

JANUARY 2021



MONTHLY NEWSLETTER

MONTGOMERY COUNTY ALCOHOL,
DRUG ADDICTION, AND MENTAL HEALTH SERVICES

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LETTER FROM THE EXECUTIVE DIRECTOR

Happy New Year, and welcome to 2021!

Each year, January is an exciting and energizing month for me. Yes, the weather is still cold, and Spring is still a few months away, but the beginning of the new year fills me with a sense of hope and unlimited opportunity...and that's never been more true than this January.

The temporary pause during the Holiday season allowed us to reflect and think about how ADAMHS can continue partnerships that further our mission towards promoting a healthy region, even in these unprecedented times. Our core values of **Equity**, **Partnership**, **Leadership**, and **Health** will continue to provide us with the guidance and innovation we need this year to improve the mental well-being of those we serve.

With optimism and warm wishes for this new year,

-Helen Jones-Kelley, J.D.

A STATEMENT ON THE ACTS OF VIOLENCE AT THE U.S. CAPITOL



As advocates for those who need their voices heard; we vow to fight for the protection of the democratic process. We are saddened by the senseless acts of violence that occurred at the Nation's Capitol last week but are optimistic that we will come together as Americans and overcome these trying times.



NCCJ PROVIDES DIVERSITY & INCLUSION TRAINING TO ADAMHS EMPLOYEES

The National Conference for Community and Justice of Greater Dayton (NCCJ) provided a series of trainings to ADAMHS employees during the first few weeks of January to promote cultural understanding and inclusive leadership within the organization.

NCCJ provides several training opportunities for individuals, corporations, and more. Virtual training opportunities can also be hosted for your workplace per request.



Register for training.



MONTGOMERY COUNTY PREVENTION COALITION PARTNERS WITH BARS & RESTAURANTS TO PROMOTE MENTAL WELLNESS

The Montgomery County Prevention Coalition (MCPC) has partnered with community bars and restaurants to distribute coasters intended to spark conversations about suicide awareness among citizens, prompting them to reach out to people who might be struggling with their mental health.

Montgomery County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) is proud of the work MCPC has done to carry-out this project. ADAMHS Executive Director, Helen Jones-Kelley, stated, "We are excited to partner with the Montgomery County Prevention Coalition to bring suicide awareness to bars and restaurants, which provide the perfect intimate settings to hold these conversations. The Dayton community is fortunate to have strong leadership in the local dining industry, and we are thankful that we can lean on one another during these difficult times to promote potentially life-saving conversations."

The Suicide Prevention Committee within the MCPC works specifically to decrease deaths by suicide through community awareness and training. Co-chair of the Suicide Prevention Committee, Amy Hamilton, stated, "Over the last two years, the Dayton community has seen immeasurable amounts of trauma. This, combined with the loss of normalcy and isolation from the pandemic, is a recipe for poor mental health and potentially poor coping strategies." Hamilton continued to add, "The coasters are to remind individuals that help is available and to reach out to friends whose behavior may have shifted."

If you have any questions or are a bar or restaurant owner interested in getting involved in the project, please contact Colleen Oakes, Manager of the Montgomery County Prevention Coalition, at coakes@mcadamhs.org.

About the Montgomery County Prevention Coalition (MCPC):

The Montgomery County Prevention Coalition is comprised of community leaders with a passion for preventing substance abuse and promoting positive mental health. The coalition's mission is to mobilize Montgomery County to prevent youth substance use and promote positive mental health by implementing evidence-based prevention strategies and community collaboration. The coalition's vision is a community where every individual lives a substance-free life with optimal mental health.

**IF YOUR FRIEND IS ACTING
DIFFERENTLY IT COULD
BE A SIGN OF A MENTAL
HEALTH CONCERN:**

- **REACH OUT**
- **BE YOURSELF**
- **DO WHAT YOU LOVE
TOGETHER**



#DAYTONHEALS

MENTAL HEALTH RESOLUTIONS FOR THE NEW YEAR

If 2020 taught us one thing, it is that life can change very quickly. Although we are still amidst the COVID-19 pandemic, we can start making small changes to enhance our mental health and well-being right now. Here are five resolutions from the ADAMHS Training Department that we can all make:

- **Add physical activity to your daily routine.** Exercise can benefit your mental health by reducing anxiety and depression.
- **Relax with daily or weekly meditation.** This self-care activity can help provide you with a fresh perspective, help manage stress, and reduce negative emotions.
- **Disconnect from social media on the weekends.** Decreasing your time on social media may help manage social anxiety.
- **Drink less alcohol.** Alcohol can cause a range of negative emotions, including depression and anger for some.



ADAMHS WELCOMES OUR NEW HIRES!



Welcome, Colleen Oakes!

Colleen joined ADAMHS in October 2020 as our Program Coordinator in the Prevention Division to oversee the Montgomery County Prevention Coalition. Prior to joining ADAMHS, Colleen served as the Assistant Director of Volunteer Management and the Alumni Engagement Officer at the University of Dayton. Colleen holds a Master's degree in Health Communication and a Bachelor's degree in Sports Management and Marketing from the University of Dayton.

Welcome, Tazeen Ahmed!

Tazeen joined us in October 2020 as our Zero Suicide Grant Coordinator in the Prevention Division. Tazeen holds a Master's degree in Public Health from the Boonshoft School of Medicine and a Bachelor's degree of Science in Biology from Wright State University. She comes directly to us from the Ohio Equity Institute Program and has also worked at Solutions Community Counseling and Recovery Centers.

