

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
December 8, 2022

Allwell's Primary Care Program

Allwell President/CEO James McDonald and Robin Cobbs Min, FNP, shared information about Allwell Behavioral Health's Primary Care Program.

Allwell has determined that many of the people they serve are falling through the cracks of medical healthcare. Those without primary care providers often use costly emergency services to get the care they need, or they simply go without to the detriment of their physical and mental health.

The Primary Care Program began on July 6, 2021, and – since then – has served 446 patients (47%, Male; 53%, Female – with most clients being in the 30-59 age range).

It was noted that mental and physical health are equally important components of overall health. By providing primary care on-site at Allwell, people are able to get the care they need, when they need it, without experiencing the challenges of navigating two separate healthcare systems. The real-time collaboration between physical and mental health professionals significantly improves health outcomes. The program can diagnose symptoms and prescribe medication to treat acute or chronic conditions. They also make referrals to other medical care as needed.

Services provided include: Cervical and Breast Cancer Screenings, Weight Assessment and Counseling, Preventive Care and Screening, Tobacco Screening and Cessation, Statin Therapy, Colorectal Cancer Screening, HIV Screening, and Depression Screening/Follow-Up.

In the first patient survey, respondents indicated that the program had met satisfaction targets for several of the fifteen measures (*Convenient Hours and Location, Office Staff are Respectful/Helpful, Clean Facility, Staff "Care and Listen," and Information is Kept Confidential*).

Seekers of Allwell's primary care services do not have to be behavioral health clients of the organization. Walk-ins are accepted, or those seeking care may call 740.454.9766 to make an appointment.

Executive Director
Misty Cromwell

Board of Directors

Sean Brady
Reid Carpenter
Leondra Davis
Randi Earnest
Megan Gee
Jennifer Hanson
Larisa Harper
Dennis Hitchcock
Sue Hoover
William Johnson
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.***

Year-End Observations

MHRS Board Director Misty Cromwell presented a summary of primary Calendar Year 2022 accomplishments. It was noted that, while the year brought about a few unexpected twists and turns, there were some important achievements that took place. She thanked board members for their support, stating, *“Thank you for serving on the Board of Directors and giving us some of the most precious things you own—your time and talents.”*

► **Landscape Analysis of Network Crisis Services:** The numbers of clients reaching out for help with a crisis are significant. This analysis is helping us improve behavioral health crisis services, so individuals and families can more easily receive help with a crisis wherever, whenever, and for however long they need it. Staff are identifying where clients in crisis can make connections to receive help and support.

► **Needs Assessment:** Under the leadership of Ohio University Planning Specialist Dr. Marsha Lewis, the MHRS Board launched a community needs assessment. The project has been completed, and a final report is in the works. Survey results will help the MHRS Board learn more about the needs and priorities of clients and their families and highlight areas of unmet needs—all of which will drive the MHRS Board’s upcoming strategic planning.

► **Crisis Stabilization Unit for Kids:** Our MHRS Board is joining three other Boards in Southeast Ohio to develop plans for a short-term, secure residential program for youth/families who are in mental health crisis and require stabilization. The Stabilization Unit would offer crisis assistance as an alternative to inpatient psychiatric hospitalizations. The group is close to issuing the RFP for the project.

► **Culture of Quality (COQ) Recertification:** In June, the MHRS Board was awarded its third COQ certification from the Ohio Association of County Behavioral Health Authorities. The COQ Program was developed to improve the quality of the MHRS Board’s statutorily mandated functions in administering local mental illness and addiction recovery services. The program is designed to promote community confidence through increased accountability. To attain certification, the MHRS Board demonstrated that it met or exceeded performance in 142 standards developed after careful review of pertinent federal and state laws, rules and regulations.

► **Linser’s Landing and MRSS:** Linser’s Landing formally opened on June 22 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. MRSS services are provided at Linser’s Landing and throughout the community. The MRSS program received 18 referrals in FY 2022 (89% of team responses were in families’ homes).

► **Stepping Up Ohio:** On July 26, a host of community officials attended a “Stepping Up” program in Coshocton County. The keynote presenter was retired Ohio Supreme Court Justice Evelyn Lundberg Stratton. Stepping Up is a national initiative focused on better meeting the needs of individuals with mental illness and addiction recovery issues who cycle in and out of jails and prisons. Justice Stratton noted that the Stepping Up mission 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. There was productive discussion and sharing of resource information.

► **Transcranial Magnetic Stimulation:** On September 15, Perry Behavioral Health Choices (PBHC) held a ribbon-cutting ceremony for their new clinic in New Lexington that will offer Transcranial Magnetic Stimulation (TMS) services to Veterans, First Responders, and Law Enforcement. PBHC has been providing TMS for over a year—and the therapy has been instrumental in helping those struggling with PTSD, Hypervigilance, and Substance Use Disorders.

► **State Opioid Response (SOR) Grant Sub-Awards:** In October, the MHRS Board approved SOR Grant sub-awards totaling \$745,302.00. These funds will support Treatment Navigators, Peer Mentors, Recovery Coaches, Medication-Assisted Treatment, and Transportation Costs. These services will help individuals in managing their long-term recovery.

► **Friend of Recovery Awards:** On September 28, the MHRS Board presented this year’s Friend of Recovery Awards. The Board annually recognizes individuals who promote recovery from mental illness and/or addictions. Recipients were **Dr. Kristin Barker** (Superintendent of Morgan County Local Schools); **Troy Leopold** (Morgan County Probation Officer); **Pastor Neal Dearyan** (Chili Crossroads Simple Steps Program); **Chrissy Parr** (Genesis Behavioral Health); **Marlayna Adamic** (Allwell Behavioral Health’s MRSS Program); **Shannon Walters** (Prevention Specialist at Muskingum Behavioral Health); **Chief Deputy Doug Gill** (Perry

County Sheriff's Office); **Steve Carrel** (Retired Director of Muskingum Behavioral Health); **Tammy Stillion** (Director of Allwell Behavioral Health's Noble Counseling Center); and **Lisa Morris** (Prevention Specialist at Muskingum Behavioral Health).

► **Pearl House Zanesville:** On October 27, state, county, and city officials were among those on hand as Pearl House Zanesville held its grand opening and ribbon cutting. The 34-unit apartment building offers housing for people in recovery from addiction. The housing community will be receiving guidance, counseling, and support services from Muskingum Behavioral Health. Director Cromwell noted, "Pearl House will help break down barriers to recovery and help residents get their lives back on track—back into the workforce and keeping their families together."

► **Annual Recovery Summit:** After two years of delays and cancellations, Recovery Summit 22 was held on September 23. There were 131 people in attendance, with 77 being from our MHRS Board's service area. Attendees shared recovery stories, heard some motivational keynote presentations, enjoyed a catered lunch, and received door prizes. Many clients noted how glad they were to be able to once again be together to support each other in their recovery.

► **PAX Good Behavior Game:** Service Area Implementation Sites: 10 School Districts, 19 Schools, and 406 Classrooms. Teachers have found that the 'Good Behavior Game' in their classrooms has improved the behavior of their students and allows them more teaching time. More importantly, the GBG has a positive impact on students who are tending to be kinder, more supportive, and more respectful to teachers and other adults.

► **Crisis Intervention Team (CIT) Academy:** The 17th CIT Academy for Law Enforcement was held October 24-27, with 19 criminal justice professionals completing the course. The Academy covers education about mental illness and addictions, crisis de-escalation skills, and resource information to assist officers in referring persons to treatment. Officers also heard about the importance of self-care and received some resource information that would help them take care of themselves.

► **Crisis Intervention Team (CIT) Training for Dispatchers:** The first CIT training for Dispatchers was held on October 28. Ten Dispatchers completed the course. They were provided with resource information and given an opportunity to practice new skills through role-plays.

► **Criminal Justice Collaboratives:** The MHRS Board is re-activating their Criminal Justice Collaboratives in Muskingum and Guernsey Counties. The Muskingum Collaborative met on November 2, and the Guernsey County group met on December 15. It is planned to also form similar Collaboratives in Perry and Coshocton Counties. The Collaboratives were formed several years ago to break down silos and improve collaboration among member partners—with groups often coming up with solutions to improve treatment/support services for those with mental illness and/or addictions who come into the criminal justice system.

► **Payments for Provision of Treatment/Support Services:** In CY 2022, the MHRS Board paid out \$10,792,553.03 to contract service providers and various community partners for the provision of treatment and support services to those with mental illness and/or addictions.

► **Special Allocations:** Between January and September, the MHRS Board approved special allocations totaling \$1,320,075.73. These funds enhanced many impactful initiatives undertaken by Allwell Behavioral Health, Trulight Ministries, Guernsey County Sheriff's Office, Zanesville City Schools, Muskingum Behavioral Health, Coshocton Behavioral Health, Service Area Domestic Violence Shelters, Big Brothers/Big Sisters, Zanesville YMCA, Guernsey County Children's Advocacy Center, and Perry Behavioral Health. These allocations assisted with facility development/improvement and supported new or enhanced programs and services.

► **Transforming the Funding Process:** The MHRS Board has begun the development of a plan for revamping the method by which our MHRS Board will select recipients of funding—a process that will enhance accountability and demonstrate the appropriate and successful use of public funds. This 3-year, phased-in plan has been reviewed with current network contract service providers, and MHRS Board staff are moving forward with the many tasks that will precede eventual implementation.

► **Equity:** In January of 2023, Director Cromwell will complete the Equity Grounded Leadership Cohort Program. Board and staff members have been examining monthly 'equity reflections' that will help to inform decision-makers in including equity concerns in all aspects of planning for and providing treatment and support services to everyone in our service area needing help with mental illness and/or addictions.

► **Approval of Muskingum County Levy!** In November, Muskingum County voters approved the renewal of the MHRS Board's One Mill Levy for Mental Health & Addiction Recovery Services. Actions that successfully improve the overall mental health of those in need are accompanied by other important benefits to those individuals and our society as a whole.

FinancialMatters

Under the guidance of Finance/Audit Committee Chair Dr. Dan Scheerer, board members reviewed and approved the November 2022 Reconciliation Report that showed deposits, checks written for MHRS Board operations, payments to in-network contract service providers and out-of-network community providers, and journal entries.

Below is a breakdown of 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>
November 7, 2022	\$383,367.87	\$40,585.03	\$423,952.90
November 21, 2022	\$258,023.66	\$6,578.47	\$264,602.13
TOTAL:	\$641,391.53	\$47,163.50	\$688,555.03

Other Actions:

► **November 2022 Financial Reports:** Board members reviewed the MHRS Board’s other November Finance Reports that included: 1) Contract Service Expense Reports; 2) Balance Sheet as of November 30, 2022; 3) Network Funding Reserves; 4) a ‘Year-to-Date’ Status Report for the MHRS Board’s CY 2022 Operating Budget; and 5) a Dashboard Report that provides a high-level overview of key fiscal indicators.

► **Official Adoption of CY 2023 Appropriations Measure:** Board members adopted the MHRS Board’s CY 2023 Annual Appropriations Measure that was initially approved at the May 12, 2022, meeting in the amount of \$11,090,342.00. This action is required by the State Auditor’s Office.

► **Appropriation Transfer CY 2022 Budget:** Approved the transfer of \$402,070.17 from the Contingencies Line Item to the following expense areas: Advertising & Printing (\$18,070.17) and Contract Services (\$384,000.00).

Confronting Black Suicide — A Community Conversation

On December 8, a group of community leaders met with MHRS Board staff and officials from the Ohio Suicide Prevention Foundation (OSPF) and Governor DeWine’s Office to discuss “Restoring Hope & Reclaiming Lives: Confronting Black Suicide.” This event was hosted by OSPF, who noted the primary goals of the Community Conversation were to: 1) reduce the stigma surrounding mental health in the Black community by bringing attention and awareness to the issue; and 2) identify best practices to reduce suicide in the Black Community.



This conversation included a presentations by Jewel Wood, Founder and Clinical Director of Male Behavioral Health, and a local 16-year-old student who spoke on his experiences and provided insight on the ongoing crisis among those in the Black community. MHRS Board Director Misty Cromwell (pictured to the left) noted, “It is important for us to be able to find effective interventions and begin having open conversations

around the impact that race, culture, and lack of resources have on the wellness of our young people and families that live in our communities.”

Board Member Spotlight ***(Noble County Representative Reid Carpenter)***



Reid Carpenter has lived in Noble County since she was a young child, and has deep family roots in Noble County, as does her husband (a lifelong resident). After graduating high school from the Caldwell Exempted Village District, Reid dedicated most of her formal education to Education and Mental Health. She has been employed as a Head Start Pre-School Teacher and Director of the School-Age Program at the Noble Learning Center in Caldwell.

Her interest in joining the Board of Directors came from working with the MHRS Board while employed through Allwell Behavioral Health as a PAX Partner with the ‘Good Behavioral Game’ initiative that improves the behavior of students and has a positive impact on students, who tend to be kinder, more supportive, and more respectful to teachers and other adults. Reid’s work as a PAX Partner taught her much about the effects of mental health and drug addiction on area children and families, which has fueled her passion for making change.

In December 2021, Reid changed careers and started working as a Data Analyst for Ventraq Corporation, recently being promoted to Telecom Operations Supervisor. This career move did not quell her passion for working in mental health, and she hopes to provide a different level of expertise and perspective to the Board of Directors. *“Helping make a difference in my community has been a lifelong goal, and I am so happy to be able to help bring services and opportunities to Noble County.”* Thank you for your dedication and passion, Reid!

