

Mental Health & Holidays



Fall 2018

Visit our Website

Accepting the Holidays

Society makes us feel like the holidays are supposed to be a magical time full of happy feelings, and they can be, but for many of us the holidays also bring stress, anxiety and even depression.

Many times, people talk about forgiving others during the holidays, but this year, I want to challenge you to forgive yourself. Forgive yourself if you have not accomplished everything you wanted to in the way you envisioned and allow yourself to move forward with a fresh perspective. Don't let the mistakes or shortcomings of your past hold you back. No one is perfect and that is okay. Your worth is not measured by your accomplishments.

For more mental health information or to connect with a service provider in the ADAMH System of Care, visit our website: adamhfranklin.org



Sincerely,

David A. Royer
ADAMH CEO

ADAMH - Where Better Begins



The new ADAMH Advertising Campaign is here!

Better. It's what we do at ADAMH. Our new commercial features 31 individuals who are living fuller, healthier, happier lives thanks to the 30+ not-for-profit organizations that make up the ADAMH System of Care.

Learn more about the Alcohol, Drug and Mental Health Board of Franklin County at adamhfranklin.org

ADAMH Murals in Gahanna and Reynoldsburg are Complete



We did it - together.

Because of the efforts of community members and local partners, visitors to the Creekside District in Gahanna and the Reynoldsburg High School Livingston Campus will be able to enjoy these murals for years to come.

The new mural in Gahanna is a whimsical depiction of the community's warmth and openness to communication across



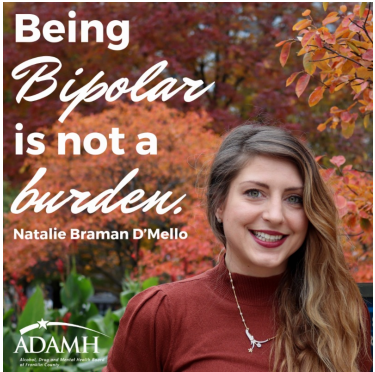
cultures and generations. The mural's title, Talk to Me, reminds us that our desire for connection and companionship is a universal foundation of our happiness.

[View Pictures of the Gahanna Mural on Mill Street](#)

In Reynoldsburg, visitors will see a colorful depiction of healthy living that promotes thoughts of diversity, collaboration and hope. It encourages us to work, grow and thrive together in the community and reminds us to Live in the Moment.

[View Pictures of the Reynoldsburg Mural on Livingston](#)

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Natalie Braman D'Mello: Finding a Light in the Darkness

Natalie Braman D'Mello had a tear in her eye as she showed the scars from her third attempt at taking her own life when she was just 15 years old. Since then, she has lost count of how many attempts she has made. She says that she never really wanted to die. She just wanted to find a way to stop the relentless feelings of despair.

[Read More](#)

Annual Meeting and Award Winners



ADAMH honored many individuals at our 2018 Annual Meeting!

Congratulations to all of our award winners:

- **Randall M. Dana Award:**
Tammy Barber, North Community Counseling Centers, Inc.
- **Art Lynn Consumer and Family Advocate Award:**
Derrick Kirkland, The P.E.E.R. Center (Peers Enriching Each others' Recovery)
- **Extraordinary Mile Award:**
Sharon Eddy, North Central Mental Health Services, Inc.
- **Barry Mastrine Award:**
Gregory A. Jefferson, Community For New Direction



2018 Summer Camp Drug-Free Poster Contest

- **Winner:**
Naomi DeWeese, age 14, Lincoln Park Learning Experience/Barack Community Recreation Center
- **Runners-Up:**
Rashel Moline, age 10, Community for New Direction
Dima Al Haek, age 13, Ethiopian Tewahedo Social Services-ETSS Hilliard
Eli Nuakey, age 19, Parkmoor/Stop the Summer Slide



Provider Leadership Association Scholarship Awards:

- **William B. George Award:**
Amiesha Brown, North Community Counseling Centers, Inc.
Erica Bass, Concord Counseling Services
- **Tom Ramseyer Award:**
Leslie Cravar, North Community Counseling Centers, Inc.

ADAMH System of Care Naloxone Training

Six hundred and forty ADAMH System of Care employees participated in an ADAMH-sponsored naloxone training and, as a result, received naloxone kits!



Southeast held 33 trainings and 18 ADAMH providers were represented.

198 additional kits were distributed to the Maryhaven Addiction Stabilization Center and the Rapid Response Emergency Addiction and Crisis Team (RREACT).

Provider News Updates

- [Columbus Area Integrated Health Services Embarks on New Programs Through the Global Life Chances Improvement Initiative](#) - As 2019 quickly approaches, CAIHS is looking forward to providing new, innovative services at the point of need for clients.
- Save the Date for [A Night with Netcare and the Arts](#) featuring The Flood on *February 8, 2019*
- **Southeast's Fresh A.I.R. Gallery (Artists in Recovery)** will feature "Vulnerable Strength" by artist Naima Vander Does in memoriam, *December 19 – January 11, 2019*. The opening reception is *Wednesday, December 19* from 5:30 – 7:00 at Fresh A.I.R. Gallery.
- James Benseler, **Alvis'** Immediate Past Chair, will be honored as one of the 2019 Medical Mutual Pillar Award Nonprofit Board Executives of the Year. Honorees will be recognized at the Pillar Awards banquet on *January 30, 2019* at The Ohio Statehouse and in Smart Business Columbus magazine.
- **RSVP** for **NAMI Franklin County's** Annual Holiday Party on *Thursday, December 6*, at Wolfe Park Shelter House.

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:
614-276-CARE (2273)

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Treatment Works. Recovery Happens.

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