

MONTHLY NEWSLETTER

MONTGOMERY COUNTY ALCOHOL,
DRUG ADDICTION, AND MENTAL HEALTH SERVICES

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LETTER FROM THE EXECUTIVE DIRECTOR

I marvel at the unquestionable strength of our provider system and our community during these unprecedented times. Like many organizations, we are encouraged by the continuous support we receive. For all of us at ADAMHS, this positive energy has a direct correlation to the **hope** we bring to others.

Just as the colors of the leaves have changed so quickly, much has changed for so many in a short period of time – our schools, our neighborhoods, social gathering spots, and the places we work and call home. Life amidst COVID-19 has sparked fear, frustration, depression and anxiety that continues to rise as the pandemic lengthens.

Now, more than ever, we must focus all our energy on remaining healthy and being well-prepared for the potential mental health implications that are around the corner. As we learn more, we will share more. Nothing is more important than ensuring the health and safety of those we serve, our community and our system's workforce.

Together, we'll get through this.

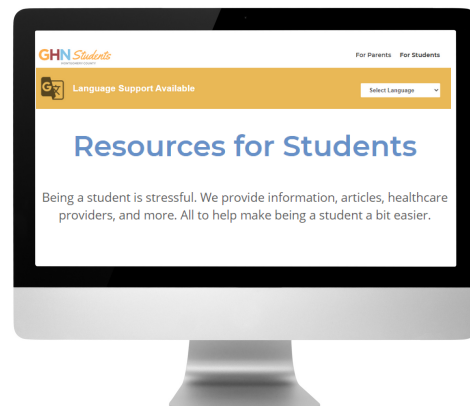
-Helen Jones-Kelley, J.D.

JUST LAUNCHED: NEW STUDENT APP

We are excited to announce the launch of a new version of the GetHelpNow App, specifically designed for students k-12, called **GetHelpNow Students!** GetHelpNow Students is a web-based app, currently exclusive to [Dayton Public Schools](#), that houses educational materials centered around behavioral health and wellness. When Dayton Public Schools moved to virtual learning platforms in March due to the pandemic; ADAMHS recognized the need to support students considering a large amount of change came their way in a very short period of time. While some students adjusted rather easily, many struggled and unfortunately continue to struggle with online learning.

"This is the perfect time to offer a tool to help young people better prepare for life's challenges."

*- Helen Jones-Kelley
Executive Director of ADAMHS*

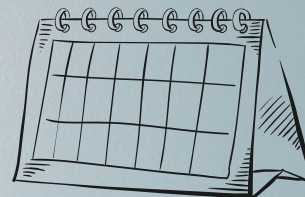


The GetHelpNow App was originally created in the spring of 2018 by ADAMHS to provide individuals in Montgomery County access to resources surrounding behavioral health treatment and support, employment, and housing.

UPCOMING TRAININGS



Montgomery County ADAMHS has a wide variety of upcoming training opportunities scheduled for November, with topics ranging from Mental Health to Crisis Response!



Check out our
TRAINING CALENDAR!

READING LISTS ON BLACK MENTAL HEALTH

In partnership with [Dayton Metro Library](#), we now offer reading lists to the general public about Black Mental Health. Additionally, we have book suggestions to help children learn about the topics of race and inclusion.

Check out our lists and resources:



[Black Mental Health Matters](#)



ADAMHS PARTNERS TO HELP SMOKERS

ADAMHS has partnered with Truth Initiative®, a national public health organization to offer a digital program to help individuals quit-smoking. The EX Program also expands solutions for the local workforce, as these smoking and vaping services are now available through Montgomery County ADAMHS.

"We know these are stressful times, but we also know that smoking and vaping actually trigger cravings and make you feel worse," stated Bruce Barcelo, Program Coordinator for ADAMHS. Barcelo added, "The EX

Program will give participants the skills and confidence they need to quit on their terms. They will even provide one month of patches, gum or lozenges for free. Using quitting medications can double the chances of quitting successfully."

Residents who would like to register for the program may do so by visiting:



www.becomeanex.org/signup/MCADAMHS





**Scan the code at the top of the page to learn more about
the Substance Use Recovery and Workplace Safety Program!**