

# May is Mental Health Month



Spring 2018

Visit our Website

## Mental Illness Defined

According to the National Institute on Mental Health, over 18% of US Adults experience mental illness, but only 43.1% of those received treatment. This is due to lack of information about mental health care and fear of being stigmatized. When it comes to adolescents, an estimated 49.5% experience mental illness.

This month, we are asking YOU to help ADAMH spread awareness and reduce the stigma of Mental Illness. To get started, look at our [Mental Health Month Toolkit](#).

### What is Mental Health?

Mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. Good mental health is key to your overall health.

### What is Mental Illness?

Mental Illness is a common but treatable, health condition – like heart disease and diabetes – that affects the brain and is best treated by a healthcare professional. Examples are: stress, depression, anxiety, ADHD, bipolar disorder, or schizophrenia.

With proper treatment and support, most children and adults can recover and go on to lead healthy, productive lives. Recovery means different things to different people. Recovery can mean a person with a mental health or substance use problem has a job, is raising and caring for a family, lives independently or volunteers in the community.

Do not let stigma prevent you from getting the care you deserve or from helping a friend in need. Seek the advice of a healthcare professional. Many people experience mental illness and, just like experiencing other physical illnesses, see a doctor for help.

For more information, visit the ADAMH website: [adamhfranklin.org](http://adamhfranklin.org)

Remember, **Treatment works. Recovery happens.**

Sincerely,

David A. Royer  
ADAMH CEO



## Franklin County LOSS: Dealing with The After Effects of Suicide

Christa Brickey knew from a young age that her older brother Nathan was struggling.

Nathan suffered from medical issues that caused him to endure surgeries, feel constantly uncomfortable, miss school and get held back a grade. Christa and Nathan had been close. She even considered him to be her best friend. Things started to change, though, when Christa was old enough to go to school and Nathan, only 7 years old, was officially diagnosed with depression.

“He didn’t feel like he belonged here,” Christa said of her brother who was three years older. “Anyone who looked at him could tell that he wasn’t happy.”

Christa’s parents came home one day to find that Nathan had died by suicide.

“I was angry, but I could also sympathize,” she explained. Christa was shocked, but thought back on Nathan’s life that had been full of depression and difficult situations. She didn’t struggle with the question of why, as so many survivors of suicide do. Even though she had grown up in the same loving family as Nathan, she could see that his situation and outlook on life were vastly different than her own.

[Read more](#) of Christa's story to learn how she became connected with Franklin County LOSS and began providing support and comfort to others experiencing loss due to suicide.



Pictured: Christa Brickey, and Jenny Seymour (mother)

## ADAMH Distributing 5,000 Safe Medication Disposal Bags



“We need you to go through your medicine cabinet and decrease our active supply of opioids,” said David Royer, ADAMH Board of Franklin County CEO.

We are working to make this process easier for Franklin County residents by distributing 5,000 bags that contain a material that, when mixed with water, deactivates the drugs. Bags will be available at community events and given to Franklin County Public Health and Columbus Public Health departments to distribute at Naloxone training. You can also get your own safe medication disposal bag by following the link below.

Distributing these safe medication disposal bags is part of an action outlined in the Franklin County Opiate Action Plan.

[Get Your Safe Medication Disposal Bag](#)



## System Orientation

Are you a new employee in the ADAMH System of Care?

System orientation on *Wednesday, May 2*, will provide new employees with basic education of the ADAMH System that includes information about:

- our vision and mission
- ADAMH's provider agencies
- the Provider Leadership Association (PLA)
- the Consumer and Family Advocacy Council (CFAC)
- prevention
- housing and the consumer complaints and grievances process

RSVP by Thursday, April 26!

New Employee System Orientation  
May 2, 2018  
8:30 a.m. – 11:30 a.m.

ADAMH Board of Franklin County  
447 East Broad Street  
Columbus, Ohio 43215

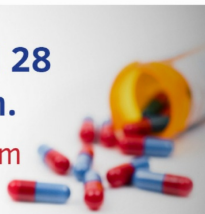
RSVP by Thursday, April 26:  
Call 614.222.3728  
or email  
tdulay@adamhfranklin.org

RCH Credits for  
Chemical Dependency  
and Social Work CPE  
Pending (2 hours)



Saturday, April 28  
10 a.m. – 2 p.m.

[DEATakeBack.com](http://DEATakeBack.com)



## This Saturday: Drug Take Back Day

Saturday, April 28, is National Prescription Drug Take Back Day.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

[Learn more](#) about where you can safely dispose of your unused or expired prescription medications.

## 2nd Annual Faith Leaders Symposium

Our Second Annual Faith Leaders' Symposium took place on Tuesday, March 13! The morning session focused on Self Care for Senior Faith Leaders with an afternoon session focused on learning about Tools and Resources for Ministry and Lay Leaders.



[Watch 10TV's coverage of the day.](#)

## Provider News Updates

- [4th Annual Bowl for LOSS and Win](#) - Saturday April 28
- [Syntero 27th Annual Awards Breakfast - Catalyst for Positive Change](#) - Friday, May 4

- [2018 He'ART of Concord - Art Show and Sale/Open House](#) - Friday, May 18
- [Franklin County LOSS Volunteer Information Session](#) - Saturday, May 19
- Foster Care Open House at St. Vincent Family Center (1490 East Main Street) - May 24 at 6:30 pm
- [NAMIWalks](#) Franklin County at Wolfe Park - Register your team to [walk](#) and your organization for the [Health & Wellness Fair](#) - Saturday, June 9
- [2018 Netcare Foundation Annual Golf Tournament](#) - Monday, June 18
- [OhioGuidestone](#) has begun their first Workforce 360 cohort, with 32 participants. They are participating with the Ethiopian Tewahedo Social Services and Aspire to provide Workforce Development to 16-24 year old youth. New participants will be accepted continuously, please call 888-522-9174 for a referral.
- [North Community Counseling Centers is collaborating with the Bhutanese Community of Central Ohio \(BCCO\)](#)
- [Stop to Live](#) - ADAMH and the Franklin County Board of Developmental Disabilities ([FCBDD](#)) committed a combined \$31,000 to support a new substance use prevention program at [LifeTown Columbus](#): "Stop to Live"
- [May is also National Foster Care Month](#) - Thousands of children are living in Ohio's child welfare system due to the damaging effects of the opioid crisis. Are you interested in becoming a foster parent? Foster Parent Training - begins June 16. [Learn More](#)

## About ADAMH

ADAMH, the Alcohol, Drug and Mental Health Board, is a Franklin County government agency which funds over 30 non-profits who offer mental health and substance abuse treatment and prevention programs to Franklin County residents. These community non-profit organizations provide quality mental health as well as alcohol and drug addiction treatment services. We are dedicated to providing Franklin County residents with affordable, high quality alcohol, drug and mental health care.

*If you or someone you know needs treatment or services, call Netcare, 24 hours a day, 7 days a week at 614-276-CARE (2273).*

## ADAMH Media Highlights

ADAMH has been in both print and broadcast media several times during the past few months. [Here are a few highlights.](#)

[View as Webpage](#)

### STAY CONNECTED



[@ADAMHBoardofFranklinCounty](#)

[Join Our Mailing List](#)

# Treatment Works. Recovery Happens.

Phone: 614.224.1057 | Fax: 614.224.0991 | [adamhfranklin.org](http://adamhfranklin.org)