

# Board Update

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

Regular Board Meeting  
Highlights  
May 13, 2021

## *Mobile Response & Stabilization Services for Children and Families*

James McDonald, CEO, and Jill Riley, Case Management Director, from Allwell Behavioral Health Services, presented information about planned improvements to the continuum of care for children and families in crisis.

Plans include the development of a Call Center for Crisis Situations, a Mobile Response Team, a Support Center where kids could go to de-escalate, Intensive Home-Based Services, a Crisis Stabilization Unit, and a Residential Youth Center. The already-existing Llewellyn Suites Transitional Housing for Young Adults will also be a part of the continuum of care.

MRSS will serve children and families who are in distress or crisis (defined by the youth or family). This service would be accessed through the MRSS Call Center. Within 60 minutes of receiving the call, an Allwell MRSS therapist will respond by going to either the caller's home or a different location of their choice. The therapist will provide a safety assessment, offer de-escalation and coping skills to family members, and remain with them until everyone has calmed down. The next step would be the offering of up to 45 days of Home-Based Services to the family—focused on skill-building, case management, and linkage to referral sources. After the 45 days of Home-Based services, the family will be referred for traditional outpatient services and any needed medication. Families with more complex issues will be referred for Intensive Home-Based Services, where families will receive individual and/or group family therapy, case management, crisis intervention, and ongoing safety planning.

Allwell Behavioral Health Services has applied for a state “Youth Resiliency Capital Grant” to purchase a building for the MRSS Support Center. This grant has received initial approval, with full approval pending the submission of additional planning and development information. The MRSS Support Center will be a place where families may temporarily separate from each other in order to move forward with de-escalation efforts. The Center will be a safe place where families can take advantage of education, support, and a pathway to other needed resources.

There will be seamless transitions throughout the treatment journey.

Allwell's MRSS program will help children and their families who are experiencing an emotional or behavioral stressor by interrupting the immediate crisis and ensuring children and families are safe. MRSS will provide the support and skills necessary to return youth and their families to typical functioning.

For more information, contact Jill Riley at [jriley@allwell.org](mailto:jriley@allwell.org).

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Dan Scheerer, M.D.  
Danielle Scott  
Bev Steinbrecher

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Jeff LeCocq

**Board Vice President**  
William Johnson

***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 Chair Dr. Dan Scheerer, board members reviewed and approved the April 2021 Reconciliation Report that showed deposits, checks written for MHRS Board operations, payments to in-network service providers, out-of-network community partners, and journal entries. Below is a breakdown of payments for the provision of mental health and addiction recovery treatment and support services.

<i>Accounts Payable</i>	<i>In-Network Providers</i>	<i>Out-of-Network Partners</i>	<i>TOTAL</i>
<b>April 13, 2021</b>	<b>\$177,398.95</b>	<b>\$57,732.72</b>	<b>\$235,131.67</b>
<b>April 27, 2021</b>	<b>\$399,136.86</b>	<b>\$258,442.04</b>	<b>\$657,578.90</b>
<b>TOTAL</b>	<b>\$576,535.81</b>	<b>\$316,174.76</b>	<b>\$892,710.57</b>

Other financial reports reviewed included: Contract Services Expenses; Balance Sheet as of April 30, 2021; and a Dashboard Report that provides a high-level overview of key fiscal indicators.

Board members also approved the MHRS Board’s Calendar Year 2022 Budget for the entire network of care in the amount of **\$9,650,160**.

### *Forensic Center Recognizes MHRS Board for its Support*

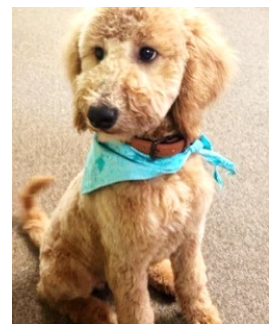


The Forensic Diagnostic Center of District 9 recently presented the MHRS Board with a Certificate of Appreciation for its continued partnership and support. “They have been invaluable for the cooperative relationships which strengthen the counties they serve,” Forensic Center officials said in a news release. “The Forensic Center is honored to recognize the MHRS Board for its excellent team.” The Forensic Center

provides court-ordered forensic evaluations, i.e., Competency to Stand Trial and Sanity Evaluations. They also provide monitoring for forensic patients conditionally released from state psychiatric hospitals. *(Joining Misty Cromwell in the above picture is Dr. Andy Reisner, Director of the Forensic Center.)*

### *Muskingum Behavioral Health’s “Chief Inspiration Officer”*

Muskingum Behavioral Health’s “Chief Inspiration Officer,” a therapy dog named Fetch, is currently being trained in ways to help identify and provide comfort and companionship to persons who are experiencing anxiety and high levels of stress. Fetch is a 17-week-old Labradoodle. Thus far, Fetch is doing well with small commands, and the trainers will be periodically bringing Fetch to Muskingum Behavioral Health to help orient him to the new environment. Researchers have found that: “Therapy dogs can have a positive impact on persons’ healing journeys in a multitude of ways, from providing comfort to increasing therapeutic alliances with service providers.”



## *Transitional Living for Young Adults*

Under the guidance of Chair Bev Steinbrecher, the MHRS Board’s Partners Workgroup met with Dan Carpenetti, Chief Operating Officer for Allwell Behavioral Health Services, to discuss the importance of transitional living facilities.

It was stressed that young adults could definitely benefit from transitional living support as they make the difficult shift from adolescence into adulthood; however, tragically, young people many times end up becoming homeless, bouncing from place to place. Currently, amid the negative health and economic impacts of the COVID-19 pandemic, transition living homes are scarce.

Allwell Behavioral Health offers an apartment complex in Zanesville that allows young adults with a history of involvement in behavioral health or child protective services the opportunity to develop and practice their independent living skills in a service-enriched environment.



The facility provides seven single-occupancy apartments and a model apartment that is used for daily living skills education and activities, a laundry room, and a lounge. Residents receive professional oversight and guidance as they work toward meeting their physical health, mental health, education, and employment goals. Some of the skills that young adults need to develop are: time management, budgeting, meal planning and preparation, financial literacy, employment skills, household management, living with others, communication and conflict resolution skills, and self-care practices. True to their name, transitional living programs offer housing security and skill development while young adults are gaining experiences that will hopefully lead to a successful and independent life.

For more information contact Dan Carpenetti at [dcarpenetti@allwell.org](mailto:dcarpenetti@allwell.org).

## **THE RECOVERY SUMMIT**

MHRS Board Care Management Director Jamie McGrew reported that plans for the 2021 Recovery Summit are moving forward. RS21 will take place on September 10, 2021, with the theme being *Remembering Recovery*. This annual event is intended as a celebration of recovery for clients coping with mental illness and/or addiction and their families.

The key message coming out of this event is that *“People can and do recover from mental illness and addictions.”* It is crucial for clients and their friends and family members to know this. RS21 will feature a keynote speaker, personal recovery stories, a boxed lunch, and an afternoon celebration of recovery.

In years past, agencies and service providers were invited to set up resource tables during the event. This year, attendees will be given resource bags filled with service provider information and some donated gifts.

Event planning is in its early stages . . . more details to come! If you have questions, contact Jamie McGrew at [jamiem@mhrs.org](mailto:jamiem@mhrs.org).

# STRATEGIC PLANNING

Board members were given a quarterly update about actions taken over the last three months toward achieving the goals and objectives of the MHRS Board's FY 2021-2023 Strategic Plan.

**PRINCIPLE 1 – FOCUSING ON CLIENTS AND FAMILIES:** *Healthcare is personal and is most effective when it's delivered based on the needs and values of the individual receiving care. A Recovery-Oriented System of Care allows individuals and families to drive the mental health and addiction services they receive within their local community.*

- Several clients visited the MHRS Board's website to complete satisfaction surveys where they expressed appreciation for the ways their lives have been changed. A few clients expressed concerns about the operations of med programs. Stakeholders also completed surveys where they noted their partnerships with service providers were strong and beneficial to the community. A few stakeholders expressed concerns about the content and timeliness of communications from stakeholders and a need for improved access to services.
- Allwell Behavioral Health's Early Intervention staff are continuing to assist families through consultations and service linkage.
- Allwell's Mobile Response & Stabilization Services (MRSS) are being piloted in Muskingum County. There have been two team responses with minors. Allwell's initial application for a Youth Resiliency Capital Grant has been approved by the Ohio Department of Mental Health & Addiction Services and is moving to the next phase of the grant process.
- Llewellyn Suites (Allwell's Transitional Living Facility) continues to help young adults by providing safe housing, counseling as needed, and instruction in daily living skills and independent living.

**PRINCIPLE 2 – IMPROVING TIMELY ACCESS TO MENTAL HEALTH AND ADDICTION SERVICES:** *The MHRS Board will work to ensure access to a continuum of high-quality, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery supports.*

- MHRS Board staff continue to monitor base outcomes data and are regularly participating in utilization review meetings.

**PRINCIPLE 3 — PROMOTING HEALTHY, SAFE AND DRUG-FREE COMMUNITIES:** *The MHRS Board promotes the health, wellness, and safety of individuals and communities by offering a continuum of services that includes prevention, community education, crisis services, treatment, and recovery supports such as housing, employment support and peer support. When individuals are healthy and stable in recovery, they can meet their fullest potential, businesses have access to a healthy, drug-free workforce, and families and communities flourish.*

- The MHRS Board's network of care offers a host of evidence-based programs in the areas of treatment and prevention.
- Training in Eye Movement Desensitization Reprocessing (EMDR) is continuing. Thus far, 16 practitioners have completed part one of the training and have begun using the interventions.



- PAX UPDATE: The usual PAX operations were significantly impacted by the COVID-19 pandemic. ♦ The mid-year report on disruptive classroom behaviors has been collected. Nationwide Children’s Hospital hopes to obtain more reliable data from the year-end collection. ♦ All schools currently in the PAX Expansion will continue into a third year with the grant.
- CRITICAL INCIDENT STRESS MANAGEMENT (CISM): To date, CISM team members have made three responses to individuals dealing with the aftermath of a traumatic crisis event. Pre-incident education (ensuring that people know the team is available and how they can help) is being offered throughout the region, and information has been sent to all EMA Directors and law enforcement offices.
- LOSS (Local Outreach to Suicide Survivors) TEAM: A team member recently responded to an officer suicide by reaching out to the police department and fire department in the officer’s community. Another team member reached out to the family and provided LOSS resources and contact information for agencies that could provide help. Team members are also reaching out to re-engage community partners (i.e., local coroners and law enforcement).
- QUICK RESPONSE TEAM (QRT): Some county QRT’s continue making contacts with persons who have been identified as having overdosed with an illegal drug, encouraging them to seek out treatment and recovery supports. Efforts are underway to help counties enhance their QRT efforts following the lessening of regulations related to the COVID-19 pandemic.

***PRINCIPLE 4 — LOCALLY MANAGING SYSTEMS OF CARE: Healthcare is delivered locally, and individuals and communities are best served when the healthcare system is designed and managed locally. Innovation driven at the community level will lead to the implementation of improved mental health and addiction service delivery solutions. By planning for, designing, managing, and advocating for adequate financing, the MHRS Board—working with its local partners—can determine what works best in each community.***

- The MHRS Board has seen a significant increase in traffic on their Website and Facebook Page. Both of these sites consistently provide important information about the MHRS Board’s operations, as well as useful information offering a better understanding of mental illnesses and addictions. Website: [www.mhrs.org](http://www.mhrs.org). Facebook Page: [www.facebook.com/mamhrsb](https://www.facebook.com/mamhrsb).
- Coffee sleeves were purchased and delivered to several restaurants in the MHRS Board’s service area, promoting the use of the Crisis Text Line: Text 4hope to 741741.
- During ‘Mental Health Month’ (May), suicide prevention campaigns were launched focusing on the “Life is Better with You Here” campaign and awareness efforts targeted toward Veterans and their families.
- A Mental Health First Aid training was held on March 26, 2021. Thirteen persons were in attendance (included school employees, officers from the Morgan County Sheriff’s Department, and clinicians from the Southeastern Ohio Counseling Center).
- A PAX Tools Training was recently held at Muskingum University to provide an introduction to PAX and PAX Tools for student teachers in their education program.
- NAMI Six County (local affiliate of the National Alliance on Mental Illness) began offering a virtual family support group in March. The group is held on the third Wednesday of each month

from 6:00 to 7:30 p.m. A new Peer-to-Peer Support Group offering has also been announced and began meeting on April 15.

**PRINCIPLE 5 — PRIORITIZING ACCOUNTABLE AND OUTCOME-DRIVEN FINANCING:**  
*Maximizing the use of federal, state, and local funds to meet locally-identified outcomes, the MHRS Board uses a blended funding approach that aligns resources and improves coordination between local community stakeholders. This approach enhances accountability and allocates scarce taxpayer dollars in the most efficient and effective manner possible.*

- Provider dashboards are close to final product and will be presented to the MHRS Board of Directors and service providers in July of 2021.
  - The MHRS Board’s fiscal staff are holding monthly trainings for fiscal workers at service provider organizations.
  - The MHRS Board has been managing and allocating some special funds related to the COVID-19 pandemic and the Healing Communities Grant associated with Guernsey County’s CHOICES Anti-Drug Coalition.
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***The MHRS Board of Directors Will be Meeting In-Person on  
Thursday, June 10, 2021***

Schedule Details

- No Committee Meetings
- 6:00 to 6:30 p.m. Dinner and Board Member Recognition
- 6:30 to 7:30 p.m. Annual Board Member Training Covering: Recovery-Oriented System of Care (ROSC), State-of-the-State, and Health Equity, Diversity and Inclusion
- 7:30 p.m. Regular Board Meeting