



Montgomery County
ADAMHS ADVISORY
April 2019

Top Stories in this Newsletter

- [Honorable Mention](#)
- [Words Matter](#)
- [Underage Drinking Isn't Inevitable](#)
- [Teens and Dating Violence](#)
- [It's National Alcohol Awareness Month](#)
- [A Focus on the Road](#)
- [Drug Take Back Day](#)
- [Lending a Helping Hand](#)
- [Reversing the course](#)
- [ADAMHS Proud](#)

Honorable Mention



Our Montgomery County Emergency Room Overdose Notification (MCERON) system received honorable mention in the 2019 Scattergood Innovation Award contest. Presented by the Scattergood Foundation and the National Council for Behavioral Health, the annual award recognizes innovative programs, policies, products, and/or technologies which challenge how behavioral health is viewed, organized, and practiced. MCERON creates an opportunity for people hospitalized with a suspected overdose to get connected with treatment services. MCERON is a collaborative system in partnership with the Greater Dayton Area Hospital Association.

[Top](#)

Words Matter



The phrase "committed suicide" is heard a lot because suicide is the leading cause of death in the U.S. When you say "committed suicide" it evokes something shameful or illegal like "committed a crime." It also discriminates, because it ignores the fact that suicide should be thought of like any other physical health condition. For example, you don't say someone "committed a heart attack." Language about mental health that is judgmental or degrading prevents people from seeking help. Eliminating stigma begins with your conversations. Instead of saying "committed suicide," change the conversation to "died by suicide," because it sends a message the death was caused by a mental health illness.

If you or someone you know needs help, call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#). You can also text HOME to 741-741 for free, 24-hour support from the [Crisis Text Line](#).

[Top](#)

Underage Drinking Isn't Inevitable



The earlier you start ongoing conversations with your child about alcohol and drugs, the better. Montgomery County data shows that when parents and guardians talk about these topics, children are 50 percent less likely to engage in substance use. Early initiation of alcohol use can be detrimental to an adolescent's developing brain. The longer they wait to have their first drink can dramatically minimize their chances of developing substance use disorder in the

[Binge Drinking](#)
[Underage Drinking](#)

future. The good news is that data also shows the majority of local high school students haven't consumed alcohol in the past 30 days. So instead of thinking underage drinking is inevitable, start talking with your child about your expectations regarding alcohol and drug use.

[Top](#)

Teens and Dating Violence



Did you know that teen dating violence (TDV) affects millions of young people each year? The Centers for Disease Control data indicates nearly one in 11 females and about one in 15 male high school students report having experienced physical dating violence. TDV is common. TDV includes four types of behavior: physical and sexual violence, stalking and psychological aggression. It can also include repeated texting, posting sexual pictures, as well as teasing and name-calling which can develop into serious forms of violence. Strategies to promote healthy teen relationships can be found here:

[Dating Matters](#)

[Top](#)

It's National Alcohol Awareness Month



Started in 1987, National Alcohol Awareness Month was created to help reduce the stigma associated with alcoholism and increase understanding about alcohol, alcoholism and recovery. While opioids have garnered the headlines, alcohol is still a much bigger problem, especially binge drinking. Binge drinking is defined as having five or more drinks during a single event for men and four or more drinks for women. What can you do to make a difference this month?

- Encourage family and friends to make small changes, like keeping track of their drinking and setting drinking limits.
- Share tips with parents to help them talk to their kids about the risks of alcohol use.
- Tweet about Alcohol Awareness Month.
- Learn about local addiction and recovery resources by downloading our GETHELPNOW Montgomery County free app.

[Educate Yourself and Others](#)

[Take the Alcohol Quiz](#)

[Top](#)

A Focus on the Road



Have you ever been stopped at a traffic light and glanced over at the driver in the next lane only to see their head down looking at their cell phone? Or worse yet the driver in front of you is texting and driving? April is Distracted Driving Awareness Month, a time to remind everyone that texting is illegal for all drivers. The State Highway Patrol says 51 people lost their lives last year as a result of distracted driving and more than 6,800 were injured as a result of crashes.

[Top](#)

Drug Take Back Day



The Montgomery County Prevention Coalition, funded by ADAMHS, will participate in the Drug Enforcement Administration's National Prescription Drug Take Back Day. It will be held Saturday, April 27, from 10 a.m. to 2 p.m. at various locations around the county to provide a safe, convenient way to dispose of unwanted or expired prescriptions.

Volunteers are needed and can sign up here:

<https://www.preventionmc.org/events-1/dea-take-back-day-volunteer-sign-up>.

[Take Back Day](#)

[Top](#)

Lending a Helping Hand



ADAMHS is one of eight boards serving 11 southwestern counties that received regional funding through the Ohio State Opioid Response Project to expand medication assisted treatment. Montgomery County ADAMHS received \$250,000, which is expected to serve 225 opiate addicted people. The grant's focus is on increasing access to medication assisted treatment for those incarcerated. Individuals will also receive care coordination and a link to services to ensure a connection to treatment providers of their choice upon release from the institutions. Initiating medication assisted treatment coupled with care coordination upon discharge, increases a person's long term recovery success.

[Top](#)

Reversing the course



ADAMHS and its behavioral health care providers are welcoming OneFifteen, a new inpatient and outpatient treatment center to the area. OneFifteen is not-for-profit and will offer treatment, rehabilitation housing and other services for sustained recovery for people with opioid addiction. The campus will be located in the Carillon neighborhood in Dayton near the Job Center. Clinical services will be offered through Samaritan Behavioral Health, another ADAMHS provider. Learn more: [OneFifteen](#)

[Top](#)

ADAMHS Proud



Congratulations to ADAMHS Board of Trustee member Michael McKewen for being named a 2019 Dayton Business Journal Forty Under 40 winner. McKewen is director of cardiovascular services at Miami Valley Hospital. He has served on the ADAMHS Board since August 2017.



Executive Director Helen Jones-Kelley was honored with a Lifetime Achievement Award on March 30. A Tribute to African Americans Committee Inc., recognizes the achievements of African Americans that are actively making a positive impact in the community. [African Americans Committee, Inc.](#)

Program Coordinator Rochele Burnette was named a Top Mental Health First Aid instructor by the National Council for Behavioral Health. Mental Health First Aid is a course that teaches how to identify, understand and respond to signs of mental health or substance use problems and offer support.

Training Director Jennifer Cox was selected as a national Mental Health First Aid (MHFA) trainer by the National Council for Behavioral Health. She joins an elite team of 52 trainers to teach an intensive certification training course to MHFA instructors. Jen will also maintain her role as a Certified National Instructor for specialized corporate MHFA, a position she's held for the past four years. Learn more about [Mental Health First Aid Training](#) to help someone during a mental health challenge.



And finally, we bid adieu to Financial Specialist Rita Pinti who retired after 23 years of steadfast service to the citizens of Montgomery County. Rita worked on account receivables and billing, along with federal financial reporting. We wish her continued success, happiness and good health in the years to come.

[Top](#)

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.



**Montgomery County OH Alcohol, Drug
Addiction & Mental Health Services**
409 E. Monument Ave, Suite 102,
Dayton 45402, OH 45402

