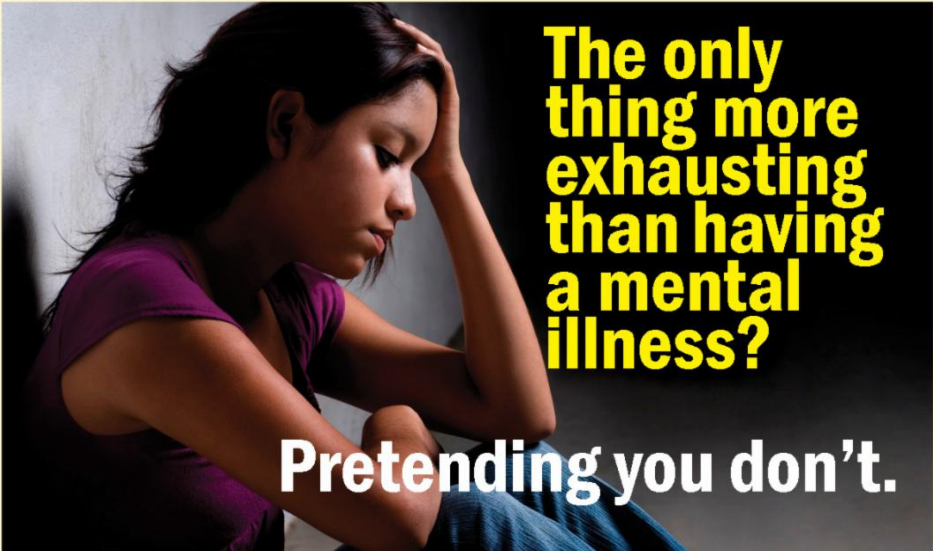
Unsung Hero Award. Honors someone in our system, typically an employee at an ADAMHS service provider, whose above-and-beyond-the-call-of-duty efforts have made a significant contribution.

Recovery Award. Honors an individual who is receiving services from one or more of our providers and has worked hard, overcome obstacles, achieved goals, and inspired others.

Advocate Award. Honors a friend, family member, or community partner who has contributed significantly and selflessly to our system’s core mission; and/or has played a key role in furthering someone’s recovery journey.

Winners will be recognized at our Annual Meeting. Nominations can come from anyone, so please circulate among others as you see fit. **Note that nominations must be submitted by the end of May.**


The nomination form is on our website and it can be completed and submitted online. Here’s the link:
<https://www.helpthatworks.us/lake-county-adamhs-board-award-nominations/>



The only thing more exhausting than having a mental illness?

Pretending you don't.

If you or someone you know is struggling our Compass Line is great place to start. 440-350-2000.



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 addiction disorders. Learn more at www.HelpThatWorks.us.



Meet our Team!

Meet Dan Rowles, our behavioral health project manager.

He’s relatively new here but he’s no stranger to the Lake ADAMHS system having been a part of it for 20 years as a case manager, dual counselor, group facilitator, care coordinator, and case management supervisor. Most recently he was Lake County’s forensic monitor and behavioral health liaison. He was also heavily involved in the system’s QRT (Quick Response Team) initiative.

Dan works with the ADAMHS management team to identify possible service gaps, explore and secure funding to help deal with those issues, and follow through to make sure all the dots are connected properly.

Off-duty he’s a huge music fan and goes to live shows every chance he gets. His music tastes run from classical to hard rock and pretty much everything in between. He also enjoys hiking, exploring, working out, and traveling. His favorite, though, is sitting around a roaring fire surrounded by family, friends, and music.

Dan and his wife met almost 24 years ago. They have a son (7) and a daughter (11), both of whom are the apples of mom and dad’s eye. He’s

been making annual trips to the Outer Banks in North Carolina for twenty years, most of which have included his family.



CRISIS TEXT LINE |

Text 4HOPE to 741741



Lake County CRISIS SERVICES
CRISIS & SUICIDE INTERVENTION HOTLINE



Offering 24/7 Help with Urgent Mental Health Issues

Call 24/7 **440-953-TALK** 440-953-8255

Crisis Resources

Here are two free, confidential, 24/7, crisis-related resources that should be on your radar.

The **Crisis Text Line** is a way to connect to a Crisis Counselor by texting “4hope” to 741 741. The service is designed to get a person through an intense or emotional period of time, but it is not there to serve as counseling or therapy. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier

The **Lake County Crisis Hotline** ...offers 24/7 help for those experiencing urgent behavioral health issues including thoughts of suicide. Crisis Hotline number: 440-953-8255.



TORCHLIGHT Youth Mentoring Alliance

Torchlight Youth Mentoring Alliance

For 26 years Big Brothers/Big Sisters of NEO matched at-risk and/or struggling children with adult mentors. They began to realize that they were missing out on some unique opportunities to mentor through schools, foster care homes, and parks—all of which fell outside of the parameters of BBBS guidelines. So the agency became Torchlight Youth Mentoring Alliance.

Pre and post the name change, the Lake County ADAMHS Board has provided financial support.

Tia Lawrence, the agency's new executive director, says the mission of Torchlight Youth Mentoring Alliance is to foster the development of youth to reach their highest potential as responsible, adaptable, caring adults. The agency accomplishes this by providing a quality volunteer mentoring relationship with a supportive adult, and educational programs which are supervised by the agency’s staff.

For more information on volunteering for a program or enrolling a child visit <https://torchlightyouthmentoring.org/>

Do you fancy yourself a “manly man”?



If so it’s likely you might be inclined to tamp down feelings of insecurity, sadness, anger, anxiety, or suspicions that you may be drinking too much rather than admitting that you might need some help.

If that sounds familiar, please give some thought to visiting [mantherapy.org](https://www.mantherapy.org). It’s a site that speaks your language; it’s a flannel-shirt-and-jeans approach to help guys like you.

<https://www.mantherapy.org>

Zero Suicide Initiative

The Lake County ADAMHS Board is working with the Zero Suicide Institute to help implement safer care measures for those at risk of suicide. The core belief of Zero Suicide is that suicide deaths for those under the care of health and behavioral health systems are preventable, and that health care systems can make a real difference by transforming how patients are screened and cared for.

A day-long Zero Suicide Workshop was hosted by the ADAMHS Board in March. The next step is a two-day Zero Suicide Academy in April where clinical care providers will learn how to implement culture shifts in their organizations.

This local endeavor was made possible through a generous grant from the Ohio Department of Mental Health and Addiction Services.



It’s spring!

Fact: your children may be wrestling with anxiety as they transition from school to summer. C’mon, admit it, you probably did too. Here are some suggestions:

Routines are important for children. So continue to stick to the schedule you created during the school year, tweaking where it makes sense for you and your household.

Schedule virtual play time (video games, appropriate social media, etc.).

Use active listening skills when chatting with your kids.
Be empathetic. Acknowledge and validate the feelings your children may be having. This will teach them that having emotions is not wrong.
Problem-solve together. If you can't solve the issue at hand, provide support and reassurance. Think positively with your child.
Let your kids be kids! Let them go outside and jump in puddles!

Always keep in mind, you are serving as an example for your children. So please be a good role model!



April is Sexual Assault Awareness Month (SAAM)

Cleveland Rape Crisis Center's theme for SAAM 2022 is **Let's Talk**. *Let's Talk* about supporting survivors of rape, sexual abuse, and human trafficking. *Let's Talk* about believing survivors and ending victim-blaming. *Let's Talk* about preventing violence from happening in the first place.

Every 68 seconds an American is sexually assaulted. If you or someone you care about is a survivor of sexual violence, you are not alone. For 24/7 support, text or call Cleveland Rape Crisis Center's free, anonymous hotline at (216) 619-6192 or (440) 423-2020 or visit clevelandrapecrisis.org/chat

No matter how long ago you were hurt, it's never too late to heal.

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

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