

Board Update

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

Regular Board Meeting
Highlights
March 9, 2023

Suicide Prevention Grant in Honor of Staff SGT Parker Fox

Partners Workgroup Chair Randi Earnest shared with the full Board of Directors information about the Staff SGT Parker Gordon Fox Suicide Prevention Grant that has been awarded to the Community Action Program of Washington-Morgan Counties. (MHRS Board service area counties covered by this grant are Guernsey, Morgan, and Muskingum.) The information was presented by Program Coordinator Sarah Beardmore during the Partners Workgroup session held before the regular board meeting. The Fox Suicide Prevention Grant will help enable the Veterans Administration (VA) to provide resources toward community-based suicide prevention efforts to meet the needs of Veterans and their families through outreach, suicide prevention, and connection to the VA and community resources. Eligible individuals at risk of suicide and their families can receive the following services:

- ◆ Education on suicide risk and prevention to families and communities.
- ◆ Clinical services for emergency treatment.
- ◆ Case Management.
- ◆ Peer Support.
- ◆ VA benefits assistance.
- ◆ Help with obtaining and coordinating other benefits provided by the federal government, a state or local government, or an eligible entity.
- ◆ Help with emergent needs related to healthcare services, daily living, personal financial planning and consulting, transportation, temporary income support, fiduciary and representative payee services, legal services to address issues that may contribute to the risk of suicide, and childcare.
- ◆ Nontraditional and innovative approaches and treatment practices, as determined appropriate by the VA.
- ◆ Other services necessary for improving mental health status and well-being and reducing suicide risk as the VA determines appropriate.

The term “eligible individual” includes a person at risk of suicide who served in the active military, naval, or air service and was discharged under conditions other than ‘dishonorable.’

About Staff SGT Fox: This grant honors Veteran Parker Gordon Fox, who joined the Army in 2014 and was a sniper instructor at the U.S. Army Infantry School at Fort Benning, Georgia. Known for a life of generosity and kindness to others in need, Fox died by suicide on July 21, 2020, at the age of 25.

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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 February 2023 Reconciliation Report that shows 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 February 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>
February 13, 2023	\$284,492.78	\$9,519.66	\$294,012.44
February 27, 2023	\$845,878.29	\$92,434.57	\$938,312.86
TOTAL	\$1,130,371.07	\$101,954.23	\$1,232,325.30

In Other Actions, board members . . .

► **Other Financial Reports:** Reviewed the MHRS Board’s other February Financial Reports that included: 1) Contract Service Expenses; 2) Balance Sheet as of February 28, 2023; 3) Network Funding Reserves; 4) a ‘Year-to-Date’ Status Report for the MHRS Board’s CY 2023 Operating Budget; and 5) a Dashboard Report that provides a high-level overview of key fiscal indicators.

► **MHRS Board CY 2024 Budget:** Approved the MHRS Board’s Calendar Year Operating Budget in the amount of \$1,138,670.48.

► **Special Allocation — Community-Wide Behavioral Health Collaborative:** Approved a special allocation in the amount of \$70,968.00 to help fund the work of the local Community-Wide Behavioral Health Collaborative. In addition to the MHRS Board, Collaborative partners include Genesis, Muskingum Valley Health Centers, and Allwell Behavioral Health. This Collaborative is looking at enhancements to the region’s continuum of care that would focus on clients needing intensive wraparound services—with the goal of facilitating successful community living and preventing admissions to inpatient psychiatric units. The Collaborative is contracting with Guidehouse Consulting to guide the Collaborative’s work. The above special allocation represents the first quarter payment for the consultant’s work.

► **Special Allocation — Big Brothers and Big Sisters:** Approved a special \$10,000.00 allocation to Big Brothers and Big Sisters for the purchase/training of a therapy dog that will be joining school ‘lunch buddy’ activities and attending other activities with the ‘littles,’ their families, and the ‘bigs.’ Big Brothers and Big Sisters serves Muskingum, Guernsey, Noble, and Morgan Counties.

► **Special Allocation – Muskingum Behavioral Health (MBH):** Approved a special \$83,000.00 allocation to Muskingum Behavioral Health to help support some unfunded prevention services through the end of FY 2023. These funds will be used to support MBH’s Education, Information Dissemination, and Jail Group Programs.

► **Building Alterations – Perry Behavioral Health Choices (PBHC):** Reviewed PBHC’s plans to use \$55,000 of already-allocated levy funds to make some building alterations that will help sustain/improve the care of clients needing medically monitored withdrawal management and addiction recovery residential services.



Planning for Additional Guardianship Services

Director Cromwell has been hearing from various community entities (Genesis, Zanesville Municipal Court, and the Muskingum County Prosecutor’s Office) about the need for more guardianship services for persons with developmental disabilities, mental illness, and addiction disorders. Interested parties are now being pulled together to hear a presentation from ONI Guardianship Services and to continue discussions about the possibility of setting up a local Guardianship Services Board.



Daddy/Daughter Dance – Zanesville Civic League

On February 25, the MHRS Board co-sponsored a Daddy/Daughter Dance at the Zanesville Civic League – with the theme being “Dancing Hearts.” Attendees were given bookbags that included a few small gifts and important resource information. Daddy/Daughter dances are a great chance for dads to bond with their little girls, all while getting dressed up and showcasing some silly dance moves.

Addiction Crisis Updates

- ◆ ***School Alerts:*** On March 2, the MHRS Board received a copy of an alert from Zanesville City Schools (ZCS) Superintendent Doug Baker that was sent to parents/guardians noting the District had reason to believe that vape pens contaminated with fentanyl were circulating among the student body. ZCS listed the symptoms of a fentanyl overdose, and families were told to contact Muskingum Behavioral Health with requests for additional supports and resources. MHRS Board Director Misty Cromwell and other community partners immediately reached out to service area schools, advocating for the installation of Naloxone lock boxes within school buildings.
- ◆ ***Xylazine:*** Federal agencies have been warning that Xylazine, a non-opioid tranquilizer used in veterinary medicine, is infiltrating the drug supply and being mixed with other illicit substances — most commonly heroin and fentanyl. Substances containing Xylazine can be ingested orally, snorted, sniffed, or – most commonly – injected intravenously. Xylazine threatens to worsen outcomes for people who use drugs and complicate the overdose prevention landscape. People may not know they are exposed to Xylazine when using other substances, which may place people who encounter it at greater risk for harm. Xylazine is a central nervous system depressant, causing drowsiness, slowed breathing, reduced heart rate, and hypotension. The symptoms of Xylazine use and opioid use are similar, making it difficult to differentiate whether an individual has used both substances. Xylazine use is associated with skin ulcers, lesions, and abscesses. For more information about Xylazine, contact your local County Health Department.

SCOPE Grant Application

The MHRS Board is submitting a \$500,000.00 SCOPE (Strategies to Coordinate Overdose Prevention Efforts) to the Substance Abuse and Mental Health Services Administration — to support outreach trainings of some local first responders on: 1) the administration of the opioid-reversing drug Naloxone (or Narcan); 2) providing Narcan leave-behind bags at the end of outreach visits; and 3) referring patients to

local addiction recovery organizations. Board members approved a Letter of Commitment to be included with the grant submission, expressing their “support of cross-systems collaboration and coordination by making treatment resources readily available and increasing access to treatment through first responders.”

Annual Suicide Awareness Banquet



The MHRS Board’s Suicide Awareness Banquet will be held at 6:00 pm on Thursday, April 27, at the Coburn United Methodist Church, 3618 N. Maple Avenue in Zanesville. Tickets are \$15 each. The focus of the banquet will be on *“Offering Hope to Military, First Responders, and Law Enforcement.”* The keynote speaker will be Jason Hughes, Program Manager and Veteran Liaison for the Ohio Suicide Prevention Foundation (OSPF).

You may register here: [Annual Suicide Awareness Banquet \(google.com\)](https://www.google.com). For more information about special ticket sponsorships for those serving in the military, local law enforcement, and first responders, contact Jamie McGrew (jamiem@mhrs.org).

2022 Community Needs Assessment Overview

The MHRS Board recently received a general overview of their 2022 Community Needs Assessment. Below are a few observations from survey participants.

Strengths of Current Behavioral Health Treatment Services:

- ◆ Increase in availability of treatment services.
- ◆ Collaboration among agencies.
- ◆ Reduced stigma/increased awareness of behavioral health issues.

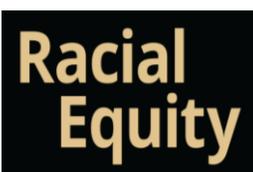
Example Themes from Interviews:

- ◆ Need for additional crisis services.
- ◆ Help with Transportation and housing.
- ◆ More prevention and family education/outreach.
- ◆ Increase/retain behavioral health workforce.
- ◆ Behavioral health services targeted to specific populations, i.e., children, older adults, and Veterans.

The needs assessment consultant from Ohio University is now drilling down into the individual data/details for the MHRS Board’s service area counties.

“Both Sides of the Desk”

This film, produced by the Southeast Ohio Trauma-Informed Care Collaborative, has been selected to be a part of the Cinema Columbus Film Festival in late April. The film includes interviews with MHRS Board Director Misty Cromwell and Care Management Director Jamie McGrew about the importance and value of trauma-informed care.



“In a purpose-driven system, all partners at all levels align around transformative values, relationships and goals—moving towards racial equity, integrating an emphasis on doing less harm and supporting actions that heal and transform.” This equity ‘moment’ was accompanied by an outline for determining PURPOSE by: 1) defining an individual’s purpose; 2) defining an institution’s purpose, and 3)

considering the four aspects of People, Place, Process, and Power.