

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

A monthly update from the Lake County ADAMHS System

May is Maternal Mental Health Awareness Month.

Many new moms experience postpartum "baby blues", a relatively short-term (typically two weeks or less) condition marked by things like mood swings, crying spells, anxiety, and difficulty sleeping.



But some new moms experience something more severe and longer-lasting. It's known as postpartum depression. Symptoms can be intense, and eventually may interfere with your ability to care for your baby and handle other daily tasks. They may include:

- **Difficulty bonding with your baby.**
- **Feeling overwhelmed. Feeling like you will never be able to handle the responsibilities of motherhood. Questioning your decision to become a mother.**
- **Guilt. Feeling like you're an unfit mother; that your baby deserves better.**
- **Numbness. Severe mood swings. Excessive Crying. Intense irritability and anger. Severe anxiety. Withdrawing from family and friends.**
- **Sleep or appetite issues.**
- **Thoughts of harming yourself or your baby**

You owe it to yourself and your baby to not let this condition go unchecked. If symptoms last longer than two weeks, if they're worsening or making it difficult to care for your baby, it's important that you contact your doctor.

- Here's a link to a Mayo Clinic piece that will give you more specifics: <https://www.mayoclinic.org/diseases-conditions/postpartum-depression/symptoms-causes/syc-20376617>

CIT Training

Lake County's Crisis Intervention Training (CIT) was held recently. The training is spearheaded by Lake County CALMHS (Community Alliance of Law Enforcement and Mental Health Services) Committee and the ADAMHS Board.

Crisis Intervention Training is designed to help first-responders recognize mental illness symptoms, and respond safely and effectively when they encounter someone exhibiting symptoms during a call.



Meet our Team!

Joanne Zeroske has been a member of the Lake County ADAMHS Board since 2010. She currently serves as our Board Secretary.

The Mentor resident served in executive administration for Cleveland Clinic until she retired. She is recognized as a *Distinguished Alumnus* at Lakeland Community College where she received her Associate Degree in Nursing, earned a Bachelor of Science in Nursing from Capital University, and a Master of Business Administration from Lake Erie College.

Joanne is graduate of Leadership Lake County, and a member of the 2009 class of Crain's Cleveland Business *Women of Note*. She has served on the Catholic Community Foundation Board, and is very active in the Saint John Vianney Parish.

Professional affiliations include the Medical Group Managers Association, the Healthcare Executives Association of Northeast Ohio, and Sigma Theta Tau International Honor Society for Nursing.

Zero Suicide Institute

The Lake County ADAMHS Board is partnering with the Zero Suicide Institute with the goal of eliminating suicide deaths in Lake County.

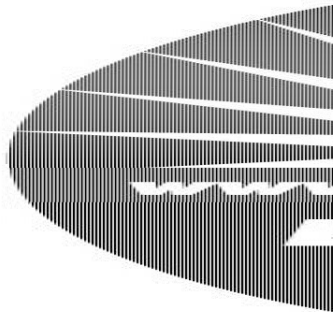
Zero Suicide's foundational belief is that suicide deaths for those under the care of health and behavioral health systems are preventable.

We hosted a two-day Zero Suicide Academy in April where clinical care providers in our network learned ways to evaluate current protocols in their agencies, and create and implement changes.

"This is anything but a quick-fix," says Lake ADAMHS Executive Director Kimberly Fraser. "It represents a very serious commitment from our entire system and we're very focused on getting it right."

The partnership is one of the first of its kind in Ohio. We are only the fourth Ohio entity to partner with the Zero Suicide Institute. The initiative is made possible through a generous \$130,000 grant from the Ohio Department of Mental Health and Addiction Services (OhioMHAS).

Annual Meeting/Annual Awards



Our annual meeting is back after two years of falling prey to the pandemic! The event will be Monday, June 27 at the American-Croatian Lodge in Eastlake. More information coming your way soon but we wanted to make sure you save the date.

And speaking of our annual meeting we hope you're giving plenty of thought to someone you'd like to nominate for one of our annual awards. As a reminder, there are three:

Unsung Hero

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

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

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 honored at our annual meeting. Nominate someone here:

<https://www.helpthatworks.us/lake-county-adamhs-board-award-nominations/>

Lake County Narcotics Agency partnership

Your ADAMHS Board is proud to be partnering with the Lake County Narcotics Agency in an effort to get more people who have substance-use disorders into treatment. We've worked with them to develop a leave-behind piece for use when a situation clearly involves not only a dealer, but others who are buying/using. The piece offers clear paths to treatment.

The Lake County Narcotics Agency is a full-time county drug enforcement agency. The agency strives to combat the drug problem through quality narcotics investigations, community awareness, and educational programs.



*You make
this world
a better place.*

Compass Line: 440-350-2000

Crisis Text Line: Text 4Hope to 741-741



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