

Board Update

Mental Health & Recovery Services (MHRS) Board
Serving Coshocton, Guemsey, Morgan, Muskingum, Noble & Perry Counties
1500 Coal Run Road, Zanesville, Ohio 43701
Phone: 740-454-8557

Regular Board Meeting
Highlights
February 11, 2021



Tony Coder, Executive Director of the Ohio Suicide Prevention Foundation (OSPF) shared with board members that, according to the Journal of the American Medical Association, between 1991 and 2017, suicide attempts among Black adolescents increased by 73%. As of 2018, suicide became the second leading cause of death in Black children from ages 10-14, and the third leading cause of death in Black adolescents from ages 15-19, according to the National Institute of Mental Health. Recently, OSPF partnered with Canvaas Consulting of Columbus to create a special campaign to address the mental health needs of young Black adults.

Details:

- The state's *Life is Better with You Here* campaign is encouraging young Black men to talk about their mental health, and the campaign is dedicated to connecting them with appropriate resources.
- The campaign also encourages people to check on their friends and loved ones who might be struggling — as sometimes a text, phone call, or visit can prevent someone from attempting suicide.
- OSPF's Suicide Coalitions' Workgroup has also formed a "*Suicide in African American Communities*" subcommittee. This team is dedicated to connecting young Black adults with the resources needed to address their mental health, and they have created some flyers that can be used in helping to get the "*Life is Better with You Here*" message out in the community.

Mr. Coder noted that the "*Life Is Better with You Here*" campaign is more than posters or social media content and includes plans for pop-up events that bring Black communities together to hold conversations about mental health, make information available about accessing services, and ways to seek help in a crisis, i.e., [Allwell's Crisis Hotline, 1.800.344.5818](https://www.allwell.com/crisis-hotline); [Allwell's COVID Stress Line, 740.432.2377](https://www.allwell.com/covid-stress-line); [National Suicide Lifeline, 1.800.273.8255](https://www.nationalsuicideline.org); and [Crisis Text Line, Text 4hope to 741741](https://www.crisistextline.org).

In consultation with OSPF, MHRS Board staff will soon be making plans for a local pop-up event.

For more information, go to <https://ohiospf.org>.

Executive Director
Misty Cromwell

Board of Directors
Sherile Beardmore
Michael Bullock
Jennifer Hanson
Sue Hoover
William Johnson
Pamela Kirst
Jeff LeCocq
Mindy Lowe
Kelly Lynch
Thomas Lynch
Dan Scheerer, M.D.
Danielle Scott
Bev Steinbrecher

Board President
Jeff LeCocq

Board Vice President
William Johnson

The mission of the MHRS Board is to facilitate a Recovery-Oriented System of Care that promotes mental health and supports the recovery of each person who needs services for mental illness and/or addiction.

FinancialMatters®

Board members approved the January 2021 Reconciliation Report. Below is a breakdown of payments for the provision of mental health and addiction recovery treatment and support services.

Accounts Payable	In-Network Providers	Out-of-Network Partners	TOTAL
January 5, 2021 (A)	\$89,013.62	\$2,586.30	\$91,599.92
January 5, 2021 (B)	\$20,000.00	\$567.00	\$20,567.00
January 19, 2021	\$251,632.53	\$14,955.53	\$266,588.06
TOTAL	\$360,646.15	\$18,108.83	\$378,754.98

In other actions, board members . . .

- Approved the appropriation of \$9,298,967.34 in unencumbered funds from December 31, 2020, to the Calendar Year 2021 budget in the Contingencies Line Item.
- Approved the line item transfer of \$27,300 from the Contingencies Line Item to the Professional Services Line Item – to support the MHRS Board’s contract with the financial consulting firm, Clark, Shaefer & Hackett, CPA’s through the end of FY 2021.
- Approved a contract with Wilson-Phillips-Agin CPA’s, Inc. in the amount of \$32,300 for the completion of financial and compliance audits of the MHRS Board’s alcohol/drug recovery organizations and the Forensic Diagnostic Center for the period July 1, 2020, through June 30, 2021.

Annual Performance Review – Executive Director

As prescribed by the Ohio Revised Code, the Board of Directors annually conducts an evaluation of the Executive Director’s performance and sets the Director’s salary for the coming fiscal year. Board members accepted the Executive Committee’s evaluation report and set Director Cromwell’s FY 2022 annual salary (*effective July 1, 2020*) at \$90,176.50, representing a 3% increase. (*Executive Committee members are President Jeff LeCocq, Vice-President William Johnson, Finance Chair Dr. Dan Scheerer, and Partners Workgroup Chair Bev Steinbrecher.*)

Board members expressed appreciation for Ms. Cromwell’s outstanding leadership during an extremely challenging year. Committee members noted, “*It is very evident that Misty enjoys and values her position and takes a positive stance on ethics, honesty, and integrity.*”

School-Based Mental Health Grant

The U.S. Dept. of Education has awarded the Ohio Dept. of Education a \$2 million grant over five years to support the placement of school-based mental health professionals in 27 Appalachian area school districts. Key partners include the Muskingum Valley Educational Service Center (MVSC), Allwell Behavioral Health, the MHRS Board, the East Central Ohio ESC, Ohio Valley ESC, and Ohio University.

Intern recruitment has begun — with Ohio University sharing the job descriptions and leading the conversation with potential interns. Ideally, interns will be placed with either local behavioral health agencies or school districts at the beginning of the 2021-2022 school year.

This initiative will lead to improved access to services and better outcomes for students.

STRATEGIC PLANNING

Board members were given an update about actions taken over the last three months toward achieving the goals and objectives of the MHRS Board's FY 2021-2023 Strategic Plan.

PRINCIPLE 1 – FOCUSING ON CLIENTS AND FAMILIES: *Healthcare is personal and is most effective when it's delivered based on the needs and values of the individual receiving care. A Recovery-Oriented System of Care allows individuals and families to drive the mental health and addiction services they receive within their local community.* — Actions taken in accordance with this principle:

- A clinician from Allwell Behavioral Health continues to provide services for Head Start and Early Intervention, meeting with families weekly, attending team meetings, and participating in the development of family plans.
- The MHRS Board is currently funding limited Intensive Home-Based Services (IHBS) for treatment costs that are not reimbursed by private insurance. An additional Allwell Behavioral Health employee has been hired to provide IBHS in Muskingum County.
- Allwell and the MHRS Board are currently looking at possible facilities that could house Allwell's services for IHBS, mobile crisis, and respite services for children and families.
- Since its opening in 2019, Allwell Behavioral Health's Llewellyn Suites for transition-age young adults has had 11 tenants, who have been able to participate in Life Skills, Case Management, and Outpatient Counseling Services. Most residents have been employed at some point during their stay, and a few have been working on completing their GED.
- MHRS Board staff are meeting with service area Children Services Board Directors to increase their knowledge about the state's BRIDGES Program that is available to young adults who have left foster care and are in need of guidance and support as they transition to adulthood.

PRINCIPLE 2 – IMPROVE TIMELY ACCESS TO MENTAL HEALTH & ADDICTION SERVICES: *The MHRS Board will work to ensure access to a continuum of high-quality, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery supports.* — Actions taken in accordance with this principle:

- MHRS Board staff are tracking baseline outcomes information to monitor the increase of treatment slots and the number of clients served, as well as client satisfaction and the length of time it takes from a request for services to the scheduling of first appointment.
- The final virtual meeting with the Annapolis Workforce Development Coalition was held with providers on January 29, 2021. Final provider reports will be available in the Third Quarter Strategic Plan Overview.
- Perry Behavioral Health Choices (PBHC) currently employs two Peer Support workers and three Community Health workers. Allwell Behavioral Health and Muskingum Behavioral Health are currently exploring placement opportunities for both Peer Support and Community Health workers.
- Through the MHRS Board's affiliation with the Appalachian Children's Coalition, the Ohio Department of Education (ODE), Ohio University, and the Muskingum Valley Educational Service Center, an ODE grant has been secured to increase the number of school-based mental health professionals in Appalachia. This partnership will create a recruitment, placement and retention pipeline of mental health professionals for students in the Southeast Ohio Region. Job descriptions are being written (all internship positions will be coordinated through Ohio University), and partners have begun the development of contracts, recruitment of interns, and engaging school districts in conversations about placements in their schools.

PRINCIPLE 3 – PROMOTING HEALTHY, SAFE AND DRUG-FREE COMMUNITIES: *The MHRS Board promotes the health, wellness, and safety of individuals and communities by offering a continuum of services that includes prevention, community education, crisis services, treatment, and recovery supports such as housing, employment support, and peer support. When individuals are healthy and stable in recovery, they can meet their fullest potential, businesses have access to a healthy, drug-free workforce, and families and communities flourish.* — Actions taken in accordance with this principle:

- Eye Movement Desensitization Reprocessing (EMDR) trainings will begin in February of 2021, with 16 network clinicians registered. EMDR is a unique, non-traditional form of psychotherapy designed to diminish negative feelings associated with memories of traumatic events.
- The PAX Good Behavior Game Program continues to function. Total classrooms participating in the expansion as of January 31, 2021: Coshocton, 37; Guernsey, 96; Morgan, 0; Muskingum, 155; Noble, 31; Perry, 0. The Crooksville School District may join the program in the 2021-2022 school year. The PAX Good Behavior Game is a research-based environmental intervention used in the classroom to create an environment that is conducive to learning by helping to reduce off-task behavior, increase attentiveness, and decrease aggressive and disruptive behavior.
- The MHRS Board’s Critical Incident Stress Management (CISM) Program has been developed. The first official response of the CISM Team was in Coshocton County in January of 2021. Team members responded on two fronts: one with law enforcement officers and dispatchers, and one with Children Services Board caseworkers involved in the case. CISM provides peer support to public safety agencies that have experienced some form of critical incident and are dealing with the aftermath of such exposure.
- The MHRS Board’s LOSS Team responded to an officer suicide — one response effort was with law enforcement and fire department workers, and the other was an outreach to family members to provide them some resource information and to offer counseling and support.
- The service area’s Opioid Response Quick Response Teams continue to make visits to individuals who have recently overdosed, encouraging them to enter treatment for their addictions.
- Crisis Response Outreach efforts have also been undertaken with Operation Signal 4, Community Ambulance, and service area fire departments – offering support for their workers.

PRINCIPLE 4 – LOCALLY MANAGING SYSTEMS OF CARE: *Healthcare is delivered locally, and individuals and communities are best served when the healthcare system is designed and managed locally. Innovation driven at the community level will lead to the implementation of improved mental health and addiction service delivery solutions. By planning for, designing, managing, and advocating for adequate financing, the MHRS Board – working with its local partners – can determine what works best in each community.* — Actions taken in accordance with this principle:

- Traffic has significantly increased on the MHRS Board’s website and Facebook Page.
- A second series of “Mental Health Moments” community education videos have been posted on applicable social media sites. The focus of this series is on grief and grieving during COVID. These videos have been produced in collaboration with the Muskingum County Library System.
- A PAX Tools Community Training was offered in October of 2020 to the Maysville School District’s Pre-School staff. PAX Tools is a collection of trauma-informed, evidence-based behavioral strategies for families and communities to promote the development of self-regulation of the children in their lives.
- The MHRS Board continues to promote community Mental Health First Aid (MHFA) trainings, with several sessions to be offered in March of 2021. MHFA is a course that teaches you how to identify, understand, and respond to the signs of mental illnesses and substance use disorders. The training covers the skills needed to provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

- In collaboration with Allwell Behavioral Health Services, the MHRS Board assisted the provision of three “Building Resiliency Trainings” for Community Ambulance.
- NAMI Six County’s Executive Director has completed certification training to facilitate the Family-to-Family Support Education Series and monthly family support groups. New virtual meeting dates will soon be announced.

PRINCIPLE 5 – PRIORITIZING ACCOUNTABLE AND OUTCOME-DRIVEN FINANCING:
Maximizing the use of federal, state, and local funds to meet locally-identified outcomes, the MHRS Board uses a blended funding approach that aligns resources and improves coordination between local community stakeholders. This approach enhances accountability and allocates scarce taxpayer dollars in the most efficient and effective manner possible. — Actions taken in accordance with this principle:

- MHRS Board staff are working closely with contract provider Directors to explore concerns and/or make recommendations for increasing the financial viability of organizations.
- Grants: ♦ The MHRS Board has received State-Opioid Response (SOR) 2.0 grant funds. ♦ In collaboration with the Muskingum Valley Educational Service Center, the MHRS Board has applied for a RemotEDx Grant to provide life skills education and support to students in after-school and summer lunch programs. ♦ Allwell Behavioral Health Services is applying for a Youth Resiliency Capital Grant through the Ohio Department of Mental Health and Addiction Services.

Service Area Health Departments Recognized

The Ohio Association of County Behavioral Health Authorities recently awarded its annual ‘Partnering for Quality Award’ to the Association of Ohio Health Commissioners. They also prepared individual Certificates of Recognition for our service area’s six Health Departments . . . *“for exceptional service in leading your community’s efforts to combat the coronavirus pandemic.”* Local Health Commissioners recognized were:

- Wendy Redmond, MD, Coshocton City Health Department
- Steve Lonsinger, MA, RS, Coshocton County Health Department
- Rose M. Ball, Guernsey County Health Department
- Carrie Lang, Morgan County Health Department
- Shawn Ray, RS, MPH, Noble County Health Department
- Angela DeRolph, MPH, RS, Perry County Health Department
- Corey Hamilton, MS, RD, LD, Zanesville – Muskingum County Health Department



**THE MENTAL HEALTH & RECOVERY SERVICES BOARD
 OF DIRECTORS WILL NEXT VIRTUALLY MEET ON:
 THURSDAY, MARCH 11, 2021, AT 7:00 PM**