

# 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  
March 11, 2021

## *Addressing the Addiction Epidemic*

Four special guests at the MHRS Board's March board meeting shared how addiction recovery and support services available in the MHRS Board network of care have positively impacted individuals and families struggling with addiction. The guests were: Theresa Kane, Executive Director of Perry Behavioral Health Choices (PBHC); Jeanette Hall, Family and Prevention Services Director at Coshocton Behavioral Health Choices (CBHC); and two clients from CBHC who shared their personal recovery stories. Those stories were also recently shared during a legislative outreach meeting that was held to stress the importance of adequate funding to help individuals in overcoming the horrors of addiction and mental illness.

Jeanette Hall talked about the many ways CBHC helps individuals and families find resiliency and strength as they face the storms of life. CBHC believes that every person has the capability and strength to make positive changes and can do so by focusing on overall health and wellness — including their mental, physical, emotional and spiritual health. CBHC offers: Comprehensive Outpatient Treatment, Recovery Housing, Medication-Assisted Treatment, and their "Flight School" that includes Child-Parent Psychotherapy and Parent-Child Interaction Therapy.

- 'Erica' noted that, "A strong support system is the main ingredient in helping with recovery," and pointed out that her immediate family (husband and five children) are a great support to her. She also noted that her CBHC family has been wonderful in providing intensive support to her as she is working to overcome her struggles. Erica shared how job losses, housing insecurities, and other issues (especially during the pandemic) had made her recovery journey much more difficult. Things are getting better, though. Her family now has secure housing, she is not apprehensive about losing her children, and their family life is much more stable. Erica expressed appreciation to CBHC and the MHRS Board for making sure help for addiction recovery is available.
- 'Christina' noted that it takes a lot more than medication to get off drugs; you need to get to the root of the problem. "With intensive support from CBHC's nurse practitioner, my therapist, and so many other caring and compassionate supporters at the agency, I am in a safe environment that helps me to maintain my sobriety," she noted.

Theresa Kane expressed gratitude for the many behavioral health services that are available in our southeast region of the state and the recovery successes that are being experienced. However, she noted that addiction relapses and overdose deaths too often tragically occur. Theresa read the obituary of a friend's son, who lost his struggle with addiction last month. Adam had earned a college degree and was planning a career as a math teacher; unfortunately, his battle to overcome addiction had a tragic end. Adam's family asked that donations in his memory be given to PBHC. Those funds are now being used to provide clothing and other basic needs for persons entering residential treatment programs at PBHC — and the recipients are being made aware that a part of their immediate needs were being met in remembrance of Adam and his struggles.

In recent testimony before the Ohio House of Representatives Finance Committee, Lori Criss, Director of the Ohio Department of Mental Health & Addiction Services, promoted the inclusion of adequate investments in the SFY 2022-2023 State Budget, noting: "A great deal of work remains to: ♦ address the opioid epidemic, ♦ end suicides in Ohio, ♦ prevent the onset of behavioral health conditions among Ohio's youth, and ♦ ensure that those facing mental illness and substance use disorders have access to treatment and recovery supports."

***Executive Director***  
Misty Cromwell

***Board of Directors***  
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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 February 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
February 2, 2021	\$148,173.20	\$63,912.14	\$212,085.34
February 18, 2021	\$371,678.33	\$17,455.66	\$389,133.99
<b>TOTAL</b>	<b>\$519,851.53</b>	<b>\$81,367.80</b>	<b>\$601,219.33</b>

In other actions, board members . . .

- Approved the MHRS Board’s CY 2022 Operating Budget in the amount of \$926,715.80.
- MHRS Board Executive Director Misty Cromwell’s FY 2022 Annual Salary was amended to be \$92,822.08. This adjustment was made following some wage and benefit analyses of comparable MHRS Board Directors’ 2018 salaries, where it was found that Director Cromwell’s annual salary was significantly lower. It was pointed out that this Board has the largest geographical region in the state.
- Approved an adjustment to the MHRS Board’s CY 2020 unencumbered funds – now totaling \$8,540,965.34.
- Approved a reimbursement (from CY 2021 funds) to the Guernsey County Children Services Board in the amount of \$6,282.00 for overpayments to the MHRS Board from that organization in CY 2020 for adolescent residential treatment services.

### *Local Suicide Awareness Effort Expands to Include Special Website*

Beth Ingram (*pictured to the right*) knows the darkness that comes from depression and the pain of loss from suicide, and she has devoted her life to helping others rise from those situations. Beth, a member of the Muskingum County Suicide Prevention Coalition, has installed “I Am a Warrior” suicide prevention signs at the campus of each high school in Muskingum County and has started a website as another facet in the battle against suicide ([www.iamawarrior.us](http://www.iamawarrior.us)). The website has links and phone numbers for specific groups — like First Responders, Veterans, Senior Citizens, etc., and also includes information about crisis hotlines and other crucial links.



### *Crisis Intervention Team (CIT) Academy*

At the March 1 meeting of the CIT Planning Committee, it was agreed that the March 22-25 CIT Academy would be cancelled, as all of the MHRS Board’s service area counties remain under the “RED” COVID-19 designation that precludes groups of larger than 10 participants from holding in-person meetings. The group has tentatively set October 25-28 for the next CIT training, with another Academy then being tentatively targeted for January of 2022.

## Guernsey County Healing Communities Study



MHRS Board Director Misty Cromwell provided an update about the National Institute of Health's HEALing Communities Study in four states hit hard by the opioid crisis (one of which is Ohio). The Ohio study involves 19 counties, one of which is Guernsey from this Board's service area. The study will generate evidence about how tools for preventing and treating opioid addiction are most effective at the local level. The goal is to prevent and treat opioid use disorders within highly affected communities and reduce opioid-related deaths by 40% over three years. The grantee for Central and Southeast Ohio's portion of the study is The Ohio State

University. The acronym H.E.A.L. stands for Helping to end Addiction Long-Term. The entity that is coordinating Guernsey County's work is the CHOICES Anti-Drug Coalition.

Funds from this initiative are beginning to materialize and implementation has begun:

- \$30,000 in intervention funds are set to be released for contracting with AVC Media to assist the CHOICES Coalition in developing a website and a communication campaign to reduce overdose deaths and increase community awareness.
- \$20,000 has been fast-tracked to the Southeastern Ohio Regional Medical Center, where they have begun distribution of Naloxone to overdose patients. This went live on January 25.
- \$20,000 is being dedicated to the Guernsey County Sheriff's Department for the purchase of Naloxone directly from the Ohio Pharmacy Board, since the Guernsey County Health Department is no longer a Project DAWN-approved site.
- Guernsey Health Choices has been approved to receive \$200,000 for the CHANGES Program that is delivered to inmates in the Guernsey County Jail. By offering education and coping skills to reduce dependence on drugs and alcohol, the CHANGES Program provides inmates an opportunity to begin making positive life changes before they are released from jail. Upon graduation, participants are linked to community resources (i.e., behavioral health treatment providers, special court dockets, medication-assisted treatment, and help with continuing education, job assistance, food and medical cards, and housing assistance).

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## Working Minds: Suicide Prevention in the Workplace

MHRS Board staff continue to partner with the Ohio Suicide Prevention Foundation to offer free virtual 'Working Minds' trainings to our communities. This training is designed to help workplace administrators and employees better understand and prevent suicide.

The 'Working Minds' training gives participants the tools and skills to appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges. The program builds a business case for suicide prevention while promoting help-seeking and help-giving.

For more information, contact MHRS Board Care Management Director Jamie McGrew @ 740-454-8557 or [jamiem@mhrrs.org](mailto:jamiem@mhrrs.org).



## *K-12 Prevention Education Initiative*

Almost 20 service area school districts are implementing state-approved Plans of Action for providing prevention education in grades K-12. The MHRS Board has provided \$350,000 to schools in support of programs that will provide a foundation for social and emotional learning, problem-solving, critical thinking, perseverance, and effective communication and teamwork.

The programs being implemented for students and families are:

◆ Botvin Life Skills	◆ Youth-Led Prevention Activities
◆ Too Good for Drugs	◆ Care Teams
◆ Too Good for Violence	◆ Awareness Campaigns
◆ Girls' Circle	◆ Vaping Prevention and Wellness
◆ Second Steps	◆ Student Assistance Program
◆ Signs of Suicide	◆ PBIS Programming
◆ Leader In Me	◆ Character Education
◆ PAX Good Behavior Game	◆ Life Skills/ Life Choices
◆ Stanford Medicine Vaping Toolkit	◆ Nutrition & Wellness Programs
◆ The Prevention Project	◆ PERCO Partnership
◆ 24/7 Fathering	◆ Student/Family Mental Health Supports

Many schools are also providing Professional Development to their employees:

- ◆ Neurosequential Model of Education
- ◆ PAX Teacher and Internal Partner Training
- ◆ Trauma-Informed Care Trainings (including ESSDACK's Poverty's Edge)
- ◆ Handle with Care
- ◆ PAX Tools

The total number of students served throughout our region as a part of this initiative is reported as **11,680** (these are unique students – only counted once).

Individual county numbers: Coshocton, 2,765; Guernsey, 2,249; Morgan, 0; Muskingum, 4,284; Noble, 1,235; and Perry, 1,147.



**THE MENTAL HEALTH & RECOVERY SERVICES BOARD OF  
DIRECTORS WILL NEXT VIRTUALLY MEET ON:  
THURSDAY, APRIL 8, 2021, AT 7:00 PM**