

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
January 12, 2023

Allwell's Noble Counseling Center

Megan Gee, Interim Reporter for the MHRS Board's Partners Workgroup, shared with the full Board of Directors information presented by Tammy Stillion, Site Director for Allwell Behavioral Health's Noble Counseling Center (NCC), about the many ways NCC serves Noble County residents.

Allwell has been a long-time provider of mental health services and supports, addressing bipolar disorder, anxiety, depression, childhood ADHD, conduct disorders, oppositional defiant disorder, schizophrenia, etc. NCC's mental health services include individual counseling, group counseling, day treatment (dual recovery, men's group, and expressive therapy). Another important service is NCC's family wellness program.

When Noble Behavioral Health Choices (NBHC) closed its doors last year, Allwell's NCC stepped up to serve a significant number of NBHC's clients who needed ongoing treatment/supports for substance use disorders (SUDs). Services include individual counseling, intensive outpatient groups, peer support, and prevention work in the jail, schools, and general community. Some medication-assisted treatment is also provided (*NCC would like to enhance this service*). NCC's substance use prevention work in the schools includes 'CATCH My Breath,' addressing vaping and substance misuse. NCC has hosted one 'sober living' event and more are being planned. AA meetings are held every Wednesday at the NCC. Community outreach is also taking place, letting residents know about the availability of SUD services.

Mental health problems and substance use problems sometimes occur together. National data indicates that one in four adults living with serious mental health problems also has a substance use problem. Someone with a mental illness and substance use disorder must receive treatment for both issues, and the NCC is meeting that need.

Executive Director
Misty Cromwell

Board of Directors

Sean Brady
Reid Carpenter
Leondra Davis
Randi Earnest
Megan Gee
Jennifer Hanson
Larisa Harper
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Sue Hoover
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Tony Mayle, Jr.
Dan Scheerer, M.D.
Wendy Starlin
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 December 2022 Reconciliation Report that showed deposits, checks written for MHRS Board operations, payments to in-network contract service providers and out-of-network community providers, and journal entries.

Below is a breakdown of December 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>
December 8, 2022	\$696,903.68	\$42,768.12	\$739,671.80

Other Actions:

► **December 2022 Financial Reports:** Board members reviewed the MHRS Board’s other December Finance Reports that included: 1) Contract Service Expenses; 2) Balance Sheet as of December 31, 2022; 3) Network Funding Reserves; 4) a ‘Year-to-Date’ Status Report for the MHRS Board’s CY 2022 Operating Budget; and 5) a Dashboard Report that provides a high-level overview of key fiscal indicators.

► **Payment Authorization Resolution:** Approved a resolution that is acted upon each January to go on record that, over the next few months, the Board of Directors will be reviewing and acting on bills from 2022.

► **Community-Wide Behavioral Health Collaborative:** MHRS Board Director Misty Cromwell updated board members about a collaborative project for conducting a comprehensive assessment of the region’s crisis continuum and then developing a plan for enhancing and sustaining behavioral health crisis services. In addition to the MHRS Board, the other current partners are the Genesis Healthcare System, Muskingum Valley Health Centers, and Allwell Behavioral Health (*other partners are being invited to participate*). The Collaborative has been collecting project consultant proposals and will meet on January 30 to talk with the last applicant and, hopefully, make a final selection of a consultant(s). The four initial partners have agreed to split the consultant cost. Misty also reviewed some possible funding resources for project implementation.

Community Assessment/Plan and Strategic Planning

Community Assessment and Plan: The MHRS Board’s 3-Year Community Assessment and Plan (CAP) will be submitted to the Ohio Department of Mental Health & Addiction Services (OhioMHAS) by January 31, 2023. The MHRS Board’s CAP will describe current behavioral health conditions and issues in our service area and identify priorities for treatment and recovery support services and prevention services. This work will assist OhioMHAS and MHRS Boards in making data-informed policy, program, and resource allocation decisions that lead to measurable improvements in mental health, addiction, and equity outcomes. The MHRS Board will act on the CAP at the February 9, 2023, board meeting.

Strategic Planning: The MHRS Board of Directors and staff members will be spending Saturday, February 4, developing a new strategic plan for our service area that will become effective July 1, 2023. This work will refresh the MHRS Board’s strategy and articulate a clear vision, guide decision-making, and facilitate a process for tracking progress.

Guernsey County Criminal Justice Collaborative

On December 12, 2022, the MHRS Board's Guernsey County Criminal Justice Collaborative met in Cambridge (after a 2-year pause due to COVID). Members discussed several behavioral health issues:

- **Secure Crisis Stabilization Unit (CSU) for Kids:** Members noted that the development of this facility is very much needed in the region.
- **Genesis Psychiatric Unit:** Expressed a need for improvements to the hospital's admission/discharge policies on this unit.
- **Lack of State Hospital Beds:** Beds at the Athens State Hospital are mostly for forensic competency restorations (close to 90%).
- **Forensic Evaluations:** The demand for forensic evaluations of individuals involved with the criminal justice system is significantly increasing. Forensic Diagnostic Center Director Andy Reisner is attempting to recruit additional evaluators for the Center's 17-county service area.
- **Crisis Stabilization Unit for Adults:** Expressed a need for a 'hospital-like' Crisis Stabilization Unit for Adults — similar to the unit being planned for kids.
- **Liberty Manor Group Home:** In collaboration with OhioMHAS, some renovations are being planned for this state-operated group home in Guernsey County.
- **Possible Step-Down Unit:** OhioMHAS is considering the possibility of developing a step-down unit on the Liberty Manor grounds to serve persons being released from the State Hospital.
- **In-Jail Services:** Members noted this program is very beneficial; however, jails are still overwhelmed due to the high number of criminally involved persons with behavioral health issues being locked up.
- **Juvenile Detention:** Detention Centers in the region are full, making it difficult to serve those youth needing that level of monitoring and rehab.



MHRS Board Care Management Director Jamie McGrew recently provided a training for all Zanesville City Schools employees — as an initial step in implementing the Handle with Care (HWC) program in our region. The HWC model is simple, yet powerful. HWC asks our First Responders to note when a school-aged child is present during an arrest, overdose, domestic violence incident, car accident, or other possible traumatic events. The First Responder obtains the child's name, school and grade and then sends the information and a 'Handle with Care' notice to the applicable school. No specific information about the event is needed. HWC identifies children most at-risk so they can receive a trauma-informed response, thus improving their academic, social-emotional, and behavioral outcomes.

Happy Retirement!



Bonnie Taylor, Acute Services Director for Allwell's Adult Crisis Stabilization Unit, has retired. Bonnie has had a very long and distinguished career with Allwell and possessed extensive knowledge about meeting the needs of those in crisis. We are sad to see Bonnie go, but we are also excited for her as she enters the next chapter of her life. Thanks SO MUCH for all you have done for clients and their families! Congratulations, Bonnie.

'Recovery is Beautiful' Holiday Gathering

On December 14, 2022, a Holiday Gathering for Clients was held in Columbus. The event was hosted by the Ohio Association of County Behavioral Health Authorities, the Ohio Department of Mental Health & Addiction Services, the Ohio Suicide Prevention Foundation, and NAMI Ohio. The day's activities included motivational speakers, recovery stories, and games. A delegation from our MHRS Board traveled to Columbus to help with activities (*L to R: Karl Hoop, Misty Cromwell, Jamie McGrew, and Roger Birch*).



Participants (including many from our region) celebrated, connected with others, and were strengthened with food, fun and holiday festivities.

Return of Annual Suicide Awareness Banquet

Following an almost 3-year hiatus, the service area's Annual Suicide Awareness Banquet will be held on Thursday, April 27, at the Coburn United Methodist Church in Zanesville. The theme is "*Connect, Communicate, Care,*" with the focus being on First Responders from Law Enforcement, Fire, EMS, and the Military/Veterans. Mark your calendars, and watch for more information about speakers and how to register for the event.



Board Member Spotlight — Sean Brady



Sean Brady joined the MHRS Board in August of 2022 as a Muskingum County Representative. Sean is a lifelong resident of Zanesville, having graduated from West Muskingum High School and Zane State College. In his spare time, he enjoys working outside and officiating basketball games. He has a beautiful and loving wife, Emily (a local schoolteacher), and a 3-year-old son, Lincoln, with a new son expected this March. The family attends St. Nicholas Catholic Church.

Sean has worked in law enforcement going on 16 years and is currently employed by the Muskingum County Sheriff's Office. Sean regularly sees and responds to people in crisis. These experiences are what drew him to helping and supporting the community in any way possible and encouraged him to become involved with the MHRS Board. Sean is the current President of the West Muskingum Athletic Boosters, current member and past board member of the Zanesville Jaycees, Muskingum Valley Basketball Association, 3rd Degree Knight of the Knights of Columbus Council 505, and a member of the Muskingum County Republican Club.

We welcome the perspective that Sean brings to the MHRS Board of Directors and are glad to have him along for the journey!