

# May is Mental Health Month



Spring 2019

Visit our Website

## Springing into Action for Mental Health Month

Spring is the perfect time to focus on growth and renewal in all areas of life, and May is designated as **Mental Health Month**. Take some time in the coming month to evaluate your mental well-being. What can you do to improve your mental health?

Do you need to schedule more time for yourself? Maybe you need to reconnect and work on your support network. Is it time to set up an appointment with a counselor? Ask yourself these questions and follow ADAMH on social media ([@ADAMHBoardofFranklinCounty](#) on [Facebook](#), [Instagram](#) and [LinkedIn](#)) for more tips on how to improve your mental health this month and throughout the year!

For additional 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



## Where Better Begins: Rory McIntyre

"People need to know that, if they are dealing with mental illness, they're not alone."

The 24/7 Suicide Prevention Hotline for Franklin County is available at 614-221-5445.

## Prescription Drug Take Back Day: *Saturday, April 27* Safe Medication Disposal Bags

National Prescription Drug Take Back Day is *Saturday, April 27*! Find the collection site closest to you to safely dispose of your unused or expired prescription medications.

Can't make it out on *April 27* and want to safely dispose of your medications now? ADAMH will mail a safe medication disposal bag to any Franklin County resident for FREE!

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## ADAMH Faith Leaders' Symposium



The 3rd Annual ADAMH Faith Leaders' Symposium took place at **The Columbus Foundation** in partnership with **NAMI Franklin County**! Our focus this year was on incorporating self care practices, providing tools to help faith leaders develop support systems and the value a healthy leader brings in creating a healthier congregation. Thank you to everyone who attended, and a special thank you to our many wonderful presenters and our emcee and moderator, Jerry Revish.

[See Pictures of the 3rd Annual ADAMH Faith Leaders' Symposium](#)

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## PEER Certification

Do you want to become a **Peer Recovery Supporter**?

Peer Recovery Supporters include peer specialists, recovery coaches, and peer supporters. If you have a direct lived experience of a mental health and/or substance use disorder and are actively in recovery, you could become certified!

[Learn More](#)

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## Community Cessation Initiative (CCI) Franklin County



The **Community Cessation Initiative** is a free program available to all Franklin County adults (18 and older) who use tobacco products. When you enroll in the program, **Franklin County Public Health** will connect you with the help and support you need to stop using tobacco.

[Sign Up Now](#)

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## Youth Mental Health First Aid

**If you saw a teenager struggling, would you know how to help?**

If you are a parent, or you work or volunteer with teenagers, chances are you've encountered mental illness and substance use. ADAMH is partnering with **MHAFC (Mental Health America Franklin County)** to offer free **Youth Mental Health First Aid** in Franklin County. This course prepares you to recognize mental illnesses that commonly affect teens as well as signs of substance use disorder. You will learn how to support teens in crisis and what professional help is available for youth.

If your school, community or youth-serving organization is interested in hosting a Youth Mental Health First Aid training, please contact Maureen Traverse at [mtraverse@mhafc.org](mailto:mtraverse@mhafc.org) or 614-221-1441.

If you'd like to attend an upcoming course, [join the list.](#)

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## ADAMH Murals in Gahanna and Reynoldsburg

In partnership with **Gahanna Area Arts Council** and **ALternative**, the ADAMH Board of Franklin County revealed The Gahanna Mural on Mill Street in 2018, depicting the community's warmth and openness to communication across cultures and generations. The mural's title, Talk to Me, reminds us that our

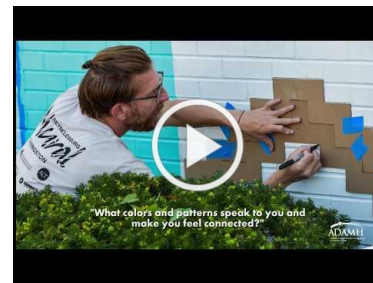
desire for connection and companionship is a universal foundation of our happiness.



[Learn more about the ADAMH Mural Program.](#)

In partnership with **Reynoldsburg City Schools**, **Reynoldsburg Parks and Recreation Department** and **ALternative**, the ADAMH Board of Franklin County announced the completion of the Reynoldsburg Mural Project in 2018, displaying 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.

Videos by: [Andrew Livelsberger, Best Light Photographic LLC](#)



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## Join NAMI for Family Education Saturday Seminars!

**NAMI's** free **Saturday Seminars** will provide expert speakers on a variety of current and relevant topics to help you understand the mental health care system, how to access resources, and how to navigate the complexities surrounding mental illness.

The first seminar will be *Saturday, May 18, 2019* from 8:30 a.m. to 1:00 p.m. at the Columbus Health Department Auditorium, 240 Parsons Avenue, Columbus 43215. (Breakfast will be served from 8:30-9:00 a.m. The seminar begins at 9:00 a.m.)

All seminars are free but do require registration. Seating is limited to the first 50 respondents.

[Register Now](#)

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## Provider News Updates

- Join us on *Wednesday, April 24, 2019* at Mershon Auditorium on Ohio State's Campus for **Faces of Resilience**, where **ADAMH** CEO David A. Royer and **Netcare Access** President and CEO, Austin King Stumpp, will be presented with the **2019 Nancy Jeffrey Award** for outstanding contributions in mental health and addiction! This event will also feature comedian/actor **Darrell Hammond**, who is best known for his long stint as a cast member on "Saturday Night Live." Mr. Hammond has teamed up with director Michelle Esrick to share his personal struggles with trauma, mental illness and addiction in his new documentary, "Cracked Up: The Darrell Hammond Story." [Learn more.](#)
- **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 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.
- **Directions for Youth & Families** State of the Child 30th Annual Luncheon on *Wednesday, May 8*. Come see and hear from our amazing kids and families, whose lives are changed because of **DFYF**, as youth from their after-school programs share music and dance performances. [Register Today](#)
- **Operation Monarch: Addressing Substance Abuse, Recovery, and the Role of Art** will run through *Saturday, May 11* at the **Columbus Recreation & Parks Department's Cultural Arts Center (CAC)**. [Learn more.](#)
  - Additional Related Programming:

- *Thursday, April 25* | Noon - 1 PM | FREE Conversations & Coffee - Artist Talk
- *Friday, May 3* | 7:30 - 9:30 PM | FREE Poetry Showcase // Doors open at 7 p.m.
- *Thursday, May 9* | Noon - 1 PM | FREE Conversations & Coffee - Artist Talk

- **Volunteers Needed:** [Register](#) for the next Volunteer Information Session at **Franklin County LOSS** on *Saturday, June 8*, from 10:00 to noon.
- **The Columbus and Franklin County Addiction Plan** has their own Facebook page! [Go check it out](#) for more information about services available in the area.
- Did you know that you could see job postings for **ADAMH** and non-profits in our **System of Care** on our website? [See what positions are available now.](#)
- Music helps improve your mood, can enhance self-esteem and helps regulate behavior. Listen to [this playlist](#) selected by the **Nationwide Children's Hospital On Our Sleeves** community to help practice good mental fitness.
- Did you catch **ADAMH** CEO David A. Royer on **Good Day Columbus**? [Head to our website to listen to his important message.](#)
- **North Community Counseling Centers** has new Programming! [Learn more](#) about their new programs focused on **Women's Empowerment** and **Next Generation Housing**.
- Join **Netcare Access** on *Monday, June 17* for their **37th Annual Netcare Foundation Golf Tournament** at Jefferson Country Club in Blacklick, Ohio. Golf, games, prizes and a few surprises await. [Click Here](#) for sponsorship opportunities and registration information.

## 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



Join Our Mailing List

[View as Webpage](#)

## Where Better Begins.

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