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 <u>here</u>.

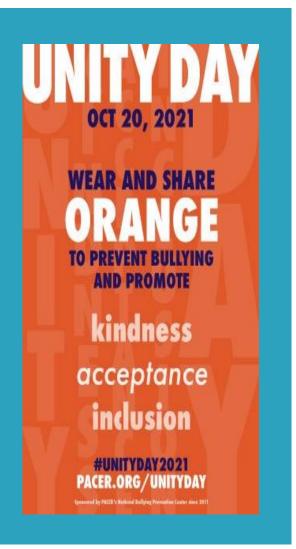
+ PROMOTE + ENCOURAGE =

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.



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



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 Thanks to the tireless was September 20-26 efforts of frontline wo

Bringing Help,
Bringing Hope.
Thank You!

Week of Appreciation
September 20 - 26, 2021



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
- Seek professional help if you need it

Click <u>here</u> for more information.

THE TRUTH ABOUT HOLIDAY SPIRITS

Many of us look forward to celebrations during the holidays. vet 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 <u>here</u> 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 <u>local AFSP chapter</u> or email <u>survivorday@afsp.org</u>.

Click here for information on how to talk to a suicide loss survivor.

