

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
July 11, 2024

FinancialMatters

Under the guidance of Finance Committee Chair Dr. Dan Scheerer, board members reviewed the following fiscal issues.

- **Reconciliation Report:** Board members reviewed and approved the June 2024 Reconciliation Report that showed deposits, checks written for MHRS Board operations, payments to in-network contract service providers and out-of-network community partners, and journal entries.
- **Other Financial Reports:** Board members also reviewed the following June 2024 fiscal reports: 1) Balance Sheet as of June 30, 2024; 2) Monthly Report of Funding Reserves; 3) a Year-to-Date Status Report for the MHRS Board’s Operating Budget; 4) Contract Services Expenses; and 5) a Dashboard Report that provides a high-level overview of key fiscal indicators.
- **Funding Request:** Board members voted to table a funding request associated with the network’s ‘Open Minds’ initiative until some decisions have been made by the group and a project budget has been prepared. Open Minds consultants are assisting contract organizations by providing management advice and strategic financial and programmatic insights.
- **Hoagland Project:** Board members approved a \$4,000 allocation to facilitate a visit by four Hoagland Project planners to the Delancey Street project in California. (Delancey Street is the country’s leading residential self-help organization for persons in recovery.) Former State Senator Frank Hoagland and Perry Behavioral Health Executive Director Theresa Kane are leading this project that would include a ‘camp-like’ facility for providing Veterans (and others) with convenient access to a variety of helpful alternative addiction recovery resources – including e-TMS (transcranial magnetic stimulation).
- **June Payments for Services:** Below is a breakdown of payments for mental health and addiction recovery services for clients and families or for system improvements:

<i>Accounts Payable</i>	<i>In-Network Providers</i>	<i>Out-of-Network Partners</i>	<i>TOTAL</i>
<i>June 3, 2024</i>	<i>\$414,536.58</i>	<i>\$40,928.40</i>	<i>\$455,464.98</i>
<i>June 13, 2024</i>	<i>\$319,672.08</i>	<i>\$27,306.87</i>	<i>\$346,978.95</i>
<i>TOTAL</i>	<i>\$734,208.66</i>	<i>\$68,235.27</i>	<i>\$802,443.93</i>

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Misty Cromwell

Board of Directors

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Reid Carpenter
Abby Corder
Leondra Davis
Randi Earnest
Dennis Hitchcock
Sue Hoover
William Johnson
Tony Mayle, Jr.
Dave Peoples
Dan Scheerer, M.D.
Wendy Starlin
Ben Taylor
Bonnie Taylor

Board President
Sue Hoover

Board Vice President
Leondra Davis

Mission Statement

Our mission is to distribute federal, state, and local funding to community mental health providers in a way that facilitates the existence of (and access to) high-quality mental health and substance use recovery services in our six counties.



Prevention Across the Lifespan

Partners Workgroup Chair Randi Earnest shared highlights from a committee presentation on “The Power of Prevention Across the Lifespan.” The presenter was Muskingum Behavioral Health’s Chief Prevention & Recovery Support Officer, Kris Headley. Below are key points from the presentation about two important programs that are targeted for the very young and older adults:

HALO - Healthy Alternatives for Little Ones Ages 3-6 in Child Care Settings: HALO is designed to address risk and protective factors for substance abuse and other health behaviors. The program aims to help children understand the complexities of “health” and “healthy choices” by putting these abstract concepts into concrete terms they can understand. In HALO health is defined as “growing bigger, stronger, and better able to think.” The curriculum encourages healthy eating, exercise, recognition of emotions—and provides education about the harmful effects of alcohol, tobacco, and other drugs on the body. MBH prevention workers provide learning opportunities for children by leading them in developmentally appropriate and fun hands-on activities that include songs, videos, group activities, and books. Parental involvement is facilitated through introductory and unit-specific letters that encourage at-home discussion and the practice of identifying and making healthy choices.

WISE - Wellness Initiative for Senior Education: This program is designed to empower older adults and promote their health. Here’s how it helps seniors:

- ✓ **Health Advocacy:** WISE encourages older adults to advocate for their own health. It provides knowledge and tools to make informed decisions about their well-being.
- ✓ **Healthy Lifestyle Choices:** Participants learn about healthy lifestyle choices and ways to celebrate this exciting stage of life and its benefits.
- ✓ **Medication Awareness:** WISE educates seniors about safe medication use, including understanding how alcohol and medications affect the body differently as we age.
- ✓ **Effective Communication:** Seniors learn strategies for effective communication with healthcare providers, ensuring better health outcomes.
- ✓ **Psychological Well-Being:** WISE improves knowledge and attitudes about aging, including early signs and symptoms of depression.

WISE groups are designed to take place once per week over a six-week period. Each session is about two hours. Activity-based approaches are used, and most activities begin or end as a large group discussion.

It was noted that the HALO and WISE programs are evidence-based and can be replicated in other service area counties. (For more information, contact Jamie McGrew, the MHRS Board’s Director of Community Outreach and Programming, @ jamiem@mhrs.org.)

call for **NOMINATIONS**

Annually, the MHRS Board recognizes those individuals in our communities that champion recovery from mental illness and/or addictions through the presentation of *'Friend of Recovery' awards*. Nominations are currently open for anyone to suggest a person who embodies the characteristics of a friend of recovery. Nomination forms can be downloaded from the MHRS Board website (www.mhrs.org) or by completing the form online. The Friend of Recovery Awards ceremony will take place September 25, 2024 (more details to come). The nomination deadline is August 1. Any questions? Please contact Jamie McGrew at jamiem@mhrs.org.

Check Your Fence; Check Your Neighbor

Many farmers quietly struggle with untreated anxiety and depression, which may lead to disastrous outcomes.

This summer at the County Fairs in Coshocton, Guernsey, Morgan, Muskingum, Noble & Perry Counties, the MHRS Board will be gathering feedback through an anonymous survey about stress in rural communities and, in particular, among farmers. The Check Your Fence; Check Your Neighbor project includes:

- ✓ Partnerships with all six Farm Bureaus in the MHRS Board's service area.
 - ✓ Print, radio, and social media ads highlighting local fairs and survey opportunities.
 - ✓ FFA, Farm Bureau, and Fair Board members will be assisting with administration of surveys.
 - ✓ Access to resources on the MHRS Board's website – www.mhrs.org.
 - ✓ Reporting of survey results and follow-up action to support two Farm/Rural Navigators to assist the farming community.
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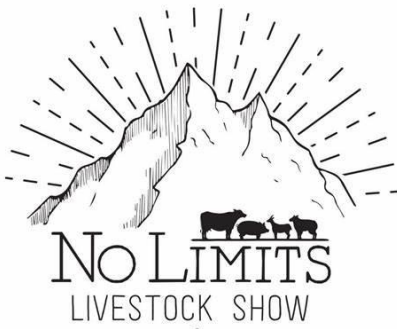
"Recovery University"

Your local MHRS Board will be offering a quarterly Virtual "Recovery University" Lunch & Learn Series, starting on August 6, 2024, from 12:00 Noon to 1:00 PM. The topic for the first presentation will be *"MHRS Board 101 – Physical and Mental Health."* Meeting ID: 839 9925 7304. Passcode: 398683 – please join us!

Access to Wellness



Allwell Behavioral Health recently provided the MHRS Board a quick update on a young lady who is benefiting from Access to Wellness (ATW) funding, noting: *"She is doing very well at her new apartment and has received a mattress and all basic necessities at this time—thanks to ATW funds. This client is transitioning from the youth care system to the adult care system, and she is doing well – in part due to not having to worry and stress about having the basics she needs to live."*



The Noble County Board of Developmental Disabilities and our MHRS Board have teamed up to offer a FREE opportunity for children (8 and older) and adults who have disabilities or receive mental health services to show rabbits, sheep, goats, or feeder calves at the 2024 Noble County Fair that will be held August 26-31, 2024. The “No Limits” Livestock Show will be held on August 30. All animals will be provided, and participants will be paired with a 4-H or FFA member, who will teach and guide them from practice to showtime. (Participants must be residents of Noble County.)

“Unleash the spirit, showcase the heart: please support the ‘No Limits Livestock Show,’ where abilities shine brighter than limitations!” For more information or to register, please contact either Kim Gibson @ 740.732.7144, Ext. 103 – kgibson@bcbdd.org; or Jamie McGrew @ 740.651.8075 – jamiem@mhrrs.org.

Governor DeWine Signs \$4.2 Billion Capital Budget Into Law

Ohio Governor Mike DeWine, Lt. Governor Jon Husted, and members of the Ohio General Assembly today [announced](#) significant investments contained in [House Bill 2](#), the capital budget bill. The bill includes \$133.5 million to continue the DeWine-Husted Administration’s efforts to build a statewide system of mental healthcare and will provide lifelines of support for Ohioans living with mental illness.

This funding includes \$10 million for the design and planning of a new, state-of-the-art behavioral healthcare hospital in the Miami Valley. The proposed hospital will add more than 200 patient beds, increasing access to care for those in need of inpatient services, while reducing the burden on hospitals in other regions of the state

House Bill 2 also provides funding for enhancements at Ohio’s six existing behavioral healthcare hospitals, support for recovery housing so that people facing mental health challenges can receive treatment from the comfort of a loving home, and funding to expand and renovate facilities like youth centers, Boys and Girls Clubs, and educational service centers – that host programs where children learn about the importance of building a strong foundation of mental health.



The MHRS Board of Directors will not meet in August. Their next meeting will be on Thursday, September 12, 2024. The Finance/Audit Committee and Partners Workgroup will meet from 5:00 to 6:00 pm, followed by regular board meeting.

