



# Mental Health and Recovery Board

## Annual Report 2015

*"The pain you feel today is the strength you feel tomorrow. For every challenge encountered there is opportunity for growth." – Unknown*

July 1, 2014 - June 30, 2015

## **A Message from the Executive Director**

I'm grateful for—and humbled by—the caring and support of the Trumbull County community as evidenced by the passage of our ten-year, one-mil levy in FY2014. Voters passed the levy with a 62 percent approval rate and we carried 32 of the 33 political subdivisions in the county. This is a testament to the hard work of the Board, staff, community agencies, consumers and family members who educated the public about the myriad of services we fund and facilitate for people impacted by mental health and addiction issues. More than 11,600 individuals received treatment in FY2015. Many more received supportive services (housing, transportation, homeless shelter, drop-in center, etc.) due in large part to levy funding.

I believe it's important to reflect on the individuals helped by our system of care. Media coverage can be intense when there is a tragedy involving a person with a severe and persistent mental health or addiction problem. But, we provide treatment and supports for thousands of county residents who lead happy, active and productive lives because of the counseling, case management or medication they receive. Remember, on any given day, one out of every four people you encounter may have a mental illness and one out of every ten may be addicted to alcohol or another drug.

In spite of increased mental health diagnoses, heroin addiction and homelessness, funding reductions from the state continued in FY2015. The staff of the TCMHRB wrote for and received several grants to help offset these cuts and Medicaid expansion continued, allowing more people to receive services who might otherwise have been without care.

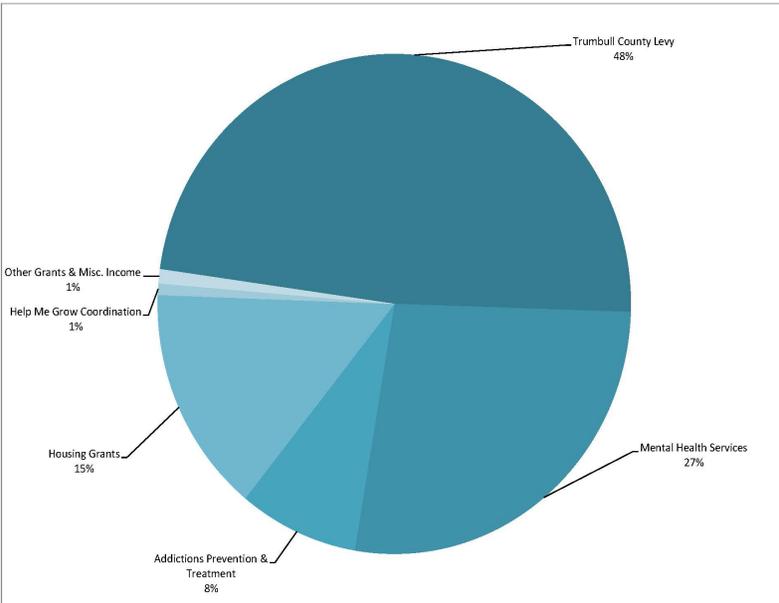
Thank you for taking a few minutes to review the highlights contained in our annual report. These only summarize a few of the many projects our Board staff of nine manages on your behalf. And, thank you for your continued support.



April J. Caraway  
Executive Director

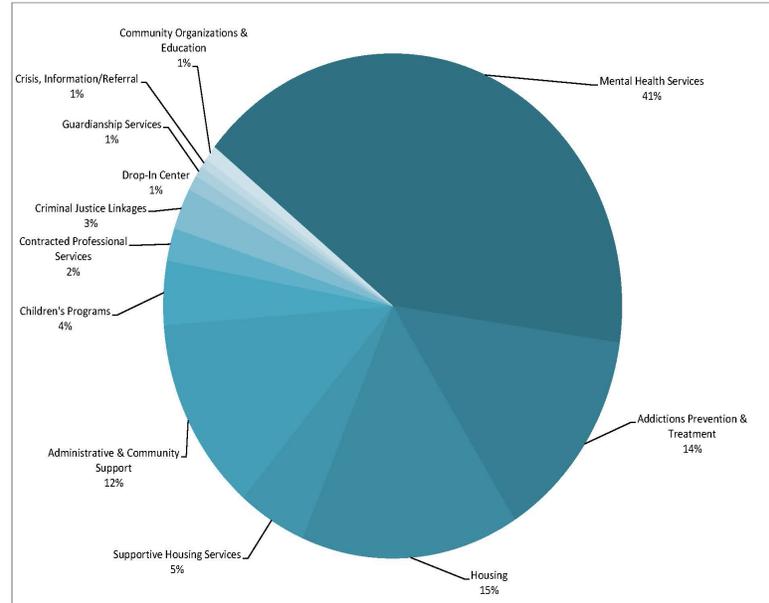
**The mission of the Trumbull County Mental Health and Recovery Board is to improve the well being of our community by establishing and maintaining an effective, efficient and quality system of alcohol, drug and mental health services in Trumbull County.**

## Revenues FY 2015



Trumbull County Levy	\$3,308,328
Mental Health Services	1,860,629
Addictions Prevention & Treatment	559,157
Housing Grants	1,009,647
Help Me Grow Coordination	50,682
Other Grants & Misc. Income	61,824
<b>Total</b>	<b>\$6,850,267</b>

## Expenditures FY 2015



Mental Health Services	\$2,729,438
Addictions Prevention & Treatment	902,950
Housing	1,009,647
Supportive Housing Services	319,818
Administrative & Community Support	821,494
Children's Programs	270,543
Contracted Professional Services	137,639
Criminal Justice Linkages	175,325
Drop-In Center	63,049
Guardianship Services	45,562
Crisis, Information/Referral	39,238
Community Organizations & Education	61,168
<b>Total</b>	<b>\$6,575,871</b>

### Board of Directors

**Virginia Pasha**

President

**Teresa Massucci**

Vice President

**Dr. Philip Maiden**

Treasurer

**Valerie Flanigan**

Recording Secretary

**Charles Baldwin**

**Kathryn DiCristofaro**

**Rev. Nicholas Furrrie, Jr.**

**James Luonuansuu**

**Vincent Peterson**

**Thomas Scarnecchia**

**Dr. Ralph Snelson**

**David Spies**

**Jessie Swegan**

**Judith Toles**

**Nancy Werner**

**Lori Witt**

**John Wilson**

### Staff

**April J. Caraway, MS Ed, LSW**

Executive Director

**John Myers, Jr., PhD**

Director of Planning & Evaluation

**Janet Weisberg, MBA, CPA**

Director of Finance

**Iiona Roth-Cohn, LISW-S**

Director of Programs & Care Management

**Lauren Thorp, PC, OCPS II**

Director of Recovery & Youth Programs

**Brian Draa, BA**

Accountant

**Linda Parise**

Enrollment Specialist/HMG

Central Coordinator

**Margie Alexander, BS**

Family and Children First Council Coordinator

**Laura Domitrovich, MSSA, LSW**

Children's Program Coordinator

### Independent Contractors

**Linda Blum, MS, LSW**

Behavioral Health Navigator

**David Chiarella, PhD**

Chief Clinical Officer

**Tracie Fugitt, MCSE**

InformationTechnology

**Atty. Brendan Keating**

Legal Consultant

**Jill Lewis, BS**

Public Education & Awareness Consultant

**Toni Notaro, PCC-S**

Clinical Compliance Auditor

# Highlights

## Mental Health Initiatives

The Tri-County Anti-Stigma Campaign continued in FY2015. This is a community education initiative created and supported by the Trumbull, Mahoning and Columbiana County Mental Health and Recovery Boards. Our message, “Stop the Judgement, Start the Healing,” was portrayed in commercials, on-air interviews with WKBN, and during a “Call the Counselor” Event in May during Mental Health Awareness month. One hundred and fifteen callers received help during our three-hour event, up from seventy-eight in the previous year.

In FY2015, the Ohio National Alliance on Mental Illness recognized the Trumbull County Mental Health and Recovery Board as “Board of the Year” for our partnership and service on both the state and local levels. This was a tremendous honor for the Board and we remain committed to our partnership with NAMI as we fight for the rights of those struggling with depression, suicidal thoughts and other issues and their family members. Locally, we are thrilled with the new Board and leadership of NAMI Mahoning Valley. NAMI–MV serves Trumbull and Mahoning Counties and has increased services to Trumbull County residents through additional trainings and support groups and services to our Salvation Army Drop In Center’s participants and other programs.

Our partnership with ValleyCare Trumbull Memorial Hospital and Coleman Professional Services has continued as our Board ensures that individuals in crisis receive assessments and assistance 24 hours a day, 365 days a year. Persons in a mental health or addiction crisis can receive help in the hospital’s emergency room, at Coleman’s Access Center, or by calling Help Hotline at 211, day or night. We are very grateful for the staff at Trumbull Memorial Hospital and our local law enforcement and Emergency Medical Technicians who are often the first line of support for persons with severe and persistent mental illnesses, suicidal ideation or devastating addiction. Without our community partnerships, more people would be lost to the brain diseases impacting their lives.

## Gambling Prevention and Treatment

In FY2015, the Trumbull County Mental Health and Recovery Board received \$68,072 for gambling prevention and treatment from the Ohio Department of Mental Health and Addiction Services' Problem Gambling and Addictions Fund. This fund was created by Ohio Constitution Article 15, Section 06, which states that two percent of the tax on gross casino revenue shall be distributed to a state problem gambling and addictions fund, which shall be used for the treatment of problem gambling, substance abuse and related research.

It is the responsibility of the Trumbull County Mental Health and Recovery Board to provide education about problem gambling especially because of Trumbull County’s close proximity to a Racino. In FY2015, the Board utilized its Problem Gambling and Addictions allocation to provide treatment for residents who were unable to pay for services and to continue its public awareness campaign, encouraging Trumbull County residents to gamble responsibly and seek treatment if they need help.



One of the billboards used in the Trumbull County Mental Health & Recovery Board's Responsible Gambling Campaign.

# Highlights



Alliance for Substance Abuse Prevention

## **ASAP Opiate Task Force Continues to Grow in 2015**

As the opiate epidemic continues to devastate the lives of many Trumbull County residents, the ASAP Opiate Task Force, under the coordination of the Trumbull County Mental Health and Recovery Board, has continued to build momentum and facilitate initiatives to create change and generate hope. In April, ASAP leaders took part in a meeting with state leaders, local law enforcement, school officials and treatment providers to build on ASAP's strategic plan and develop new community initiatives. As a result, over 100 Trumbull County educators, in partnership with the Trumbull County Educational Service Center, attended a day-long drug and alcohol prevention training. ASAP also hosted Trumbull County's first Opiate Summit in FY2015. Tom Coderre, Senior Advisor to the Administrator at the Substance Abuse Mental Health Services Administration (SAMHSA), provided the keynote address to an audience of 200 addiction treatment and prevention providers, nurses, psychologists and community advocates. Trumbull County Coroner and Forensic pathologist, Dr. Humphrey Germaniuk, also provided information along with Dr. Nykolai Pidhorodeckyj from Glenbeigh.

In FY2015, ASAP hosted its second annual Hope for Recovery event, providing education and support to over 100 family members and friends of people in recovery or in active addiction, and the second Annual Recovery Rally and Walk in downtown Warren. ASAP also partnered with TAG (Trumbull-Ashtabula Group) Law Enforcement Task Force on its tenth and eleventh drug take back days. Approximately 80,000 pills were collected during the two events. Membership in the ASAP Opiate Task Force is open to anyone interested in reducing drug abuse and promoting recovery in Trumbull County.

## **TCMHRB Increases Programs to Respond to the Heroin Epidemic**

During FY2015, Trumbull County experienced 76 unintentional overdose deaths compared to 48 in FY2014. The number of Trumbull County residents seeking treatment for an opioid use disorder during this same period increased by 21% and the cost to treat them increased 18%. In order to meet the growing demand for drug and alcohol rehabilitation services, Trumbull County Mental Health and Recovery Board has increased its number of contracts with detoxification and short term residential treatment providers and built new partnerships to address the community need. As the Statewide movement to build Recovery Oriented Systems of Care kicked off, Trumbull County Mental Health and Recovery Board demonstrated its endorsement by supporting recovery housing providers.

During FY2015, Trumbull County Mental Health and Recovery Board also entered into a partnership with the Trumbull County Combined Health District to begin Project DAWN, a community-based drug overdose education and naloxone distribution program. Naloxone is used to treat a narcotic overdose in an emergency situation by blocking or reversing the effects of opioid medication and heroin. The program is administered by the Health District with financial support and resources provided by the Trumbull County Mental Health and Recovery Board. Two drug overdose reversals were documented through the use of Project DAWN kits in the first six months of the program. As the heroin epidemic continues in the County, Trumbull County Mental Health and Recovery Board continues to seek out new and innovative ways to save the lives of our most valuable resource, our residents.

# Highlights

## **Trumbull County Family Wraparound**

State Fiscal Year (SFY) 2015 was a record breaking year for Trumbull County Family Wraparound, an initiative of the Trumbull County Family and Children First Council, with nearly 100 families enrolled in this strength-based planning process. The Trumbull County Mental Health and Recovery Board has been a strong supporter of this process since it first came to Trumbull County, just over 20 years ago. The Board contributes to the Wraparound Pooled Fund, a key element in the ongoing success of this program. The Children's Program Coordinator of the Board maintains Wraparound enrollment for the county and is in charge of fidelity monitoring. She also offers group and individual coaching to Wraparound facilitators, and provides trainings throughout the Northeast Ohio Region.

Wraparound has gained momentum and attention throughout the state. The Ohio Department of Mental Health and Addiction Services, in collaboration with Ohio Family and Children First Council, has implemented ENGAGE (Engaging the Next Generation to Achieve their Goals through Empowerment) Wraparound, a statewide initiative made possible by a 4 Year System of Care Expansion Implementation Grant from SAMHSA. ENGAGE-Wraparound is geared toward youth and young adults ages 14-21, with mental health challenges and complex needs. Trumbull County was chosen to join the first cohort of 21 counties, given its experience and readiness with implementing High Fidelity Wraparound. In SFY 2015 Trumbull County had 12 facilitators trained in the model. The Children's Program Coordinator of the Board was designated as Trumbull County's lead contact for ENGAGE, and invited to become a statewide Wraparound Coach. Trumbull County Family Wraparound continues to be a model for success.

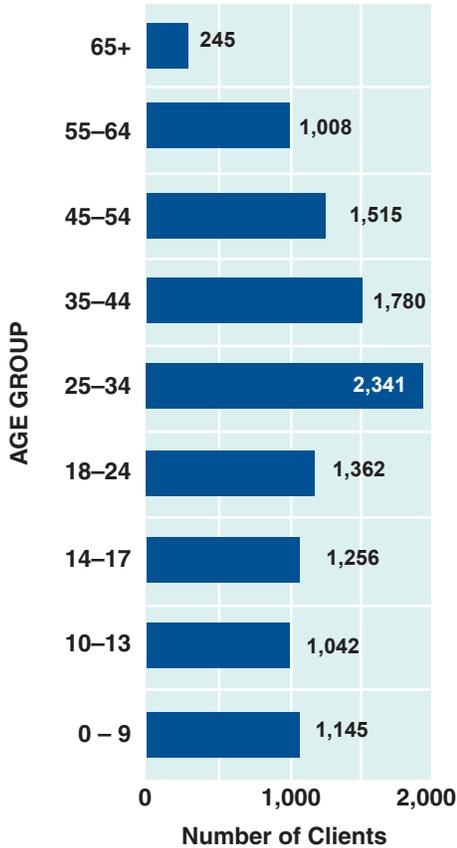
## **Inaugural Trumbull County Kindergarten Transition Fair**

FY2015 marked the 4th year of the Trumbull County Social and Emotional Kindergarten Readiness Program, funded by the Trumbull County Mental Health and Recovery Board. The highlight this year was the Inaugural Trumbull County Kindergarten Transition Fair, held on February 7, 2015 at the Eastwood Mall in Niles. This fun and educational event provided kindergarten transition support to nearly 200 children and their families, representing 19 Trumbull County schools. The fair featured ten interactive learning stations, each aligned with the Ohio Early Learning Content Standards. It was open to all Trumbull County children entering kindergarten in the fall of 2015. Representatives from 15 school districts and the Trumbull County Educational Service Center were on site to meet the children and answer families' questions about kindergarten readiness and registration. An additional 24 community partners joined together to make this event possible. Psycare, Inc. provided leadership in engaging new community partners and coordinating this event. Research shows that kindergarten transition activities benefit children in a variety of ways, including improved academic achievement and school behavior, and increased social and emotional competency. Opportunities such as the Kindergarten Transition Fair help to balance the school preparation gap across socioeconomic status, and foster relations between families, schools and communities.

**"Don't be afraid to stand for what you believe in,  
even if that means standing alone." – Andy Biersack**

# Client Profile 11,691 Clients

## Age Grouping



## Diagnoses for Adults

	Number of clients*
1. Depressive Disorders	2,801
2. Bipolar Disorders	2,363
3. Anxiety Disorders	1,262
4. Opioid Use Disorders	956
5. Psychotic Disorders	789
6. Post-Traumatic Stress Disorders	449
7. Adjustment Disorders	417
8. Alcohol Use Disorders	350
9. Cannabis Use Disorders	255
10. Attention Deficit Disorders	243

## Gender

Female – 6,141 clients 52.51%  
 Male – 5,555 clients 47.49%

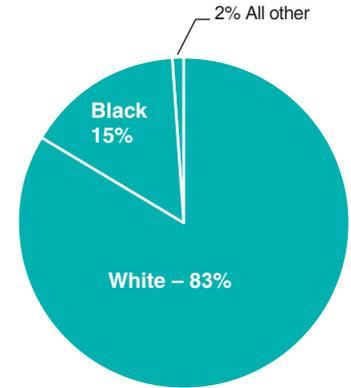
## Race

	Number of clients
White	9,395
Black	1,692
Other	267
Unknown	267
Hispanic	43
Asian	17
American Indian	7
Multi-Racial	3

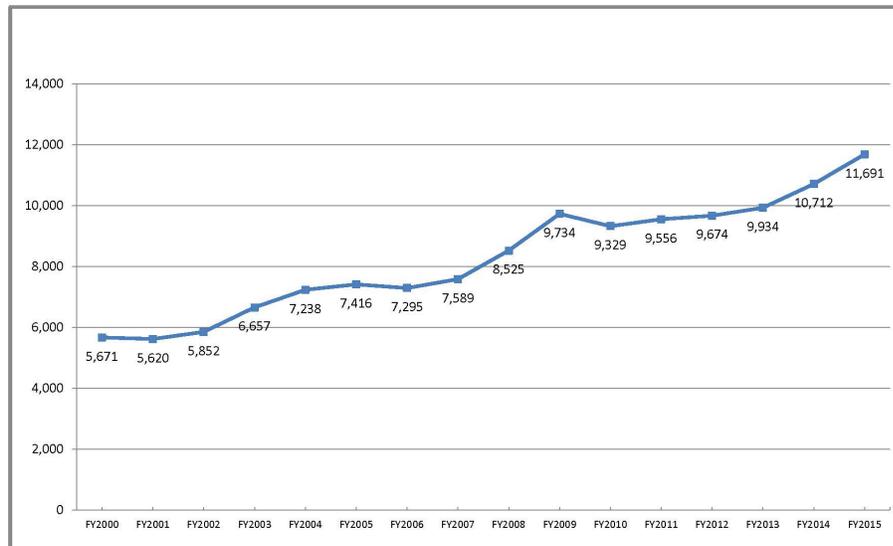
## Diagnoses for Children

	Number of clients*
1. Attention Deficit Disorders	1,026
2. Conduct Disorders	823
3. Bipolar Disorders	704
4. Adjustment Disorders	649
5. Depressive Disorders	448
6. Anxiety Disorders	301
7. Post-Traumatic Stress Disorder	280
8. Pervasive Developmental Disorders	151
9. Cannabis Use Disorders	58
10. Impulse Control Disorders	39

\*Total diagnoses for adults and children exceed our total number of clients due to a significant number of clients with multiple diagnoses.



## Persons Served in Treatment Services FY 2000-2015 (FY2015 total is preliminary)



## Partnerships / Agencies / Collaboration

The Trumbull County Mental Health and Recovery Board is grateful to its many partners who provide quality services to the residents of Trumbull County.

### Contract Agencies

Coleman Professional Services  
Community Solutions Association/A program of Compass  
Family & Community 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/Humility of Mary Health Partners  
Meridian Community Care  
Neil Kennedy Recovery Clinic  
Northcoast Behavioral Healthcare  
ONE Health Ohio  
PsyCare, Inc.  
Ravenwood Mental Health Center  
Salvation Army  
St. Joseph's New Start Treatment Center  
SUMMA Health System  
ValleyCare/Trumbull Memorial Hospital  
Turning Point Chemical Dependency Treatment Center  
Turning Point Counseling Services  
Valley Counseling Services

### Community Partners

Area Agency on Aging 11  
Belmont Pines Hospital  
Catholic Charities  
Columbiana County Mental Health & Recovery Services Board  
Mahoning County Mental Health & Recovery Board  
Mahoning/Trumbull Recovery Project  
Mahoning Valley Consortium for Early Care & Education  
Mahoning Valley Early Childhood Planning Group  
Mahoning Valley NAMI  
Mahoning Valley Organizing Collaborative  
Northeast Ohio Children's Consortium  
Ohio Association of County Behavioral Health Authorities  
Trumbull Advocacy & Protective Network  
Trumbull County Board of Developmental Disabilities  
Trumbull County Bridges Out of Poverty Steering Committee  
Trumbull County Child Assault Prosecution Unit  
Trumbull County Child Fatality Review Board  
Trumbull County Children Services  
Trumbull County Commissioners  
Trumbull County Community Corrections Planning Board  
Trumbull County Disaster Preparedness Teams  
Trumbull County Domestic Violence Task Force  
Trumbull County Family & Children First Council  
Trumbull County Family Dependency Treatment Court  
Trumbull County Drug Court  
Trumbull County Family Court  
Trumbull County Family Wraparound Oversight Committee  
Trumbull County Housing Collaborative  
Trumbull County Juvenile Drug Court  
Trumbull County Human Services Planning Committee  
Trumbull County Adult Justice Center  
Trumbull County Probate Court  
Trumbull County Suicide Prevention Coalition



4076 Youngstown Road S.E., Suite 201 | Warren, Ohio 44484  
Phone: (330) 675-2765 | Fax: (330) 675-2772 |  
[www.TrumbullMHRB.org](http://www.TrumbullMHRB.org)