

Board Update

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

Regular Board Meeting
Highlights
April 8, 2021



Rainy Oliver and Jamie McGrew, Co-Coordiators for the Southeast Ohio Critical Incident Stress Management Team, shared information about the regeneration of this group that is providing peer support to public safety agencies and other community entities that have been exposed to a critical event and who find themselves dealing with the aftermath of such exposure.

CISM is an intervention protocol developed specifically for dealing with traumatic events. It is a formal, highly-structured and professionally-recognized process for helping those involved in a critical incident—to share their experiences, vent emotions, learn about stress reactions and symptoms, and receive referrals for further help if needed. It is not therapy.

First developed for use with military combat veterans and then civilian first responders (police, fire, ambulance, emergency workers and disaster rescuers), it has now been adapted and is used nearly anywhere there is a need to address traumatic impacts in people's lives.

There are several types of CISM interventions that can be used, depending on the situation. Variations of these interventions can be used for groups, individuals, families and in the workplace. All CISM interventions are confidential and participation is voluntary.

- **Debriefing** is a proactive intervention involving a group discussion about a particularly distressing critical incident. Based on core principles of crisis intervention, Crisis Intervention Debriefing (CISD) is designed to mitigate the impact of a critical incident. CISD is facilitated by a specially-trained team that includes professional and peer support personnel.
- **Defusing** is an intervention that is shorter, less formal version of a debriefing. It generally lasts from 30-60 minutes, but may go longer. Like a debriefing, it is a confidential and voluntary opportunity to learn about stress, share reactions to an incident, and vent emotions. The main purpose is to stabilize people affected by the incident so that they can return to their normal routines without unusual stress.
- **A Grief and Loss Session** is a structured group or individual session following a death and assists people in understanding their own grief reactions, as well as creating a healthy atmosphere of openness and dialogue around the circumstances of the death.
- **Pre-Crisis Education** provides a foundation for CISM services. It includes incident awareness, crisis response strategies, and the development of stress management coping skills that can prevent major problems should an incident occur.

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Misty Cromwell

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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.

For more information, contact either Rainy Oliver at Allwell Behavioral Health Services (740-454-9766 or roliver@allwell.org) or Jamie McGrew at the MHRS Board (740-454-8557 or jamiem@mhers.org).

FinancialMatters

Under the guidance of Finance/Audit Chair Dr. Dan Scheerer, board members approved the March 2021 Reconciliation Report, that showed deposits, checks written for MHRS Board operations, payments to in-network service providers, out-of-network community partners and journal entries. 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
March 3, 2021	\$189,626.36	\$279,015.73	\$468,642.09
March 16, 2021	\$305,587.39	\$64,341.54	\$369,928.93
TOTAL	\$495,213.75	\$343,357.27	\$838,571.02

◆ **Tentative FY 2022 Allocations to Contract Providers:** Board members also approved Fiscal Year 2022 Tentative Funding Allocations for network contract organizations. Those allocations included some slight increases. Additional funding increases may be allocated once more information is received from the Ohio Department of Mental Health & Addiction Services about special federal block grant funds that are being anticipated.



► **Parent Peer Support Program:** In collaboration with Muskingum Behavioral Health, the MHRS Board is helping to launch a service area Parent Peer Support (PPS) program. PPS is an approach designed to offer support to families caring for children, youth, and young adults with mental health or substance use challenges. Areas of service will include: ◆ Helping to Make Connections ◆ Support ◆ Education ◆ Advocacy. A first step will be to send individuals to a PPS provider training taking place May 10-14, 2021, in Union County. MHRS Board Director Misty Cromwell plans to link this unique service with NAMI Six County.

► **SAMHSA Releases Special Funds:** The Substance Abuse and Mental Health Services Administration (SAMHSA) recently announced the release of special funds to address the nation’s mental illness and addiction crisis, which has worsened during the COVID-19 pandemic. Ohio is expected to receive approximately \$60 million in Substance Abuse Prevention & Treatment Block Grant funding and about \$26 million in Mental Health Block Grant funding (local figures currently unknown). “We know multiple stressors during the pandemic — isolation, sickness, grief, job loss, food instability and loss of routines — have devastated many Americans and presented unprecedented challenges for behavioral health providers across the nation,” said Acting SAMHSA Secretary Tom Coderre. “During this time of increased urgency, we want to help provide pathways to prevention, intervention, treatment, and recovery services.”

► **Mobile Response and Stabilization Services for Children and Families:** As a part of Allwell Behavioral Health’s COVID-19 Emergency Grant, planning is underway for the launch of Mobile Response & Stabilization Services (MRSS) for children and families in crisis. Plans call for the development of a Crisis Call Center, a De-Escalation and Support Center, Intensive Home-Based Services, and Transitional Housing for Young Adults (already in existence). (More details to come.)

► **Broadband Telehealth Grant – Muskingum Valley Educational Service Center (MVESC):** Director Cromwell recently provided a support letter for the MVESC’s revised application for a Broadband Teletherapy Grant. Word has been received that *Innovate Ohio* intends to fully fund this project. The grant will enable the purchase of teletherapy equipment that will enable MVESC’s school psychology program to provide telehealth and prevention services to more than 19,000 students. MVESC is partnering with the Mental Health & Recovery Services Board for collaboration, training, consultation, and direct services.

► **RemoteEDx Grant:** The MHRS Board was recently awarded a RemoteEDx Grant to work with the Muskingum Valley Educational Service Center and New Lexington City Schools in developing a wellness program targeting the mental health needs of students and families that participate in their Summer Feed and 21st Century Programs. The wellness portion of the summer programs will consist of a Family Case Manager, who will provide Botvin Life Skills to students, as well as additional family supports.

► **Mental Health First Aid:**



The MHRS Board recently sponsored a Mental Health First Aid training through Mental Health America. Thirteen individuals participated: three were Educational Service Center employees, seven were from the Morgan County Sheriff’s Office, and two were from the Southeastern Counseling Center.

Just as CPR helps a person having a heart attack, Mental Health First Aid teaches course participants the skills to assist someone experiencing a mental health or substance use-related crisis. The course covers Risk Factors and Warning Signs for Mental Illness and Addiction; Strategies for Helping Persons in Crisis or Non-Crisis Situations; and Where to Turn for Help. Mental Health First Aid promotes *recovery* and *resiliency* and the belief that individuals experiencing these challenges can and do get better and then use their strengths to stay well.

For more information, please contact Jamie McGrew at 740-454-8557 or jamiem@mhrs.org.

‘Thank-You,’ Thomas Lynch



Misty Cromwell reported that Coshocton County Board Member Thomas Lynch is moving out of state and has resigned from the MHRS Board of Directors effective April 9, 2021.

Thomas has served on the Board’s Partners Workgroup that monitors system program matters, bringing his valuable perspective to the table—especially as it relates to the needs of troubled children and families.

Misty noted: “Thomas has been a dedicated board member, thoughtfully considering issues brought before the MHRS Board of Directors and offering relevant input about network services. A “*Certificate of Awesomeness*” will be delivered to Thomas in the coming weeks.



The Next Virtual Meeting of the MHRS Board of Directors

*Will be Held on **Thursday, May 13, 2021.***

(The Finance/Audit Committee and Partners Workgroup will meet from 6:00 to 7:00 p.m., followed by the Regular Board Meeting at 7:00 p.m.)