Board Spotlight: Cindy Lyttle, Fairfield County ADAMH Board Member



The Fairfield County ADAMH Board plays a vital role in ensuring that residents have access to high-quality mental health and addiction services in times of need. Through a network of trusted community agencies, the board funds and supports counseling, case management, crisis intervention, prevention programs, and long-term recovery services. Its mission is centered on promoting health, safety, and well-being by connecting individuals and families with the resources and support they need to thrive. Cindy's involvement on the ADAMH Board is more than a civic responsibility; it is a meaningful opportunity to honor a family legacy while continuing to serve the community.

"In 1973, my uncle, Dan Davis, founded what was then the Fairfield County Board of Alcoholism, now known as The Recovery Center," Cindy shared. "At a time when no local services existed for individuals struggling with addiction, he created a place where people could begin their recovery journey, including members of our own family."

Although Dan passed away unexpectedly in 1988, his impact continues to be felt throughout Fairfield County. His dedication to helping others inspired Cindy to become involved with the ADAMH Board and continue the work of supporting those facing mental health and substance use challenges.

One of the most rewarding aspects has been seeing the STARLight Center and Venture Place open their doors and expand access to critical support for residents throughout the county. Connecting with staff members who provide daily care and hearing from individuals who have been impacted by these programs has been both humbling and inspiring, reinforcing the importance of this work.

Cindy also recognizes the dedication of the ADAMH Board staff, whose compassion, professionalism, and commitment go beyond their daily responsibilities. Their efforts continue to strengthen the systems that support residents and expand access to vital mental health and addiction services throughout Fairfield County.

Click here to learn more about Fairfield County ADAMH.