



Montgomery County

ADAMHS ADVISORY

December 2018

**5 TIPS FOR BEATING THE HOLIDAY BLUES**

**CHILL OUT.** Avoid overbooking yourself and make sure to take time for self-care.

**HIBERNATE.** Make sure you get enough sleep.

**BREAK OUT THE ICE SKATES.** Take time to exercise, even if it's just taking a spin around the rink.

**DON'T FREEZE PEOPLE OUT.** Spend time with people who love and support you.

**MODERATE THE MERRIMENT.** Eat and drink in moderation, and don't drink alcohol if you are feeling down.

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### 'Tis The Season... (to stay safe)

Let's face it, holidays can be stressful with trying to find the perfect gift, juggle social gatherings, or perhaps traveling. For others, the holidays may trigger emotions of trauma, loneliness, isolation or loss. Sometimes coping with these stressors can lead to counterproductive behavior like developing a shopping addiction or over-indulging in alcohol or drug use. The most important thing to remember this holiday season is to be kind to yourself. [Read more](#)

[Online Assessment Tool](#)

[GetHelpNow Montgomery County](#)

[Narcan Is a Tool](#)

[Seasonal Affective Disorder](#)



[GetHelpNowMontgomeryCounty](#)

## Community Collaborative Efforts Decrease Overdose Deaths

Montgomery County's overdose death rate has sharply declined in 2018, but opioid addiction still remains a very real challenge for many residents.

ADAMHS is a lead agency in a community collaborative to combat the opioid epidemic and reduce the number of fatal overdoses along with Public Health – Dayton & Montgomery County.

ADAMHS remains cautiously optimistic that overdose deaths will continue to decline as noted in two recent articles by the New York Times and Nonprofit Quarterly.

[Read articles and more](#)

[New York Times](#)

[Nonprofit Quarterly](#)

Available resources:

Fentanyl test strips are available through Families of Addicts:

[Families of Addicts](#)



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## Community Overdose Action Team

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### **COAT Wins Champions of Public Health Award**

The Community Overdose Action Team (COAT) has been selected as the winner of the “Organization Award” for the 2018 Champions of Public Health Awards presented by The Ohio State University College of Public Health. The award was given for the COAT’s innovative collaborative structure that allows partners to work together in a unified and coordinated way to respond to the opioid crisis.

Lead agencies of the COAT include Montgomery County, Public Health - Dayton & Montgomery County and ADAMHS. The award will be presented on at The Ohio State University Tuesday, December 4, 2018.

[Read more about COAT](#)



## 50 Years of Service to the Community

Our commitment to helping people with mental illness and substance addictions is steadfast and has grown significantly over the past 50 years. ADAMHS has a solid network of local agencies that specialize in treatment, prevention and aftercare services; and provides robust training opportunities for the community and law enforcement.

Thank you to everyone who helped celebrate our 50th anniversary in October.

[Read more about the event](#)

[50th Anniversary Celebration photo album](#)



## ADAMHS announces new recovery workforce program for Montgomery County employers

You can change today's workforce by participating in ADAMHS's new recovery workforce pilot program. The program is in partnership with Ohio's BWC and provides testing and training for Montgomery County employers who hire workers in recovery.

[Learn more about the OWSP program](#)



### **OUCH That Stereotype Hurts:**

#### **Communicating Respectfully in a Diverse World**

An interactive workshop will be held on December 7th in Columbus that focuses on the importance of cultural competence and is based on the book by the same name written by Leslie C. Aguilar. It will demonstrate how just one person speaking up can inspire others to do the same.

[Register Online](#)



### **Holiday outreach and support**

The Recovery Alliance of Montgomery County (RAMCO) is providing holiday gifts, food and events to give people an opportunity to stay connected with others during the holiday season.

RAMCO is supported by your local ADAMHS and shares resources and supportive services for people in recovery from substance misuse.

[Read more RAMCO](#)



## Training Institute

ADAMHS offers a variety of training classes for professionals and laypersons. Call us, or visit our website for a menu of training offerings that teach how to recognize and interact with a person in mental health crisis or individuals exhibiting suicide warning signs and behavior, among other topics.

Additionally, ADAMHS's Mental Health First Aid training is offered in both adult and youth-focused modules, is an 8-hour course, and teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia.

[Training Calendar](#)

## Let's Stay Connected

Please be sure to connect with us on Facebook, Twitter, and LinkedIn to stay up to date on the various programs and services being funded by ADAMHS. The direct links are below for your convenience.

