

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 14, 2024

FinancialMatters

- **Alternative Medicine Program @ Perry Behavioral Health Choices (PBHC):**

PBHC Director Theresa Kane presented a proposal for the creation of an Alternative Medicine Program that would bridge the gap between clinical and medical oversight. The proposal called for funds to support the addition of a clinician with a doctorate in alternative medicine, as well as the purchase of alternative medicine supplies.

Board members approved a \$10,000 allocation for the purchase of alternative medicine supplies — and an allocation of up to \$50,000 to support the addition of an alternative medicine clinician (through December 31, 2024). Board members will then review the history of productivity for this position.

Many alternative therapists assert that conventional medicine’s treatment programs for addiction fail to support the body adequately as it withdraws from the once-steady presence of alcohol or other drugs. PBHC’s Alternative Medicine Program will provide non-pharmacological supplements, comfort measures, behavioral modification, and clinical counseling.

- **Reconciliation Report:** Under the guidance of Finance/Audit Committee Chair Dr. Dan Scheerer, board members reviewed and approved the February 2024 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.

- **Other February Financial Reports:** Board members also reviewed the following February 2024 fiscal reports: 1) Balance Sheet as of February 29, 2024; 2) Monthly Report of Funding Reserves; 3) a Year-to-Date Status Report for the MHRS Board’s Operating Budget; 4) Contract Services Expenses; and 5) a Dashboard Report that provides a high-level overview of key fiscal indicators.

- **MHRS Board’s Calendar Year 2025 Operations Budget:** Board members approved the MHRS Board’s CY 2025 Operating Budget totaling \$1,187,033.88, representing a 4% increase over the CY 2024 Operating Budget.

- **Support Resolutions for Capital Projects:** Board members approved three capital project support/monitoring resolutions required by the Ohio Department of Mental Health & Addiction Services. These were for: 1) renovations to the Jeffersonian Building in Cambridge that will become Allwell Behavioral Health’s Guernsey Counseling Center; 2) a Crisis Stabilization Unit for Youth at Genesis Behavioral

Executive Director

Misty Cromwell

Board of Directors

Sean Brady

Reid Carpenter

Abby Corder

Leondra Davis

Randi Earnest

Dennis Hitchcock

Sue Hoover

William Johnson

Tony Mayle, Jr.

Dan Scheerer, M.D.

Wendy Starlin

Ben Taylor

Bonnie Taylor

Board President

Sue Hoover

Board Vice President

Leondra Davis

Mission Statement

Our mission is to distribute federal, state, and local funding to community mental health providers in a way that facilitates the existence of (and access to) high-quality mental health and substance use recovery services in our six counties.

Health (ARP-0006H); and 3) the Eastern Alliance COG’s Regional Youth Crisis Facility (ARP-0006I).

• **Payments for Mental Health & Addiction Recovery Treatment and Support:** Below is a breakdown of February payments for actual services or system improvements:

<i>Accounts Payable</i>	<i>In-Network Providers</i>	<i>Out-of-Network Partners</i>	<i>TOTAL</i>
Feb. 12, 2024	\$441,813.30	\$22,447.00	\$464,260.30
Feb. 22, 2024	\$174,805.91	\$3,007,842.20	\$3,182,648.11
TOTAL	\$616,619.21	\$3,030,289.20	\$3,646,908.41

Annual Board Member Training

Prior to regular board meeting, representatives from the Ohio Association of County Behavioral Health Authorities (OACBHA) conducted an Annual Board Member Training that covered: the Biennial Budget for the Ohio Department of Mental Health & Addiction Services (OhioMHAS); Priorities of OhioMHAS; Legislation of Interest; ARPA Investments; State Opioid and Stimulant Response Funds; the OneOhio Recovery Foundation; Marijuana in Ohio; Workforce Issues; and Considerations for the Future of Behavioral Health Services. The OACBHA presenters were Cheri Walter, CEO; and Liz Henrich, Associate CEO.

Your MHRS Board:

- Works with individuals in recovery, family members, and community partners to respond to community needs.
- Ensures that individuals and families affected by mental illness and/or addiction have access to a high-quality, Recovery-Oriented System of Care, inclusive of prevention, treatment, and recovery support services.
- Serves as the hub of service area communities, facilitating partnerships and relationships with individuals and organizations throughout the community – representing individuals in recovery, families, law enforcement, criminal justice, elected officials, faith-based entities, education, child welfare, human services, and more.



“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”
(Margaret Mead)

Achieving Strategic Plan Goals

February was another busy month in working to achieve the MHRS Board's Strategic Plan goals. Considerable attention was given to the financial health of contract service providers. Also, Executive Director Misty Cromwell and her staff members traveled throughout the six-county area to meet with providers, community partners, and stakeholders (new and old) to discuss opportunities, provide education, eliminate barriers, and explore collaborations. As a reminder, the MHRS Board's Strategic Plan Goals are:

1. Ensure and increase the availability of (and access to) quality services.
 2. Foster a healthy and coordinated field of service provider organizations.
 3. Secure the ongoing health and effectiveness of the MHRS Board.
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- **17th Annual Suicide Awareness Banquet — April 25, 2024:** This banquet will be held from 6:00 to 8:30 pm at the Coburn United Methodist Church in Zanesville. Cost is \$15/person. Registration deadline is April 12. The keynote speaker will be David Bennett from Life Side Ohio that has a mission of bringing suicide prevention outreach to the firearms community. The evening will also include the presentation of a few “Heroes of Hope” awards to individuals who are beacons of hope in the field of suicide prevention. Brochure/registration form can be accessed at the MHRS Board's website – www.mhrs.org.
- **Muskingum County Community Youth Foundation 'You Matter' 5K Event — May 5:** The Youth Foundation will give the Muskingum County Suicide Prevention Coalition 10% of event proceeds. Event will take place at the Collegial Woods Trail behind OUZ. For more information, contact Jamie McGrew at jamiem@mhrs.org.
- **Free Mental Health First Aid Training — May 8:** Will be held from 8:30 am to 5:00 pm at the Muskingum Valley Educational Service Center. Participants will learn how to identify, understand, and respond to signs and symptoms of a mental health or substance abuse challenge. Co-sponsored by the MHRS Board and the Zanesville Noon Rotary. Contact Jamie McGrew (jamiem@mhrs.org) for more information.
- **Color Waddle — May 18:** Will be held at the Muskingum County Fairgrounds. Participation cost is \$10. Event partners are the Muskingum County Suicide Prevention Coalition, Drug-Free Muskingum, and the Zanesville Noon Rotary. Proceeds will go to the Suicide Coalition and the Drug-Free Coalition. This is an activity that is done at your own pace (run, walk, waddle). At various points on the course, participants are doused with different colors of powder. This is an untimed event that is more about health and happiness than competition. (More details to come.)

*Black Balloon Day — A Remembrance
(Extracted from Perry County Tribune Article)*

MHRS Board Director Misty Cromwell and Elaine Shuster, Associate Director, recently attended the ‘Black Balloon Day’ observance at Perry Behavioral Health Choices (PBHC) in New Lexington. This observance had three purposes: 1) a remembrance of those who died in 2023 as a result of an accidental drug overdose; 2) continuing education about drug prevention and detection; and 3) a strong belief that “people can recover.”



To the right is one piece of the many artworks that adorned the reception room at PBHC. Lining the hallway on the way to the reception room were 14 pairs of shoes that signified how many Perry County residents died in 2023 as a result of an accidental drug overdose. Perry County ranks 20th out of 88 Ohio counties for the highest overdose death rates based on preliminary numbers in 2023.

Parked outside PBHC was a trailer decorated on the inside as a miniature bedroom for a typical teenager. On the outside, the vehicle was identified as S.P.O.T., the Substance use Prevention Observation Trailer. Inside, guests could see all the secret places a teenager could hide a drug stash in seemingly innocent everyday items.

PBHC Executive Director Theresa Kane noted, “The driving motivation for Black Balloon Day is the staggering epidemic of drugs in Perry County.” She pointed out that the observance is an opportunity to reach out to affected families, letting them know, ‘We care.’”

The MHRS Board of Directors will next meet at 6:00 pm on April 11, 2024, at their office located at 1500 Coal Run Road, Zanesville.

The Finance/Audit Committee and Partners Workgroup will meet from 5:00 to 6:00 pm.

