First Responder Appreciation Week Calendar

Sending you **thanks** and **support** all year long!

---

Ohio Association of County Behavioral Health Authorities

AMEF
Academy of Medicine Education Foundation

**Thank you**

ADAMHS Board of Cuyahoga County
Alcohol, Drug Addiction & Mental Health Services
Thank you first responders for saving lives. I wouldn't be here today if it wasn't for you. May you be renewed in mind, body and spirit to keep doing the unimaginable task at hand.
First Responder Appreciation Week
September 20-26

Each month features one tip for taking care of you and your team. These tips are from the Centers for Disease Control and Prevention.
Thank you for giving me a second chance at life before I knew I wanted one!

- Nicky, in recovery since September 18, 2012
Tips for taking care of you and your team:

*Work in teams and limit amount of time working alone.*
Dear First Responders,
Thank you for saving lives every day. Your work touches so many people and doesn't go unnoticed! You give people a second chance at life. Your courage is life changing!

I just wanted to say thank you for saving my life so many times. I wouldn't be here if it wasn't for you guys. Thanks for never giving up on me. I've been sober for three months now. It was only because of people like you that this was possible.

Thank you for all your wonderful efforts to save our lives. You are literally our second chance!

I just want to take time out of my day to personally thank you for everything you do. I am a heroin addiction and I am three and a half months sober in treatment. I just want you to know there is another side of what you do and we do recover. Not only have you saved my life on multiple occasions, but so many people who mean the world to me. So thank you. Keep doing what you're doing because it matters.

---

Ohio Association of County Behavioral Health Authorities
AMEF
Academy of Medicine Education Foundation
ADAMHS
Board of Cuyahoga County
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Thank you
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tips for taking care of you and your team:

*Limit working hours to no longer than 12-hour shifts.*
"Without you he wouldn't have me."

- Fred, in recovery since August 1, 2018
Tips for taking care of you and your team:

*Talk to family, friends, supervisors and teammates about your feelings and experiences.*
I just wanted to thank you for saving my life. I’m four months sober, and because of you, I’m given a second chance.

I just want to tell you that I’m grateful for the amount of lives you save each year with Narcan. I have been given a couple of extra chances because of people like you. The fact that I’m still alive is amazing. Thank you from the bottom of my heart. Not only for myself, but for all the other people you’ve given a second chance to.

Thank you for continuing to save the lives of many people with addictions. If you didn’t continue to help us, I wouldn’t be given the chance to stay sober today. As many times as it takes, I won’t give up.

Thank you for never giving up on so many of us struggling with addiction. Your dedication has saved so many of my friends lives. I wouldn’t be here without the life saving tools you used and for your fearlessness.

Ohio 
Association of County Behavioral Health Authorities
Treatment Works. People Recover. Recovery is Beautiful.

AMEF
Academy of Medicine Education Foundation

Bringing Help, Bringing Hope.

ADAMHS
BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Thank you
Tips for taking care of you and your team:

*Is something on your mind? Try writing it down in a journal.*
“Thanks for getting me the help that I needed.

- Heather, in recovery since March 2019
Tips for taking care of you and your team:

*Practice breathing and relaxation techniques.*
To all the wonderful first responders,
I just wanted to say thank you for all that you do. I'm three months into recovery and I would not be here if it wasn't for you all saving my life. I can't begin to imagine how difficult your job is. Thank you for saving so many people like me.

Thank you for your service and for helping to save lives. Especially my own and many of my friends.

Thank you for all that you do. It is very much appreciated and you are absolutely making a difference.

I would like to thank you for all the hard work you put in to help people no matter the situation. It is because of people such as yourselves that our families even have the ability to make another day of memories with us. Thank you for giving us a chance to rebuild our lives and become caring mothers, daughters, sisters and friends again and productive members of society. Also, thank you for the chance to help others like me by paying it forward.
Tips for taking care of you and your team:

Maintain a healthy diet and get adequate sleep and exercise.
“My lease on life was renewed by a first responder. Thank you!

- Jess, in recovery since April 15, 2017
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>
Because of your words of love and truth, I have a life today.

- Tamra, in recovery since September 13, 2006
Tips for taking care of you and your team:

Avoid or limit caffeine and alcohol consumption.
Thank you for all you do. You have saved my life and for that I'm grateful. I'm now in recovery and have been given another chance at life. Addiction is hard and the work you do is so important. I couldn't see the gratitude then, but because of you I get to be alive to thank you today.
Tips for taking care of you and your team:
*Remind yourself it’s not selfish to take breaks.*
Thank you for your quick response when I was in need, and thank you for being there for so many in our community.

- Larry, in recovery since April 6, 2001
- Gwen, recovery supporter
Tips for taking care of you and your team:

The needs of survivors aren't more important than your own needs and well-being. Take care of yourself!
“Thank you for saving my life repeatedly.

- Brandi, in recovery since January 27, 2018
Tips for taking care of you and your team:

*If you or someone you know needs help, call Cuyahoga County's 24-Hour Suicide Prevention, Mental Health/Addiction Crisis, Information & Referral Hotline: 216-623-6888.*
"I've woken up in the back of an ambulance having to have been hit with Narcan four times. I was thankful to be alive, but still went on using the next day. It took me getting truly sober to truly be thankful for those first responders because if it wasn't for that day, I wouldn't be here today.

I will be forever grateful for the people who didn't give up on me. Instead of being home with their families, they were there saving an ungrateful addict. But today, I see that without people like you saving a stranger you know nothing about I wouldn't be where I am today.

Thank you for saving me without judgement. You all have such a beautiful sense of love for strangers that I hope to be able to pass on."
Tips for taking care of you and your team:
Remember that your mental health matters.
We just want you to know how much we appreciate the work you do every day.

September 20–26, 2020 is the statewide celebration of First Responder Appreciation Week, which is a time when we thank first responders for their care and compassion when responding to overdoses and administering Narcan to save lives.

First responders bring help and hope year-round, so we wanted to find a way to keep the thanks going all year-round too! This calendar is a collection of thank you messages from individuals in recovery from substance use disorders who wanted to thank YOU for saving their lives and helping them reach recovery.

At the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County, we know that treatment works and people recover. We hope these messages help you see that too since you don’t usually get to see the people you help living in recovery. Over the next year, we hope these messages of thanks and appreciation give you renewed hope and compassion to do the challenging work you do every day.

A special thanks to the Academy of Medicine Education Foundation (AMEF) and the Ohio Association of County Behavioral Health Authorities (OACBHA) for co-sponsoring this year’s week of appreciation.