



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

A monthly update from the Lake County ADAMHS System

## Fiscal Year End

*As you may know, June marks the end of our fiscal year. It's been a challenging and exciting one in lots of ways.*

- Our provider agencies struggled with pandemic-related staffing issues (retention and hiring) and the ADAMHS Board allocated resources accordingly.
- We brought Dan Rowles onto our team as Behavioral Health Project Manager, and he's been a wonderful addition.
- We expanded efforts to address health equity internally and system wide, with our Director of Quality and Clinical Operations, Christine Lakomiak leading the charge on that front.
- We assertively addressed impact of COVID and other significant stressors on first responders.
- Sandra Tenkku, our Community Outreach Specialist, did lots (and lots) of presentations and trainings which resulted in more Lake County residents having an improved understanding of what our system is all about.
- We continued our battle against the misuse of opioids and other illicit drugs, including a new partnership with Lake County Narcotics.
- Our Compass Line and Transportation Line continued to dramatically improve access to behavioral health resources.

*It was a lot of work. It was worth it. We salute our board, staff, provider agencies, and community partners for their efforts. And we look forward to furthering our mission in the years ahead.*

## June is Pride Month

Every year, during the month of June, the LGBTQ+ community marks Pride Month. The event focuses on several objectives. First, to promote dignity, equal rights, and self-affirmation for lesbian, gay, bisexual and transgender people. Second, to draw attention to the many ways the LGBTQ+ community has contributed to our culture. And third, to increase awareness of the issues they face.

Members of the LGBTQ+ community are not immune to behavioral health issues; in fact the stressors they face make them more vulnerable. Our ADAMHS system is proud that the services we offer are available to all Lake Countians including this important segment

of our population.



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*What if I fall?*



*But oh my darling,  
what if you fly?*



## Meet our Team!

***Greg Markell, our Director of Community and Public Affairs, has his fingerprints all over our organization.***

He's advanced the visibility and continuity of our brand. He was instrumental in the formation of our Suicide Prevention Coalition and its teen peer-to-peer trainings. He supports our public outreach/education efforts with PowerPoints and handouts. He's been an Opiate Task Force member since day-one. He's helped create and nurture partnerships with Lakeland Community College, The Lake County Captains, and first responders. He did the architecture for and supervised the design of our website, HelpThatWorks.us. He's a major factor in the success of Operation Resolve, Expressions of Recovery, and other initiatives. He's authored hundreds of news releases.

Oh, and our mascot Yoomi? That was his idea.

The Mentor resident had been blissfully married to his high school sweetheart for 44 years. They are parents of two and grandparents of four.

Greg has been with the Lake County ADAMHS Board for 17 years. Know why he won't make it to 18? He's retiring at the end of June.

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## PTSD

***June is PTSD (Post Traumatic Stress Disorder) Awareness Month.***

Post-traumatic stress disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a terrifying event. Those who suffer from PTSD can include combat veterans, victims of serious accidents or natural disasters, and survivors of domestic violence and/or sexual assault. Symptoms may include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.

Despite PTSD treatment being very effective people who suffer from it often don't get the help they need. The perceived



stigma around reaching out is a major factor.

Help is readily available in our Lake County ADAMHS system for those dealing with PTSD. Service providers that offer services include Signature Health, Crossroads Health, and Catholic Charities. **A great place to start is with a call to our Compass Line at 440-350-2000.**

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**IF YOU THINK PHYSICAL HEALTH = WELLNESS, YOU'RE HALF RIGHT.**



No doubt about it, good physical health is important. But the definition of wellness doesn't stop there. If you're concerned about things like stress, alcohol or drug issues, or depression symptoms call the Lake County ADAMHS Board's Compass Line at 350-2000 or 918-2000 (both 440) for free, confidential assistance.



The Lake County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board plans, funds, monitors, and evaluates the network of services available for Lake County residents who are dealing with a mental illness and/or addiction disorder. Learn more at [www.HelpThatWorks.us](http://www.HelpThatWorks.us).

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