



# RHYTHM

MONTHLY NEWSLETTER



Ohio has ranked first nationwide in opioid death since 2014. Mercy Health is committed to lead the charge to change that statistic. Mercy Health & AmeriCorps partnered to build Mercy Serves, a diverse, energetic, volunteer corps serving in Mercy Health Emergency Departments across the Tri-state area to prevent and reduce substance & opioid use.



As a part of the broader opioid epidemic response, AmeriCorps members provide patient education, substance use risk screening, emotional support, and referrals to treatment and social services for Emergency Department patients. Being on the front line of a patient experience also requires what the Mercy Serves members are none for and that is the “Human Touch”.



[READ MORE](#)



**Tikierra (Tiki) Thompson**




I recently began my role as Program Manager for Mercy Serves after working in the field of education for over 15 years. People and community have always played a very large part of who I am. The opportunity to educate, serve, and provide compassionate care to and through community is the opportunity of a lifetime. I don't take lightly the work that we all are doing and it is an honor to work alongside people who want to make a difference.

# 2023

## July

S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3				7	
9	10					22
16		18	19			22
23	24			26		
30	31	1	2	3	4	5

## August

S	M	T	W	T	F	S
30	31	1	2	3		5
6	7	8			11	
13	14	15	16			19
20	21	22	23	24		26
	28	29	30		1	2

## September

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5		7	8	9
10	11	12	13	14		
17	18	19	20			23
24	25	26	27	28	29	30

## October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10		12	13	14
15	16	17	18			21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



**The Recovery Center  
of Hamilton County**  
Class Schedule



**True Freedom Recovery**  
Yoga Class Schedule



**Peer Sustainability &  
Wellness (PSW)**  
Weekly Support Group



**May 2023 Newsletter**  
**Hamilton County Addiction  
Response Coalition Full  
Meeting**

**SUBMIT YOUR EVENT HERE**

# INSPIRED

STAY

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**It's been an amazing journey, that I couldn't have done without the support from the amazing people at the On the Frontline meetings and the amazing women in the Empower Project.**



## CHAIN OF CONNECTION

Because of my unique experiences around pregnancy and parenting, I was asked to join the Empower Project in 2019 where I worked on developing surveys and literature through my lived experiences. After years of training and mentorship, I took on a leadership role, where I co-developed a training module for peer supporters working with birthing people with a history of SUD around the time of pregnancy and postpartum. Recently, the Empower Project offered me the opportunity to become certified as a Peer Supporter.

In 2022 I started attending the On the Frontlines meetings. I was in awe of how everyone supported each other and worked together. I just knew I wanted to be a part of it. I started making connections and learning more about the professional side of the recovery community. Through going to the monthly gatherings, I found support and knowledge.

From the connections I made at the On the Front Lines gatherings, I got 3 scholarships: one for a CDCA, another for a Community Health Worker certification, a national certification as Event Interventionist, and a Peer Support certification for Kentucky.

I was determined to go into 2023 ready to be employed. I got my license for the first time in November 2022, and my GED in December of 2022. I started job seeking, where I was offered a position and then turned down because of my record. Thanks to the women in the Empower Project and the support I found at the Frontline meetings I stayed strong and driven. I got information on how to get a work qualification from the state of Ohio.

Today I am with a phenomenal organization, Firsthand. It feels so amazing to have a job doing what I love, helping others. I feel appreciated and cared about by my employers. I get to facilitate changing how people look at others with addiction or mental health struggles. I get to be an advocate for others struggling and guide them to help them through.

**Tara Cain**