

New Year, New Goals



Winter 2019

Visit our Website

New Year, New Goals

As we all dive in to 2019, ADAMH is working to set goals for the new year that will continue to improve the well-being of our community by reducing the incidence of mental health problems and eliminating the abuse of alcohol and other drugs in Franklin County.

As many of you know, ADAMH is also preparing for new leadership as I move on to the next chapter of my life. I am lucky to have done something that I love for a very, very long time.

I would also like to take a moment to urge you to work on your mental health this year. I know that I will be continuing to make my mental health a priority in my life as I embark upon my retirement in the coming months. Improving mental well-being makes an impact on every area of life, including physical health and relationships.



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

ADAMH - Where Better Begins

Sincerely,

David A. Royer
ADAMH CEO



"Everywhere, but especially in the black community, it's taboo to talk about your mental health."

Richard Jamison

Richard Jamison: Shattering the Stigma

"I've been a bad man," Richard Jamison admitted, "but people change."

Richard understands that some people who know him from his past may look at him today in disbelief. He is one of the 31 individuals featured in the new ADAMH campaign, "Where Better Begins." Richard's "better" began in an unlikely place: with a toxic relationship where, after one of their bigger fights, his girlfriend told him that he was "crazy." With that one word, she caused him to eventually look at his life in a new way. Richard started to change for his girlfriend, but now realizes just how much he has improved for himself.

[Read More](#)

2019 Mini-Grant Funds Available Now!

The ADAMH Board of Franklin County has mini-grant funds available for non-profit and faith-based organizations to help spread hope throughout Franklin County. ADAMH seeks to support programs or events with a broad community impact that raise awareness of mental illness or addiction, promote health and wellness, promote prevention activities, fight stigma and/or build individual and community resiliency.

If you are wondering if your project or event would be supported by the ADAMH Mini-Grant program, here are some examples of programs that have been funded in the past:

- **Love Without Hurt: I Matter** – A day of empowerment and inspiration for teenage girls, moms and mentors to raise awareness about dating violence.
- **Gamma Zeta Zeta Education Foundation: Breaking the Blues Stigma** – A one-day program to address mental health stigma in the African American community.
- **Ohio State Collegiate Recovery: Scarlet, Gray and Sober** – A family-friendly, substance-free tailgate event before home football games.
- **Whitehall CHAT (Community Health Action Team): Health and Wellness Fair** – A one-day event offering educational programs and promoting health and wellness resources in the community.

Apply Now!

ADAMH-Funded Summer Camps



2018 ADAMH Summer Camps: I Say "No" to Drugs!

ADAMH is proud to sponsor summer camps each year that teach kids about the effects of drugs, help them improve their mental health and relationships, and provide a safe and fun environment to just be a kid. See some highlights from this past summer as we gear up for another year of fun and learning!

Save the Date: 2019 ADAMH Faith Symposium

The 3rd Annual ADAMH Faith Leaders' Symposium, "Practicing Self Care and Developing Support Systems," will take place *Thursday, March 21, 2019* at The Columbus Foundation. This event is free; registration is required. Breakfast and lunch will be provided.

This year's event is presented in partnership with **NAMI Franklin County**.

For questions or more information, contact: Jill Frost, jillkfrost@gmail.com or 614-585-9473.

Register Today!

Paragon Project CD Release

On *Saturday, February 23, 2019*, **The Paragon Project** will be celebrating the release of their third album entitled "Note To Self." This community celebration will take place at the King Arts Complex (867 Mt. Vernon Ave, Columbus, Ohio, 43203), 6-9 pm. Free food and drinks will be open to the public from 7 to 9 pm. There will also be a performance by the Fort Hayes Dance Ensemble, a mental health awareness themed fashion show by student designer Emilienne Alapini and a performance by The Paragon Project followed by a listening session of the new, "Note



To Self" album.

[Learn More](#)

Text 911

In an emergency, texting 911 is now an option! Franklin County residents are still urged to call if possible, but now have the ability to text for help.

[Read More](#)

Provider News Updates

- [WINTER IS HERE](#) - A Blast for **Directions for Youth & Families**. *Thursday January 31, 2019, 5:00 pm-10:00 pm* at Woodlands Backyard (668 Grandview Avenue) Warm up with friends old and new at the 2nd annual Winter concert event.
 - Read **North Community Counseling Center's** [announcement](#) celebrating the accomplishments of 2018 and looking toward 2019.
 - **Volunteers Needed:** [Register](#) for the next Volunteer Information Session at **Franklin County LOSS** on *Tuesday, February 5, 6 - 8 pm*.
 - A Night with **Netcare** & the Arts featuring The Flood: A co-commission performance of Opera Columbus and ProMusica Chamber Orchestra to tell the story of the Great Flood of 1913. *Friday, February 8, 2019. [Tickets are available now.](#)*
 - **Alvis'** Sixth Annual [Evening of Light](#) will take place on *Friday, April 26, 2019*. All proceeds are used to support the Alvis Family and Children's Program.
 - The Ohio Suicide Prevention Foundation (OSPF), the **Franklin County Suicide Prevention Coalition**, and **Mental Health America of Franklin County** offer workforce development in suicide prevention for mental health professionals (10 CEUs). [Registration is now open.](#)
 - The [THRIVE gender program](#) at **Nationwide Children's Hospital** serves patients and families who are presenting with gender identity related concerns.
 - **OhioGuidestone** is now offering a new program for teens in any stage of substance use recovery. [Learn more about Alternative Peer Groups.](#)
 - **Columbus Perspective** interviewed ADAMH CEO David A. Royer to discuss the **Ohio Opioid Education Alliance** and [Denial, OH. Listen to the full interview.](#)
 - **Fresh A.I.R. Gallery** presents "Familiar Places" by the Athens Photo Project *January 23 – March 8 2019*. Opening reception *Friday, February 8, 2019 5- 7pm* at Fresh A.I.R. Gallery (131 N. High Street). The Athens Photo Project (APP) is a vibrant community of artists dedicating to using photography as a tool for self-expression, personal growth, and social change within the journey of mental health recovery. Familiar Places presents work by the artists who participated in APP's 2017-2018 photography classes. [Get involved or purchase artwork.](#)
 - **Community for New Direction (CND)** officially opened their new Recovery House in mid-December and are proud to share that 5 previously homeless men now have a place to live and are 100% supported in their recovery. [Read more.](#)
 - **CND** also welcomes 3 new members to their Board of Directors led by Chairman, Tracy Cloud, CEO – Lower Lights Christian Health Center: Amy Harkins, Business Development Director – Checks and Balances; Eric Potts II, Reinsurance Specialist – Nationwide Insurance; Sandra Simpson, Director of Business Development – Exped Software. [Read all CND Board member bios.](#)
 - The He'ART of **Concord** - *Friday, May 3, 2019 – 5:00 -7:30 pm* - Concord is having their 10th annual event that showcases their client's artistic flair. This year more than 40 client artists are displaying original paintings, drawings, fabric art, jewelry, pottery, handmade cards, graphic arts, etc. The talent that is on display at this event is astonishing! Client artists receive 100% of proceeds of any pieces sold. Many of these artists have been creating beautiful pieces of art for years and this is a chance for them to display and sell their work and focus on their talents.
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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)

STAY CONNECTED

@ADAMHBoardofFranklinCounty



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Treatment Works. Recovery Happens.

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