

CCMHRB Quarterly

WHAT'S NEW?



WE HAVE A NEW LOGO!!
THE MENTAL HEALTH
AND RECOVERY BOARD
WILL SOON LAUNCH NEW
WEBSITE

Pictured above is our new logo
and we will soon be launching
a beautiful new website!

MISSION STATEMENT

THE MENTAL HEALTH AND RECOVERY BOARD

under local leadership, shall plan
and make provision for
comprehensive mental health and
recovery services that are accessible
to all residents of Clermont County
and shall evaluate the delivery and
effectiveness of these services.

FEATURED ARTICLE

OACBHA: DEVELOPING A BETTER UNDERSTANDING

The Ohio Association of Behavioral
Health Authorities publishes
informational "one-pagers". The
most recent one was titled
"Practicing Self-Care to Foster
Resilience". Click [here](#) to read full
article.



PUBLIC SAFETY ALERT!

**DEA Warns that Pills Purchased
Outside of a Licensed Pharmacy are
Illegal, Dangerous, and Potentially
Deadly. Read on [here](#).**

UNITY DAY

SHARE KINDNESS + PROMOTE ACCEPTANCE + ENCOURAGE INCLUSION = BULLYING PREVENTION

NATIONAL BULLYING PREVENTION MONTH

During October get involved and take action to prevent bullying and promote kindness, acceptance, and inclusion in schools, communities, and online.



Create a world without bullying

- Speak up with kindness
- Reach out with acceptance
- Be a friend through inclusion

PACER's National Bullying Prevention Center | PACER.org/Bullying

UNITY DAY

OCT 20, 2021

WEAR AND SHARE
ORANGE
TO PREVENT BULLYING
AND PROMOTE

kindness
acceptance
inclusion

#UNITYDAY2021
PACER.ORG/UNITYDAY

Sponsored by PACER's National Bullying Prevention Center since 2011

CATCHING UP

RECENT COMMUNITY AWARENESS EVENTS:

*National Overdose Prevention Day
August 31

*National Suicide Prevention Week
September 5-11

*World Suicide Prevention Day
September 10

*Week of Appreciation for First Responders
September 20-26

*World Mental Health Day
October 10

*Veterans' Day
November 11

*International Survivors of Suicide Loss Day
November 20

*Together we
can make a
difference*

WEEK OF APPRECIATION
was September 20-26



Thanks to the tireless efforts of frontline workers, Ohio has seen a decrease in deaths involving heroin in recent years. However, we are still facing an addiction and overdose epidemic like never before, which has been exacerbated by the COVID-19 Pandemic. Ohio's frontline workers need our continued support. The Week of Appreciation is an opportunity to show support and appreciation to those who work directly with individuals struggling to overcome substance use disorders. This includes behavioral healthcare workers, police officers, firefighters, EMTs, children's services workers, emergency department staff, and anyone else who may experience burnout or secondary trauma as a result of their work with individuals with addiction. Local Alcohol, Drug Addiction, and Mental Health (ADAMH) Boards will work with their County Hubs to plan and host events and activities to thank local frontline workers.



THE HOLIDAYS ARE UPON US, including all the frenzy that all too frequently passes for festivity at this time of year. We are bracing ourselves for massive full-scale holiday marketing and all the stress that can go with it.

Stress, depression, and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead, and seeking support can help ward off stress and depression.

TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION

1. Acknowledge your feelings
2. Reach out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say no
8. Don't abandon health habits
9. Take a breather
10. Seek professional help if you need it

Click [here](#) for more information.

THE TRUTH ABOUT HOLIDAY SPIRITS

Many of us look forward to celebrations during the holidays, yet it is also a time when some people are more likely to drink beyond their limits than at other times of the year. Some people will suffer adverse consequences that range from fights to falls to traffic crashes. This holiday season, it is particularly important to take measures to protect your own health and that of your loved ones due to the coronavirus pandemic. This includes following the everyday practices recommended by the U.S. Centers for Disease Control and Prevention to [reduce the risk of contracting and spreading the coronavirus](#), as well as following [guidelines for holiday celebrations and small gatherings](#).

Please click [here](#) for more information on the myths and effects of alcohol.

International Survivors of Suicide Loss Day

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is **Saturday, November 20, 2021**. [You can find a current list of registrations here](#). If you have questions, please contact your [local AFSP chapter](#) or email survivorday@afsp.org.

Click [here](#) for information on how to talk to a suicide loss survivor.

