“If you are working on something that you really care about, you don’t have to be pushed. The vision pulls you.”

- Steve Jobs
A Message from the Executive Director

In fiscal year 2019, the Trumbull County Mental Health and Recovery Board of Directors and staff strengthened partnerships and strategic alliances in the areas of prevention, treatment and recovery supports. The Board and our partner agencies saw an increase in the acuity and overall needs of residents with mental health and addiction issues. The opiate epidemic continued, but, due to prevention and intervention initiatives across the sectors, Trumbull County experienced a 44% decline in overdose deaths from 2017. Ours was one of the top counties in the state to reduce overdose deaths.

Our recovery community continues to grow as people receive treatment and supports to overcome the devastating disease of addiction. Trumbull County compassionately helps people with mental health and substance use issues to receive treatment and services that make recovery possible. People in recovery then pass along hope and a helping hand to the next person who needs it. My goal and my mission is to eliminate the stigma that stops people from getting the help that they need. I so much appreciate those of you who share my mission and help show others that treatment works and people can and do recover.

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 mental health and addiction services in Trumbull County.
Community Linkage Program
The Trumbull County Mental Health and Recovery Board assisted with 15 community linkage referrals in 2019. Community Linkage is a program developed by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) to help inmates with behavioral health issues better reintegrate into the community. The goal is to schedule assessments at local behavioral health agencies for adult offenders diagnosed with mental health or addiction issues upon release from incarceration. Agency staff members from Coleman assist with scheduling counseling and medication appointments, applying for Social Security or Medicaid benefits and housing. Neil Kennedy Recovery Center staff schedule substance use disorder services as appropriate.

Since 2008, the Trumbull County Mental Health and Recovery Board has assisted with linking over 190 offenders with supportive services. By doing so recidivism and decompensation of persons with mental health and addiction issues are reduced.
Crisis Intervention Team Training

Crisis Intervention Team training programs are local initiatives designed to improve the way police officers respond to people experiencing behavioral health crises. CIT programs 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 sixteenth training was held in October, 2018. Twenty officers completed the five-day training: six from the Trumbull County Sheriff’s Office, four from Warren City, two each from Niles City and Newton Falls Village, and one each from Hubbard Township, Girard City, Cortland City, Bazetta Township, Heartland Behavioral Healthcare, Kinsman Township, and Northcoast Behavioral Healthcare. A total of 241 police and corrections officers from 31 jurisdictions have completed the training since the program began in 2006.

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. FY2019’s training was financially supported by a generous grant from the Ohio Chapter of the National Alliance on Mental Illness (NAMI Ohio).

Our CIT program has been recognized with a number of statewide awards:

2007 CIT Coordinator of the Year
Capt. Joseph Marhulik
Warren City Police Department

2009 CIT Officer of the Year
Capt. Toby Meloro
Liberty Township Police Department

2017 CIT Program of the Year
Ohio Dept of Rehab and Corrections
Trumbull Correctional Institution

2018 CIT Officer of the Year
Lt. Dan Adkins
Niles City Police Department

CI was the first state correctional facility to hold CIT training. Several corrections officers had completed CIT training in Trumbull County and we also provided technical assistance to them.
ASAP Coalition works to reduce substance abuse in our community

Complex problems, such as community drug abuse, require a collaborative response by treatment agencies, health care professionals, law enforcement, local government and others. This collaborative response is organized by the Alliance for Substance Abuse Prevention (ASAP), a project of the Trumbull County Mental Health and Recovery Board. This drug free community coalition works to end the substance abuse problems affecting our community today, so that future generations will not be impacted.

The Coalition’s first event of the fiscal year was the annual Summer Track meet held in July of 2018. The day combined a sporting event with prevention activities for 174 youth and their families. To celebrate September as National Recovery Month, the 5th Annual Recovery Rally hosted over 500 individuals and families impacted by substance abuse. In May of 2019, the Annual ASAP Drug Summit provided professional development for 228 nurses, counselors, prevention specialists and law enforcement officials. These ASAP events were funded by the Trumbull County Mental Health and Recovery Board, the Mercy Health Foundation and 21 event sponsors.

The coalition also continued its 9 year partnership with the Trumbull County Sheriff’s office on Operation: EMPTY Medicine Cabinet. Three drug take back days yielded a total of 403.5 pounds of medications. For the first time, the collection site was relocated to the Eastwood Mall with help from Mercy Health St. Joe’s at the Mall and the Eastwood Mall. This new location increased accessibility. Throughout the year over 1000 Deterra medication disposal bags were distributed by coalition members. A direct mailing went to 8850 households in rural regions of the County promoting the permanent medication drop off location in their community. Magnets with safe medication disposal information were created and disseminated widely.

Membership in ASAP is open to anyone interested in reducing drug abuse and promoting recovery in Trumbull County. Contact 330-675-2765 ext. 119 at the Trumbull County Mental Health and Recovery Board for more information.
Board Supports a Continuum of School-Based Services

School-based prevention services continue to be a major priority of the Trumbull County Mental Health and Recovery Board. In Fiscal Year 2019 TCMHRB allocated just over $500,000 to fund school-based behavioral health services, including Early Childhood Mental Health (ECMH) Consultation, School Social Work, Mental Health Prevention, and ATOD Prevention. In all, the Board contracted with five provider agencies to serve educators, students and caregivers from sixteen Trumbull County school districts and twenty-one preschools/childcare centers. ECMH consultants from three provider agencies delivered center-based and child/family-focused consultation to 593 children (ages 0-6) and 84 teachers.

TCMHRB also contracted with Homes for Kids/Child and Family Solutions to provide Mental Health Prevention and School Social Work services in ten Trumbull County School Districts. This resiliency-based programming incorporated the Search Institute’s 40 Developmental Assets framework as well as Trauma Informed Care principles. The addition of School Social Workers has been very well-received by local school districts and has helped provide that critical link between home, school and community. Certified Prevention Specialists from Compass Family and Community Services and Meridian HealthCare delivered Alcohol, Tobacco and Other Drug (ATOD) Prevention Services in twelve Trumbull County School Districts. They implemented evidence-based curriculum (Too Good for Drugs and Botvin Lifeskills) in the classrooms, and supported youth-led programming, including PANDA Leaders Club, Mahoning Valley Teen Institute (MVTI) and Our Voices Matter (OVM). For more information about school-based services call 330-675-2765 ext. 111.

Trumbull County Family and Children First Council

The Trumbull County Mental Health and Recovery Board serves as the fiscal and administrative agent for the Trumbull County Family and Children First Council. The Council is a coalition of member organizations striving to ensure that families and children have access to programs and services to improve their daily lives. It does this by encouraging members to plan, partner and innovate. The Council sponsors or participates in many initiatives and projects that benefit the community including Early Intervention, High Fidelity Wraparound and Trauma Informed Care. This year, with support from One Health Ohio and the Butterflies and Hope Foundation, the Council was able to engage a community trauma educator to provide training and education about ACEs (Adverse Childhood Experiences) and resiliency.

The Council currently consists of approximately forty members, including parent representatives, who meet every other month to share information, talk about creative solutions to community concerns and learn about programs and services that are available for families in our community. 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. For more information please visit the Council’s website at familyfirsttrumbull.org and the Facebook page. Questions about the Council can be directed to the Council Coordinator at 330-675-2765 ext. 109.
Highlights

Opiate Fatality Review Committee
Trumbull County remains in the top 10 Ohio Counties experiencing unintentional fatal overdoses. Caucasian males between the ages of 31 and 45 years old are most at risk of dying from a drug overdose. The abuse of illicitly manufactured Fentanyl is the catalyst for the majority of unintentional overdose deaths in the County.

In 2016, the Trumbull County Opiate Fatality Review Committee was convened with our partners at the Trumbull County Combined Health District. The Committee reviews cases of overdose deaths to identify the circumstances surrounding the deaths and to develop and implement plans of prevention. The committee also developed a Trumbull County Opiate Action Plan. The plan is updated frequently to capture the changing needs in the County as well as the work being completed across stakeholder systems. The Opiate Fatality Review Committee has garnered state-wide attention for its collaborative efforts. Members from the health departments, law enforcement, child welfare, hospitals, the coroner’s office and behavioral health treatment agencies have all displayed a strong commitment to reduce the number of unintentional overdoses in the County.

Community Plan
Section 340.03 (A)(1)(c) of the Ohio Revised Code states that ADAMHS Boards shall “annually develop and submit to the Department of Mental Health and Addiction Services a community mental health and addiction plan” and that “eligibility for state and federal funding shall be contingent upon an approved plan.” Guidelines for the latest Community Plan were issued by the Ohio Department of Mental Health and Addiction Services on May 28, 2019 with a due date of August 1, 2019. We submitted our Plan on July 17, 2019 and it was approved by OhioMHAS on September 5, 2019.

The Plan consists of five sections:
- Environmental Context
- Assessing Needs and Identifying Gaps
- Priorities
- Collaboration
- Inpatient Hospital Management

Highlights include our county’s current condition regarding population loss, unemployment, poverty, and health indicators; our work with Health Districts in the county on their Community Health Needs Assessment and Community Health Improvement Plan projects; identification of priorities and outcome measurements; and our extensive collaborations with organizations and systems both in the county and beyond its borders.

The complete document and those for FY2017 and FY2018 are available on the TCMHRB’s web site www.trumbullmhrb.org.

Golf Outing winners
Twenty teams competed in the TCMHRB’s 21st Annual Golf Outing on Friday, July 20, 2018 at Riverview Golf Club. Churchill Counseling’s Team 2 walked off with the Tourney Cup for the second straight year. The Golf Outing is the only fund-raising event to support our Friends of the TCMHRB’s levy campaign.
Client Profile

12,963 Clients received behavioral health services at contracted agencies

### Diagnoses for Adults

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Number of clients</th>
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<tbody>
<tr>
<td>Depressive Disorders</td>
<td>3,191</td>
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<tr>
<td>Bipolar Disorders</td>
<td>2,190</td>
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<td>Anxiety Disorders</td>
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<td>Opioid Use Disorders</td>
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<tr>
<td>Schizophrenia</td>
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<td>Post-traumatic Stress Disorder</td>
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<tr>
<td>Alcohol Use Disorders</td>
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<td>Attention-Deficit Disorders</td>
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<tr>
<td>Adjustment Disorders</td>
<td>400</td>
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<tr>
<td>Personality Disorders</td>
<td>338</td>
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### Diagnoses for Children

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<tr>
<td>Adjustment Disorders</td>
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<tr>
<td>Conduct Disorders</td>
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<tr>
<td>Depressive Disorders</td>
<td>542</td>
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<tr>
<td>Post-traumatic Stress Disorder</td>
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<tr>
<td>Anxiety Disorders</td>
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<tr>
<td>Bipolar Disorders</td>
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<td>Pervasive Dev. Disorders</td>
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<td>Personality Disorders</td>
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<tr>
<td>Impulse Control Disorders</td>
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### Race Distribution

- American Indian: 0.04%
- Asian: 0.25%
- Black: 1.85%
- Hispanic: 14.31%
- Other: 0.30%
- Unknown: 0.64%
- White: 79.05%

### Gender Distribution

- Female: 6,900 - 53.22%
- Male: 5,965 - 46.01%
- Non-binary: 100 - 0.77%
**Trumbull County Suicide Prevention Coalition**

The Trumbull County Suicide Prevention Coalition meets monthly to develop prevention strategies, review statistics and promote information sharing to reduce suicides in the county. Trumbull County deaths by suicide are highest within the middle-aged Caucasian male population and the most frequent method of death is by firearm. Based upon these statistics, the Suicide Prevention Coalition partnered with the National Shooting Sports Foundation/“Project ChildSafe,” to obtain free gun locks to distribute to Trumbull County to gun owners. The coalition developed cards about the project as well as suicide prevention resource information, which are attached to each gun lock that is distributed.

Another initiative is publicizing the Mantherapy.org project. Through the Ohio Suicide Prevention Foundation, this website is free to users throughout Ohio. The site deals with issues by using humor and is targeted specifically to men. The website has various videos, questions and answers, and facts related to suicide, depression, anxiety, family issues, alcohol, divorce, and financial issues.

Another prevention activity, popular with adolescents, is the dissemination of information about the “Crisis Text Line”. The Text Line provides free, confidential support via text, 24/7. To utilize the text line, the user types the keyword “4hope” to 741741 and a reply from a trained Crisis Counselor arrives within five minutes. The message is confidential, anonymous and secure. An algorithm reviews the text for severity and messages that are determined to be from someone at imminent risk are placed at the top of the queue.

For more information about the Trumbull County Suicide Prevention Coalition, call 330-675-2765 ext. 117.
Financial Statement

Revenues FY 2019

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<th>Category</th>
<th>Amount</th>
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<td>Levy</td>
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<tr>
<td>Addiction Prevention &amp; Treatment</td>
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<tr>
<td>Mental Health Services</td>
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<td>Housing Grants</td>
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<td>Other Grants &amp; Misc. Income</td>
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Expenditures FY 2019

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<th>%</th>
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<tbody>
<tr>
<td>Mental Health Services</td>
<td>$1,179,726</td>
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<tr>
<td>Addiction Prevention &amp; Treatment</td>
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<td>Housing &amp; Supportive Services</td>
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<td>Administrative &amp; Community Services</td>
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<tr>
<td>Criminal Justice &amp; Jail Services</td>
<td>$233,291</td>
<td>3.7%</td>
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<tr>
<td>Services for Children &amp; Adolescents</td>
<td>$340,500</td>
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<td>Contracted Professional Services</td>
<td>$178,120</td>
<td>2.8%</td>
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<tr>
<td>Help Hotline &amp; Consumer Drop-In Ctr</td>
<td>$150,800</td>
<td>2.4%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$6,346,282</strong></td>
<td></td>
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</tbody>
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Board of Directors

John Wilson, President
Virginia Pasha, Vice President
Thomas Harwood, Treasurer
Cindy Klein, Recording Secretary

Charles Baldwin
Jane Boutwell
Carl Clark
Virginia Cluse
Kathryn DiCristofaro
Jeffrey Goodman
Lance Grahn
Carol Henderson
Larry Pavone
Vincent Peterson
Maria Placanica
David Spies
Judith Toles
Deborah Tominey
Nancy Werner

Staff

April J. Caraway, MS Ed, LSW, Executive Director
Ilona Roth-Cohn, LISW-S, Associate Director
John Myers, Jr., PhD, Director of Planning & Evaluation
John Drake, CPA, Chief Financial Officer
Lauren Thorp, PC, OCPS II, Director of Recovery & Youth Programs
Laura Domitrovich, MSSA, LSW, Children’s Program Coordinator
Lana Hennings, MHA, Program Coordinator
Margie Alexander, BS, Family & Children First Council Coordinator (until 12/18)
Bonnie Wilson, Family & Children First Council Coordinator (beginning 12/18)
Brian Draa, BA, Accountant
Linda Parise, Enrollment Specialist/HMG Central 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
Network Organizations

Alta Care Group
Belmont Pines Hospital
Catholic Charities Regional Agency
Churchill Counseling Services, Inc.
Coleman Professional Services, Inc.
Compass Family and Community Services
Family & Community Services, Inc./Valley Counseling Services
Family and Senior Support Services, Inc.
Forensic Psychiatric Center of NE Ohio
First Step Recovery of Warren, LLC
FSR of Parkman, LLC
Generations Behavioral Health
Girard Municipal Treatment Court
Glenbeigh
Greater Warren-Youngstown Urban League – Christy House
Guardianship and Protective Services
Heartland Behavioral Healthcare
Help Network of Northeast Ohio
Homes for Kids of Ohio, Inc./Child and Family Solutions
Mercy Health
Mercy Health Foundation
Meridian HealthCare
National Alliance on Mental Illness (NAMI) Mahoning Valley
Neil Kennedy Recovery Centers
New Start Treatment Center
Newton Falls Treatment Court
Niles Municipal Court
ONE Health Ohio
Ohio Recovery Housing Certified Recovery Houses
PsyCare, Inc.
Ravenwood Health
Sahara Club II
Steward Health Care/Trumbull Regional Medical Center
The Salvation Army
Travco Behavioral Health, Inc.
Trumbull Adult Protective Network (TAPN)
Trumbull County Court of Common Pleas
Trumbull County Family Dependency Treatment Court
Trumbull County Probate Court
Trumbull County Probate Court – Veterans Assistance Program
Trumbull County Sheriff’s Office
Trumbull Memorial Health Foundation
Warren Municipal Court

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