



TRUMBULL COUNTY  
**Mental Health and Recovery Board**

**Annual Report**  
**FY 2021**

**“We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity.”**

- Barbara De Angelis

July 1, 2020- to June 30, 2021

## A Message from the Executive Director

Dear Friends,

As the COVID-19 pandemic persisted, isolation, fear, job losses, grief, anxiety, and reduced support systems continued to impact our community in FY21. The Trumbull County Mental Health and Recovery Board worked extremely hard to get people the help they needed. We linked people to treatment and other supports, paid for housing, transportation, case management and other services not covered by Medicaid or private insurance and continued to provide masks, cleaning products and other PPE to our contract agencies and congregate living sites. Behavioral Health agencies returned to face-to-face counseling and other supportive services while maintaining a remote option for those who needed it. Because of the stressors of the pandemic, which include deaths from overdoses and an increase in people experiencing a mental health crisis, our agencies' counselors, case managers, peer support workers, housing specialists, doctors and others served our clients while setting aside their own needs.

Like every other occupation, our system has experienced a loss in workforce that has impacted services and stretched current staff to capacity. We want to thank and recognize the dedication and selflessness demonstrated each day by our behavioral health workforce.

In addition to the pandemic, the opiate epidemic continues to ravage our community. One hundred and thirty-five Trumbull County residents lost their lives to a drug overdose in FY21 (July 1, 2020-June 30, 2021). It is difficult to know how many residents were revived with the life-saving overdose reversal drug, Naloxone (Narcan), because only those who go to a local hospital after being revived can be counted. In FY21, 517 individuals went to the emergency room after a successful overdose reversal. Thank you, also, to the first responders – police, fire fighters, EMT's, paramedics, and hospital workers who continue to help our community every single day.

Please get help if you need it, take care of yourself, your family, and your neighbors. Through compassion and caring, we truly will get through this crisis.

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

### **ASAP Coalition Worked on Creative Solutions to the Opioid Epidemic During Pandemic**

The ASAP (Alliance for Substance Abuse Prevention) Coalition is a project of the Trumbull County Mental Health and Recovery Board. Members are a network of people including health professionals, parents, educators, elected officials, merchants, business members, police, administrators, 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.

While the world spent State Fiscal Year 2021 battling the COVID-19 Pandemic, ASAP Coalition members also battled the growing Opiate Epidemic. ASAP meetings were held on a virtual platform where members discussed creative solutions to address the substance abuse prevention needs of the community. Out of an abundance of caution, the Coalition's Annual Track Meet and Drug Summit were canceled. ASAP's popular annual Recovery Rally was turned into a virtual event. The Rally was hosted by Rock and Recovery of the Summit FM and featured music by Marc Lee Shannon of Michael Stanley and the Resonators, who also shared his recovery story. The recovery community submitted photos and videos documenting what recovery meant to them and Pastor Kyle Tennant continued the tradition of the Addiction Memorial.



A project that grew out the COVID-19 Pandemic, was a partnership with RALI Ohio and local organizations to offer free prescription drug disposal bags throughout Trumbull County. The Deterra<sup>®</sup> Drug Deactivation bag is a safe and effective way to properly dispose of unused, unwanted, and expired medications in the home, with the simple addition of tap water. By the end of 2020, thousands of the bags were delivered to community partners at Mercy Health/St. Joe's at the Eastwood Mall; Hubbard Public Library; Kinsman Public Library; Vienna Police Department; Vienna Fire Department; Warren-Trumbull County Public Libraries in Warren, Howland, Cortland, and Liberty; One Health Ohio locations in Newton Falls, Warren West, Lloyd McCoy Health Center, and Kidz First Pediatrics; RISE Recovery locations in the Lloyd McCoy Health Center and on Belmont Avenue. The locations were announced through social media and the local news outlets. Bags have already been replenished at many of these locations as residents take advantage of this lifesaving resource.

Amidst the pandemic, ASAP was able to continue its partnership with the Trumbull County Sheriff's office and TAG Law Enforcement Task Force to host three prescription drug take back days. Events were held at the Eastwood Mall, Geauga Trumbull Solid Waste Management District and at Eastwood Field during a Scrappers game. Over 130 pounds of medications were collected in total.

As COVID-19 continues to bring new behavioral health challenges to our families and friends, the ASAP Coalition continues to pursue innovative substance abuse prevention strategies. Anyone interested in reducing drug abuse and promoting recovery in Trumbull County is invited to attend an ASAP meeting. Call 330-675-2765 ext. 119 for more information.

## Highlights

### School-Based Prevention Programming during the Pandemic

In August of 2020, Trumbull County school districts were faced with the enormous challenge of safely re-opening school in the midst of the pandemic. TCMHRB worked to support the districts during this time and emphasized the importance of addressing the social and emotional needs of students, staff and families. Utilizing funding from the state budget, the Board distributed nearly \$280,000 directly to the schools to implement or expand prevention education programming. As the convener for these funds, TCMHRB staff partnered with 18 school districts to help them develop their prevention education plans and budgets. Districts utilized the money in a variety of ways, including Trauma Informed Care trainings, suicide prevention programming and Social Emotional Learning (SEL) curricula.

Several districts also used their funds to expand existing prevention services from our local prevention providers. As a result of the heightened safety measures many of our prevention staff had to pivot and adapt lessons to a virtual platform, for at least part of the school year. Throughout the school year, the Board and provider agencies delivered resources and programming to build protective factors that would counteract the negative impact of the pandemic.

For more information about prevention programming, please call 330-675-2765 ext. 111.



Trumbull County Commissioners Maura Cantalamessa, Frank Fuda, and Dan Polivka proclaimed the week of October 23-31, 2020, Red Ribbon Week in Trumbull County. The Resolution was presented to April Caraway, Executive Director, TCMHRB and Lauren Thorp, Director of Recovery and Youth Programs, TCMHRB. Thank you to the Commissioners for their commitment to making Trumbull County a drug-free community.

## Highlights

### Trumbull County Family and 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**. In 1993, Councils were created under the Ohio Revised Code. In February 1995, the Trumbull County Family & Children First Council was established. We are proud to be celebrating 25 years of ensuring that families and children have access to programs and services to improve their daily lives. Council encourages member agencies to collaborate, partner and innovate to make this possible for our families and youth.

Trumbull County Family & Children First Council sponsors or participates in many initiatives and projects that benefit the community. These include:

- **Early Intervention** - Provides service coordination, developmental evaluations and assessments, community referrals and specialized services for children from birth to age 3 with developmental delays or disabilities so that they have the best possible start in life.
- **High-Fidelity Wraparound** – Is an intensive, cross-system, family-centered planning process for children and youth with complex needs. Wraparound develops a plan, based on the strengths and culture of the youth and their family, that includes a mix of professional and natural supports and community members. An Oversight Committee meets monthly and reviews cases to provide guidance and potential funding requests.
- **Countywide Orientation** – A quarterly two-day virtual tour of nearly twenty community agencies.
- **Trauma Informed Care Initiative** – Creates awareness about and trains individuals in the adverse effects of childhood trauma (ACEs) on physical, social, and emotional well-being and supports them in developing trauma informed practices. In October 2020, members of the committee, trained in Trauma Informed Care, spent a half-day providing training to over 100 educators and school personnel through the Trumbull County Educational Service Center. Training focused on the potential adverse effects of childhood trauma, how that manifests in the classroom and how to develop and nurture resiliency skills.
- **Early Childhood Coordinating Committee** – Convenes key partners from a broad spectrum of community agencies, specializing in children and youth, to share information and resources.
- **Voices of Youth** – Effort to identify gaps in Trumbull County’s system of care to ensure that at-risk youth, ages 16-24, are prepared for transition to adulthood.
- **Kindergarten Transition Initiative** – Educates parents about the important transition from early childhood programs to kindergarten by connecting them with information and resources to help understand the skills their child needs when entering school.
- **Council also sponsors or participates in a variety of other community initiatives including**
  - Operation: Baby Bundle and Diaper Drive, Candyland Lane, Strong Families Safe Communities, GRANDS Support, Safe Sleep

The Council currently consists of approximately forty 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. 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](http://www.familyfirsttrumbull.org) and our Facebook page. Questions about the Council can be directed to 330-675-2765, ext. 109.



# Highlights

## Trumbull County Suicide Prevention Coalition

The Trumbull County Suicide Prevention Coalition 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. During FY2021, the coalition continued to meet virtually monthly to continue work on various initiatives, including the update to Trumbull County Suicide Prevention Coalition Strategic Plan. The goals, objectives and action steps identified in the plan were based on data, evidence-based approaches, and lessons learned from current practice. The following five strategies summarize the coalition’s focus:

### Strategy 1

Trumbull County residents will recognize the warning signs and risk factors of suicide and respond appropriately.

### Strategy 2

Trumbull County will concentrate efforts on integrating suicide prevention practices and suicide care, including postvention, into high-impact systems, including health care, public safety, and education.

### Strategy 3

Trumbull County will build suicide prevention capacity and infra-structure at the organizational, local, and state levels.

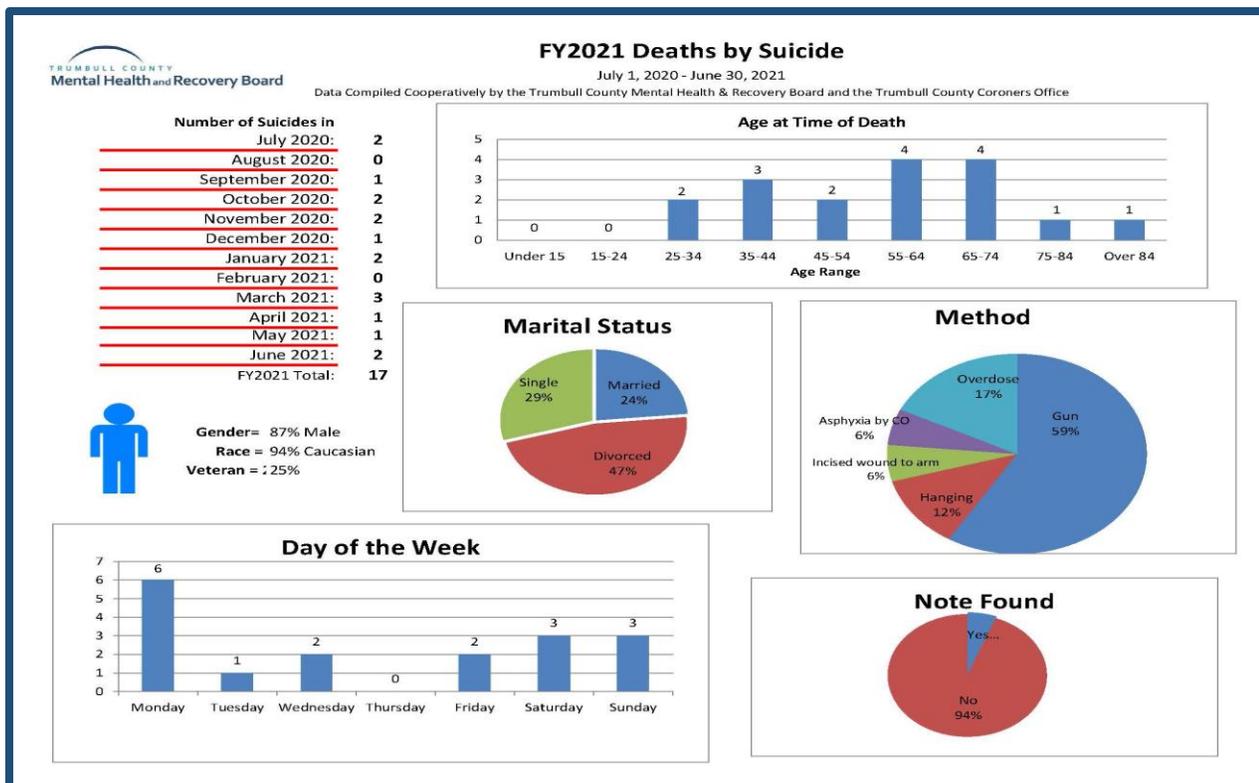
### Strategy 4

Trumbull County will concentrate prevention efforts on groups that current data has identified as being high-risk for suicide.

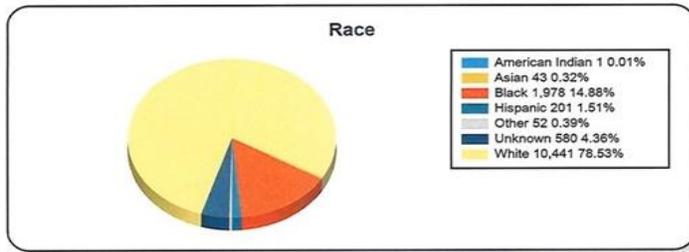
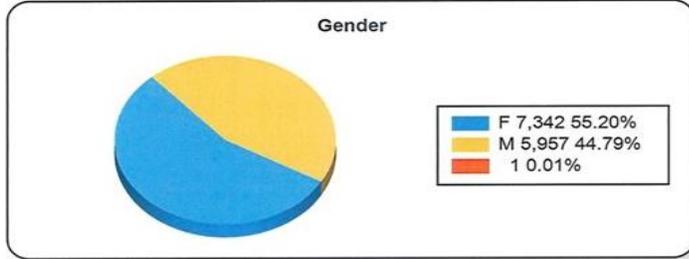
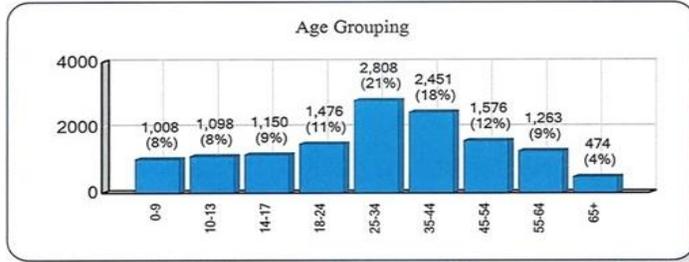
### Strategy 5

Trumbull County will standardize, gather, and utilize data to continuously inform and evaluate its approach.

In addition to the work on the Strategic Plan, the coalition applied for and was awarded a generous grant from the Ross Griffin Memorial Foundation. The grant provided funds to expand the Suicide Prevention Media Campaign utilizing Facebook, Instagram, and billboards with the goal of spreading suicide prevention messaging across Trumbull County. The *Man Therapy* campaign continued and Instagram ads targeted youth and young adults, with a specific emphasis on young African American males, through the *With You Here* campaign.



# Client Profile 13,296 Clients received behavioral health services at contracted agencies

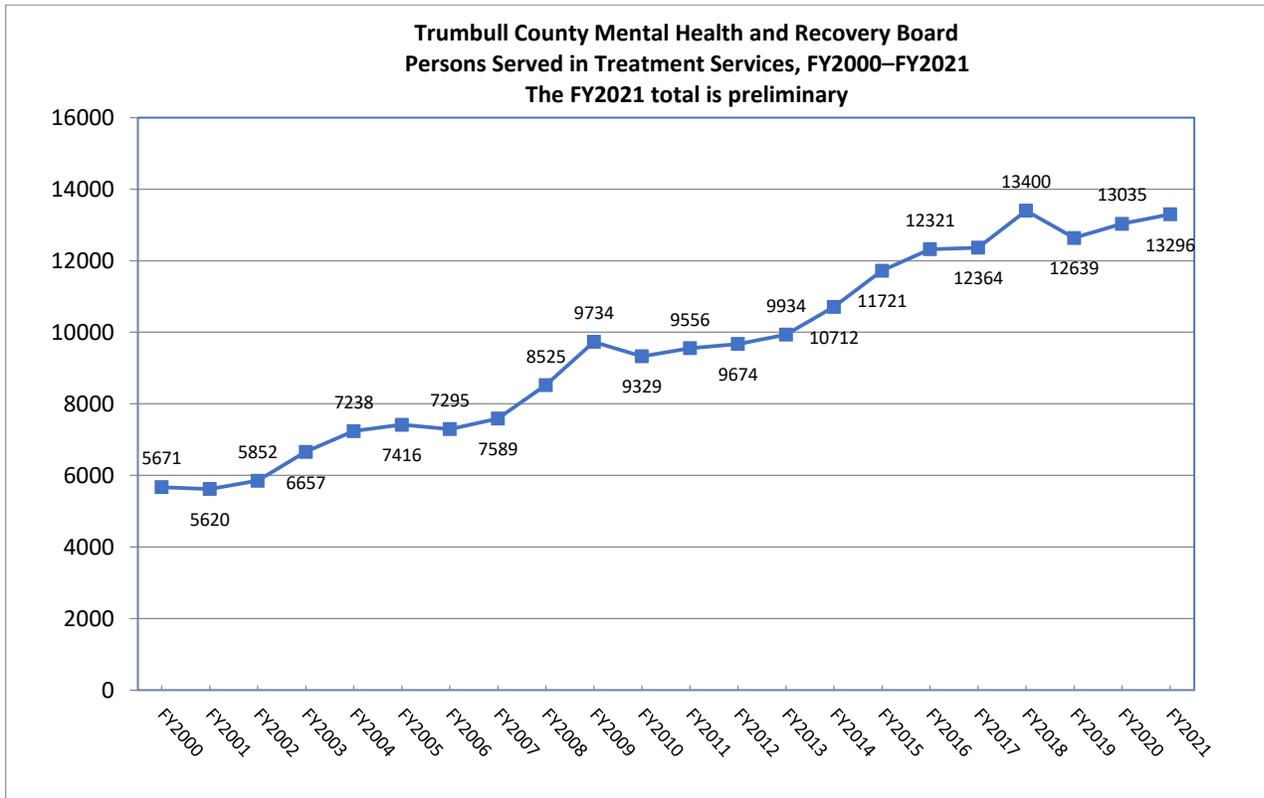


## Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	3,304
Bipolar Disorders	2,099
Anxiety Disorders	1,997
Opioid Use Disorders	1,759
Post-Traumatic Stress Disorders	942
Schizophrenia & Other Psychotic Disorders	920
Alcohol Use Disorders	506
Adjustment Disorders	429
Attention-Deficit Disorders	415
Cannabis Use Disorders	223

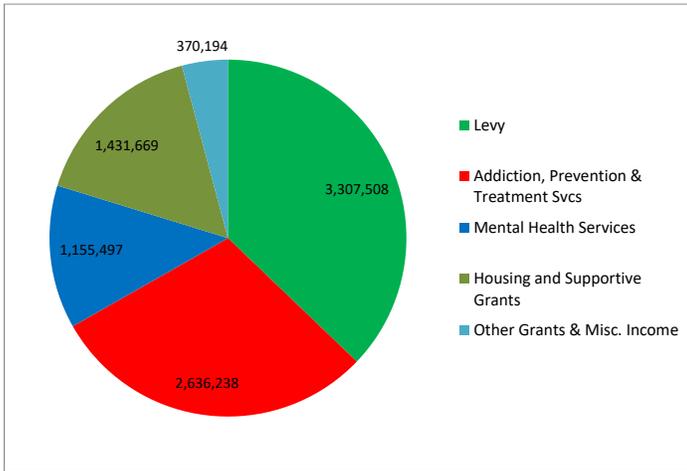
## Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	953
Adjustment Disorders	671
Depressive Disorders	634
Conduct Disorders	595
Anxiety Disorders	480
Post-Traumatic Stress Disorder	464
Bipolar Disorders	263
Pervasive Dev. Disorders	192
Impulse Control Disorders	39
Other Childhood Disorders	38



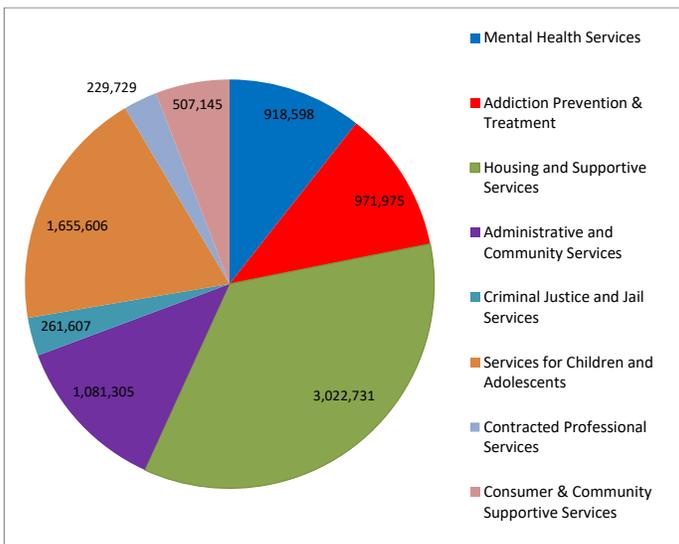
# Financial Statement

## Revenues FY 2021



Levy	\$3,307,508	37.2%
Addiction, Prevention & Treatment	\$2,636,238	29.6%
Mental Health Services	\$1,155,497	13 %
Housing & Supportive Grants	\$1,431,669	16.1%
Other Grants & Misc. Income	\$ 370,194	4.2%
<b>Total</b>	<b>\$8,901,107</b>	<b>100%</b>

## Expenditures FY 2021



Mental Health Services	\$ 918,598	10.6%
Addiction Prevention & Treatment	\$ 971,975	11.2%
Housing & Supportive Services	\$3,022,731	35 %
Administrative & Community Services	\$1,081,305	12.5%
Criminal Justice & Jail Services	\$ 261,607	3 %
Services for Children & Adolescents	\$1,655,606	19.1 %
Contracted Professional Services	\$ 229,729	2.7%
Consumer & Community Supportive Services	\$ 507,145	5.9%
<b>Total</b>	<b>\$8,648,697</b>	<b>100%</b>

## Board of Directors

**Thomas Harwood, President**  
**Jeffrey Goodman (Until December 2020), Vice-President**  
**Virginia Cluse (Beginning March 2021), Vice President**  
**Maria Placanica, Treasurer**  
**Deborah Tominey, Secretary**  
Charles Baldwin  
Jane Boutwell  
Carl Clark  
Lance Grahn  
Carol Henderson  
Cindy Klein  
Louise Kline  
Leslie Morris  
Rachel Nader  
Larry Pavone  
Vincent Peterson  
David Spies  
Judith Toles  
Nancy Werner  
John Wilson

## Staff

April J. Caraway, MS Ed, LSW, Executive Director  
Ilona Roth-Cohn, LISW-S, Associate Director  
Patricia Shepherd, CPA, Chief Financial Officer  
Valdeoso (Bud) Patterson, Accountant  
Lauren Thorp, LPC, OCPC, Director of Recovery and Youth Programs  
John Myers, PhD, Director of Planning and Evaluation  
Laura Domitrovich, MSSA, LSW, Children's Program Coordinator  
Bonnie Wilson, Family and Children First Council Director  
Crystal Crites, Administrative Assistant

## Independent Contractors

David Chiarella, PhD, Chief Clinical Officer  
Tracie Delpuppo, MCSE, Information Technology  
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

## Network Organizations

Alta Care Group  
Belmont Pines Hospital  
Cadence Care Network  
Catholic Charities Regional Agency  
Coleman Professional Services, Inc.  
Compass Family and Community Services  
Family & Community Services, Inc./Valley Counseling Services  
Family and Senior Support Services, Inc.  
Flying High, Inc.  
Forensic Psychiatric Center of NE Ohio  
First Step Recovery of Warren, LLC  
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 Services  
Mercy Health  
Mercy Health Foundation  
Meridian HealthCare  
National Alliance on Mental Illness (NAMI) Mahoning Valley  
Neil Kennedy Recovery Centers  
Newton Falls Treatment Court  
Niles Municipal Court  
Northcoast Behavioral Healthcare  
ONE Health Ohio  
Ohio Recovery Housing Certified Recovery Houses  
Parkman Recovery Center  
PsyCare, Inc.  
Ravenwood Health  
Sahara Club II  
Steward Health Care/Trumbull Regional Medical Center  
The Salvation Army  
Travco Behavioral Health, Inc.  
Trumbull Advocacy and Protective Network (TAPN)  
Trumbull County Combined Health District  
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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[www.TrumbullMHRB.org](http://www.TrumbullMHRB.org)