



Spring 2024 Newsletter

Our mission is to enhance the behavioral healthcare system for our communities, ensuring individuals and families have access to person centered, evidence-based treatment and support.



HAPPY NATIONAL SOCIAL WORK MONTH—MARCH

In honor of social work month, the Paint Valley ADAMH Board is taking a moment to recognize the social workers who meet weekly with staff at ADAMH to receive supervision for their independent licensure. Thank you social workers and all direct care staff for all you do for our community.



Cassie Lee

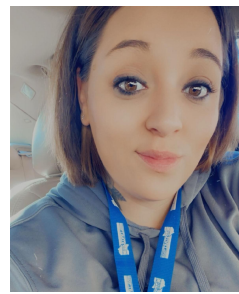
*Integrated Services for Behavioral Health
Highland County*

Q: Why did you become a social worker?

A: It was a natural transition for me from things I was already doing before I decided to go back to school. I wanted to help people and had planned to go into early childhood education as there were so many kids struggling with different things in my community. Once I took my first psychology class, I knew I wanted to change direction as learning what is behind different behaviors was fascinating to me. It really allowed me to understand those struggles that I was seeing in the community in a way that helped me to see better ways to help. I took my first job out of school, working with teens, hesitant about whether I was prepared to work with that age group and ended up loving it. I have been working with children, teens and young adults since then and would not trade the feeling of knowing I am making a difference in their lives for any other role.

Favorite quote: "There is no standard normal. Normal is subjective. There are seven billion versions of normal on this planet." - Matt Haig

Jamie Green
The Recovery Council



Q: Why did you become a social worker?

A: I was driven by a profound desire to advocate for people's rights and empower them to overcome challenges. My own past experiences have shaped my passion, instilling in me a deep empathy and understanding of the struggles people face. Through my journey, I have realized the transformative power of support and guidance, and I am committed to being a vehicle of hope and change for those navigating difficult circumstances. My decision to become a social worker is not just a career choice but a calling to make a meaningful difference in the lives of others, driven by a personal mission to create a more just and compassionate society.

Favorite quote: "In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing." -Theodore Roosevelt



Sabriah Hill
*Pickaway County Educational Service Center
Circleville City Schools*

Q: Why did you become a social worker?

A : The social work field FOUND me through real life experiences. Being a good human is important to me, and with social work, I get a chance to be a good human every day in the work that I do.

My favorite quote: "This, too, shall pass."

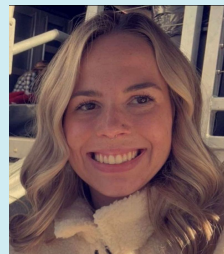
Alyson Notestine
PATH Behavioral Healthcare



Q: Why did you become a social worker?

A: I became a social worker because I knew I wanted to work in mental health at some point. It wasn't until I met my college advisor that I really saw what social work was and the amazing opportunities I would have. I've not regretted this decision once.

Favorite quote: "I don't think there are bad people. I think good people do bad stuff sometimes, and that's bad. If you just do it once, that's a mistake." - Marceline (Adventure Time)



Randa Simkins
Franklin County Jail

Q: Why did you become a social worker?

A: I became a social worker to help those in my community and advocate for mental health.

My favorite quote: "When things change inside you, things change around you."

Bowl for Kid's Sake

It is always an honor to sponsor the annual Bowl for Kids Sake for our contract provider Big Brothers Big Sisters of South Central Ohio. Kyle Howard and Vonda Kern captained our teams with their families and friends. Congratulations BB/BS for another successful

event!



Point In Time Count

We want to recognize the importance of providing services to the homeless population in our board region. In January, we delivered backpacks and flashlights to our five county Community Action agencies and partners to distribute to homeless residents during the Point in Time Counts conducted in our board region on January 23.



Connections Recovery Support Group



NAMI Southern Ohio has started a Connections Recovery Support Group in

Chillicothe. This is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

Meetings will be conducted at Trinity United Methodist Church on the corner of Main and Mulberry streets, starting Wednesday, March 6 at 6:30 p.m. Enter through the courtyard door on the Mulberry Street side of the building (under the black awning.) Jenny Souders will be the facilitator. Mrs. Sounders has been leading groups in Ohio, for several years and we're so happy she and her family have moved to our area! Please let us know if you have any questions. No registration is needed, just show up!

[Click Here for More Information about NAMI Connections](#)

Rulon Center Celebrates 5th Anniversary

SPVMHC celebrated the fifth anniversary of the opening of the Rulon Center in Chillicothe on March 15. The center is an inpatient facility for substance use disorders located at 400 Chamber Drive.



QPR-a-thon!

Worldwide, April is the month with the highest number of deaths by suicide. That is why we are holding a Question. Persuade. Refer. training this spring so you can learn how to prevent suicides. If you are interested in holding a QPR training for your business, church, school, or community, please let us know! Send an email with your information to contactus@pvadamh.org.

Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.



QPR Gatekeeper Training



- How to Question, Persuade and Refer someone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.

Please help us welcome new board members!



Laken Woods
Ross County



Natalie Fish
Pike County

SAVE! the DATE!



MHFA
Collaborative

managed by
MLHA
Mental Health America
of Northern Kentucky
& Southwest Ohio

**MENTAL HEALTH
FIRST AID**

"As a mental health advocate, I found the Mental Health First Aid course curriculum to be very thorough and helpful on my quest to further strengthen my skills in assisting friends, family, neighbors and strangers alike with mental health challenges."

-Lesley Richard,
Columbus, Ohio

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

On average,
123
people die by
suicide each
day.

- American Foundation
for Suicide Prevention

From 1999 to 2016,
630,000
people died from
drug overdose.

- Centers for Disease Control
and Prevention

Nearly
1 IN 5
U.S. adults live with
a Mental Illness.

- National Institute of Mental Health via
the National Survey on Drug Use and
Health and the Substance Abuse and
Mental Health Services Administration

Monday, May 13, 2024

8:30 a.m. - 4:30 p.m.

Registration begins at 8:00 a.m.

Adena Pike Medical Center
Emmitt Room
100 Dawn Lane | Waverly, OH 45690

If interested in attending this training,
please contact Kelly Dennis at kdennis@pvadamh.org.



EMPLOYEE SPOTLIGHT



MEET Danielle

Grants Manager

“ It has been an honor to be a part of the incredible work that has been done and still continues in the five years I have been with the board. The staff at ADAMH have such caring hearts and motivation to really make a difference in the lives of the individuals in the communities we serve. Together, we can effect change and make a difference! ”

MEET Adam

Chief Financial Officer

“ I have thoroughly enjoyed my 5 years here at the ADAMH board. I am honored to work every day with an amazing group of people striving to improve the lives of those in our community. ”



REASONS TO CONNECT WITH 988

You can call, text, and chat the 988 Suicide & Crisis Lifeline to talk about a lot of things.

988 SUICIDE & CRISIS
LIFELINE



Are You Following Us On Social Media???

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 @pvadamh  @PVADAMH

www.pvadamh.org



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