

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
May 12, 2022



Randi Earnest, Chair of the MHRS Board's Partners Workgroup, reported on their goal of periodically reviewing outcomes data and needs assessment information that will drive the organization's strategic planning. This work will facilitate leveraging of strengths, addressing core challenges, and identifying gaps in services.

During the workgroup's May 12 meeting, members looked at Quality Improvement Indicators for 2021. This review covered a broad scope of network data that included: programming for senior citizens, service providers' licensed/credentialed staff, continuum of care, PAX Partner programming in service area schools, out-of-home placements, housing, number of trained peer supporters, prevention programming, client and stakeholder satisfaction survey results, numbers/types of client discharges, waiting list data, follow-up after hospitalization for mental illness, screening for clinical depression, appointment tracking, trainings offered to network clinicians, Critical Incident Stress Management responses, awareness campaigns, overdose deaths, and deaths by suicide.

Ongoing reviews of the above indicators will:

- ◆ Assist the MHRS Board in making the most effective strategic planning and funding decisions.
- ◆ Increase efficiency by directing resources where they are most needed.
- ◆ Replicate areas of strength across the network.

As the workgroup's quality improvement reviews/analyses progress, more detailed information will be shared about what's working, what's not, and what's needed — to better support the recovery of persons struggling with mental illness and/or addictions.

Executive Director
Misty Cromwell

Board of Directors

Jon Black
Lorendra Davis
Randi Earnest
Megan Gee
Sue Hoover
William Johnson
Pamela Kirst
Jeff LeCocq
Tony Mayle, Jr.
Dan Scheerer, M.D.
Danielle Scott
Ben Taylor

Board President

William Johnson

Board Vice President

Sue Hoover

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 April 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.

Board members also:

- ☆ Reviewed Contract Services Expenses; Balance Sheet as of April 30, 2022; and a Dashboard Report that provides a high-level overview of key fiscal indicators.
- ☆ Approved the MHRS Board's CY 2023 Budget for the entire network of care in the amount of \$11,090,342.00.
- ☆ Approved a special allocation of \$40,000.00 to Zanesville City Schools to support dog therapy programs (\$10,000.00 each) at the Zanesville Middle School, John McIntire Elementary, National Road Elementary, and Zane Grey Elementary (see more information on page 5).
- ☆ Approved the allocation of \$24,135.00 to Muskingum Behavioral Health to support the establishment of a case manager position at Pearl House Zanesville (see more information on page 4).

Below is a breakdown of MHRS Board payments approved for the provision of treatment and support services for persons with mental illness and/or addiction.

<i>Accounts Payable</i>	<i>In-Network Providers</i>	<i>Out-of-Network Partners</i>	<i>TOTAL</i>
April 8, 2022	\$401,218.87	\$130,352.32	\$531,571.19
April 25, 2022	\$348,619.81	\$11,587.51	\$360,207.32
TOTAL	\$749,838.68	\$141,939.83	\$891,778.51

Mental Health Awareness Month



During May, the MHRS Board is partnering with service area Suicide Prevention Coalitions to get the important “YOU MATTER” message out in our communities.

This messaging was primarily designed to help anyone who may be uncertain of where to go and how to get help — as well as to spur community discussions about suicide awareness and prevention. “You Matter” materials are being

highlighted throughout the six-county service area via PSAs, social media posts, and billboards.

For more information about local Suicide Prevention Coalitions, go to <https://www.mhrs.org/get-involved>.

For more facts and resource information about suicide, please visit: <http://www.ohiospf.org>.

Culture of Quality (COQ) Survey

The MHRS Board's COQ on-site survey took place on May 9-10. The COQ Program was developed by the Ohio Association of County Behavioral Health Authorities to improve the quality of MHRS Boards' work in carrying out their statutorily-mandated functions for ensuring the availability of local alcohol/drug addiction and mental health services. This was the MHRS Board's third survey that will hopefully lead to another 3-year certification.

COQ surveyors reviewed compliance with 147 standards covering the areas of: Public Affairs — Education — Community Relations — Policy — Advocacy — Risk Management and Insurance — Health & Safety — Human Resources — Mission and Program — Governance — Fiscal Operations — Ethics.

Board Member Spotlight



This month our spotlight is on Muskingum County Representative Captain Jeff LeCocq from the Muskingum County Sheriff's Office. Jeff has been an active member of the Board of Directors since June of 2015, and he served as Board President from July 2019 to June 2021. Since 2005, Jeff has been the leader for our service area's Crisis Intervention Team (CIT) Academy. His motto since day one of that initiative has been: *"Helping people get treatment means possibly preventing future problems on the street. Their crises become our crises. CIT gives us tools to have more positive and safe outcomes."* We feel very fortunate to have Jeff as a part of our team, helping to ensure that everyone in the six-county area can find help close to home.

Appalachian Children's Coalition (Update on Youth Mental Health)

New data illuminates youth mental health concerns related to the COVID-19 pandemic. Findings from a new CDC survey suggests youth mental health was worse during the pandemic. ■ 37% of high school students in the United States experienced poor mental health at least most of the time during the pandemic and ■ 44% had felt persistent sadness or hopelessness. According to Kathleen Ethier, Director of the CDC's Division of Adolescent and School Health, *"Youth are in crisis . . . This data and others like it show us that young people and their families have been under incredible levels of stress during the pandemic. Our data exposes cracks and uncovers an important layer of insight into the extreme disruptions that some youth have encountered during the pandemic."* ■ Governor DeWine has prioritized improving lives for Ohio's Youth, calling for the development and implementation of comprehensive rapid-response approaches for youth with high-acuity needs.

HRSA Launches Maternal Mental Health Hotline

The U.S. Health and Human Services Department's Health Resources and Services Administration (HRSA) recently [announced](#) the launch of the Maternal Mental Health Hotline, a new, confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. With an initial \$3 million investment, the hotline launched on May 8 — with counselors available to provide mental health support. Those who contact the hotline can receive a wide range of support, including brief interventions from trained counselors who are culturally and trauma-informed, as well as referrals to both community-based and telehealth providers as needed. Callers also will receive evidence-based information and referrals to support groups and other community resources. Moms can call or text **1.833.943.5746** to connect with a counselor at no charge. TTY Users can use a preferred relay service or dial 711 and then 1.833.943.5746.



Board members approved an additional appropriation of \$24,135.00 to Muskingum Behavioral Health to facilitate the establishment of a full-time case manager position at the Pearl House Zanesville (PHZ) apartment complex (*architectural drawing shown above*). Those funds will support the position for the first six months of Fiscal Year 2023 (June 6 – December 31, 2022).

PHZ is a recovery housing partnership between Muskingum Behavioral Health and Fairfield Homes. PHZ will offer 34 safe, affordable, modestly-furnished apartments for persons/families in recovery. The goals of PHZ are to increase residents' employment and/or educational advancements, increase income, and support long-term recovery and family stability for Muskingum County's recovering community.

Muskingum Behavioral Health will be supporting the residents with substance abuse treatment, peer-to-peer recovery supports, and prevention services. The case manager will be on-site Monday through Friday, 8:00 am to 4:30 pm and will support residents in working with treatment providers, courts, child welfare, and behavioral health programs.

Muskingum County has experienced the devastating effects of the opioid epidemic. Families have lost loved ones, children have been left without parents, and barriers to affordable housing have presented challenges for those struggling with addiction. PHZ will be helping to address the epidemic by creating and supporting family stability. The overall goal is to help folks get into long-term recovery and become contributing members of our community. (*It is anticipated that PHZ will be accepting tenants around the first part of July.*)

Partnering with Zanesville City Schools To Provide Dog Therapy Programs

As reported under the 'Financial Matters' section, board members approved a special allocation of \$40,000 to Zanesville City Schools (ZCS) to support dog therapy programs at the Zanesville Middle School, John McIntire Elementary, National Road Elementary, and Zane Grey Elementary (\$10,000.00 per school).

Schools have seen a rise in mental health challenges, with students entering school buildings with the weight of the world on their shoulders. With exposure to social media, cyberbullying, digital media, violence and much more, students are experiencing overwhelming feelings of stress, anxiety, and depression. With 1 in 6 U.S. youth experiencing a mental health disorder and suicide as the second-leading cause of death among children and young adults, implementing a program to improve the mental well-being of our young people is critical (stats are from 2020).

ZCS is seeing more students coming to school with social and emotional challenges—including abuse, neglect, separation, and trauma. They also have seen more students diagnosed with conditions like ADHD, anxiety, and depression.

The benefits of having a therapy dog in a classroom include reductions in blood pressure and increased physical stimulation. A therapy dog also promotes greater self-esteem and focused interaction with other students and teachers. Dogs are friendly companions and good listeners who make no judgments. Children bond easily with these gentle creatures, helping students feel more connected and confident. This leads to a reduction in negative behavior and aggression. It has also been proved that therapy dogs stimulate memory and problem-solving skills. Having a non-judgmental therapy dog available to be with children will be a beneficial and calming influence.

Over the next several months, the schools' therapy dogs and handlers will be undergoing extensive training. It is anticipated the dogs will begin interacting with students in January of 2023.

Pictured to the right is therapy dog "JAM," who was named after Joel Alonzo Martin, a lovingly-remembered



student who passed away in 1998 while a student at the former Grover Cleveland Jr. High School. Once JAM and her handler(s) have been fully trained, she will be based at Zanesville Middle School, where Joel's mother is a school librarian.