

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
September 8, 2022

Prevalence of Vaping Among Youth

Jeanette Hall (*Family & Prevention Service Director*) and Natalie Burrell (*Prevention Specialist*) from Coshocton Behavioral Health Choices presented information about vaping among youth. Vaping has increased among all age and demographic groups and is more popular than traditional cigarettes among many young people (*as young as fifth and six graders on up to high school students*). Youth are primarily vaping three different products: nicotine, cannabis, and flavored vapes. A key concern is that many young people view vaping as being less harmful, better, and cheaper than smoking cigarettes. However, those perceptions are incorrect, as vaping presents a number of harms. The social component of vaping is thought to be a compelling driver in the uptick of use. Vaping devices and flavors are easy to share and borrow, which allow youth to treat it as a casual commodity.

Vaping among youth presents a variety of dangers. Studies show that nicotine exposure during adolescence can harm brain development and lead to addiction. Other chemicals and ‘flavors’ in some products also have toxic properties. The health risks of vaping among youth and young adults include respiratory ailments; negative impacts on attention, learning, and memory; and yet-to-be verified long-term effects.

Jeanette and Natalie referred to two valuable free resources related to the vaping epidemic:

- 1) www.stanford.edu
- 2) www.cvshealth.com/news-and-insights/press-releases/new-be-vape-free-initiative-to-tackle-youth-vaping-epidemic.

Coshocton Behavioral Health Choices has a wonderful team of experienced and well-trained prevention workers who have a heavy presence in area schools, providing a comprehensive prevention curriculum to students and making referrals to more in-depth services as needed.

Some advice from CBHC prevention workers: “Addiction prevention means being there for the children of our community and letting them know that their tomorrows are dependent upon today. Our children cannot have too many caring, loving, and nurturing adults in their lives. Play a role in addiction prevention. Notice a child today. Talk to them, smile at them, share with them. Your time and attention are more valuable than you will ever know.”

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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.***

FinancialMatters

Under the guidance of Finance/Audit Committee Chair Dr. Dan Scheerer, board members reviewed and approved the August 2022 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.

Below is a breakdown of payments for the provision of treatment and support services for persons with mental illness and/or addictions:

<i>Accounts Payable</i>	<i>In-Network Providers</i>	<i>Out-of-Network Partners</i>	<i>TOTAL</i>
August 1, 2022	\$450,968.48	\$531,327.57	\$982,296.05
August 15, 2022	\$265,521.62	\$28,631.58	\$294,153.20
August 29, 2022	\$305,723.90	\$61,897.61	\$367,621.51
TOTAL	\$1,022,214.00	\$621,856.76	\$1,644,070.76

Other issues addressed:

- **August 2022 Financial Reports:** Board members reviewed the MHRS Board’s August Financial Reports that included: 1) Reconciliation Report; 2) Contract Services Expense Reports; 3) Balance Sheet as of August 31, 2022; and 4) Dashboard Report that provides a high-level overview of key fiscal indicators.
- **CY 2021 Audit Report:** Board members accepted the MHRS Board’s CY 2021 Audit Report prepared by the State Auditor’s Office. The report did not include any deficiencies or findings. Dr. Scheerer and President Johnson commended Fiscal Director Rhonda Hanes and her team for their excellent management of fiscal operations.
- **Special Allocation Request – Allwell Behavioral Health Services – Guernsey Counseling Center:** Board members approved an allocation of \$500,000.00 to Allwell Behavioral Health Services to be applied to the costs of relocating the Guernsey Counseling Center to a site inside the Cambridge City limits.
- **Special Allocation Request – Allwell Behavioral Health Services – Beacon Place Client Drop-In Center:** Board members approved an allocation of up to \$16,800.00 to Allwell Behavioral Health Services for the relocation of the Beacon Place Drop-In Center from Maple Avenue to the Putnam neighborhood of Zanesville. The Putnam Avenue site will provide: space to gain support for mental illness and substance use disorders; accessibility – walking distance from homeless shelters and SEAT routes; sober support network; NAMI mental health information meetings; Allwell Peer Support Services; Allwell Case Management and Day Treatment Services; and general enhancement of recovery services. This allocation will support facility rental costs for one year.
- **Special Allocation Request – Coshocton Behavioral Health Choices – “Flight School” Facility:** Board members tabled this request (*in the amount of \$133,848.73*) for reimbursement of a building purchase to house the organization’s “Flight School” for children and their families. Chairman Scheerer noted that the MHRS Board recognizes the value of CBHC’s Flight School; however, board members would like to review a specific budget forecast for the program that would clearly illustrate sustainability.
- **Estimated Tax Levy Revenue – CY 2023:** Board members certified service area estimated tax levy revenue (as provided by respective County Auditors) for Calendar Year 2023.



Samanta Boddapati, PhD, from Nationwide Children’s Hospital (NCH), met with the MHRS Board’s Partners Workgroup to give a PAX Program Overview and share some local data that has been collected from classroom teachers and external PAX Partners.

The PAX Good Behavior Game (GBG) is a research-based intervention used in classrooms to create an environment that is conducive to learning. The GBG nurtures student self-regulation, improves attention, and reduces impulsivity, thus wiring the brain during any school activity for long-term gain. | The PAX Tools initiative provides a collection of trauma-informed, evidence-based behavioral strategies for families and communities to promote the development of self-regulation in children’s lives outside the classroom.

2021-2022 Snapshot:

- Implementation Sites: 406 classrooms, 19 schools, 10 districts in Southeast Ohio.
- Staff: 10-12 External PAX Partners; 3-4 NCH Staff for SE Ohio.
- Internal Partners: Trained internal partners in eight districts.
- Sustainability Teams: Approximately three sustainability teams by end of 2021-2022 year.

Dr. Boddapoti shared data pertaining to: Strengths and Difficulties Scores; Teacher Sense of Efficacy; PAX Implementation Surveys; and Spleem (Unwanted Behavior) Counts.

Key Take-Aways from Data Analysis:

*18% Reduction
in Total Child
Behavioral
Difficulties, as
Rated by
Classroom
Teachers*

*4% Increase In
Teacher-
Reported
Self-Efficacy*

*Overall, 31%
Reduction in
Spleems (i.e., Off-
Task
Behaviors)*

*Increases in PAX
Implementation
Steps
Across Majority of
Districts*

What’s Next?

- Improving data dissemination efforts.
- Creating or maintaining sustainability plans for all participating school districts.
- Helping school districts build other infrastructures to further support long-term use of PAX.

Wrap-Up Thoughts

The MHRS Board has invested in the PAX Program by funding Teacher Trainings, Partner Trainings, and Tools Trainings. Teachers have found that the implementation of the GBG in their classrooms has improved the behavior of their students and allows them more teaching time. More importantly, the GBG has a positive impact on students who are tending to be kinder, more supportive, and more encouraging to their classmates and more respectful to teachers and other adults.

Heroes Landing Criminal Justice Center

Earlier this year, the Heroes Landing Children’s Justice Center opened in Zanesville, Ohio. The renovated building facilitates the investigation and treatment of child sexual abuse. In 2020, there were over 100 cases of child sexual abuse in Muskingum County; in 2021, 121 cases were reviewed.

With the availability of a local Children’s Justice Center, a sexually abused child tells their story ONE TIME to a trained interviewer. Then, based on the interview, multi-disciplinary team members decide how to best help the child. The team consists of medical professionals, law enforcement, social workers, therapists, and other professionals. By providing access to advocacy, justice and care, the CJC empowers children to become heroes of their own stories and to break the cycle of abuse. These CJC efforts will lead to an increase in how fast criminal charges are decided in child sexual abuse cases and, most importantly, children seen at the Center have been less fearful as they go through the aftermath of their trauma.

With community awareness, the CJC allows children, caregivers, family members, neighbors, and teachers a resource where they can report suspicious behaviors and hopefully prevent sexual and physical abuse from happening again. Through the CJC, more children will get the medical and mental healthcare they need.

Muskingum County Prosecutor Ron Welch notes: *“Establishing a CJC in Muskingum County will allow a large and increasing number of child abuse survivors to be interviewed, examined and treated locally—instead of having to travel elsewhere. I’m excited to be part of the Heroes Landing team and to see a Children’s Justice Center come to fruition. This project has been a passion of mine for several years.”*

You can learn more about Heroes Landing at www.heroeslandingcjc.org.

Perry Behavioral Health Choices (PBHC) – Opening of TMS Clinic

A grand opening was recently held for a new PBHC clinic, where they will offer Transcranial Magnetic Stimulation Services for Veterans, First Responders, and Law Enforcement. PBHC has been offering these services for a while – bringing persons life-changing relief from anxiety, depression, chronic pain and stress, sleep disorders, substance use disorders, and Post-Traumatic Stress Disorder. The new clinic is located at 605 N. Main Street in New Lexington. ► PBHC was also recently awarded a \$6 million state contract for TMS Services. Under this contract, PBHC will: 1) expand access to TMS across Ohio; 2) enable peer-to-peer assistance; 3) ensure appropriate regulatory oversight for this off-label indication and vulnerable populations; 4) standardize and centralize data collection of clinical and outcome measures; 5) collect evidence that can be used to advocate for insurance coverage and later FDA approval; and 6) provide quarterly reports to the State on how this investment is changing lives.

Pearl House Zanesville (PHZ) Update



In September, PHZ residents will be moving in, and the Open House for Pearl House Zanesville has been set for October 25. PHZ is a 34-unit apartment building in downtown Zanesville for individuals and families in addiction recovery. Project Manager Steve Carrel has noted, *“The end game of this whole thing is to help folks get into long-term recovery and to be contributing members of our community.”*

Oath of Office



Megan Gee was sworn in as a member of the Board of Directors – representing Guernsey County. She was recently appointed to that office by the Director of the Ohio Department of Mental Health & Addiction Services. Initially, she will be completing the unexpired term of former board member Jon Black.

September “Board Member Spotlight”



Coshocton County Representative Leondra Davis was raised in St. Paul, Minnesota. She has been married to her husband for 25 years and they have six children—four boys and two girls ranging in ages from 24 to 8.

Leondra has a comprehensive history of employment in public service and is currently employed as the Family Dependency Treatment Court Coordinator at the Coshocton County Juvenile/Probate Court. She volunteers with the Coshocton County Fatherhood Initiative, the United Way, Leadership Coshocton County, and is heavily involved in her church community. In her down time, Leondra enjoys spending time with friends, reading, biking, and family game nights.

Leondra wanted to become a member of the MHRS Board of Directors, because substance use has been an issue in her family and for several of her close friends. It has also been a prevalent issue with the families she has worked with throughout her career. She believes that being a board member will allow her the opportunity to be an informed resource and support person for the people in her community.

Leondra joined the Board of Directors in April of 2022, bringing her wealth of knowledge and her passion to build a better community for all! Thank you for joining us on this journey, Leondra!

Health Equity Reflection

Ohio Association of County Behavioral Health Authorities

Moral injury has been defined as *the damage done to one’s conscience or moral compass when that person perpetrates, witnesses, or fails to prevent acts that transgress one’s own moral beliefs, values, or ethical codes of conduct*. Moral injury does not occur immediately, but it presents itself overtime. As you consider its definition, you will begin to realize the number of factors that contribute to moral injury. Telling someone they do not qualify for help. Not having a resource to help someone in need. Working with systems that actively cause harm. Seeing the same people again and again who are unable to access the treatment and supports they need. Sound familiar? The workforce crisis is not just about a lack of staff to fill roles – it’s a moral injury issue. People are not just leaving the field for more money and flexible hours, they are also leaving because they are hurt. As we work to build a behavioral health continuum that is inclusive and equitable, let us also remember that we must build a system that does not leave the staff injured.