



TRUMBULL COUNTY
Mental Health and Recovery Board

Annual Report
FY 2022

“We envision a society in which mental health problems are an acceptable and, in some ways, valued part of the human experience.”

- Mike Slade, Lindsay Oades & Aaron Jarden

July 1, 2021 to June 30, 2022

A Message from the Executive Director

Dear Friends,

I want to thank the Board, staff and all of our community partners for their dedication and persistence to get people the help they need. Trumbull County residents felt the impact of the pandemic in all areas of their lives. Fear, loss, uncertainty, and divisiveness led to increases in depression, anxiety, and substance abuse. Although remote counseling options continued, calls for in-person group counseling and 12-step meetings reached an all-time high.

Workforce issues persisted and were evidenced by open positions across the system of care. There were not enough licensed and/or certified staff to fill all of the jobs in Trumbull County's expanding behavioral health system. However, our existing workforce has done an amazing job serving our community within an ever-changing environment.

There were 117 overdose fatalities in calendar year 2021, the second highest number of deaths since 2017 when overdose fatalities reached a record number of 135. In the first half of calendar year 2022, 69 people died due to a drug overdose. Several factors, including continued isolation, availability of street drugs, and addiction and mental health issues contributed to these deaths.

Our Board wants to ensure that we eliminate barriers and increase access to care for all people. We recognize that "all that is needed for evil to thrive is for good people to do nothing." We are proud to support a comprehensive system of care that is individualized, strength-based, culturally responsive, and recipient driven.

At the end of the report, there is a list of community partners with whom the TCMHRB has a contract for services. There are also just as many other community partners, who are equally as important, whom we work with daily but with whom we do not contract. I want to thank my Board of Directors, staff, and all of our community partners for their leadership, partnership, and service.

Sincerely,



April J. Caraway
Executive Director

The mission of the Trumbull County Mental Health and Recovery Board is to improve the well-being of our community by establishing and maintaining a person-centered, recovery-oriented system of behavioral health services in Trumbull County.

Highlights

ASAP Coalition Resumes Community Activities

The ASAP (Alliance for Substance Abuse Prevention) Coalition is a project of the Trumbull County Mental Health and Recovery Board. Members include health professionals, parents, educators, elected officials, merchants, business members, law enforcement, administrators, individuals in recovery and students. This drug-free community coalition works to end the substance use problems affecting our community today, so that future generations will not be impacted.

In State Fiscal Year 2022, the ASAP Coalition worked to bring back its pre- COVID-19 pandemic activities. On July 10th, the coalition reinstated the very popular Summer Track Meet. The Track Meet was the coalition's largest ever, with 267 kids participating and 91 volunteers. Community agencies joined the event and offered prevention activities for youth and their family members.

In September, the coalition held its first in-person Recovery Rally since 2019. Over 600 individuals in recovery, along with their family members and friends, celebrated their recovery, spread hope and challenged stigma during the rally at Eastwood Field.

The coalition was also able to once again offer the annual Drug Summit, a professional development opportunity for individuals working in the chemical dependency field. The goal of the ASAP Drug Summit is to ensure that addiction professionals have access to the latest research, information and treatment modalities. In May of 2022, Jerry Moe, Executive Director of the National Children's Program at the Hazelden Betty Ford Foundation shared his insights with the 150 professionals in attendance. Local speakers and agencies were also on hand to share resources and best practice information.

Throughout the year, various coalition subcommittees met on special topics. An anti-stigma campaign was launched on TV and in print. A large medication disposal campaign was enacted with businesses as a target population for getting proper medication disposal education to employees. Members also started a subcommittee to provide outreach to family members of overdose victims.

As substance abuse issues continue to challenge our community, the ASAP Coalition pursues evidence-based prevention strategies. Anyone interested in reducing drug abuse and promoting recovery in Trumbull County can join the ASAP Coalition. Call 330-675-2765 ext. 119 for more information.



2021 ASAP Summer Track Meet



2021 ASAP Recovery Rally



2022 ASAP Drug Summit
Keynote Speaker Jerry Moe

Highlights



Lauren Thorp, Associate Director of the Trumbull County Mental Health and Recovery Board and Project Director for the Alliance for Substance Abuse Prevention, presents an Opioid Rescue Kit known as a “NaloxBox” to Lisa McAllister, General Manager of the Comfort Suites Youngstown North hotel as a part of International Overdose Awareness Day, 2021. The kit contains the medicine Naloxone, also known as Narcan, which can be used to safely resuscitate overdose victims. The presentation was the result of a partnership between the Trumbull County Mental Health and Recovery Board, the Alliance for Substance Abuse Prevention, Ohio Hotels and Lodging Association, the Mahoning County Mental Health and Recovery Board, RecoveryOhio, the Ohio Department of Health (ODH), and the Ohio Department of Mental Health and Addiction Services (OhioMHAS).

In addition to offering Naloxboxes to area hotels, the Trumbull County Mental Health and Recovery Board and the ASAP Coalition placed 29 Naloxboxes in recovery houses, doctors’ offices, treatment centers and various community locations. Expanding access to Naloxone is an ongoing project of the Trumbull County Mental Health and Recovery Board.



ORCHID: To the Comfort Inn in Liberty for partnering with the Mental Health and Recovery Boards of Mahoning and Trumbull counties, the Ohio Hotels and Lodging Association and others to install a “Naloxbox” in a hotel common area to help victims of drug overdoses. This new tool will provide the overdose reversal drug Naloxone to help save lives.



Housing is not a formal responsibility of the mental health sector, but the sector neglects it at its peril.

—David Mechanic, Mental Health and Social Policy

Housing

Safe, affordable housing is a key element in recovery from addiction or mental illness. In FY2022 the TCMHRB allocated more than a million dollars in a variety of housing programs for people at varying stages of recovery. In partnership with Coleman Health Services, more than \$900,000 in rent–voucher grants from the US Department of Housing and Urban Development supported homeless adults and families. Continuum of Care (formerly Shelter Plus Care) vouchers paid more than \$80,000 each month to landlords throughout the county for more than 120 individuals and families. An additional \$70,000 in local Housing Assistance Program funds were available to help with security and utility deposits and short-term rent support.

Four housing facilities—Joey’s Landing, Crossroads, Campbell Apartments, and Washington House—that are owned or managed by the TCMHRB or contract agencies, provide transitional and permanent supportive housing for persons recovering from mental health or substance use disorders. Short-term, emergency housing for homeless individuals and families continues to be an essential part of community support systems. In FY2022, the Board invested \$90,000 to provide over 5,200 nights of emergency housing at Christy House, the shelter operated by the Greater Warren–Youngstown Urban League. Recovery services are available to everyone who stays at Christy House. Additional funds were allocated to provide temporary accommodations in local hotels for homeless individuals and families. The TCMHRB is an active member of the Trumbull County Housing Collaborative, the local continuum of care whose mission is to provide a coordinated, comprehensive range of services for persons within Trumbull County who are dealing with homelessness.

The Trumbull County Mental Health & Recovery Board supports a recovery focused continuum of care that includes safe and healthy living environments. ORH Certified Recovery Houses fill this need by providing an alcohol and drug-free living environment, peer support, and assistance with obtaining treatment services and employment. Owners also provide transportation, help with personal items and emotional support.

In FY2022 the Trumbull County Mental Health and Recovery Board contracted with 16 Ohio Recovery Housing Certified recovery houses, that provided housing for 197 individuals at any given time, across Trumbull County. The Board’s contract assists recovery house owners with a portion of the costs for a house monitor and Ohio Recovery Housing membership and inspection costs. A portion of the rent costs are also paid until the people in early recovery are able to attain employment and pay their own rent.

MSA

FY2022 was the startup year for the **Multi–System Adult (MSA)** program, a new initiative from the Ohio Department of Mental Health and Addiction Services. “The purpose of the MSA project,” according to OhioMHAS, “is to leverage existing resources and enhance partnerships to develop a coordinated response that is supportive of individuals with mental illness who have experienced frequent psychiatric hospitalizations and often present within multiple systems.” Eligibility for MSA is based on two criteria: two or more psychiatric hospitalizations over the previous twelve months and needing or receiving services from another system (e.g., criminal justice, developmental disabilities, aging, homelessness, veterans). Eligible persons may benefit from up to \$8,000 in services/items to address largely non-clinical needs like housing, transportation, employment, food, clothing, furnishings, etc. Three agencies participated in MSA in FY2022 (Coleman, Compass, and Valley Counseling) and twelve eligible persons received goods and services totaling \$24,844. The most common uses of MSA funds were for food, clothing, furniture, home furnishings, security deposits, rent, and utilities. The program will continue in FY2023.

Highlights

Trumbull County Family & Children First Council

The Trumbull County Family & Children First Council, founded in 1995, currently consists of approximately forty family and child-serving member agencies and organizations, including parent/family representatives, who meet every other month to share information, talk about creative solutions to community concerns and learn about services and resources that are available. Council encourages member agencies to collaborate, partner and innovate to make this possible for our families and youth. Meetings are open to the public and visitors are welcome. An Executive Board meets monthly to make business decisions and offer guidance to the Council.

The Trumbull County Mental Health and Recovery Board is the fiscal and administrative agent for the Trumbull County Family & Children First Council. For more information, please visit the Council's website at www.familyfirsttrumbull.org and our Facebook page. For questions about the Council or more information please call 330-675-2765, ext. 109.



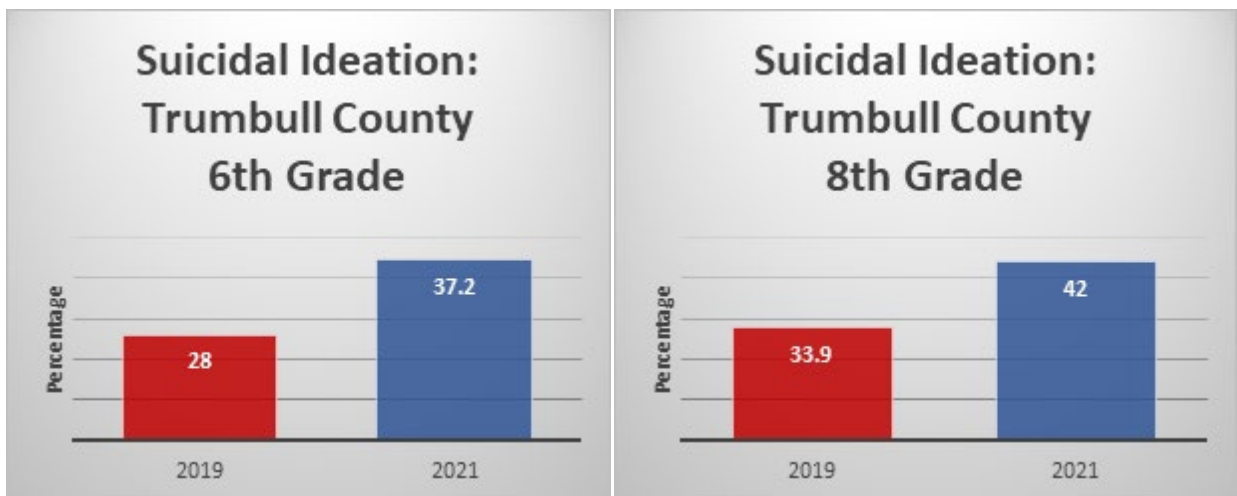
FCFC Director Bonnie Wilson and her son, Buddy, are shown with Gov. Mike DeWine and his wife, Fran, at a Mahoning Valley Scrappers game in June. The DeWine's were in town to promote enrollment in the Ohio Governor's Imagination Library.

Highlights

Pride Survey Results Help to Guide School-Based Prevention Efforts

As Trumbull County school districts returned to in-person learning during the 2021-22 school year, it became apparent that teachers and educational staff would be on the frontlines in addressing the negative impact the COVID-19 pandemic has had on the social and emotional needs of students and their families. To aid schools in assessing these needs, TCMHRB funded the biannual administration of the Pride Survey to Trumbull County school districts.

The Pride Survey measures a variety of factors, including drug use, perception of risk, school climate, mental health, protective and risk factors. Seven Trumbull County school districts participated and a total of 1,794 students in grades 6, 8, and 10 were surveyed. While the survey indicated a decrease in overall drug use in comparison to previous years, survey results revealed an increase in e-cigarette use or “vaping.” A possible factor contributing to this increase is the misconception in perceived risk, as the survey indicated that many students are unaware of the health risks associated with vaping. Alarmingly, results also indicated a significant increase in suicidal ideation, especially amongst students in grades 6 and 8. This increase is understood to be partially due to the frequent and prolonged disruptions students have had to experience in their social environments, which has led to increased rates of depression and anxiety amongst youth due to feelings of isolation.



TCMHRB uses the Pride Survey data to help guide school-based prevention services. During FY2022, TCMHRB contracted with four provider agencies to deliver prevention programming focused on raising awareness about the dangers of substance abuse, including e-cigarette use. TCMHRB also contracts with two provider agencies to offer school social workers and behavioral health staff to school districts to help mitigate the negative impact the pandemic has had on the social emotional and behavioral functioning of students. For more information about the Pride Survey or school-based prevention services, please call 330-675-2765 ext. 114.

Highlights

Trumbull County Suicide Prevention Coalition

The Trumbull County Suicide Prevention Coalition (SPC) is a collaborative of individuals focused on changing attitudes and perceptions surrounding suicide and its relationship to mental illness, alcohol and drug abuse, and other issues. In January 2022, the coalition obtained a Transformational Leadership grant that enhanced the development of coalition members and provided training opportunities and funding to assist in purchasing marketing materials. They also received a generous donation from the Ross Griffin Memorial Foundation for social media and billboard campaigns. The two chosen campaigns were *Life is Better with You Here* (LIBWYH) and *Crisis Text Line*. LIBWYH targets youth and young adults, with a specific emphasis on young African American males. *Crisis Text Line* is a crisis resource available for all ages and demographics.

The Trumbull County Local Outreach to Survivors of Suicide (LOSS) is a subcommittee of the coalition. LOSS provides support by mailing resources to families who are survivors of suicide loss. They also facilitate a monthly Drop-In and 10-week Grief Workshop sessions. They hosted their first Butterfly Release to honor those who have died by suicide on September 25, 2021. For more information call 330-675-2765 ext. 117.



Laura Domitrovich, Carol Holmes-Chambers and Katie Cretella are shown with the “Life is Better with You Here” billboard in Howland.



Laura Domitrovich, Amy Zell and Katie Cretella at the 2021 Ross Griffin Memorial Bash.



Highlights

Health Equity and Cultural Competence

The Trumbull County Mental Health and Recovery Board is committed to ensuring that all programming addresses health equity and cultural competence (HECC). To further show the Board's commitment, a HECC plan was developed. This plan assists in supporting a comprehensive system of care that is individualized, strengths-based, culturally responsive, and recipient-driven through:

1. Acknowledging racism as a public health crisis and building alliances and partnerships that confront and work collaboratively to end racism.
2. Developing, implementing, and supporting policies and practices to end inequalities in the behavioral health of people of color.
3. Collaborating with providers to ensure health equity and cultural competence within all mental health and substance use disorder prevention, treatment and recovery support programs, ensuring services meet the local needs of diverse populations.
4. Engaging all community partners to develop and promote prevention and awareness efforts designed to reduce stigma, address trauma, and eliminate barriers to care.

The key domains the Board will focus on are workforce diversity, workforce inclusion, reducing disparities in access, quality, and treatment outcomes in patient population, and soliciting input from diverse community stakeholders and organizations. To assist in soliciting input from diverse stakeholders, a Diversity, Equity, and Inclusion (DEI) committee will be formed in the upcoming fiscal year.

In February 2022 the Board partnered with Coleman Health Services on a community event, Unmute the Uncomfortable: A professional development symposium focusing on racial justice, mental health awareness, and suicide prevention. This symposium targeted mental health, legal, and medical professionals, law enforcement, educators, advocates, and community members. The symposium aimed to assist in bridging the gap between the medical, mental health, and legal systems of care. Over 500 individuals attended both in-person and virtually. For more information call 330-675-2765 ext. 117.



Unmute the Uncomfortable: A professional development symposium focusing on racial justice, mental health awareness, and suicide prevention was held in February. Shown are members of the planning committee, Lauren Maxwell, Katie Cretella and Stacia Erdos with Keynote Speakers Laurese Glover and Kevin Richardson.

Highlights

Mobile Response and Stabilization Services Grant Fills a Gap in the Children's System of Care

In FY2022, the Trumbull County Mental Health and Recovery Board received one of eight Mobile Response and Stabilization Services (MRSS) grants awarded by the Ohio Department of Mental Health and Addiction Services in collaboration with the Governor's Children's Initiative and the Ohio Department of Medicaid. Trumbull County's grant, totaling \$226,811, supports the implementation of mobile, on-site, and rapid intervention for youth experiencing a behavioral health crisis. MRSS provides families with in-person assistance within 60 minutes after contacting the hotline when their youth or young adult (birth to age 21) is experiencing difficulties or is in emotional distress. Families may also receive up to 45 days of stabilization services, including linkage to on-going services and supports from other local behavioral health providers.

Services provided by the MRSS team may include safety assessments, de-escalation, peer support, and skill-building, among others. Once fully operational, access to MRSS will be available 24 hours per day, 7 days per week. Board staff has been working alongside Coleman Health Services, the provider of MRSS, throughout the past year to develop, promote, and implement the program. MRSS has helped to fill a gap in Trumbull County's System of Care as families are now able to receive immediate help to de-escalate a crisis situation and reduce the likelihood of unnecessary hospitalization or out-of-home placement. For more information about MRSS services, call 330-675-2765 ext. 111.



Katie Cretella and Laura Domitrovich at the TCTC Adult Training Holiday Drive-thru event in December.



Staff members wore blue in recognition of National Child Abuse Prevention Month in April.



Trumbull County Commissioners proclaimed May as Mental Health Month.



Graduates from the 18th CIT training in July. Eleven jurisdictions in Trumbull County were represented.

Highlights

Flying High Champions 2022



Trumbull County Mental Health and Recovery Board
24th Annual Golf Outing June 24, 2022
Riverview Golf Club

Twenty-five teams competed in the TCBHRB's 24th Annual Golf Outing on June 24, 2022 at the Riverview Golf Club in Braceville Township.

Playing in its first TCMHRB Outing, the team from Flying High took home "The Cup" after shooting a sixteen-under-par, 56, narrowly edging Churchill Counseling Team Two by a single stroke and missing Churchill Two's tourney record of seventeen under par, set in 2017, by the same margin.

The Golf Outing is the only event in support of our ten-year, behavioral health levy, which is scheduled to appear on the ballot again in 2024. The TCMHRB sends a big thank you to all who support this annual effort!



Executive Director April Caraway and Associate Director Lauren Thorp accepted a three-year Culture of Quality certification from the Ohio Association of County Behavioral Health Authorities in Columbus in May 2022. This is the highest certification that mental health and recovery boards can receive for meeting all quality standards and providing exceptional public services. They are shown with Penny Dehner a peer board director from the Paint Valley ADAMHS Board in Chillicothe, Ohio.

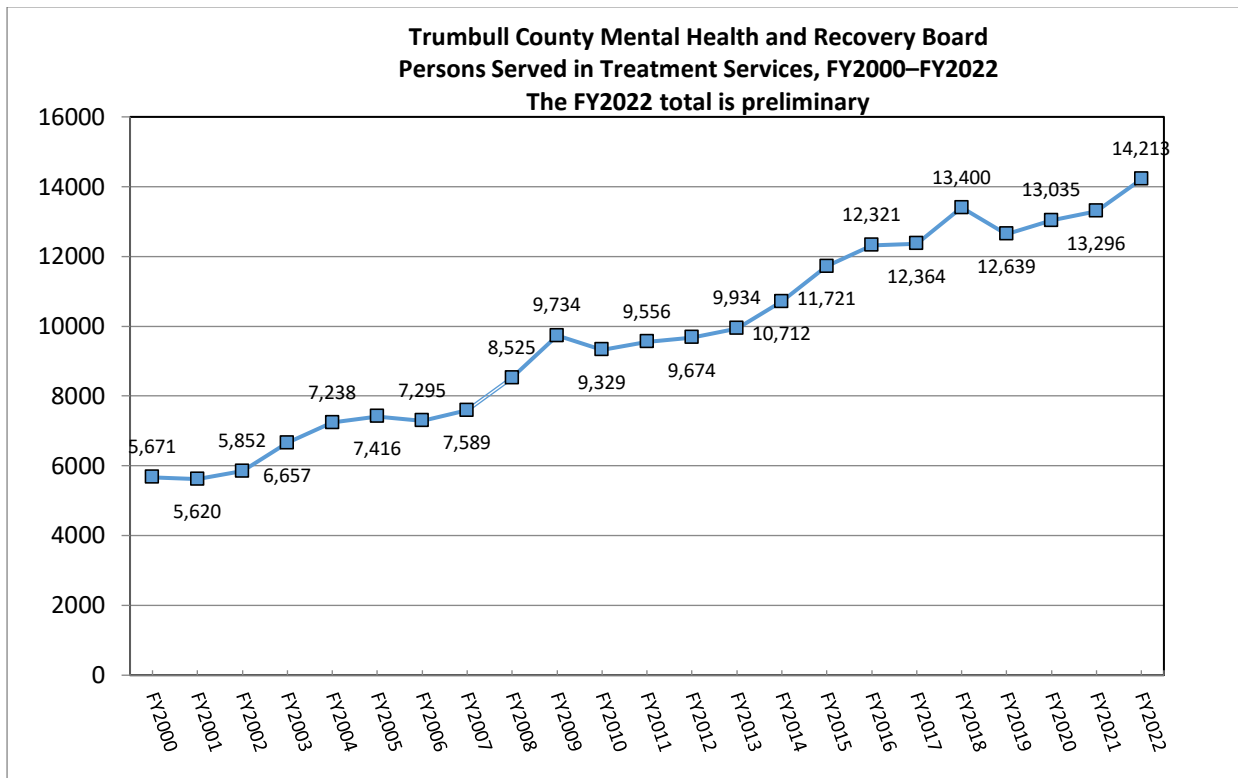
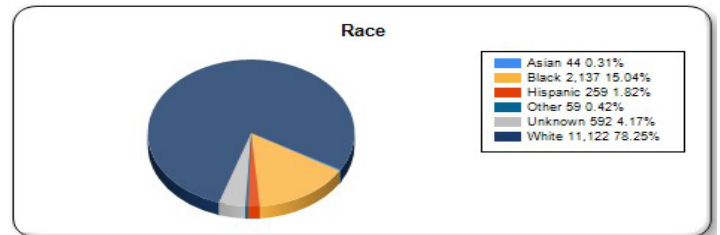
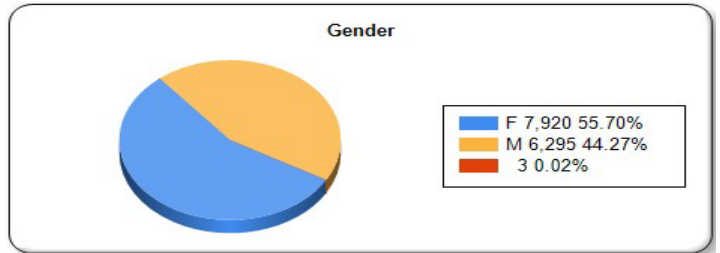
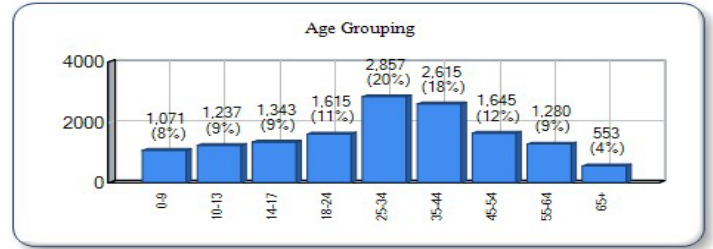
Client Profile 14,213 Clients received behavioral health services at contracted agencies

Diagnoses for Adults

| Diagnosis | Number of clients |
|---------------------------------|-------------------|
| Depressive Disorders | 3,445 |
| Bipolar Disorders | 2,249 |
| Anxiety Disorders | 2,234 |
| Opioid Use Disorders | 1,597 |
| Post-Traumatic Stress Disorders | 1,041 |
| Schizophrenia & Other | |
| Psychotic Disorders | 949 |
| Alcohol Use Disorders | 525 |
| Attention-Deficit Disorders | 479 |
| Adjustment Disorders | 422 |
| Cannabis Use Disorders | 253 |

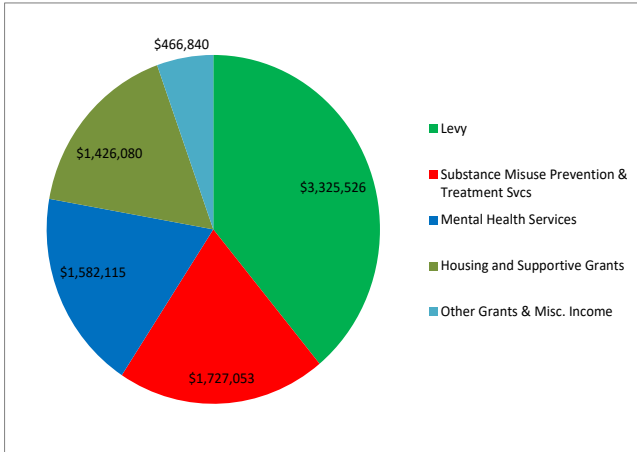
Diagnoses for Children

| Diagnosis | Number of clients |
|---------------------------------|-------------------|
| Attention-Deficit Disorders | 1,037 |
| Adjustment Disorders | 801 |
| Depressive Disorders | 720 |
| Anxiety Disorders | 634 |
| Conduct Disorders | 619 |
| Post-Traumatic Stress Disorders | 439 |
| Bipolar Disorders | 278 |
| Pervasive Dev. Disorders | 225 |
| Impulse Control Disorders | 53 |
| Other Childhood Disorders | 35 |



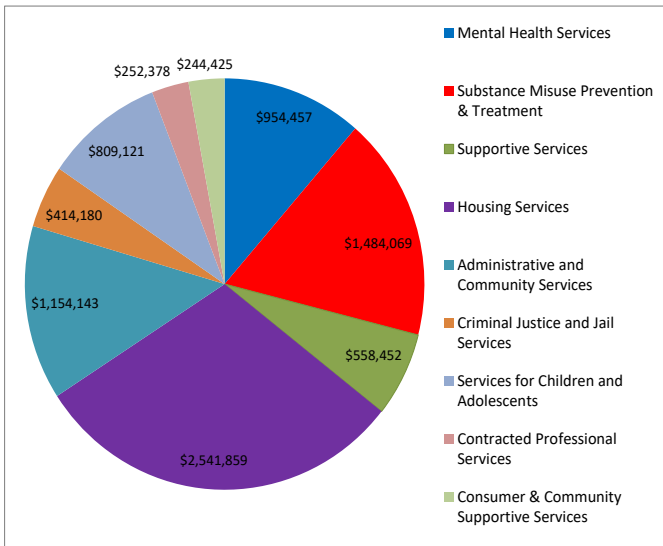
Financial Statement

Revenues FY 2022



| | | |
|--|--------------------|-------------|
| Levy | \$3,325,526 | 39% |
| Substance Misuse Prevention & Treatment Services | \$1,727,053 | 20.3% |
| Mental Health Services | \$1,582,115 | 18.6% |
| Housing & Supportive Grants | \$1,426,080 | 16.7% |
| Other Grants & Misc. Income | \$ 466,840 | 5.5% |
| Total | \$8,527,614 | 100% |

Expenditures FY 2022



| | | |
|--|--------------------|-------------|
| Mental Health Services | \$ 954,457 | 11.3% |
| Substance Misuse Prevention & Treatment Services | \$1,484,069 | 17.6% |
| Supportive Services | \$ 558,452 | 6.6% |
| Housing Services | \$2,541,859 | 30.2% |
| Administrative & Community Services | \$1,154,143 | 13.7% |
| Criminal Justice & Jail Services | \$ 414,180 | 4.9% |
| Services for Children & Adolescents | \$ 809,121 | 9.6% |
| Contracted Professional Services | \$ 252,378 | 3% |
| Consumer & Community Supportive Services | \$ 244,425 | 2.9% |
| Total | \$8,413,084 | 100% |

Board of Directors

Virginia Cluse, President
Carol Henderson, Vice-President
Lance Grahn, Treasurer
Jane Boutwell, Secretary
Charles Baldwin
Carl Clark
Thomas Harwood
Cindy Klein
Louise Kline
Rachel Nader
Larry Pavone
Maria Placanica
David Spies
Judith Toles
Debbie Tominey
Julia Wike
John Wilson

Staff

April J. Caraway, MEd, LSW, Executive Director
Ilona Roth-Cohn, LISW-S, Associate Director
Lauren Thorp, MEd, LPC, Associate Director, ASAP Project Director
Patricia Shepherd, CPA, Chief Financial Officer
Katie Cretella, MEd, LPCC, Director of Clinical Services
Laura Domitrovich, MSSA, LSW, Director of Youth Programs
John Myers, PhD, Director of Planning and Evaluation
Carol Holmes-Chambers, MSW, LSW, Children's Program Coordinator
Valdeoso (Bud) Patterson, Accountant
Bonnie Wilson, Director of Family & Children First Council
Crystal Crites, Administrative Assistant

Independent Contractors

David Chiarella, PhD, Chief Clinical Officer
Attorney Brendan Keating, Legal Consultant
Jill Lewis, BS, Public Education and Awareness Consultant; ASAP Coalition Coordinator
Toni Notaro, PCC-S, Clinical Compliance Auditor
Rachel Perkins, MA, Wraparound Facilitator
Tracie Delpuppo, MCSE, Information Technology
Griffin Technology Group

Network Organizations

Alta Behavioral Health
Belmont Pines Hospital
Cadence Care Network
Coleman Health Services, Inc.
Compass Family and Community Services
Family & Community Services, Inc./Valley Counseling Services
Family and Senior Support Services, Inc.
First Step Recovery of Warren, LLC/FSR Parkman
Flying High, Inc.
Forensic Psychiatric Center of NE Ohio
Girard Municipal Treatment Court
Glenbeigh
Greater Warren-Youngstown Urban League – Christy House
Guardianship and Protective Services
Heartland Behavioral Healthcare
Help Network of Northeast Ohio
Jewish Family & Community Services
Mercy Health/New Start Treatment Center
Mercy Health Foundation
Meridian HealthCare
National Alliance on Mental Illness (NAMI) Mahoning Valley
Neil Kennedy Recovery Centers
Niles Municipal Court
Northcoast Behavioral Healthcare
Northeast Ohio Community Alternative Program
On Demand Occupational Medicine
ONE Health Ohio
Ohio Recovery Housing Certified Recovery Houses
Parkman Recovery Center
PsyCare, Inc.
Ravenwood Health
Sahara Club II
Someplace Safe
StarkMHAR – Partner Solutions
Steward Health Care/Trumbull Regional Medical Center
The Salvation Army Warren
Travco Behavioral Health, Inc.
Trumbull County Combined Health District
Trumbull County Court of Common Pleas
Trumbull County Emergency Management Agency
Trumbull County Family Dependency Treatment Court
Trumbull County LOSS
Trumbull County Probate Court
Trumbull County Probate Court – Veterans Assistance Program
Trumbull County Sheriff's Office
Trumbull Memorial Health Foundation



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