



Montgomery County
ADAMHS ADVISORY
March 2019

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Protect Your Brain



The Centers for Disease Control estimates that 4,700 people in the U.S. sustain a brain injury every day. The leading causes of a traumatic brain injury are falls, car accidents and being struck against an object. Ninety percent of head injury cases do not result in a loss of consciousness. No two brain injuries are alike, but data suggests that children and older adults are at greater risk. Symptoms can include issues affecting thinking, motor skills, physical sensations or emotional functioning. Locally, The Greater Dayton Brain Health Foundation is determined to stimulate the creation of innovative and sustainable methods to effectively enhance the brain health and well-being of area citizens. The Foundation provides financial support to ensure ready access to brain health services.

Prevent traumatic brain injury by knowing the risks, signs and symptoms. Click here: [Let's Talk About Traumatic Brain Injury Greater Dayton Brain Health Foundation.](#)

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Calling Attention to Gambling



Governor DeWine declared March 2019 as "Ohio Problem Gambling Awareness Month." All Ohioans are encouraged to participate in the theme of "Awareness + Action" to ensure that friends, family and healthcare providers develop a growing awareness of responsible gambling and resources available for gambling addiction. ADAMHS wants to ensure that gambling remains a fun pastime for those who want to take part. For any individual or family members who need help because of a gambling problem, Ohio offers quality prevention and treatment services available at no cost. Problem gambling is a disorder, not a decision. To get help, call 1-800-589-9966.

[Ohio for Responsible Gambling](#)

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National Kick Butts Day



The Centers for Disease Control says there were 1.5 million more youth e-cigarette users in 2018 than 2017. March 20 is designated National Kick Butts Day to educate children about the long term damage to their lungs from smoking before they even start. Products like e-alikes, tanks and pods come in various flavors and young people may not even be aware they are inhaling nicotine. Tobacco use is still the leading cause of preventable death in the U.S., but a staggering 480,000 Americans die every year. The Campaign for Tobacco-Free Kids expects over 1,000 events in schools and communities will highlight the harmful consequences of tobacco use and the tobacco industry's marketing tactics targeting children. More than 3,000 kids try nicotine in some form every day for the first time and 700 become new daily smokers.

[Tobacco Free Kids](#)
[Kick Butts Day](#)

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Improving Equity and Quality of Health Care

ADAMHS is participating in a year-long executive education program with The Disparities Solution Center at Massachusetts General Hospital. The Disparities Leadership Program helps health care leaders develop and implement policies to achieve equity in quality health care for at-risk populations who experience disparities. Executive Director Helen Jones-Kelley and several members of the leadership team recently participated as panelist and presenters during a Disparities Leadership Program cohort meeting to share ADAMHS's equity initiatives. We are honored to be one of the first behavioral health programs among healthcare providers addressing diversity and inclusion.

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Honoring a Living Legacy

Executive Director Helen Jones-Kelley will be honored with a Lifetime Achievement Award on March 30. A Tribute to African Americans Committee Inc., recognizes the achievements of African Americans that are actively making a positive impact in the community. The celebration that honors five other African American legends and community leaders, will also feature youth leaders who will present the awards during this years "Living the Legacy" program. Jones-Kelley has been the executive of ADAMHS for seven years and also is a national Mental Health First Aid Instructor. She has received numerous awards and honors over the course of her career, including YWCA Woman of Influence and Lifetime Achievement Awardee, Top Ten Women in Dayton, Woman of Integrity, Urban League's Outstanding Community Volunteer, DayBreak's Evangeline Lindsley Award, NASW's Outstanding Community Advocate and SAFY's Special Friend of Children, among others.

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Warriors Supporting Wellness



A new Mental Health First Aid program will train people who interact with first responders, active military, veterans and their families in a ten county region. Warriors Supporting Wellness expects to train 300 people a year to identify the signs and symptoms of mental illnesses, and how to de-escalate incidences, access community resources, and address a mental health crisis. With a large military and veteran population, the region experiences higher than average rates of behavioral health issues, including suicide, when compared to other areas in Ohio. Data attributes this to repeated stress experienced by first responders that often leads to vicarious trauma, compassion fatigue and substance abuse. A similar training for youth will target schools immediately contiguous to WPAFB.

Mental Health First Aid is available to anyone. Click here to find out more: [Mental Health First Aid training](#)

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Clear It Out



A major cause of drug overdoses is easy access and the mixing of multiple medications. Safely disposing of unused or expired prescriptions is an important step in ensuring those medications don't end up in the wrong hands. Regularly cleaning out your medicine cabinet will reduce the risk of misuse. The Montgomery County Prevention Coalition has developed an interactive map so that you can easily find a prescription medication disposal site near you.

[Medication Disposal Finder](#)

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Protecting the Next Generation

This block contains a collage of information. At the top left, there is text titled 'About the Ohio Opioid Education Alliance' which describes the organization as a coalition of business, academic, nonprofit, and government organizations. To the right of this text is a small map of Ohio with the number '134 people' and the text 'are members of the Ohio Opioid Education Alliance'. Below the map is the 'DontLiveinDenial.org' logo and social media icons for Facebook, Instagram, and Twitter. At the bottom of the collage is a photograph of a street scene with a large clock tower. Overlaid on the photo is the text 'Where no one talks to their kids about opioids.' and the 'DontLiveinDenial.org' logo. A street sign in the foreground of the photo reads 'DENIAL, OH'.

ADAMHS has joined the Ohio Education Alliance to raise awareness to educate and prevent young people from misusing and abusing opioid prescription drugs. Nearly half of teens who misuse prescription drugs say they got them from their parent's medicine cabinet. But by having ongoing conversations with your kids about medicine abuse, you can cut their risk of opioid abuse and addiction in half. Having these conversations may seem daunting, but it doesn't have to be.

Check out tips on how to [Talk with your kids](#)

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ADAMHS Proud

Congratulations to Program Coordinator Rochele Burnette for being recognized as one of the nation's Top 100 Mental Health First Aid instructors. She will be honored at the National Council for Behavioral Health conference later this month in Nashville. She joins ADAMHS Training Director Jennifer Cox on the prestigious Top 100 list. Burnette has worked at ADAMHS since 2016.

Learn more about [Mental Health First Aid Training](#) to help someone during a mental health challenge.

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Quick, Easy Mental Wellness Check Available



Have you checked your mental wellness recently? It's now easy to do by using one of two free kiosks located at the Job Center or the main library downtown. The kiosks offer nine anonymous screenings for conditions like anxiety and depression and can be completed in minutes. The interactive screen provides users with educational information and a way to connect with local resources. Try it today!

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Let's Stay Connected

Please be sure to connect with us on Facebook, Twitter, and LinkedIn to stay up to date on the various programs and services funded by ADAMHS. The direct links are below for your convenience.



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