



ADAMHS Board of Cuyahoga County

7 THINGS TO REMEMBER TO HELP YOU COPE WITH GRIEF & LOSS

When it comes to grief, there is no magic answer. No solution. No cure. Grief is an individual experience that can only be processed by the person working to cope with it. Although there's no quick fix to grief, there's time-honored wisdom that can support coping and promote acceptance.

Here are 7 things that can help in processing grief and dealing with loss:

1. Grief comes in waves and can be heightened during moments like anniversaries or holidays. Ensuring you have the extra support from professionals, family and friends can help you process, cope and move forward.
2. As people, we want to avoid pain at all cost, but we're stronger than we think we are. We not only learn our capacity to deal with hurt and pain by experiencing it, we grow from it too. Resiliency is one of the best practices to help cope with grief.
3. Grief is exhausting and taking care of yourself is important. Giving yourself time for naps, nourishing meals, laughter, personal time and time with loved ones is vital to coping with your grief and loss. Remember, you deserve it.
4. Grief is not something you experience and simply get over. Grief moves in cycles. If you're feeling "okay" and then feel bad again, it doesn't mean you relapsed or worsened. It means you're human and are actually moving forward in your process. Your grief is yours, no questions asked.
5. Anger, sadness, hurt—your feelings of grief are yours and, more importantly, they're normal. Having someone (including yourself) challenging how you should feel compounds the experience and prohibits coping, resiliency or growth. Everyone comes to their loss experience with their own story, their own unique context and their own meaning.
6. Believe it or not, grief can create meaning in your life. There's no getting over the loss of a loved one, but, in that loss, you can glean new purpose for your life as you cope with your grief. Connect to what gives you meaning like a passion project, your family history or even helping others who've experienced grief themselves. Doing so will promote co-existence with your grief and help you build strength.
7. Although grief is individual, you're not alone. There are support systems in every corner of the state. Whether it's a behavioral health or medical professional like a counselor or doctor, a long-time family friend, a grief support group or [The G.A.P. Network](#), there are avenues where you can build your resilience and coping with your loss in the best way for you.

7 Things to Remember to Help You Cope with Grief and Loss

When it comes to grief, there is no magic answer. No solution. No cure. Grief is an individual experience that can only be processed by the person working to cope with it.

Although there is no quick fix to grief, there is time-honored wisdom that can support coping and promote acceptance.

This document provides seven things that can help in processing grief and dealing with loss.

Examining Disparities Requires Action: Structural Racism, Healthcare Disparity and the Opioid Crisis



Yvonka Hall, MPA

Pooja Lagisetty, MD

Zinzi Bailey, SCD

August 22, 2020
3:00-5:00 PM EST

From Research to Recovery 2020: Racial Disparity, Social Justice and the Opioid Crisis

The ADAMHS Board is proudly supporting this webinar series taking place from August-November to bring together a diverse group of stakeholders to address how the opioid crisis is impacting communities of color, particularly Black Americans, who have been disproportionately stigmatized and incarcerated for substance use. The specific goal of this webinar series is to create meaningful conversations and collaborations to address the structural racism preventing communities of color from receiving treatment, recovery, and wraparound social services for substance use disorders.

Structural racism and substance use are intertwined through a combination of inequitable systems, and this webinar series will consequently be examining a range of topics related to healthcare and criminal justice.

Learn more about each webinar and how to register [here](#). **The first webinar is coming up on August 22.**

VIRTUAL CLIENT INFORMATION MEETING

The Next ADAMHS Board Virtual Client Information Meeting is Coming Up on August 27

The ADAMHS Board is hosting a virtual client information meeting on Thursday, August 27 from 1:00-2:00 p.m. We respectfully ask that this meeting only be attended by clients. At this meeting, a representative from the MetroHealth System will be sharing tips on taking care of your mental health during the COVID-19 pandemic; ways to recognize symptoms, triggers, and how to support oneself while isolated. [Click here to view the flyer.](#)

Clients can join the meeting by video using a computer or smartphone. If using a smartphone, download the free Zoom app. [Click here to join the meeting on a computer or smartphone.](#) If you would like to join the meeting by phone, dial (301) 715-8592. You will be asked to enter the meeting ID: 838 7380 6302.

All virtual client meeting updates, including topics and any meeting changes, can be found on our website at www.adamhsc.org.

For Our Media Partners

While Ohio and the rest of the nation continues to work hard to mitigate the spread of COVID-19, the “epidemics within the pandemic” – opioid overdoses and deaths resulting from suicide – persists. We would like to remind members of the media who cover these important topics that **responsible reporting on suicide has the power to save lives**. How you shape a story, the details given, words used and resources provided, will minimize suicide contagion for vulnerable individuals and increase awareness of this major public health issue.

We encourage you to share the below resources and guides with your entire newsroom.

- [Reporting on Suicide](#)
- [Reporting on Opioids](#)

Also, please continue to share the following resources with your readers/viewers:

- **Cuyahoga County's 24-Hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline:** 216-623-6888
- **Cuyahoga County's 24-Hour Warmline:** Call 440-886-5950 to talk with a peer
- **Crisis Text Line:** Text "4hope" to 741741
- **COVID Careline:** 1-800-720-9616
- **SAMHSA Addiction Treatment Finder:** [findtreatment.gov](https://www.findtreatment.gov) or 1.800.662.HELP (4357)
- **United Way 2-1-1 HelpLink:** One-stop shop for information about social, health and government services and resources

Controlling Exposure to Social Media Vital to Mental Health

From a global pandemic to the movement to end racial inequality in our country, along with an endless amount of political issues and divisiveness, we're living in a particularly contentious time in history. It's easy to feel overwhelmed by information, opinions and arguments, and nowhere is this more apparent than on social media. The Ohio State University Wexner Medical Center surveyed 2,000 people nationally and found that more Americans are making adjustments to their social media usage. More than half said they've changed their social media habits this year, with one in five making a point to take breaks from these platforms altogether. To read the complete article, click [here](#).



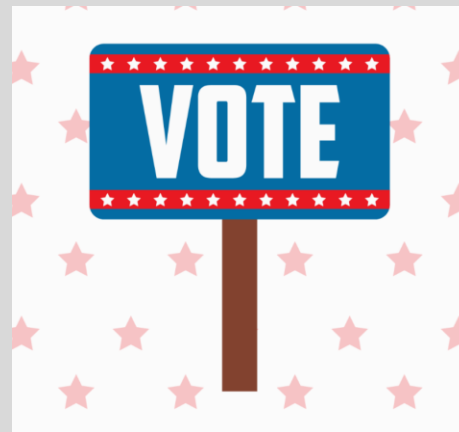
The logo for the United States Census 2020, featuring the text "United States® Census 2020" in white on a blue background.

United States® Census 2020

Deadline to Complete Your Census is Now Sept. 30!

The deadline to complete the Census was originally extended to Oct. 31, but has been moved back to Sept. 30. Please make sure to complete your Census questionnaire before the new deadline.

Fill out your Census today online at www.my2020census.gov or by phone at 844-330-2020. It takes only ten minutes to complete, and it impacts our community for the next ten years. Do your part today, and make sure your family is counted in the 2020 Census!



Register to Vote & Request Your Mail-in Ballot Early!

Have you moved since the last election or are you not registered to vote? You can register online here: olvr.ohiosos.gov. That website also has a paper form that can be printed off, filled out, and returned to the board of elections. **The deadline to register is Oct. 6.**

Do you know about your [voting options](#)? If you plan on voting by mail, consider [requesting your mail-in ballot](#) early. Mail-in ballots are due by Oct. 31. Another option is early voting, which will begin on Oct. 6.

Community News

NAMIWalks New Date is October 10: NAMI Greater Cleveland is joining 60+ sites that have decided to have their virtual events on Saturday, October 10 – National Day of Hope organized by NAMI National. October 10 is also World Mental Health Day and the Saturday that ends Mental Illness Awareness Week. Register for [NAMIWalks Your Way Greater Cleveland](#) and [click here](#) if you would like to be a sponsor.

Bellefaire JCB: School-Based Counseling and Mental Health Services Re-Imagined - NEW Virtual School-Based Counseling and Mental Health Services are just a phone call or email away. The COVID-19 pandemic has had a significant impact on youth, causing an increase in anxiety and depression. Bellefaire JCB is here to help by

offering virtual School Based Counseling and Mental Health Services for students and families from experienced staff assigned to your school. Signs that indicate a student may need services include: changes in sleep or eating patterns; difficulty sleeping or concentrating; physical complaints such as stomachaches, headaches or other vague physical symptoms; social withdrawal; academic decline; self-criticism; and fear or worry about health and the health of loved ones. Bellefaire JCB will offer:

- Individual therapy
- Family therapy
- Group support and prevention
- Therapeutic behavioral intervention

For additional information or to refer a student, please contact: Rebecca Doman, Director of School Based Counseling at 216.320.6803 or domanr@bellefairejcb.org.

Youth Forum Council Seeks CMSD Student: Applications for the The City Club of Cleveland's Youth Forum Council are open and they are looking to fill open positions with students from the Cleveland Metropolitan School District. Participation in YFC offers a cohort of high school students from the Greater Cleveland area the opportunity to examine the virtues and contradictions of free speech, discuss and learn about national and international issues of critical importance, and challenge each other to discover new ways in which they can actively participate in public life. Council members collaborate with other teens from diverse geographical, religious, racial, and cultural backgrounds to design six cost-free forums geared toward their peers, forge relationships with local leaders and professionals, and give voice to their ideas in a public space. If you are a CMSD student or you know a student who would enjoy this opportunity, we encourage you to apply! [Learn More](#)

From Me 2 U: Virtual Youth & Adult Programming Starts September 12, 2020: Learn more from [this flyer](#), visit the web at fromme2uinc.org or call 216-307-6328.

Study on Sleep in Young Children with Autism Spectrum Disorder: Case Western Reserve University is looking for families to participate in a research study of sleep in young children with autism spectrum disorder. The purpose of this study is to identify how physical activity impacts sleep and how sleep impacts challenging behaviors and parental stress in young children with ASD. As part of the study you and your child will be asked to complete online questionnaires, a brief education session through Zoom, and sleep and activity monitoring at home using a small wrist-watch device. [More information here.](#)

Upcoming Webinars and Training Opportunities

Ohio Prevention Conference Virtual Training Series: Mark your calendars for the following Ohio Prevention Conference Virtual Training Series presentations held at 11:00 a.m.:

- [A Strengths-Based Framework for Child Abuse and Neglect Prevention](#) | Aug. 20
- [MMJ.TH.CBD.OMG: The Employer's Challenge](#) | Aug. 27, 11 a.m.

- [Prevention+](#) | Sept. 3
- [Leveraging the Workplace to Prevent and Respond to Substance Misuse](#) | Sept. 10
- [S.O.S. Signs Of Suicide: Evidence-Based Suicide Prevention in Schools](#) | Sept. 17
- [A Meeting of the Minds: Partnering for Successful Prevention in Schools](#) | Sept. 24

The Northeast Ohio Black Health Coalition is hosting its 7th Annual State of Disparities in the African American Community Virtual Conference Series: Will be held on the following Fridays from 12-1 pm. No registration is required. Just [click this link](#) to join the webinars of your choice.

- Chronic Disease Panel | Aug. 21
- Kinship Care | Aug. 28
- Environmental Disparities | Sept. 4
- White Clevelanders Respond to Race and Bias | Sept. 11
- Women Experiencing Love Life & Laughter (WELLL) | Sept. 18

2020-2021 Trauma-informed, Resilience-oriented Equity Community of Practice: Is a [year-long learning opportunity](#) that will give you a virtual roadmap to address your most pressing organizational issues related to systemic racism in the communities you serve. Applications to participate in the 2020-2021 Community of Practice are due by Thursday, August 20 at 11:59 p.m. ET. Learn more and [apply today](#).

Webinar on AOT: NAMI Greater Cleveland is hosting a [community education webinar](#) on **Assisted Outpatient Treatment (AOT)** hosted by Betsy Johnson, Legislative and Policy Adviser at the Treatment Advocacy Center. Watching a loved one struggle with severe mental illness can be difficult. This webinar is a great opportunity to learn about an essential tool for families to help their loved ones with serious mental illness achieve and maintain stability in the community. The webinar will be held on **August 24, at both 12 p.m. and 5:30 p.m.** Please click the link for the time you would like to attend to register.

OSPF Upcoming Webinar: *Surviving & Thriving Through Crisis: workplace Resilience, Mental Health and Suicide Prevention During Uncertainty and Toxic Stress* with Dr. Sally Spencer-Thomas on **August 27** from **1-2:30 p.m.** The COVID-19 pandemic has challenged workplaces with unprecedented uncertainty, anxiety and disruption. Many who were already experiencing toxic stress and mental health challenges find themselves suffering even more. Given the perfect storm of risk factors, forward-looking leaders are being proactive to prevent further employee crises, such as suicide and complete mental exhaustion. In this webinar, Dr. Sally Spencer-Thomas, a global expert in workplace resilience, mental health and suicide prevention, will share strategies for workplaces to help their workers cope, support one another, and even grow through these hard times. [REGISTER HERE](#) For questions, please email [Michelle Price](#).

Supporting Recovery for All: Racial Equity in Recovery Support Communities and Services: SAMHSA's Bringing Recovery Supports to Scale Technical Assistance Center Strategy invites you to join national experts in a conversation about racial equity in recovery support communities and services. This free webinar will take place on **Aug. 27 from 2-3 p.m.** Presenters will highlight key indicators and challenges and describe best practices and promising strategies for advancing racial equity in recovery support settings. [Click here](#) for more information and to register.

Virtual Fatherhood Summit: The [Ohio Commission on Fatherhood](#) and the Ohio Practitioners Network for Fathers and Families are partnering to host a virtual Fatherhood

Summit **Sept. 2-5**. Participants will learn about how to implement fatherhood programming. You must register for each day. Click the links below for more information and to register.

September 2

- 9 a.m. - Noon | [ONPFF Fatherhood Practitioner Training](#)
- 1-5 p.m. | [Grant Writing Training](#)

September 3

- 8:30 a.m.- 4 p.m. | [Ohio Fatherhood Summit](#)

September 5

- 9 a.m. - Noon | [Virtual Breakfast with Dad Event](#) featuring guest speakers William Green, formerly with the Cleveland Browns, and Elbert “Ickey” Woods, formerly with the Cincinnati Bengals.

Four-Part Series on Using SBIRT to Talk to Adolescents About Substance Use: This four-part webinar series introduces health professionals to the SBIRT model as a way to learn from adolescents about their substance use, talk about what might motivate them to make a decision to reduce or abstain (if needed), and execute a plan to do so. For more information and to register, [click here](#).

The Rise of Sex Trafficking Online: On Aug. 19 from 11 a.m. to noon a live conversation about the rise of sex trafficking online will take place. This interactive gathering will be hosted virtually by the **U.S. State Department’s Office to Monitor and Combat Trafficking in Persons**. During this session you will have the opportunity to dialogue with Ambassador John Richmond, as well as other government officials and front-line specialists from the U.S. Department of Homeland Security, the U.S. Department of Justice, the Government of the Philippines, and the National Center for Missing and Exploited Children, to learn more about unique challenges and innovations in the global fight against sex trafficking online. [Please register today](#).

Coronavirus (COVID-19) Updates

Governor DeWine Released Minority Health Strike Force Report and Executive Response: Governor DeWine released the final Minority Health Strike Force report and the state's executive response. The Minority Health Strike Force was formed in April to examine the disproportionate impact of the coronavirus on minority communities, as well as broader health disparities and racial injustices. Currently, African Americans represent 14 percent of Ohio's population but are 24 percent of positive COVID-19 cases, 32 percent of COVID-19 hospitalizations, and 19 percent of COVID-19 deaths in Ohio. Similarly, at least 6 percent of those who have tested positive for COVID-19 in Ohio are Latino, despite only representing 3.9 percent of Ohio's population. The [COVID-19 Minority Health Strike Force Blueprint](#) lists 34 recommendations on dismantling racism, removing public health obstacles, improving the social/economic and physical environments, and strengthening data collection to better track disparities.

Face Shields in Schools: As schools get ready to start the 2020-21 academic year, the Ohio Department of Health is following federal guidance and prohibiting the schoolwide use

of face shields as a substitute for facial coverings/masks. Such use of face shields does not comply with the [Director's Order Requiring the Use of Facial Coverings in Child Education Settings](#).

Find State of Ohio COVID-19 data updates [here](#). You can also find [public health orders](#) and information about the [new public alert system](#).

City of Cleveland updates on COVID-19 can be accessed [here](#). Review Cleveland Department of Public Health data [here](#).

COVID-19 updates from the Cuyahoga County Board of Health are [here](#).

Mental Health and Addiction Treatment and Recovery Supports are Available in Cuyahoga County. You Are Not Alone!

If you are experiencing stress or anxiety:

- Call the Cuyahoga County **Warmline at 440-886-5950** to talk through things with a peer. The Warmline now operates 24/7.
- **Text "4hope" to 741741**, the Crisis Text Line.
- Call the OhioMHAS COVID-19 Careline for emotional support at **1-800-720-9616**.

If you are in crisis:

- Please call the 24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline at **216-623-6888**.

Other resources:

- Are you at home with family or roommates, but need support and information about mental health? **Live chat is now available at NAMI Greater Cleveland Helpline!** You can exchange chat messages back and forth in real time and access support, information and referral from NAMIGC Helpline staff at namigreatercleveland.org, Live chat is available Monday through Friday, from 9:00 a.m. to 5:00 p.m.
- For individuals living with addictions and mental illness, **there are virtual support/recovery groups available**. A list can be found on our website homepage: adamhsc.org.
- Are you a family member caring for someone with mental illness? Courage to Caregivers is offering [virtual support](#) for caregivers.
- Get facts about Coronavirus in Ohio from www.coronavirus.ohio.gov.



216-241-3400

