

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 10, 2022

Annual Board Member Training

Prior to regular board meeting, MHRS Board Attorney David Moser, Esq., presented the organization's Annual Board Member Training on the topic of *Service Contracts and Contracting Procedures*. The training was prefaced by a quote from the Auditor of State's Behavioral Health Handbook: *"The principal authority . . . of Boards consists of their power, pursuant to ORC.340.03(A)(8), to contract for the provision of mental health and addiction services . . . and careful consideration should be given to the contracting process."* The training covered: Statutory Requirements, 120-Day Notices, Contract Provisions for Notices, Good Faith Negotiations, and Procurement Process.

FinancialMatters

Under the guidance of Finance/Audit Committee Chair Dr. Dan Scheerer, board members reviewed and approved the February 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 February 28, 2022; and a Dashboard Report that provides a high-level overview of key fiscal indicators.
- ☆ Set the MHRS Board's mileage expense rate at 56¢/mile (federally-approved reimbursement rate).
- ☆ Approved the MHRS Board's Calendar Year 2023 Budget in the amount of \$1,155,979.00.
- ☆ Authorized Executive Director Misty Cromwell to request the Muskingum County Commissioners to place a One Mill, 10-Year Renewal Levy on the November 8, 2022, ballot.
- ☆ Approved the State Fiscal Year 2023 agency-specific language that is included in the 120-Day Notice to contract agencies regarding substantial contract changes.
- ☆ Approved the Executive Director's Three-Year Employment Contract.

Executive Director
Misty Cromwell

Board of Directors

Jon Black
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.

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> |
|--------------------------|-----------------------------|--------------------------------|---------------------|
| February 3, 2022 | \$26,716.32 | --- | \$26,716.32 |
| February 14, 2022 | \$191,149.27 | \$28,858.55 | \$220,007.82 |
| February 28, 2022 | \$210,660.15 | \$11,659.21 | \$222,319.36 |
| TOTAL | \$428,525.74 | \$40,517.76 | \$469,043.50 |

Board Member Spotlight – Danielle Scott



Danielle Scott is a Perry County native. She obtained her Bachelor’s Degree and Master’s degree in Social Work from Ohio University. Danielle has been working in the mental health non-profit sector for the last eight years. Currently, she is an Infant and Early Childhood Mental Health Consultant and Therapist at Hopewell Health Centers in New Lexington. Danielle is a co-coordinator of consultation services at Hopewell, and has taken on the role of supervisor in the last year. Danielle is a member of the Perry

County Autism Diagnosis Education Project (ADEP) and coordinates meetings of the group and helps local families who are seeking treatment and support services for autism. Danielle is passionate about providing access to quality mental health services in her community. She enjoys meeting children, families, and early childhood professionals, supporting them and empowering them to use the tools/resources they need to promote social/emotional development and protective factors for young children.

Network Needs Assessment

Under the leadership of Ohio University Planning Specialist Dr. Marsha Lewis, the MHRS Board’s needs assessment project will be launched in April and hopefully will be completed by August of 2022. The information obtained will help us learn more about the needs and priorities of our clients/families and highlight areas of unmet needs — all of which will drive the MHRS Board’s strategic planning.

Special Funding for Mobile Response & Stabilization Services (MRSS)

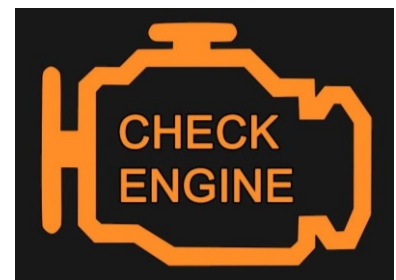
Board members approved a contract with Aetna Better Health of Ohio that will see the allocation of \$108,333.00 to the MHRS Board for Allwell Behavioral Health’s Mobile Response & Stabilization Services Program. MRSS services are aimed at ensuring the safety and well-being of children, youth, their families, and caregivers facing crisis situations because of escalating behaviors that may risk disruption of a child’s current living arrangements. MRSS provides immediate crisis response on-site and coordinates subsequent stabilization services. Allwell’s MRSS Program will include a Call/Support Center for crisis situations, an MRSS team, and Intensive Home-Based Services. The MRSS Support Center will be a safe place where family members can de-escalate and take advantage of education, support, and a pathway to other needed services.

Crisis Stabilization Unit for Kids

Four MHRS Boards in southeastern Ohio are collaborating on the development of a short-term *secure* residential program for youth and their families who are in mental health crisis and require stabilization. It is hoped this work will result in the ability to offer crisis assistance as an alternative to inpatient psychiatric hospitalizations. In addition to our Board, the other county regions involved in this planning effort are Belmont-Harrison-Monroe, Jefferson, and Washington Counties. The group’s next task will be to review RFP models for seeking proposals from various providers.

“Check Your Engine”

MHRS Board Executive Director Misty Cromwell and Care Management Director Jamie McGrew are working with local Farm Bureau branches to develop an awareness campaign aimed at the farming population. A 2016 study by the Centers for Disease Control found that farmers had a suicide rate double that of the general population.



On March 5, Misty and Jamie met with the Coshocton County Farm Bureau, where it was stressed that the difficulties of running a farm can add wear and tear to the most important piece of equipment – *the farm operator!* Farm Bureau Members were given a “Check Your Engine” reference guide to help them recognize signs of concern and refer persons in distress to local community resources. They will soon be meeting with Farm Bureau groups in the other five counties served by the MHRS Board.

Ohio Crisis Academy – LGBTQ+ Populations

MHRS Board staff recently participated in an Ohio Crisis Academy session focused on responding to LGBTQ+ populations. LGBTQ+ individuals experience higher rates of behavioral health conditions due to the increased prevalence of added stressors—discrimination, societal non-acceptance, and family conflict or abandonment. These persons are more than twice as likely as heterosexual adults to experience depression, anxiety, and substance misuse. They are also twice as likely to experience thoughts of suicide. This training covered ways behavioral health professionals can become better allies of LGBTQ+ individuals—being open to learning, listening, and educating oneself on issues affecting that community. Participants were given a resource guide to provide a solid springboard for continuing education and creating an equitable behavioral health system where everyone feels they can access a safe, high-quality continuum of care.

You are not alone

The Mental Health & Recovery Services Board, in collaboration with NAMI Six County, are working to expand the number of support groups within the network of care. Available support groups:

- ☆ ***Coshocton County NAMI Family Member Support Group***: Meets the third Monday of each month at 7:00 p.m. at Allwell Behavioral Health’s Coshocton Counseling Center, 710 Main Street, Coshocton.
- ☆ ***NAMI Family Member Support Group Zoom Meeting***: Meets the third Wednesday of the month starting at 6:00 p.m. Facilitator: Bonnie Burns – namisixcounty@gmail.com. Bonnie can provide the meeting link.
- ☆ ***Safe Space Support Group***: Meets the fourth Thursday of the month from 5:00 to 6:30 p.m. at the John McIntire Library, 220 N. Fifth Street, Zanesville. Group is for kinship caregivers and adoptive families.
- ☆ ***Survivors of Suicide Loss***: Meets the first Thursday of each month from 6:00 to 7:00 p.m. at the Central Trinity United Methodist Church, 62 S. Seventh Street, Zanesville. The group is for those who have lost a loved one to death by suicide.
- ☆ ***Connections Peer-to-Peer Support Group***: Meets the third Thursday of each month from 3:30 to 5:00 p.m. at Allwell Behavioral Health’s Beacon Place Client Drop-In Center, 1515 Maple Avenue, Zanesville. The group is for persons in recovery from a mental illness and/or addiction disorder.