



TRUMBULL COUNTY
Mental Health and Recovery Board

Annual Report
FY 2018

*Celebrating 50 years of delivering
a quality system of alcohol, drug and mental health
services in Trumbull County*

July 1, 2017 to June 30, 2018

A Message from the Executive Director

The Trumbull County Mental Health and Recovery Board celebrated its 50th anniversary in June of 2018. Our staff of ten could never accomplish all that we do without our board members, consultants and community partners. The articles contained herein describe just a few of the projects in which we were involved and the list of network agencies includes partners from many of those projects. A major internal accomplishment of the TCMHRB was achieving a three-year certification in Culture of Quality through the Ohio Association of County Behavioral Health Authorities. As a result of this process, all of our policies and Board By-Laws were updated and we developed a new strategic plan. These internal accomplishments happened as the entire behavioral health community implemented system-wide changes due to behavioral health redesign and the shift to Medicaid managed care.

The opiate epidemic continued to devastate our community and stretch our resources to their limits in FY2018. The losses and stressors resulted in high staff turnover rates and burn out throughout the behavioral health field. I want to thank all of our first responders, treatment and recovery staff who have gone above and beyond to save lives.

During 2017, Trumbull County ranked as the 9th highest county in Ohio for unintentional drug overdose deaths. Although still horrendous, this was an improvement to the loss of life in 2016 when Trumbull County ranked 7th highest in Ohio. Our community is making positive strides against the opiate epidemic because we are all working together, through every sector of our community. As the opiate HUB for our county, we work with our partners on our opiate action plan through numerous prevention and intervention activities, subcommittees and task forces.

Thank you for taking a look at our annual report and for working with us to better our community and serve others.

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.

Highlights

TCMHRB awarded three-year Culture of Quality certification

The Trumbull County Mental Health and Recovery Board received a three-year Culture of Quality (COQ) Peer Certification after a successful two-day survey. Staff and board members developed, updated and implemented over 140 standards, policies and procedures. A new strategic plan was also completed that identifies future goals. The certification award is a testament to the quality of the board, its operations and board staff.

COQ is a collaborative effort of the Ohio Association of County Behavioral Health Authorities (OACBHA) and its member boards. Peer Certification, a part of the COQ, is a voluntary process for boards that involves the assessment of a board's conformance with the COQ standards. This process is based on a continuous quality improvement philosophy. Peers within the system performed an evaluation based on pre-established measures and will provide ongoing assistance to ensure the highest possible levels of quality are maintained.

Areas covered in the survey include: public affairs/education/community relations/policy/advocacy; risk management & insurance; board health & safety; human resources; mission & program; governance; board finance & operations; and ethics.

CIT marks several milestones

Crisis Intervention Team (CIT) 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 fifteenth training was held in October, 2017. Nineteen officers completed the five-day training: seven from the Trumbull County Sheriff's Office, five from Warren City, three from Howland Township, two from Niles City, and one each from Hubbard Township and the Ohio State Highway Patrol. A total of 221 police and corrections officers from 28 jurisdictions have completed the training since the program began in 2006. FY2018's training was financially supported by a generous grant from the Ohio Chapter of the National Alliance on Mental Illness (NAMI). At the statewide CIT conference in Columbus in May, Lt. Dan Adkins of the City of Niles Police Department received the 2018 CIT Officer of the Year award in recognition of his work with a man who was threatening to take his own life. On December 11, 2017, Lt. Adkins persuaded a suicidal man to climb down from a radio tower in Niles after talking with him for more than an hour.

Critical Incident Stress Management (CISM) Team provides interventions

The Mahoning Valley CISM Team is a peer-driven team comprised of trained volunteers from law enforcement, firefighters, EMS, medical and mental health professionals. It is a joint partnership between the Mahoning and Trumbull County Mental Health and Recovery Boards, Help Network of NE Ohio and Mercy Health. During FY2018, the team was activated 16 times to provide interventions in both Mahoning and Trumbull Counties.

The primary goals of the CISM Team are to promote self-care and mitigate the impact of traumatic events on our first responders. Our emergency first responders deal with the worst of the worst on a daily basis. Critical Incident Stress occurs after exposure to a powerful traumatic event that has the potential to create significant human distress and can overwhelm usual coping mechanisms. If not managed or resolved appropriately, the stress may lead to severe post-traumatic stress disorder, depression, drug or alcohol abuse or other negative consequences at work and at home.

Highlights

TCMHRB collaborates with drug courts

Trumbull County Mental Health and Recovery Board provided financial support and technical assistance to three Drug Court programs and the Family Dependency Treatment Court in State FY2018. Drug courts are specialized court docket programs that guide addicted offenders into long term recovery. Family Dependency Treatment Courts target parents with pending child welfare cases who have alcohol and other drug dependency problems. The financial support to the specialized court docket programs was made possible through the Addiction Treatment Program (ATP) grant from the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and local tax levy support. A combination of ATP grant funds and levy funds in the amount of \$30,592.98 was allocated to the courts to assist with administrative costs as well as \$272,348 to support the treatment and recovery services for Drug Courts and Family Dependency Treatment Court. The funds paid for rent, utilities, medication, transportation, job training, counseling, case management, Intensive Outpatient Treatment, Medication Assisted Treatment and child care.

Specialized Court Dockets have been gaining popularity across the State due to this evidence-based practice that has shown success in reducing recidivism and improving treatment compliance. Promoting evidence-based practices is a priority of the Trumbull County Mental Health and Recovery Board and the Board will continue to collaborate with specialized court dockets in State FY2019.

ASAP Summer Track Meet sets record numbers

The 3rd Annual ASAP Summer Track Meet was attended by a record-setting 162 youth participants; with 61 of them being repeat attendees. The event featured a track meet for ages 4-18, drug and alcohol prevention games, and educational resources for adults. Thirteen community partners, including area schools, behavioral health agencies, youth-led organizations, health organizations, the military and businesses joined together with the Alliance for Substance Abuse Prevention to create a memorable day.

The Summer Track Meet received major financial support from the Trumbull County Mental Health and Recovery Board and the Mercy Health Foundation along with donations from 4 other sponsors. Research indicates that children who are involved in their community, and whose parents are involved in their activities, are significantly less likely to engage in drug and alcohol use. The ASAP Summer Track Meet is a fun way to bring evidence-based science into practice.



Highlights

ASAP members accomplish projects that help reduce substance abuse

The Alliance for Substance Abuse Prevention (ASAP) is a project of the Trumbull County Mental Health and Recovery Board. The drug free community coalition works to end the substance abuse problems affecting our community today, so that future generations will not be impacted.

Drug addiction and overdoses rose to record levels in FY2018 and the consequences rippled throughout the community. With these challenges came new opportunities. The coalition was awarded grants from the Trumbull Memorial Health Foundation, Mercy Health Foundation, Mahoning Valley and the Trumbull County Mental Health and Recovery Board to expand the already successful Operation: EMPTY Medicine Cabinet campaign. This campaign focuses on safe medication storage and disposal. Additional medication disposal sites were established within the County, *Deterra Drug Deactivation System* disposal bags were distributed to homebound senior citizens and individuals with a disability, billboards displayed messages about adolescent opioid abuse and public service announcements were televised. The grant continues into FY2019 and will fund new projects such as radio public service announcements and direct mailings.

During the 2018 Spring Semester, the ASAP Coalition was invited to be a part of the Kent State University College of Communication and Information Media and Movement Workshop: The Opioid Epidemic. Four teams of students from the class developed four different educational campaigns based on their research into the opioid epidemic in Trumbull County. Many of the students' concepts and products have been adopted by the coalition.

Coalition members revised the strategic plan to eliminate completed initiatives, reflect ongoing projects such as the annual Hope for Recovery, ASAP Drug Summit, Summer Track Meet and Recovery Rally, and to add new evidence-based practices and partnerships being undertaken by the members. The coalition launched its third revision of the ASAP Strategic Plan in June of 2018.

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.



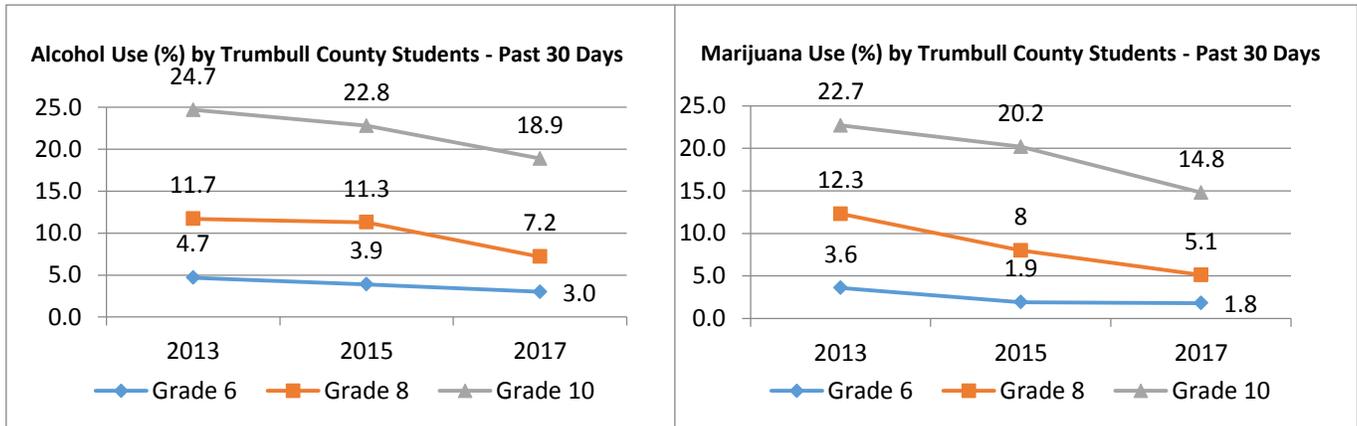
ASAP: A coalition that engages in strategic partnerships to solve our community's substance abuse problems.

Highlights

Drug use among Trumbull County students shows steady decline since 2013

The Trumbull County Mental Health and Recovery Board (TCMHRB) funds the administration of the Pride Survey to Trumbull County students to measure drug use, perception of risk, and protective factors. This is the third time the PRIDE Survey has been administered to Trumbull County students since 2013, and a multi-year comparison indicates an **overall decline of reported drug use across all ages**.

This information helps the Board target and prioritize prevention efforts. The most recent survey was completed in December 2017 by 2,290 Trumbull County students in grades 6, 8 and 10 in seven school districts (a cross-section of urban, rural and suburban districts).



The reason for the decrease is likely a combination of many factors. With the widespread attention that the opioid epidemic is receiving, youth are more aware of the dangers of drugs. The Pride Survey shows that students' perception of risk has steadily increased since 2013. Prevention services also are more prevalent in the school systems. In the 2017/2018 school year, the Trumbull County Mental Health and Recovery Board funded prevention services in 19 school districts.

The survey results also indicate the important role that parents and caregivers play in keeping their children away from drugs and alcohol. Students who reported that their parents talked to them often about drugs, and set clear rules, were significantly less likely to have used illicit drugs. Of those who did report drug use, the two places where they primarily use are at home or at a friend's home. The most likely time that youth report using is on the weekend, highlighting the importance of parental supervision and access to drug and alcohol-free activities. For more information, call 330-675-2765 ext. 111.

Mental Health First Aid trainings help decrease stigma

Four Mental Health First Aid Trainings were held in FY2018. These included both Adult and Youth trainings attended by 72 participants. Mental Health First Aid is an evidence-based training program that increases an individual's mental health knowledge, decreases stigma and provides the tools to help someone in crisis. The course teaches how to identify and respond to the warning signs of mental illness and substance use disorders and how to link people with appropriate treatment and support.

Through the sponsorship of the Trumbull County Mental Health and Recovery Board we have three certified instructors. Since the programs' inception in 2013, sixteen trainings have occurred and close to 350 Mental Health First Aiders have been certified. For more information, contact the Trumbull County Mental Health and Recovery Board at 330-675-2765 ext. 114.



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

—Sociologist David Mechanic

TCMHRB invests in recovery housing programs

In FY2018 the TCMHRB invested more than a million dollars in housing programs for people at varying stages of recovery from mental illness or addictions. Persons staying in Ohio Recovery Housing certified recovery homes that had agreements with the TCMHRB received \$136,000 in housing supports through state and local dollars. In partnership with Coleman Behavioral Health, 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. Continuity of Care (formerly Shelter Plus Care) and Transitional Youth vouchers paid more than \$80,000 each month to landlords throughout the county for over 200 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.

Five housing facilities—Joey’s Landing, Crossroads, Campbell Apartments, Washington House, and Morgandale Commons—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 FY2018, the Board invested \$63,000 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. The TCMHRB is an active member of the Trumbull County Housing Collaborative, the local continuum of care whose mission is to provide a comprehensive range of services for persons within Trumbull County who are homeless. During FY2018, the Collaborative developed and implemented a Coordinated Entry process that includes standardized procedures and access points for persons in need of housing.

Golf Outing winners set new record

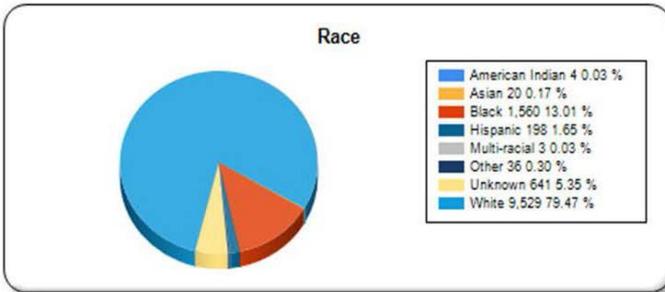
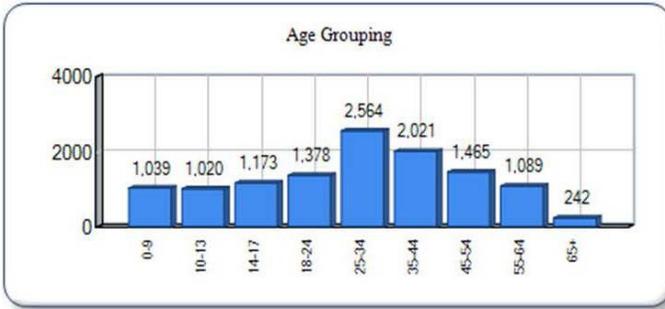
Twenty-three teams competed for the right to claim the coveted TCMHRB Tourney Cup at the 20th Annual Golf Outing on July 28, 2017 at Riverview Golf Club in Braceville Township. “Churchill Counseling Services Team Two” not only emerged victorious but also set a new tourney record of 17 strokes under par, breaking the old record of minus-16 set only one year before by Rich O’Donnell Landscaping. The talented Churchill foursome also won two skins with Eagle 3’s on holes three and fifteen. The Golf Outing is the TCMHRB’s only fund-raising event to support our behavioral health levy campaigns.

Churchill Counseling Team Two Champions 2017



Trumbull County Mental Health and Recovery Board
20th Annual Golf Outing July 28, 2017
Riverview Golf Club

Client Profile 11,991 Clients received behavioral health services at contracted agencies



Gender

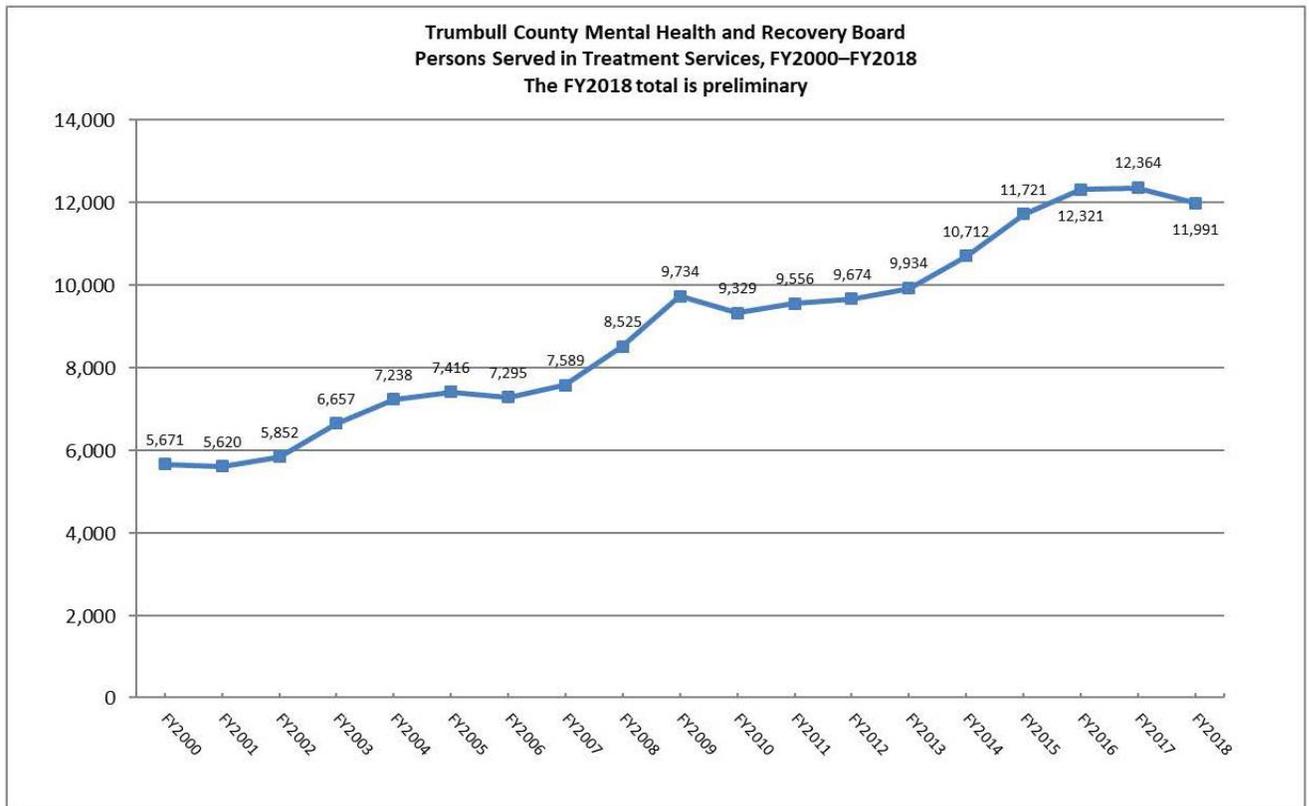
Female	6,175 - 51.49%
Male	5,757 - 48.01%
Non-binary	60 - .50%

Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	2,832
Bipolar Disorders	1,914
Opioid Use Disorders	1,623
Anxiety Disorders	1,380
Schizophrenia	785
Post-traumatic Stress Disorder	709
Alcohol Use Disorders	483
Adjustment Disorders	403
Attention-Deficit Disorders	365
Cannabis Use Disorders	314

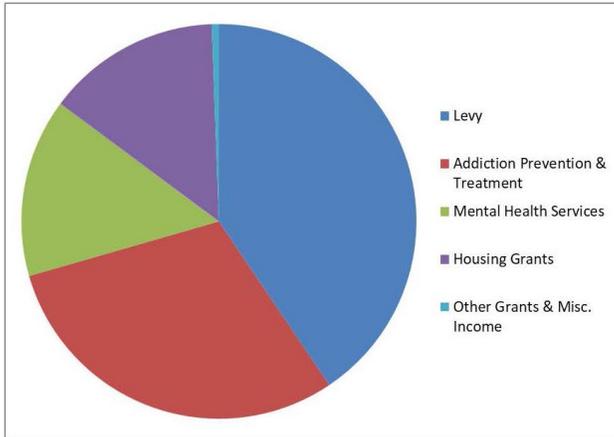
Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	1,055
Adjustment Disorders	705
Conduct Disorders	668
Depressive Disorders	487
Post-traumatic Stress Disorder	399
Bipolar Disorders	394
Anxiety Disorders	316
Pervasive Dev. Disorders	185
Somatoform Disorders	88
No Diagnosis	60



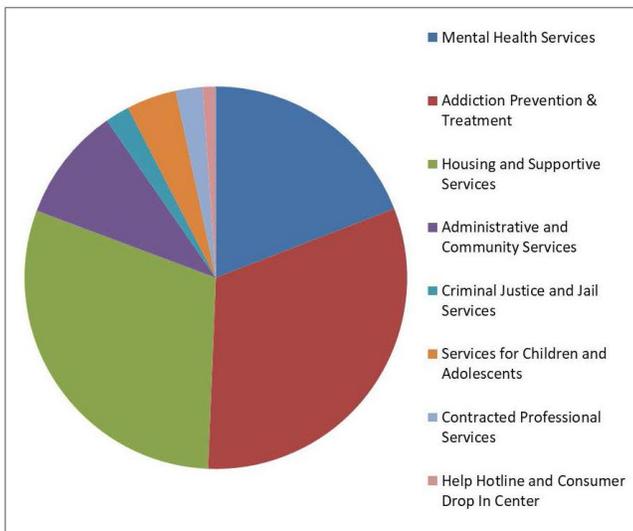
Financial Statement

Revenues FY 2018



Levy	\$3,179,785	40.6%
Addiction Prevention & Treatment	\$2,351,111	30.0%
Mental Health Services	\$1,147,879	14.6%
Housing Grants	\$1,117,365	14.3%
Other Grants & Misc. Income	\$ 45,003	0.6%
Total	\$7,841,143	

Expenditures FY 2018



Mental Health Services	\$1,507,203	19.1%
Addiction Prevention & Treatment	\$2,483,273	31.5%
Housing & Supportive Services	\$2,367,856	30.1%
Administrative & Community Services	\$ 760,474	9.7%
Criminal Justice & Jail Services	\$ 162,722	2.1%
Services for Children & Adolescents	\$ 332,194	4.2%
Contracted Professional Services	\$ 178,166	2.3%
Help Hotline & Consumer Drop-In Ctr	\$ 87,000	1.1%
Total	\$7,878,888	

Board of Directors

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Virginia Pasha, Vice President
Larry Pavone, Treasurer
David Spies, Recording Secretary

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Jane Boutwell
Carl Clark
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Carol Henderson
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Hiedi Konsol
Vincent Peterson
Maria Placanica
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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
Janet Weisberg, MBA, CPA, Director of Finance
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
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

Belmont Pines Hospital
Catholic Charities Regional Agency
Churchill Counseling Services, Inc.
Coleman Professional Services, Inc.
Compass Family and Community Services
Family and 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
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 County Court of Common Pleas
Trumbull County Family Dependency Treatment Court
Trumbull County Probate Court
Trumbull County Probate Court – Veterans Assistance Program
Trumbull County Jail
Trumbull Memorial Health Foundation



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