



TRUMBULL COUNTY
Mental Health and Recovery Board

**Annual Report
2016**

**“Success is no accident. It is hard work, perseverance,
learning, studying, sacrifice and most of all,
love of what you are doing.”**

-Pele

July 1, 2015 — June 30, 2016

A Message from the Executive Director

The opiate epidemic claimed 87 lives in Trumbull County through accidental overdoses in 2016. The heroin problem also became a nearly daily media headline and a common issue for social service partners across the region. Science has taught us that addiction is a chronic, pervasive and all-encompassing disease. Research shows that the majority of people with an opiate addiction will relapse 10-20 times before maintaining sobriety due to the physical and cognitive changes the drug brings.

Today, more people than ever before know someone who is struggling with addiction or whose life has been taken by the disease. Time and again people ask me “Is anything we are doing making a difference?” The answer is “Yes!” People enter treatment every day and hundreds attend recovery rallies and walks and 12–step meetings because they are clean and sober. Families are reunited, housing is secured, and employment maintained because treatment works. I know people who have achieved 30 years of sobriety from opiate addiction. And, I know that every day, people are achieving their recovery goals.

In FY2016, 12,304 Trumbull County residents received treatment services from the TCMHRB’s provider network—up from 11,600 in FY2015. Thousands more received supportive services like recovery housing, peer support, transportation, homeless shelter, and crisis care, due in large part to levy funding.

Thank you for taking a few minutes to review the highlights in our Annual Report. These summarize only a few of the many projects the Board’s staff of ten manages on behalf of all residents of Trumbull County. And, thank you for your continued support!

Sincerely,

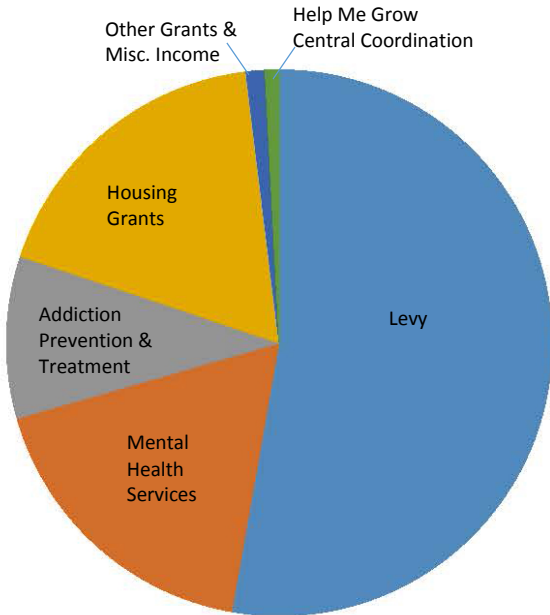


April J. Caraway
Executive Director

The mission of the Trumbull County Mental Health and Recovery Board is to improve the well-being of our community by establishing and maintaining an effective, efficient and quality system of alcohol, drug and mental health services in Trumbull County.

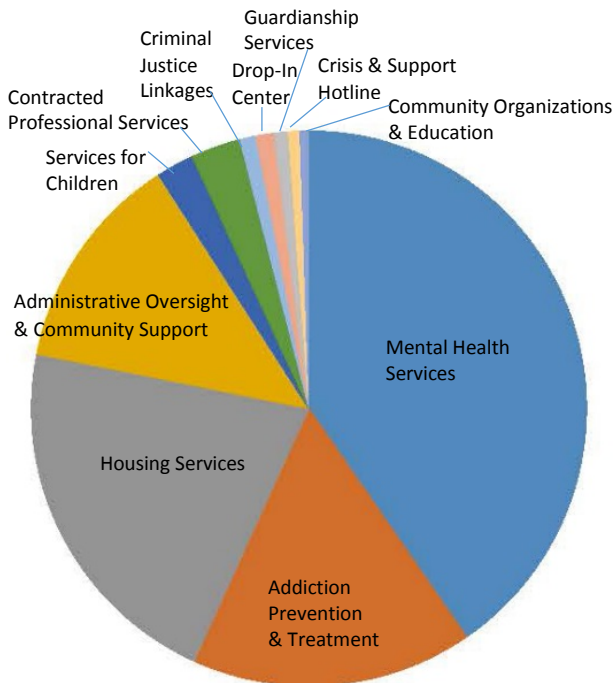
Financial Statement

Revenues FY 2016



Levy	\$3,233,964
Mental Health Services	\$1,088,764
Addiction Prevention & Treatment	\$ 588,453
Housing Grants	\$1,097,512
Other Grants & Misc. Income	\$ 68,433
Help Me Grow Central Coordination	\$ 50,682
Fund Carryover	\$ 49,462
Total	\$6,177,270

Expenditures FY 2016



Mental Health Services	\$2,494,246
Addiction Prevention & Treatment	\$1,013,757
Housing Services	\$1,319,776
Admn. Oversight & Com. Support	\$ 787,543
Services for Children	\$ 136,188
Contracted Professional Services	\$ 178,856
Criminal Justice Linkages	\$ 59,000
Drop-In Center	\$ 65,000
Guardianship Services	\$ 50,066
Crisis & Support Hotline	\$ 41,238
Community Organizations & Education	\$ 31,600
Total	\$6,177,270

Board of Directors

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Deborah Tominey
Nancy Werner
Lori Witt

Staff

April J. Caraway, MS Ed, LSW, Executive Director
Ilona Roth-Cohn, LISW-S, Associate Director
John Myers, Jr., PhD, Director of Planning & Evaluation
Janet Weisberg, MBA, CPA, Director of Finance
Lauren Thorp, PC, OCPS II, Director of Recovery & Youth Programs
Brian Draa, BA, Accountant
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Margie Alexander, BS, Family & Children First Council Coordinator
Laura Domitrovich, MSSA, LSW, Children's Program Coordinator
Lana Hennings, MHA, Program Coordinator

Independent Contractors

Linda Blum, MS, LSW, Behavioral Health Navigator
David Chiarella, PhD, Chief Clinical Officer
Tracie Fugitt, MCSE, Information Technology
Attorney Brendan Keating, Legal Consultant
Jill Lewis, BS, Public Education & Awareness Consultant; ASAP Coalition Coordinator
Toni Notaro, PCC-S, Clinical Compliance Auditor

Highlights

TCMHRB Marks 180 CIT Graduates

Crisis Intervention Team (CIT) training programs are local initiatives designed to improve the way law enforcement and the community respond to people experiencing behavioral health crises. They are built on strong partnerships between law enforcement, mental health and addiction provider agencies, and individuals and families affected by mental illness and addiction.

Trumbull County's thirteenth training was held in October, 2015. Eighteen officers completed the training, including six from Warren City, three from the Trumbull County Sheriff's Office, two from Hubbard Township, and one each from Hubbard City, Trumbull Correctional Institution, Cortland City, Bazetta Township, Trumbull County Adult Probation, and Weathersfield Township.

Since the program began in 2006, 180 police and corrections officers from 27 jurisdictions have completed the training, including 47 officers from the Warren City Police Department, 26 from the Trumbull County Sheriff's Office, 17 from the Howland Township Police Department, 13 from the Hubbard Township Police Department, and 10 from the Liberty Township Police Department.

All trainings rely on professionals from our provider network who donate their time and expertise, and on consumers and family members who share their experiences with members of the class. FY2016's training was financially supported by generous grants from the Ohio Chapter of the National Alliance on Mental Illness (NAMI) and Veterans of Foreign Wars Post 3332 in Newton Falls.



FIRST: Early Identification and Treatment of Schizophrenia Spectrum Disorders

The Trumbull County Mental Health and Recovery Board, the Best Practices in Schizophrenia Treatment (BeST) Center in the Department of Psychiatry at Northeast Ohio Medical University (NEOMED) and Coleman Professional Services have partnered to establish FIRST Trumbull County. Research has found that the sooner you can engage a person with a schizophrenia spectrum disorder into treatment and medication management the less likely future psychotic episodes will occur.

FIRST treatment includes psychiatric care, individual counseling, supported employment and education, family psychoeducation and case management that are all delivered in an integrated way by a team based at Coleman Professional Services. The benefits of FIRST treatment for clients, families and significant others includes decreased severity of the illness; less physical, mental, psychological, social and occupational disability; lower risk of relapse; fewer legal complications; reduced family disruption and distress; reduced need for inpatient care and lower health care costs.

During FY2016, Coleman Professional Services began the FIRST Program with over 31 referrals. We anticipate continued growth in FY2017. For more information call 330-541-1732.

Highlights

ASAP: The Alliance for Substance Abuse Prevention Opiate Task Force

While the number of news reports about the drug epidemic continued to rise in FY2016, so did the number of people who joined the Alliance for Substance Abuse Prevention (ASAP) with a passion to make a difference. In December of 2015, the ASAP Opiate Task Force launched the updated Trumbull County Drug and Crime Prevention Strategic Plan. The renewed plan reflects the completion of successful initiatives and current community needs. A component of the new plan included the first education activity solely for youth. The **ASAP Start Talking! Summer Track Meet** combined drug prevention education with fitness and healthy lifestyle activities. One hundred and thirty youth from throughout Trumbull County, and surrounding areas, started the day by listening to the **Start Talking! 5 Minutes for Life** presentation by Captain Jeff Orr of the Trumbull Ashtabula Group (TAG) Law Enforcement Task Force. Youth volunteers from the youth led prevention groups, Mahoning Valley Teen Institute (MVTI) and Prevent and Neutralize Drug Abuse (PANDA), provided educational activities while youth from the McDonald and Warren track teams assisted with the track and field events. Every parent was provided with the handbook “How to Talk to Your Kids about Drugs.”

Community education efforts continued this year through the 2nd ASAP Drug Summit with keynote speaker Congressman Tim Ryan, and the 3rd Annual Hope for Recovery event. To show support for recovery and prevention in our community, over 300 people walked in the 3rd ASAP Recovery Walk and participated in the Recovery Rally. The Recovery Rally and Walk prove that treatment works and people do recover. Membership in the ASAP Opiate Task Force is open to anyone interested in reducing drug abuse and promoting recovery in Trumbull County. To get involved call 330-675-2765 ext. 119.



TCMHRB Invests More Than One Million Dollars in Housing Programs

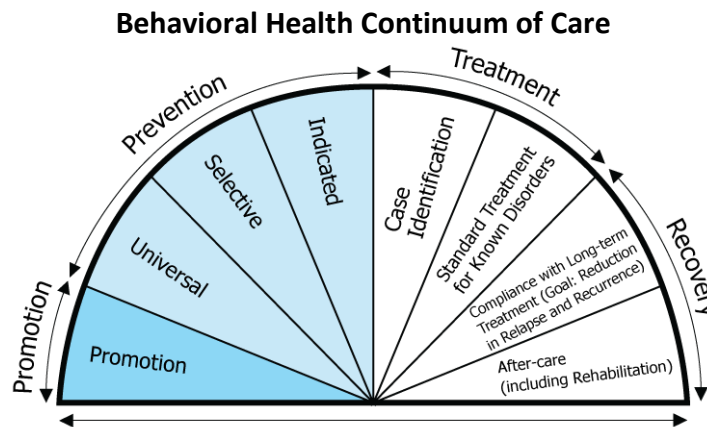
Sociologist David Mechanic has observed that, while housing is not a formal responsibility of mental health systems, those systems neglect housing at their peril. In FY2016 the TCMHRB invested more than one million dollars in housing programs for people at varying stages of recovery from mental illness or addictions. In partnership with Coleman Professional Services, more than \$900,000 in rent–voucher grants from the US Department of Housing and Urban Development and the Ohio Development Services Agency supported homeless adults, families, and youth who are transitioning to adulthood. Shelter Plus Care and Transitional Youth vouchers paid more than \$75,000 each month to landlords throughout the county for 160 individuals and families.

An additional \$40,000 in local Housing Assistance Program funds was 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 by the TCMHRB or contract agencies, provide supportive housing for persons recovering from mental illness or addictions. Finally, short-term, emergency housing for homeless individuals and families continues to be an essential part of community support systems. In FY2016, the Board invested \$63,000 to provide over 5,000 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. For more information on housing programs call 330-675-2765 ext. 110.

Highlights

School-Based Prevention Services

While treatment remains a major focus of the Trumbull County Mental Health and Recovery Board, it is critical to also place a strong emphasis on prevention. Prevention, a key component of the Behavioral Health Continuum of Care, promotes the health and safety of individuals and communities. It is designed to prevent or reduce the risk of behavioral health problems, including substance abuse and mental illness. In Fiscal Year 2016, the Board rolled out a new model for Alcohol, Tobacco and Other Drug prevention services, in which a Certified Prevention Specialist is embedded within school districts, providing a minimum of 4 hours of service per week. This year, the TCMHRB contracted with local providers to deliver drug and alcohol prevention services in 9 Trumbull County School Districts. The prevention specialists implemented evidence-based curricula (i.e. Too Good for Drugs, Project Alert and LifeSkills) in the classrooms, organized and supported youth-led groups, and provided professional training and consultation. TCMHRB also promoted and funded resiliency-based mental health prevention services in 7 area school districts. These services had a trauma-informed focus and centered on the 40 Developmental Assets framework. This was the second year for this resiliency-based programming that was highly regarded by students and faculty. For more information about prevention services call 330-675-2765 ext. 111.



Early Childhood Mental Health

The Trumbull County Mental Health and Recovery Board has long supported and funded Early Childhood Mental Health (ECMH) consultation services for families and children (ages 0-6). ECMH consultants strive to build resilience in children and the people who care for them by providing behavioral support, classroom management strategies, and resource and referral services. ECMH consultation helps support families and early care professionals to better meet children's social and emotional needs and helps children succeed in early learning environments. A goal of ECMH consultation is to reduce the number of children expelled from preschool. Research shows that Pre-K students are expelled at a rate three times that of students in grades K-12. To help address and reverse this trend, the Ohio Department of Mental Health and Addiction Services implemented the Whole Child Matters: Early Childhood Mental Health Initiative. In Fiscal Year 2016 Trumbull County MHRB partnered with Mahoning and Columbiana Counties and received a two-year \$374,604.00 Whole Child Matters Grant. This grant has allowed Trumbull County to expand ECMH consultation and training to additional families, child care centers and home-based childcare providers, thereby increasing support to Trumbull County's youngest residents. For more information call 330-675-2765 ext. 111.

Highlights

Project DAWN

The Trumbull County Mental Health and Recovery Board remains committed to saving the lives of Trumbull County residents living with an opiate addiction through a partnership with the Trumbull County Combined Health District on Project DAWN. Project DAWN is a community-based drug overdose education and naloxone (Narcan) distribution program. Naloxone is used to treat an opiate overdose in an emergency situation by blocking or reversing the effects of opioid medication and heroin. The program is administered by the Trumbull County Combined Health District with financial support and resources provided by the Trumbull County Mental Health and Recovery Board and The Trumbull Memorial Health Foundation. The number of Project DAWN kits distributed to families and law enforcement continues to grow each year. The program has proven its success by giving Trumbull County residents another opportunity to engage in treatment and achieve recovery. Free kits can be obtained by calling 330-675-2590 ext. 3.



Mental Health First Aid

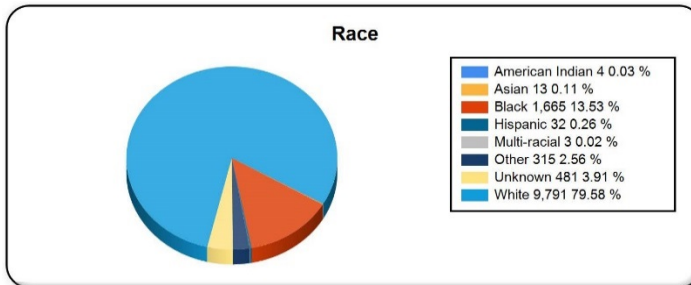
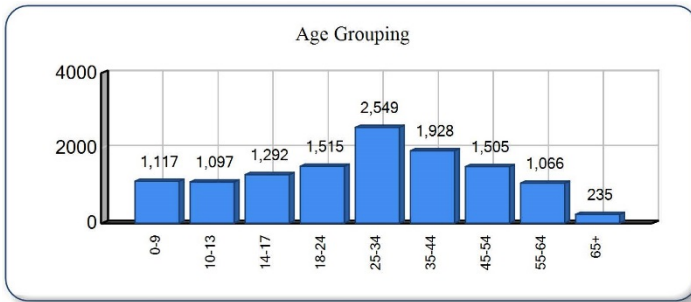
In 2008 the Mental Health First Aid (MHFA) Training Program was brought to the United States from Australia to increase mental health knowledge, decrease stigmatization and improve the public's skills for responding to early-stage mental illness and mental health crisis. Like CPR, Mental Health First Aid participants are taught a five-step action plan to prepare them for interacting with an individual developing a mental health problem or having a mental health crisis. MHFA is now included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

In October of 2013, through collaboration and funding from the Ohio Association of County Behavioral Health Authorities (OACBHA), the Trumbull County Mental Health and Recovery Board (TCMHRB) and the Trumbull County Board of Developmental Disabilities (TCBDD) two staff were trained and became certified Mental Health First Aid Instructors. The initial training included the Adult-MHFA curriculum, and in May of 2014, the staff returned to Columbus for additional training, this time for the newly developed Youth-MHFA curriculum.

During FY2016, 85 participants have become certified in mental health first aid through the TCMHRB and TCBDD partnership. The program also received recognition through a Tribune Chronicle "Orchid Award." One participant surveyed wrote, "I now feel more sensitive to those who have mental health issues and feel better prepared to jump in and get help for those who ask for it, or those who may not know who to contact for help—the manual received will definitely come in handy." For more information call 330-675-2765, ext. 114.



Client Profile 12,304 Clients



Gender

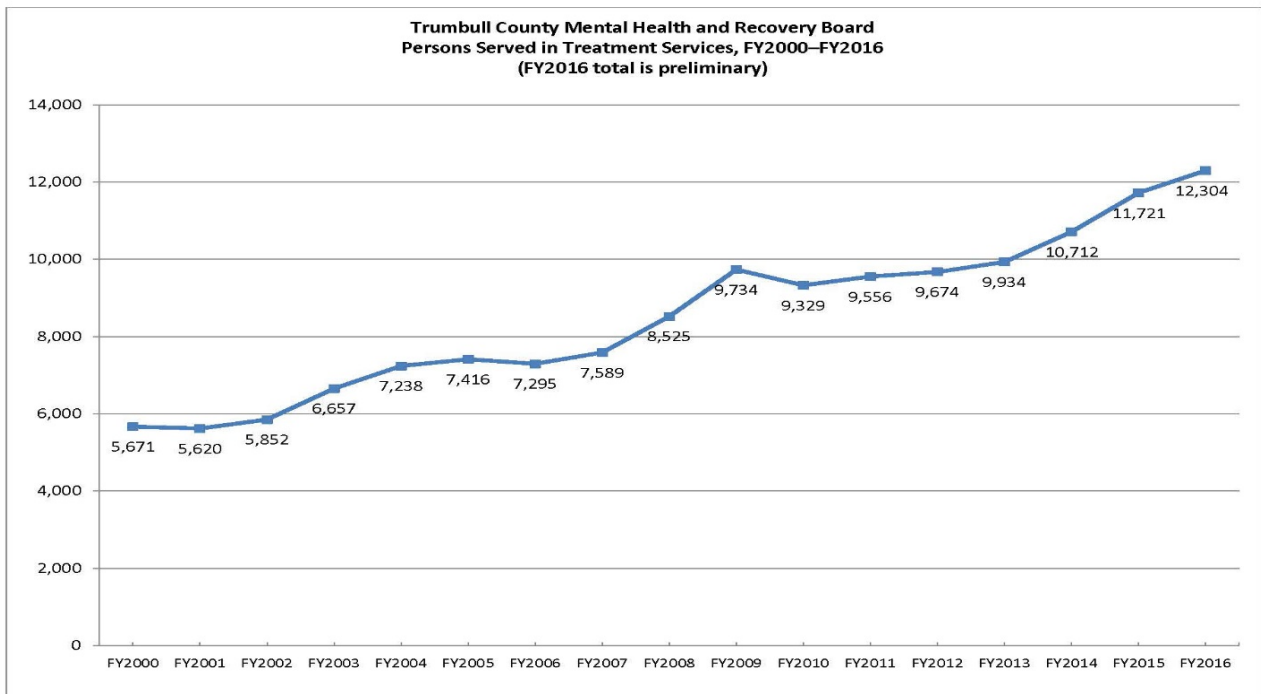
Female - 6,446 _____ 52.36%
 Male - 5,864 _____ 47.64%

Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	3,074
Bipolar Disorders	2,381
Anxiety Disorders	1,563
Opioid Use Disorders	1,283
Schizophrenia	804
Post-traumatic Stress Disorder	636
Adjustment Disorders	506
Alcohol Use Disorders	386
Attention-Deficit Disorders	344
Cannabis Use Disorders	301

Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	1,187
Conduct Disorders	851
Bipolar Disorders	737
Adjustment Disorders	648
Depressive Disorders	554
Post-traumatic Stress Disorder	424
Anxiety Disorders	367
Pervasive Dev. Disorders	204
Somatoform Disorders	75
Cannabis Use Disorders	48



Contract Organizations

Coleman Professional Services
Compass Family and Community Services
Forensic Psychiatric Center of NE Ohio
First Step Recovery
Glenbeigh
Greater Warren-Youngstown Urban League -Christy House
Guardianship and Protective Services
Heartland Behavioral Healthcare
Help Hotline Crisis Center, Inc.
Homes For Kids/Child and Family Solutions, Inc.
Mercy Health
Meridian Healthcare
Neil Kennedy Recovery Centers
Northcoast Behavioral Healthcare
ONE Health Ohio
PsyCare, Inc.
Ravenwood Mental Health Center
Salvation Army
SUMMA Health System
ValleyCare/Trumbull Memorial Hospital
Turning Point Chemical Dependency Treatment Center
Turning Point Counseling Services
Valley Counseling Services



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