

DECEMBER 2020



MONTHLY NEWSLETTER

MONTGOMERY COUNTY ALCOHOL,
DRUG ADDICTION, AND MENTAL HEALTH SERVICES

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LETTER FROM THE EXECUTIVE DIRECTOR

This time of the year is very special to me, as I suspect it is to you, too. Like no other moment in time, we all feel together, and we are overwhelmed by the feelings of thankfulness, generosity, and love. Although this year's celebration is different, we can all find gratitude in the smallest of things.

Our Board members, employees, and providers have made a conscious choice to serve our community, despite their own challenges. When you think about it, you can't help but smile about the significance of all that has been accomplished in such dark times by this extraordinary family - the behavioral health system of Montgomery County. This family is here for the purpose of service. A purpose that transcends a "job".

**Wishing you all joy, love, and happiness
this season.**

-Helen Jones-Kelley, J.D.

COPING TIPS FOR FAMILIES DURING THE HOLIDAY SEASON



This time of year may be especially hard for some, as long-held traditions will change. As you continue making your COVID holiday plans, the ADAMHS training team has a few tips to help you and your family cope with stress.

- **Focus on the Positive:** Talk about the things you'll do as a family for the holidays, and find gratitude for the small things.
- **Find New Ways to Celebrate:** Family traditions can be hard to let go of, but discovering new ways to celebrate may make this holiday season more meaningful than ever.
- **Practice Self-Care:** Don't forget, your physical health is important! Find at least 30 minutes a day to get up and move.

ADAMHS PARTNERS WITH GALA OF HOPE FOUNDATION FOR SELF-CARE SUNDAY'S

ADAMHS is proud to launch "Self-care Sunday's" with the Gala of Hope Foundation! This social media campaign will kick-off mid-December to help remind individuals to practice self-care.

The Gala of Hope Foundation intends to change the face of cancer in the Dayton region and serve as a financial resource for cancer patients, cancer treatment, and local cancer research. While this organization focuses on these areas, they also aim to support cancer patients and their caregivers' mental health and well-being.



[Learn more about the Foundation.](#)



SELF-CARE SUNDAY

Practice gratitude.

Life is full of ups and downs. Remember to show gratitude for those who've been with you every step of the way.





LOCAL SCHOOLS HONORED AT SEP AWARDS

Montgomery County ADAMHS and the Montgomery County Educational Service Center (MCESC) honored the recipients of the Schools of Excellence Prevention (SEP) Awards during a virtual celebration on November 20, 2020.

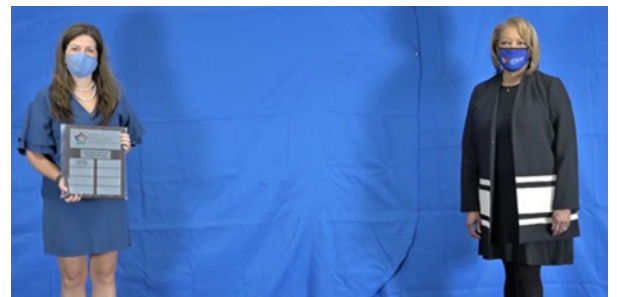
"ADAMHS is so pleased to partner with the Educational Service Center to increase prevention programs and services for our community's youth! Providing them with the tools to avoid vaping, alcohol, and misuse of other substances will assist their educational success and ensure our County's future," said Montgomery County ADAMHS Executive Director Helen Jones-Kelley.

Among the 42 award recipients was Northmont High School, taking the top honor of platinum level, which included a \$3,000 award. There were five recognition levels based on the depth and commitment of the school's place in Prevention Services.

"There is a vast and growing list of prevention services and programs offered through this wonderful partnership with the MCESC and ADAMHS," said Shannon Cox, MCESC Superintendent. "Bullying, suicide prevention, vaping prevention, substance abuse prevention, along with mental health screenings and parenting supports, are just a few of the programs available to our schools."

About the Schools of Excellence:

The SEP program is a joint effort between Montgomery County ADAMHS and the MCEC and is designed to support schools in planning and implementing comprehensive prevention programming across the school community. Most of these programs and strategies are funded through the Montgomery County ADAMHS and are offered at no cost to schools. In addition to this no-cost support, the SEP program is a leveled, incentive-based program. Schools who implement the recommended prevention programs and strategies can qualify to earn levels of recognition as well as up to \$3,000 in incentive funds.



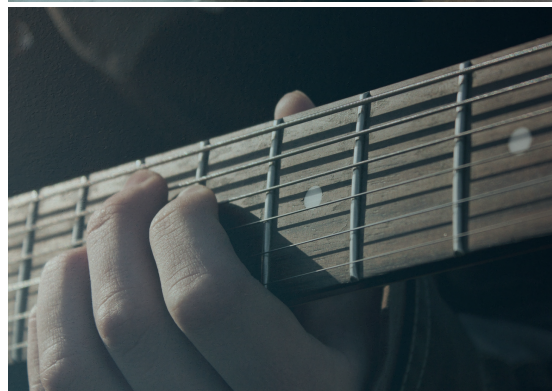
NON-TECH GIFT IDEAS FOR CHILDREN



While technology has allowed for more efficient and easy communication, it has also opened the doors for predators to access some of our most vulnerable - children.

This year, instead of purchasing the latest tablet or laptop for the children in your life, here are ten non-tech gift ideas:

1. Books for all ages
2. Board games for the family
3. Bikes and scooters
4. Costumes and dress-up accessories
5. Puzzles
6. Cooking/baking supplies
7. Lego kits and building blocks
8. Art/Craft kits
9. Musical instruments
10. Magazine subscriptions



Learn more about the effects technology has on children or reach out to **iWise Living** at info@iWiseLiving.com for more information.

BREAK FREE FROM SMOKER PRISON

ex program

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