

Board Update

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

Regular Board Meeting
Highlights
August 11, 2022

The C.H.A.N.G.E Program

(Creating Hope, Awareness, New Goals, and Education)

At the August meeting of the MHRS Board's Partners Workgroup, the following guests explained the workings of the C.H.A.N.G.E Program offered under the direction of Guernsey Health Choices:

- Karen Wiggins, Executive Director, Guernsey Health Choices
- Major Jeremy Wilkinson, Guernsey County Sheriff's Office
- Brandee Burns and Erika Cameron, Program Coordinators/Facilitators, Guernsey Health Choices

Joint collaboration between agencies can be a step to combatting a community's drug problems, according to Sheriff's Major Jeremy Wilkinson. Wilkinson is involved with the CHANGE Program that is offered through the Guernsey County Jail to inmates battling addiction.

While in the program, individuals learn about their addiction—how to cope with it and get through situations that could result in relapse. Community partners also work with participants to help them with their transition from jail release to the community. Partners include: Guernsey County Department of Job & Family Services (*education on available programs, creating a resume, budgeting and more*); Cambridge-Guernsey County Health Department (*communicable disease education and personal health education and awareness*); Mid-East Career and Technology Centers (*adult diploma assessment and GED prep work*). When leaving the program, inmates are given a warm hand-off – enhancing their incentives and confidence, encouragement, and follow-through. The CHANGE Program is the product of a \$400,000 Department of Justice Diversion Projects grant that primarily funded the education/awareness aspects of the program. Also, in an effort to decrease or eliminate drugs coming into the jail, some of the funds were used to purchase a body scanner.

The CHANGE Program began in the spring of 2019 and, through June of 2022, services were provided to 339 individuals. One outstanding statistic related to the Program is the fact that, of the 100 program graduates, 76 have not re-offended. A CHANGE Re-Entry Specialist follows up with graduates to check on their well-being – their participation in treatment, recidivism, employment, and housing situation.

Major Wilkinson believes that working together is the most important part of combatting addiction. He also stressed that the epidemic has to be aggressively pursued—not only through law enforcement but also through treatment and other avenues.

Executive Director

Misty Cromwell

Board of Directors

Sean Brady

Reid Carpenter

Leondra Davis

Randi Earnest

Dennis Hitchcock

Sue Hoover

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Pamela Kirst

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 June and July 2022 Reconciliation Reports 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 June and July reports of Contract Services Expenses; Balance Sheets; and Dashboard Reports that provide a high-level overview of key fiscal indicators.
- ☆ Approved an Appropriation Transfer of \$1,002,902.52 from the Contingencies Line Item to the following expense areas: Settlement Deductions, \$2,902.52; and Contract Services, \$1,000,000.00 for the provision of mental health and addiction recovery services.

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>
June 6, 2022	\$266,411.39	\$93,276.62	\$359,688.01
June 20, 2022	\$319,346.33	\$76,440.01	\$395,786.34
July 5, 2022	\$276,100.72	\$21,070.33	\$297,171.05
July 18, 2022	\$279,818.94	\$27,569.23	\$307,388.17
July 21, 2022		\$1,130.91	\$1,130.91
TOTAL	\$1,141,677.38	\$219,487.10	\$1,361,164.48

Annual Report of Client Grievances and Major/Unusual Incidents



The Ohio Revised Code establishes standards to ensure the prompt and accurate notification of certain incidents. It also requires agencies to review and analyze all incidents to identify and implement corrective measures designed to prevent recurrence and to manage risk. The MHRS Board's contract organizations are required to forward each reportable Major/Unusual Incident (MUI) to the Ohio Department of Mental Health & Addiction Services (with a copy to the MHRS Board) within 24 hours of its discovery.

In FY 2022, the MHRS Board received 13 MUI reports: one suicide attempt at a youth residential facility, five staff/client interaction issues, three client deaths (natural causes, suicide, homicide), and four medical events primarily related to COVID-19. There were no client grievances to report.



Mental health counselors, court employees and elected officials in Coshocton County were just a few of the people who attended a July 26th meeting with retired Ohio Supreme Court Justice Evelyn Lundberg Stratton, Melissa Knoop from Stepping Up Ohio, and Thom Craig and David Frederick from the Pegs Foundation.

“Stepping Up” is a national initiative focused on better meeting the needs of individuals with mental illness and addiction recovery issues, who continuously cycle in and out of jails and prisons. Justice Stratton noted that the mission of the Stepping Up is to help criminal offenders with mental illness and/or addiction get connected to clinical treatment and other services so they can get well, make positive life changes, and stay out of jail. Both Stratton and Thom Craig reported that they are working to identify possible funding sources to help folks with behavioral health problems who are involved with the criminal justice entities. They are also looking at ways to improve the housing situation. MHRS Board Care Management Director Jamie McGrew and Ruth Simera from the Coordinating Centers of Excellence presented information about criminal justice programs and training initiatives. Thom Craig and David Frederick from the Pegs Foundation, along with MHRS Board Crisis/Criminal Justice Coordinator Karl Hoop, talked about the crisis continuum and how Stepping Up could help going forward.

Participant Feedback:

- Coshocton County Commissioner Gary Fischer: *“I’ve been in public service for over 30 years and been a funeral director for over 40. I’ve seen how mental illness can affect families and how mental illness and drugs can be intertwined. It takes efforts like this to make a change.”*
- Coshocton County Commissioner Dane Shryock: *“Mental health care has come a long way. When I was a deputy sheriff, we used to transport people to the State Hospital in Cambridge. Some of those people I would have transported are now working and productive citizens. My hat’s off to you for your advocacy.”*

To learn more about Stepping Up, go to:

www.mha.ohio.gov/community-partners/criminal-justice/stepping-up-initiative/welcome

STRATEGIC PLANNING

Below is an update of actions over the last several months to achieve the goals and objectives of the MHRS Board’s FY 2021-2023 Strategic Plan that includes commitments to the following ‘recovery-oriented’ essential elements: 1) Focusing on Clients and Families; 2) Improving Timely Access to Services; 3) Promoting Healthy, Safe, and Drug-Free Communities; 4) Locally Managing Systems of Care; and 5) Prioritizing Accountable and Outcome-Driven Financing.

Needs Assessment: In partnership with Ohio University, the MHRS Board’s service area needs assessment is underway and is scheduled to be completed by mid-September. To take the survey, go to: <https://drive.google.com/file/d/1Kfk4Zu49AA-m3MVkBoZS5-yF0qg2iFVI/view?usp=sharing>

Early Childhood Mental Health (ECMH): Allwell Behavioral Health offers an ECMH program in Muskingum, Guernsey, and Noble Counties. The program’s primary partners are Help Me Grow and Head Start. ECMH helps to equip parents and other caregivers of young children with the skills to help their children develop into mentally healthy adults. Thus far, 79 families have been served, involving 92 children.

Linser's Landing and MRSS: Linser's Landing formally opened on June 22, 2022, and is a part of Allwell Behavioral Health's Mobile Response and Stabilization Services (MRSS). The MRSS initiative provides help to children and families in crisis (including de-escalation of crisis situations and respite care). MRSS services are provided at Linser's Landing and also throughout the community. The MRSS program received 18 referrals in FY 2022 (89% of team responses were in families' homes).

Crisis Stabilization Unit (CSU) for Kids: An RFP for the development of a regional CSU for Youth is being finalized. An initial funding request for \$750,000 has been submitted to the AppCARE Collaborative, and it is planned to also seek capital funds from the Ohio Department of Mental Health & Addiction Services.

Intensive Home-Based Treatment (IHBT): Since the beginning of 2022, Allwell Behavioral Health's IHBT program in Noble County has received two referrals from Noble County Creative Options. IHBT is a mental health service designed to meet the needs of youth with serious emotional disturbances who are at risk of out-of-home placement. The program's goal is to provide the necessary mental health services/supports to enable youth to remain in their homes, rather than being admitted to a residential treatment facility.

Development of New Funding Allocation Process: In working with consultant Dr. Michael Gillette, MHRS Board staff have been identifying ways to generate enhanced accountability and fairness, while ensuring that the goals of the MHRS Board are being met.

Llewellyn Suites for Young Adults: There are currently seven residents in the transitional living apartments. Working toward eventual independence, all residents participate to some degree in Life Skills activities, case management, and outpatient counseling.

Transcranial Magnetic Stimulation (TMS): From January to June of 2022, 42 individuals have been served in this program. TMS is a method for fixing trauma and damage to the brain using magnetic stimulation. Services have been primarily focused on Veterans and First Responders who are coping with trauma and anxiety.

Specialized Docket Court Projects: In the last quarter, 80 individuals were served by Specialty Court Dockets in Coshocton, Muskingum and Perry Counties. These dockets offer individualized wrap-around mental health and/or addiction recovery treatment, coupled with ongoing court supervision and encouragement.

Allwell Behavioral Health's Muskingum County 'In-Jail' Program: A total of 1,030 individuals have been served through this program offered in the Muskingum County and Zanesville City Jails. Diagnoses: 43%, Dual Diagnosis; 30%, Substance Use Disorder; and 27%, Mental Illness (135 participants accepted further services upon discharge).

Evidence-Based Programming: For FY 2022, 2,966 units of evidence-based programming were produced by our contract agencies. The total paid for these services was \$305,555.59.

PAX Implementation and Sustainability: Planning continues for sustainability in each participating PAX school in our service area. New classrooms will be added at Bishop Rosecrans during the 2022-2023 school year. Comprehensive data from Nationwide Children's has been evaluated and a full report about this initiative will be given at the MHRS Board's September 8, 2022, board meeting. | The PAX Good Behavior Game is a research-based initiative used in the classroom to reduce off-task behavior, increase attentiveness, and decrease aggressive and disruptive behavior and shy and withdrawn behavior.

Systemwide Critical Incident Stress Management (CISM) Program: An additional CISM training was held during the past quarter—with 10 individuals participating. There was one recorded group CISM response with eight participants. The Southeast Ohio CISM Team is a volunteer-based group providing peer support to public safety/other entity workers who have experienced some form of critical incident and need help in dealing with the aftermath of such exposure.

Quick Response Teams (QRTs): Between April and June of 2022, the following QRT visits were made: Coshocton County, 15; Guernsey County, 9; and Noble County, 17. Trained QRTs provide outreach to overdose survivors/families and connect them to treatment and other resources that will help them through their recovery journey.

Allwell Behavioral Health's Beacon Place Drop-In Center: Between April 1 and June 30, 2022, Beacon Place had 122 clients participating. The Center is open 15 hours per week and offers support to clients through scheduled activities and some special support groups that focus on sharing experiences to inspire recovery.

NAMI Six County: This local affiliate of the National Alliance on Mental Illness continues to offer support to families of persons struggling with mental illness—primarily through a wide variety of support groups and training series. Support groups include: **SAFE SPACE** – for adoptive and kinship families; **SURVIVORS OF SUICIDE** – for persons who have lost a loved one to suicide; **GENERAL FAMILY SUPPORT GROUPS** in Zanesville and Coshocton; **PEER-TO-PEER CONNECTIONS** – for people living with mental illness. Special training courses include: **FAMILY-TO-FAMILY** – multi-week course for family members that covers diagnoses, treatment, self-care, and available resources; **PEER-TO-PEER** – multi-week course for persons living with mental illness that covers ways to encourage growth, healing, and recovery.

Board Member Spotlights

Below are 'Board Member Spotlights' for July (*Dr. Dan Scheerer*) and August (*Ben Taylor*):



Dr. Dan Scheerer has been an outstanding member of the Mental Health & Recovery Services Board of Directors for about 25 years. During those years, he has established himself as a rock-solid foundation for the work of the Board, serving in almost every leadership position. Dr. Scheerer's expertise, however, lies in his work as Chair of the Board's Finance/Audit Committee. The fiscal operations of a statutory entity that has seven contract organizations providing services in a large six-county region can be complex and challenging. Dr. Scheerer's leadership and dedication have allowed our system of care to grow and to focus on making sure "help close to home" is always available. Dr. Scheerer cares a lot about the MHRS Board's mission, which is extremely important, but he also is focused on understanding the people being served by the MHRS Board and its contract organizations. He understands what needs to be done to accomplish our goals and objectives and takes every opportunity to make a difference in the lives of those struggling with mental illness and/or addiction disorders. Thank you, Dr. Dan!



Ben Taylor has served on our Board of Directors since 2021. He is a Perry County resident and is an appointee of the Perry County Commissioners. Ben earned his Bachelor's Degree in Criminal Justice from Ohio University in 2000. Since graduating, he has worked in a variety of correctional, social services, and protective services capacities—where he worked closely with individuals in need of behavioral health services. Although his career path has moved from direct work with individuals, he stays involved in mental health and recovery services work in his personal life. He has been a direct witness to the power of strong mental health intervention and recovery support.

Thank you, Ben, for being a strong advocate for the needs of the community and sharing in the MHRS Board's mission! After all, we cannot spell **M**ental Health and Recovery Services **B**oard without **BEN**.

New Board Members

Pictured below are new board members who were sworn in at the August 11 board meeting: (*L-R: Reid Carpenter, Noble County; Sean Brady, Muskingum County; and Dennis Hitchcock, Muskingum County*)

