



Several hundred people enjoyed a *Healthy Recovery Celebration: No Family Left Inside* at Wegerzyn Gardens MetroParks sponsored by the Recovery Alliance of Montgomery County (RAMCO). Attendees learned about clean and sober activities available at Five Rivers MetroParks. The event included door prizes, music, and free food. Fourteen bicycles donated by the were also given away. Special



Life Enrichment Center

thanks to the volunteers from the recovery community who helped make the day a success.

RAMCO is an alliance of five recovery organizations created to share resources to make a positive impact in the community. RAMCO includes Alco Aides, Families of Addicts, West Side Club, Dayton Fellowship Club and Recovery Café. ADAMHS provides funding and support for many housing providers including 55 beds with an additional 29 beds for special populations.



The Leadership Dayton Class of 2018 recently held a ping pong tournament and raised \$18,000 to benefit RAMCO.

Crisis Intervention Training (CIT) is credited for helping Butler Township Police in defusing a potentially dangerous situation when a man having mental health crisis pulled a gun on officers. CIT provides law enforcement practical during a mental health crisis. CIT is an quarterly by ADAMHS, promotes officer individual in crisis. Upon completion of the to understand common signs and symptoms occurring disorders, understand mental health law and de-escalation techniques. Butler Township Police has three officers CIT trained. So far, 345 officers have been CIT Trained. Interested in CIT? Contact Lynn Voisard at 937- 443-0416 or Lvoisard@mcadamhs.org.



skills for responding to a person intensive five day session, offered safety as well as the safety of the course, officers are better equipped of mental illnesses and co-



As the temperatures and humidity rise, keep in mind that it can impact common psychotropic medications and cause heat-related illness in individuals. Some medicines and medical conditions can make the body overheat. Heat stroke is the most serious heat-related illness and

can cause death if not treated. Some medical conditions such as heart disease and diabetes also are at greater risk of heat stroke. Check with your doctor or pharmacist about your specific medications. Here are some ways to stay cool:

- Stay in cool places
- Eat regular light meals
- Drink plenty of fluids
- Avoid coffee, tea, and alcohol

ADAMHS & Sinclair Community College teamed up to offer 25 scholarships for people interested in becoming a certified chemical dependency professional. The workforce development scholarship is for any employee that works for an ADAMHS contract agency. With this opportunity students are able to offer quality and comprehensive services to clients living with substance abuse. During the duration of the program, students learn about addiction, assessments, group dynamics and many other relevant topics. After successfully completing this 16-month program and their education level, students are eligible to take the Ohio Chemical Dependency Professionals Board licensure exam.



July is National Minority Mental Health Awareness Month, a time to focus on mental illness and its effects on racial and ethnic minority populations. Minorities are less likely to receive

diagnosis and treatment for their mental illness, have less access to mental health services and often receive a poorer quality of mental health care.



Have you downloaded our new smartphone app to find addiction and mental health treatment information, plus more? The easy-to-use app also gives users directions from their current location, direct call ability and the insurance payments providers accept. Plus, users can find supportive services such as naloxone training, hotline phone numbers and housing services available.

If your organization would like printed material about the app to place in information holders in your organizations lobby or to give out to visitors, please send an email requesting the specific number of cards needed to astevens@mcadamhs.org



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