



Kiosks Assist in Mental Health and Substance Use Awareness

Raising awareness and helping people improve their brain wellness is the goal of kiosks placed by ADAMHS at the Job Center and the main library in downtown Dayton. People can navigate through nine anonymous screenings for such conditions as anxiety, depression and substance use disorders. "ADAMHS believes that taking care of a person's mental health should be as commonplace as checking one's blood pressure or any other screening for a physical illness," said Paula Cosby, Director of External Affairs.

One in five Americans experiences a mental health challenge in their lifetime and addiction is often accompanied by a co-occurring mental health issue. You can access an array of local resources by downloading the ADAMHS GetHelpNow Montgomery County app or by calling the 24/7 Crisis Care line provided by Samaritan Behavioral Health at 937-224-4646. You can also take a mental health screening below.

[Mental Health Screening](#)



Caution about E-cigarettes and Vaping

Parents and caregivers of teens need to be aware of "Juuling". The e-smoking trend has increased in popularity so quickly with young people, that the U.S. Food and Drug Administration has identified it as an epidemic. In Ohio, nearly 1 in 4 youth are now vaping. Compared to adults, youth are generally more motivated by rewards, more influenced by peers and less concerned about risks. There is evidence that Nicotine interferes with youth cognitive development, and inhibition control. ADAMHS is working with Montgomery County school districts to help youth and parents become informed about the risks of using these products, and to learn prevention tools to help young people develop healthy coping skills.

[What parents need to know about vaping
E-cigarette Use Among Youth/Young Adults Surgeon
General Report](#)



Celebrating the 12th Class of Crisis Intervention Team (CIT) Graduates!

Historically, law enforcement officers have had minimal specialized training or knowledge in interacting or de-escalating a person experiencing a mental health crisis.

Since 2016, Montgomery County ADAMHS and the Montgomery County Sheriff's Office have partnered to offer the Crisis Intervention Team (CIT) Academy to local law enforcement departments. CIT bridges the gap between local police response and mental health care, which results in a safer, proactive method for diffusing crisis situations.

To date, ADAMHS has trained 1,165 officers including the Sheriff's Department, the Ohio State Highway Patrol and 20 other local departments. Local hospital and college/university security and law enforcement officers have also participated.

Last year, ADAMHS expanded CIT to include a companion course for call takers and dispatchers, equipping them with the skills necessary to identify a caller in mental health crisis.

CIT is a police-based pre-arrest jail diversion program. It is designed to create a seamless link between law enforcement and emergency mental health services.

To learn more go to [CIT in Ohio](#)

Click to find ways for five crisis intervention strategies you can do: [Crisis Intervention Strategies](#)



Diversity and Equity in Behavioral Health Care

The U.S. Census Bureau projects that by 2050 racial and ethnic minorities will comprise a majority or 54 percent of the U.S. population. Reportedly, diverse communities have unique behavioral health needs, along with different rates of mental health disorders, substance misuse and treatment access. Communities of color experience unique and considerable challenges in accessing mental health services, according to Mental Health America. This is partly due to the stigma surrounding mental health treatment, particularly with reference to African American men. One way you can help to improve the mental health survival rates of minorities is to be trained to identify signs of depression and/or substance use. ADAMHS offers a variety of Mental Health First Aid courses so that you can learn to identify signs and symptoms of someone who may be experiencing a mental health crisis and to know how to intervene in a helpful way.

[Mental Health First Aid](#)

[Minority mental health](#)

[African American Mental Health](#)

[U.S. Dept. Health & Human Services Minority Health](#)



Protecting Student Athletes

Many teens are prescribed opioids to manage pain following a sports injury. For some, care and rest combined with medication is necessary, but others can end up relying on painkillers. Since pain may be a common expectation in most sports, we need to learn how to help our young athletes avoid a dangerous outcome. It is imperative for athletes, parents, and coaches to be educated about the risks of prescription opioid use. With support from ADAMHS, the Montgomery County Prevention Coalition is working to prevent the misuse of opioids and to promote healthy relationships with prescription medications. This group of committed community volunteers has developed a training for coaches, athletic trainers, athletic directors, and parents of young athletes to educate them on the dangers of prescription opioid misuse. The training offers information on how to recognize signs of risk and how to keep young athletes safe. Over 100 athletic staff have been trained since spring 2018.

[Student athlete's resource guide](#)



Sticking It to Opioids

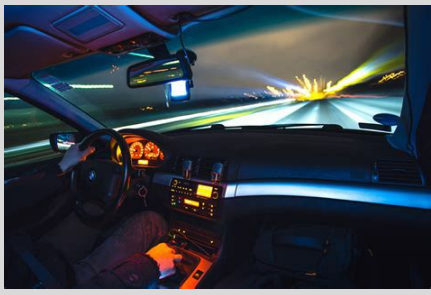
The Montgomery County Prevention Coalition, in partnership with the Community Overdose Action Team (COAT) is working with pharmacies to implement opioid warning stickers. The stickers, which are placed on prescription container caps, identify the medication as an opioid and provides warnings that it may be addictive and could lead to overdose. The Coalition piloted this project by dispersing 1,000 stickers to three local pharmacies, including Rite Aid and Kroger. The pharmacies were very receptive to implementation of the stickers, and the coalition is currently working to disperse 10,000 more stickers throughout the county. Local Rite Aid stores have begun printing the sticker on their own, ensuring that all patients can easily identify an opioid prescription.

[Montgomery County Prevention Coalition](#)



ADAMHS Staff Member Recognized

South Community, Inc. recognized Jennifer Hochdoerfer, ADAMHS forensic and civil commitment monitor at their annual awards ceremony. Jennifer received the organization's 2018 Community Service Award and was honored at a breakfast hosted by the nonprofit behavioral health provider. "Jennifer represents us so well, in so many places and in so many outstanding ways in Montgomery County," said Executive Director Helen Jones-Kelley. ADAMHS is proud to see her receive this recognition!



How aggressive a driver are you?

The American Automobile Association has declared February as Aggressive Driver Month. Please take a moment to reflect on your driving habits during this national awareness period. The National Highway Traffic and Safety Administration (NHTSA) estimate that over six million crashes in the United States are caused by road rage.

Take the [Aggressive Driver Test](#)

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 funded by ADAMHS. The direct links are below for your convenience.

