



Mental Health and Recovery Board

Staff

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

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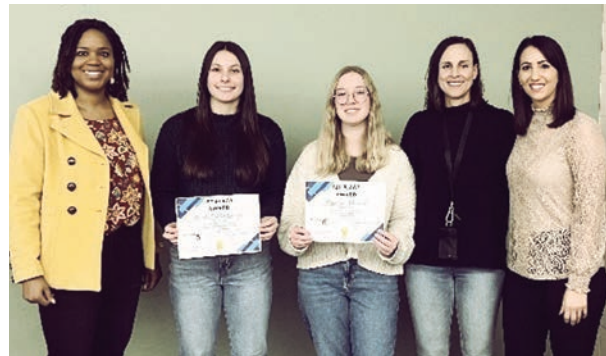


Community Partnerships

The TCMHRB believes that partnering with community organizations is one of the most effective and empowering ways to promote positive change within a community. This year, we contracted with several new providers to help support our prevention efforts targeting our children and adolescents. These organizations include Limitless Ambition, TriYOU Cares, and Warren City School District's Men of Distinction Mentoring Program.

Trumbull County Suicide Prevention Coalition (SPC)

For Suicide Prevention Awareness Month, in September 2022, the Trumbull County SPC kicked off their first "Sound the Siren on Suicide" Youth PSA Video Challenge. Trumbull County students in grades 7-12 were encouraged to create a 30-second video promoting the new 988 Suicide & Crisis Lifeline. With the support of the Ross Griffin Memorial Foundation, cash prizes were awarded to student teams and their respective school districts. WKBN and WFMJ supported the contest by featuring the top three winning videos on their stations.



First Place
 Picture from left to right:
 Carol Holmes-Chambers
 Rachel Strohmeyer (Liberty HS)
 Peyton Kovach (Liberty HS
 School Counselor) and
 Katie Cretella



Mental Health and Recovery Board



Everybody has their own story;
everybody has their own journey.

FY 2023 ANNUAL REPORT

Message From the Executive Director

The Trumbull County Mental Health and Recovery Board experienced many changes and growth in FY23. Over 40 different funding streams were managed with multiple year outcomes reporting requirements. Each year a "staff matrix" of projects of the Board is maintained to track contracted services and a primary and secondary staff person are assigned to manage all of them. Staff assignments are determined by expertise, abilities, licensure and interest. Several staff championed and participated in the diversity, equity, and inclusion initiative that was unanimously approved by the Board of Directors. All staff attended trainings to assist them in serving a growingly diverse population.

Service areas that saw the most growth in FY23 were for children and adolescents, housing, and crisis services. The TCMHRB plays a substantial role in providing for people in crisis and staff continued to work with partner agencies to house or shelter homeless men, women, and children. Additional funding helped people in recovery housing and with employment services. The TCMHRB is fortunate to receive levy funding that enables us to help those who are uninsured or underinsured to get the mental health or substance use treatment they need.

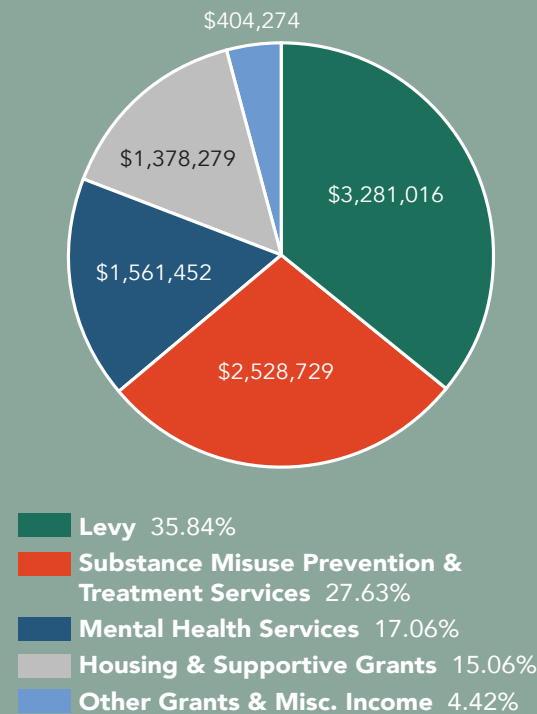
April J. Caraway
 Executive Director



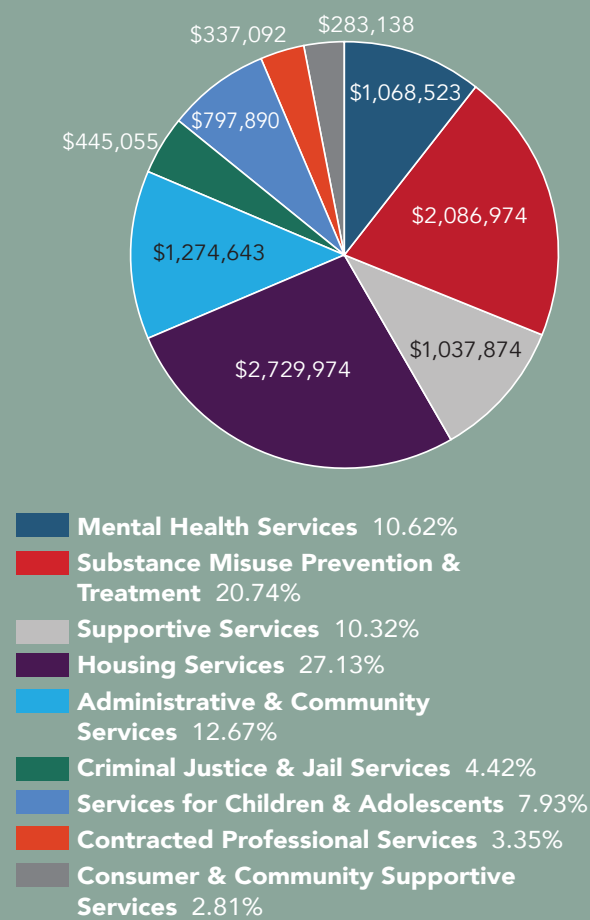
Trumbull County
 Family & Children First Council

The Trumbull County Mental Health and Recovery Board is the fiscal and administrative agent for the **Trumbull County Family & Children First Council**. Council provides a venue for family and child-serving providers to collaborate, identify challenges, share information and formulate practical solutions to eliminate barriers to care for families and youth. In FY23 the Council had forty member agencies and organizations, including parent/family representatives. 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 www.familyfirsttrumbull.org and our Facebook page. Questions about the Council can be directed to 330-675-2765, ext. 109.

Revenues FY 2023



Expenditures FY 2023



Health Equity and Cultural Competence and the

Trumbull-Mahoning DEI Collaborative

As part of the TCMHRB's mission to reduce health disparities and create health equity within Trumbull County, the Board developed a Health Equity and Cultural Competence (HECC) Plan. **This plan was implemented through the focus of 4 key domains:**

- 01 Workforce diversity (data-informed recruitment)**
- 02 Workforce inclusion**
- 03 Reducing disparities in access, quality, and treatment outcomes in patient populations**
- 04 Soliciting input from diverse community stakeholders and organizations**

As part of the HECC Plan, the TCMHRB has partnered with organizations from varying sectors of the community to form the Trumbull-Mahoning Diversity, Equity, and Inclusion (DEI) Collaborative. The vision of the collaborative is to partner with the public and support efforts to cultivate and sustain an inclusive and equitable community. The focus areas are organizational and community training and education, education and health access and quality, and community stability.

The Alliance for Substance Abuse Prevention (ASAP) Coalition

ASAP is a project of the Trumbull County Mental Health and Recovery Board that engages the community and mobilizes resources to end the substance use problems affecting our County today, so that future generations will not be impacted. The Coalition's projects for FY23 included the ASAP Summer Track Meet, Overdose Awareness Day activities, a medication disposal take back day, the Annual ASAP Drug Summit, outreach to family members of overdose victims and the Annual Recovery Rally.



Housing And Supports

In FY2023, the Board invested \$2,729,973 from state, federal and local funds to help individuals and families obtain and maintain safe, affordable and often supportive housing. Programs included HUD Continuum of Care vouchers (\$957,000), state Access to Wellness funds (\$45,303), local Housing Assistance Program funds (\$133,765), local Housing support for people in recovery and with mental health issues (\$1,503,906), and funding for emergency shelter at the Warren Youngstown Urban League's Christy House (\$90,000).

Crisis Intervention Team (CIT) Training

CIT programs are local initiatives designed to improve interactions between law enforcement and people experiencing behavioral health crises. They are built on strong partnerships between law enforcement, behavioral health providers, and individuals and families affected by mental illness or addiction. Twenty-five officers from seven jurisdictions in Trumbull County attended our nineteenth five-day training in November 2022. Over 300 officers from 32 jurisdictions have completed CIT training in Trumbull County since 2006.



Unmute the Uncomfortable

The TCMHRB continues their commitment to racial and health equity through their partnership with Coleman Health Services on their Unmute the Uncomfortable efforts. They hosted two impactful events: Unmute the Uncomfortable: A Roundtable Discussion (September 2022) and Unmute the Uncomfortable: Racial Equity, Shattering the Stigma, and Reshaping Our Community (May 2023). Combined, these events brought in over 450 attendees.

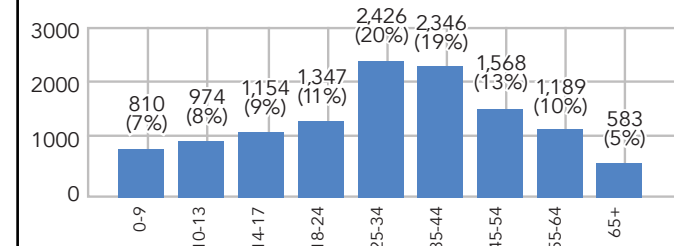


Panel Discussion at Unmute the Uncomfortable: Racial Equity, Shattering the Stigma, and Reshaping Our Community (May 2023)

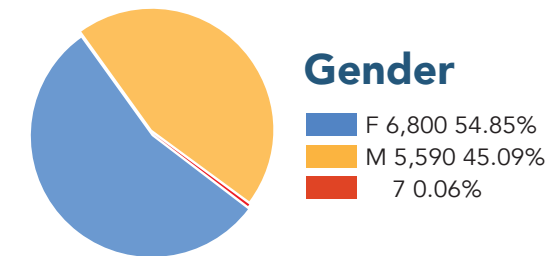
From left to right: Judge Carla Baldwin, LaToya Logan, Brooks Collins-Gaines, Jewel Woods, Jon Paul Robles, Jay Williams

Profile of the 12,394 persons (preliminary count) served in FY2023

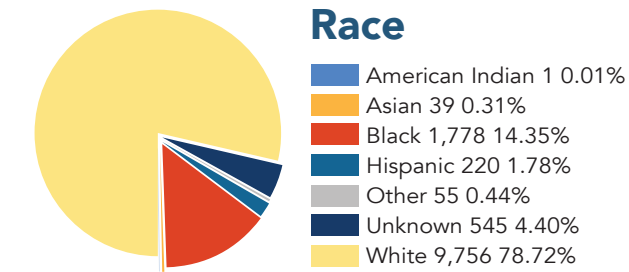
Age Grouping



Gender



Race



Top ten diagnoses for adults and children served in FY2023

ADULTS	RANK	CHILDREN
Depressive disorders	1	Attention deficit disorders
Bipolar disorders	2	Adjustment disorders
Anxiety disorders	3	Anxiety disorders
Opioid use disorders	4	Depressive disorders
Schizophrenia	5	Conduct disorders
Post-traumatic stress disorders	6	Post-traumatic stress disorders
Attention deficit disorders	7	Pervasive developmental disorders
Alcohol use disorders	8	Bipolar disorders
Adjustment disorders	9	Impulse control disorders
Cannabis use disorders	10	Other childhood disorders



The Trumbull County Mental Health & Recovery Board is proud to be one of the sponsors of the Warren City Health District's new Mobile Unit, "Wellness on Wheels." TCMHRB brochures are available to patients who receive care on the van. By making health care more accessible in underserved areas, physical and behavioral health symptoms will decrease. Director Caraway congratulates Cheryl Strother, Director of Nursing of the WCHD, for her hard work to acquire the mobile unit for the City of Warren.



The ASAP Coalition celebrated National Recovery Month by hosting its 9th Annual Recovery rally on September 16, 2022. The Rally had record setting attendance with over 800 people joining the rally and walk. ASAP Coalition members, Jodie Milhoan of Trumbull County Family Court and Shaun Renato of Trumbull County Children Services, were nominated to lead the Recovery Walk in recognition of their dedication to ASAP's mission & efforts to support recovery in our community.

Mahoning Valley Critical Incident Stress Management (CISM) Team

TCMHRB has helped lead CISM efforts in the Mahoning Valley for many years. CISM is an integrated crisis intervention approach to help first responders manage critical incident stress after traumatic events. The CISM Team is comprised of volunteer first responders and mental health professionals who provide on-site debriefing for police, fire fighters, EMT's and dispatchers. Free Group Crisis Intervention training also occurs biennially for first responders and mental health professionals interested in joining the team. In 2022, the CISM Team trained 10 new volunteers.