



FALL NEWSLETTER

MONTGOMERY COUNTY ALCOHOL,
DRUG ADDICTION, AND MENTAL HEALTH SERVICES



LETTER FROM THE EXECUTIVE DIRECTOR

In this issue:

Letter From the Executive
Director

Page 01

Managing Pre-Holiday
Season Stress

Page 02

Prevention & Early
Intervention Highlights

Page 03

Community Outreach

Page 04

Honors & Recognition

Page 05

As 2021 wanes, we are still in the grip of the worldwide pandemic. This virus has touched the lives of us all in some way. My thoughts turn to so many front-line workers. How grateful I am for the medical professionals who have worked to the point of exhaustion caring for patients who struggle with Covid, some to the exclusion of their own families. I appreciate the scientists who have worked long hours developing and constantly researching in order to offer vaccines that will ultimately save countless lives. To emergency responders, bus drivers, the servers, teachers, child care providers, the cleaning crews, the front office staff, everyone who has had to do and to lean in a little more, thank you!

This pandemic has affected the people in our community, not only physically, but mentally. People who never anticipated the levels of stress and trauma they would experience over these past 20 months; people who have never accessed our system of care suddenly found themselves seeking help. Others who have experienced mental illness and had their illness under control have had a recurrence. Our community has seen cases of addiction rise. Some who have never struggled with addiction turned to substances for relief. And still others who fought to overcome and control their addiction found themselves seeking comfort from old habits.

I am proud of our behavioral health system as all have stepped up to serve this community in its time of need. Our providers found new, innovative, and effective ways to reach out to those who needed them. They too, have worked tirelessly providing services and offering hope. I shudder to think of the suffering our family, friends and neighbors would experience without this strong community team. I proudly stand with, beside and behind this system of care. Thank you!

-Helen Jones-Kelley, J.D.

MANAGING PRE-HOLIDAY SEASON STRESS



This time of year may be especially hard for some, as long-held traditions may continue to be different than they used to be. Try these techniques to help you manage any pre-holiday season stress you may have.

- **Get up and move:** A quick walk around the block can help settle your mind if things seem like they're becoming too much to handle. It's always worth reminding yourself that any exercise is always better than no exercise at all.
- **Get your mind going:** A few minutes spent mentally "elsewhere" can help calm your outlook and make stressful situations more manageable. A simple controlled-breathing technique can help with stress management, or click [HERE](#) to try our free stress management app!
- **Make downtime count:** the pre-holiday period is a good time to revisit or start a new hobby that brings you joy! It might feel exhausting, but getting back into something you once loved can help you recharge.
- **Set boundaries:** Can those after work emails wait? Unless your job requires you to be on call, can you turn off work email after hours? If you're able to do it, set clear boundaries for yourself and others, including during work hours. Having downtime is a key part of dealing with stress.
- **Set your sleep schedule:** We're all guilty of staying up too late on a work or school night to watch Netflix or Hulu, however, making an effort to stick to a regular bedtime helps you maintain quality sleep that helps us manage stress better.
- **Talk to someone:** Recognizing and successfully managing any stress starts with talking about what's bothering you. Talking things through with someone you trust can give you a new point of view. Who is your go-to person?

PREVENTION & EARLY INTERVENTION HIGHLIGHTS

ADAMHS Prevention Division worked tirelessly to raise awareness around National Suicide Prevention Month by supporting community events throughout the early fall. Let's take a look.

To kick off National Suicide Prevention Month, Montgomery Prevention Coalition Members honored National Suicide Prevention Week by participating in the American Foundation for Suicide Prevention Ohio Chapter's Candlelight Vigil on September 7th at the Levitt Pavillion. It was a wonderful event of music, prayer, and hope.

Although National Suicide Prevention Month ended in September our Prevention Division continued to bring awareness to the Dayton community about the importance of suicide prevention.

On October 17th ADAMHS was a sponsor for the sixth annual Out of the Darkness Walk that provided an uplifting and encouraging opportunity for those who have been touched by suicide to gather, walk in tandem, and rest in a place without stigma or shame.



The Montgomery County Prevention Coalition hosted its Annual Celebration, on September 17th at The Dayton Metro Library.

This celebration highlighted the outstanding work and **3,252 hours** of service the coalition has done throughout 2020.



COMMUNITY OUTREACH

Ohio Disaster Response Project

The Ohio Disaster Response Project (ODRP) has brought together 21 partners across Montgomery, Greene, and Miami Counties to address the community needs resulting from the 2019 Oregon District mass shooting, Memorial Day tornados, and the ongoing challenges from the current COVID-19 pandemic.

Evidence-Based Practices (EBP) have been utilized to ensure that those impacted by community trauma receive the highest quality of services.

The primary focus of ODRP is to address the mental health, substance use, and wraparound needs of both youth and adults in the Miami Valley region through evidence-based screening and treatment services.

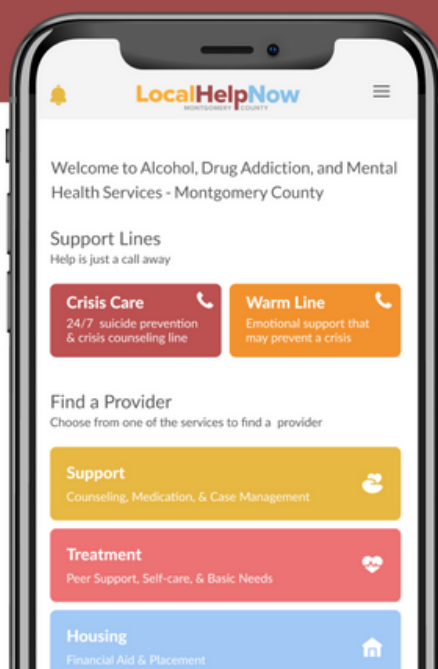
181 new instructors
have been certified to
deliver EBP's.

**ADAMHS has relaunched
the free, community centric
App, LocalHelpNow,
formerly known as
GetHelpNow.**



**LocalHelpNow places mental
and behavioral health, housing,
treatment, and other resources
right at the fingertips of
Montgomery County residents.**

LocalHelpNow Supporting Montgomery County



HONORS & RECOGNITION



Our very own Executive Director, Helen Jones-Kelley, was honored as one of Dayton Business Journal's 2021 POWER 50 women during a ceremony held at Sinclair Ponitz Center on September 28, 2021. The POWER 50 list recognizes the region's most influential female leaders from a variety of industries including health care, education, law, government, and more.



Congratulations to Andrea Doolittle, MPA, Director of Administrative Services, for being accepted into the Dayton Chamber of Commerce Leadership Dayton Class of 2022! Every year the Chamber selects a class of local leaders based on community involvement, leadership skills, and more.

ADAMHS' Tristyn Ball was officially promoted to Director of Prevention and Early Intervention Services within the organization in July 2021! Tristyn demonstrated outstanding leadership, especially through the course of the pandemic, in her former role as Senior Program Coordinator and has spearheaded several initiatives while at ADAMHS, including the development of a comprehensive trauma response system comprised of 15 local programs designed to provide early identification and intervention to trauma experienced by children. Ball serves on the Montgomery County LGBTQ Health Alliance, and is currently working on her Doctorate in the field of Public Health at Indiana University.



ADAMHS received a Public Relations Society of America (PRSA) Dayton Chapter Gem City Award for outstanding media campaign for the #ForUs project, which encourages minorities to get vaccinated in Montgomery County as "our mental health depends on it." The award was accepted during a ceremony held on September 23, 2021 at the University of Dayton Marriot.