



TRUMBULL COUNTY  
**Mental Health and Recovery Board**

Annual Report  
FY 2017

“Never doubt that a small group of committed people can change the world; indeed, it’s the only thing that ever has.”

- Margaret Mead

July 1, 2016 to June 30, 2017

## A Message from the Executive Director

The top story in fiscal year 2017 was the opiate epidemic. Our media partners, on an almost daily basis, highlighted a story about the opiate epidemic devastating our valley. At first, the most frequently asked question was “why”? Why Trumbull County? Why my child? Why is this happening? After the “why’s”, “what” was a close second. What can we do? What will make an impact? What will slow down this horrible epidemic? Finally, “when” became a constant question. When are the deaths going to end? When will our first responders get a break? When will all of the strategies being implemented make a difference?

State and local data from 2016 indicate that laws to reduce doctor prescribing did make an impact. Deaths from prescription drugs continued to decline. However, deaths from synthetic fentanyl, in its many forms, have skyrocketed. That’s what many don’t understand about the disease of addiction. You can reduce the supply of pills, but the addiction has already taken hold. The move to heroin, and fentanyl, is swift and easy. The drugs are available in every community and the cost to produce them is at an all-time low. That makes the supply and demand a deadly combination.

In order to stop this epidemic, we have to stop new users from ever starting. The Board continues to invest in prevention programs in the schools, in education and marketing that addiction is a disease, and in treatment and recovery. We also continue to build partnerships with law enforcement, the medical community, faith-based groups and so many others. We do all that we can to support one another, to provide hope and resources to get through another day.

I don’t know anyone who hasn’t been touched by this epidemic in some way. For those of you who have stepped up, showed up and reached out to make a difference, thank you. Thank you on behalf of the children who have lost a parent; or parents who have buried a child. Thank you on behalf of the person living in recovery because they received the medical care and the help that they needed. And, for those who have made it to recovery, thank you for giving back to another in need. Isn’t that why we are all here anyway?

Sincerely,



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.

## Highlights

### TCMHRB Marks Its 200th CIT Graduate

Crisis Intervention Team (CIT) training programs are local initiatives designed to improve the way law enforcement responds to people experiencing behavioral health crises. They 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 fourteenth training was held in October, 2016. Twenty-one officers completed the five-day training, including eight from Warren City; four from the Trumbull County Sheriff's Office; two each from Howland, Hubbard, and Liberty Townships; and one each from Hubbard City, Girard City, and Brookfield Township, along with a dispatcher from the Trumbull 911 Center. A total of 201 police and corrections officers from 28 jurisdictions have completed the training since the program began in 2006. This total includes 55 officers from Warren City, 30 from the Sheriff's Office, 19 from Howland, 15 from Hubbard Township, 12 from Liberty, and 10 from Hubbard City. 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. FY2017's training was financially supported by a generous grant from the Ohio Chapter of the National Alliance on Mental Illness (NAMI). For more information, call 330-675-2765, ext. 110.



### Mental Health First Aid

Mental Health First Aid (MHFA) 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. Just like CPR, Mental Health First Aid participants are taught a five-step action plan to prepare them for interacting with someone experiencing a mental health problem or crisis.

Since 2013, 13 trainings have occurred, certifying 230 people. This year, the Tribune Chronicle recognized the program with an "Orchid Award." One participant surveyed wrote, "I now feel more sensitive to those who have mental health issues and feel better prepared to jump in and get help for those who ask for it, or those who may not know who to contact for help."

For more information call 330-675-2675, ext. 114.

## Highlights

### ASAP: The Alliance for Substance Abuse Prevention Opiate Task Force

The Trumbull County Mental Health and Recovery Board continued to serve as the administrative agent for ASAP (the Alliance for Substance Abuse Prevention) in FY 2017. The Board provides support to ASAP by funding the project director and coalition coordinator positions as well as numerous projects and events. All Board staff play a role in the organizational management of ASAP and they and Board members are very active at all ASAP events.

Four Trumbull County events occurred, thanks to a grant from the Mercy Health Outreach Program. At the ASAP Summer Track Meet 189 youth, from 27 school districts, received drug prevention education and participated in the event. McDonald and Warren track teams played key roles in making the day a success! ASAP coordinated its 4<sup>th</sup> Annual Recovery Rally and Walk in September of 2016. Nearly 500 walkers and 100 volunteers attended to celebrate recovery in our Community. The Recovery Rally and Walk aims to stop the generational cycle of addiction by providing hope and proving that treatment works and people do recover.

Two community education events also occurred - the 4<sup>th</sup> Annual Hope for Recovery and 3<sup>rd</sup> Annual ASAP Drug Summit. Hope for Recovery was attended by over 300 family members and friends of a person with an addiction. Attendees learned about the science of addiction, the importance of self-care and heard stories from those in recovery. Thirty-four agencies provided resources to participants. Finally, 194 addiction professionals received training on modern evidence-based practices to employ when treating the disease of addiction.

ASAP provides resources to schools, community and faith based groups. Membership in ASAP is open to anyone interested in reducing drug abuse and promoting recovery in Trumbull County. Call 330-675-2765 ext. 119 for more information.



## Highlights

### Trainings

October 2016	Crisis Intervention Team (CIT) Training for law enforcement Twenty-one officers attended the 5-day program.
October 18, 2016	Family and Children First Council's County-Wide Orientation
January 13, 2017	Mental Health First Aid Training A public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews appropriate supports.
January 17, 2017	Family and Children First Council's County-Wide Orientation
February 7, 2017	PAX Good Behavior Game Orientation for School Administrators; PAX Good Behavior Game Orientation for Community Stakeholders An overview was presented about the classroom based preventive intervention that gives teachers the skills and strategies to create nurturing environments in their classrooms.
March 8, 2017	High Fidelity Wraparound Training for Supervisors Team based planning process used to develop plans of care that are individualized based on the strengths and culture of children and their families.
March 28, 2017	Trumbull County Health Officer Training Training for clinicians on Ohio law and emergency hospitalization
April 18, 2017	Family and Children First Council's County-Wide Orientation
May 5, 2017	ASAP (Alliance for Substance Abuse Prevention) 2017 Drug Summit Annual conference attended by 194 drug and alcohol professionals
May 9, 2017	Compassion Fatigue/Self-Care Training Presentation for Trumbull Memorial Hospital's emergency department nursing staff
June 7, 2017	ASAP (Alliance for Substance Abuse Prevention) Orientation Overview of ASAP, including the coalitions history, mission, goals and strategic plan
June 14, 2017	High Fidelity Wraparound Training for Facilitators
June 15, 2017	The wraparound process is a way to improve the lives of children with
June 19, 2017	complex needs and their families. It is not a program or type of service, but a team based planning process used to develop plans of care that are individualized based on the strengths and culture of the children and their family.
June 14, 2017	Understanding and Intervening with Persons Experiencing Mental Health or Addiction Related Crises Training of 63 Corrections Officers from the Trumbull County Jail
June 26, 2017	PAX Good Behavior Game Training for Educators PAX Good Behavior Game is a classroom-based preventive intervention that gives teachers the skills and strategies to create nurturing environments in their classrooms by teaching self-regulation, co-regulation, and group –regulation throughout their daily instruction.

## Highlights

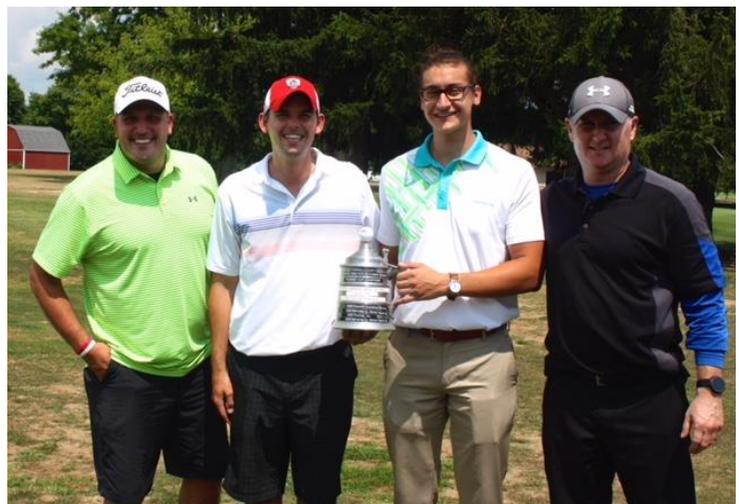
### School Based Prevention Services

Prevention is a major priority of the Trumbull County Mental Health and Recovery Board. Investing in evidence-based programming can prevent or reduce future substance abuse issues and mental illness. In Fiscal Year 2017, the Board expanded prevention efforts and funded services in 19 out of 21 Trumbull County school districts, our most comprehensive coverage to date. The Board continued their new model for Alcohol, Tobacco and other Drug Prevention, in which a Certified Prevention Specialist is embedded within the school district, providing a minimum of 4 hours of service per week. Prevention specialists from three contract agencies implemented evidence-based curriculum (i.e. Too Good for Drugs, Project Alert and LifeSkills) in the classrooms, organized and supported youth-led groups (PANDA Leaders Club, Mahoning Valley Teen Institute and Our Voices Matter), and provided professional training and consultation. TCMHRB also continued the expansion of resiliency-based mental health prevention, centered on the Search Institute's Developmental Assets framework. For more information about prevention services call 330-675-2765 ext. 111.

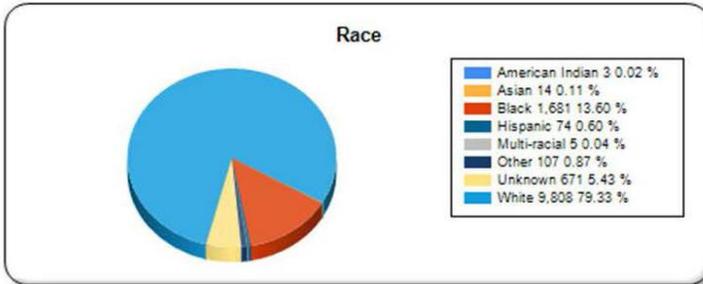
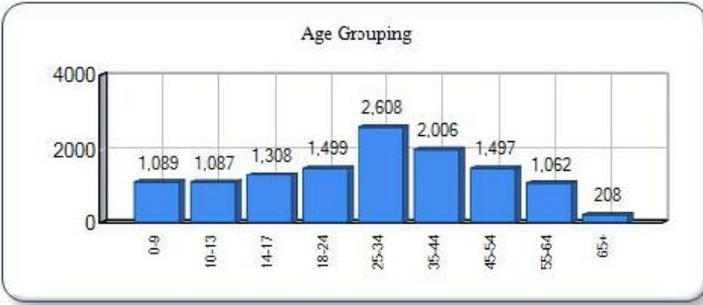


### Golf Outing

The Trumbull County Mental Health and Recovery Board held its 19th Annual Golf Outing on July 29, 2016. Eighty-four golfers participated in the event and over \$8,000 was raised for the Friends of the Trumbull County Mental Health and Recovery Board levy campaign. The golf outing is the only fundraiser to aid the Board's Levy campaign, ensuring access to mental health and recovery supports for Trumbull County residents. Congratulations to the Rich O'Donnell Landscaping team who came in first place, shooting a 16 under par, tying the tourney record.



# Client Profile 12,363 Clients received behavioral health services at contracted agencies



### Gender

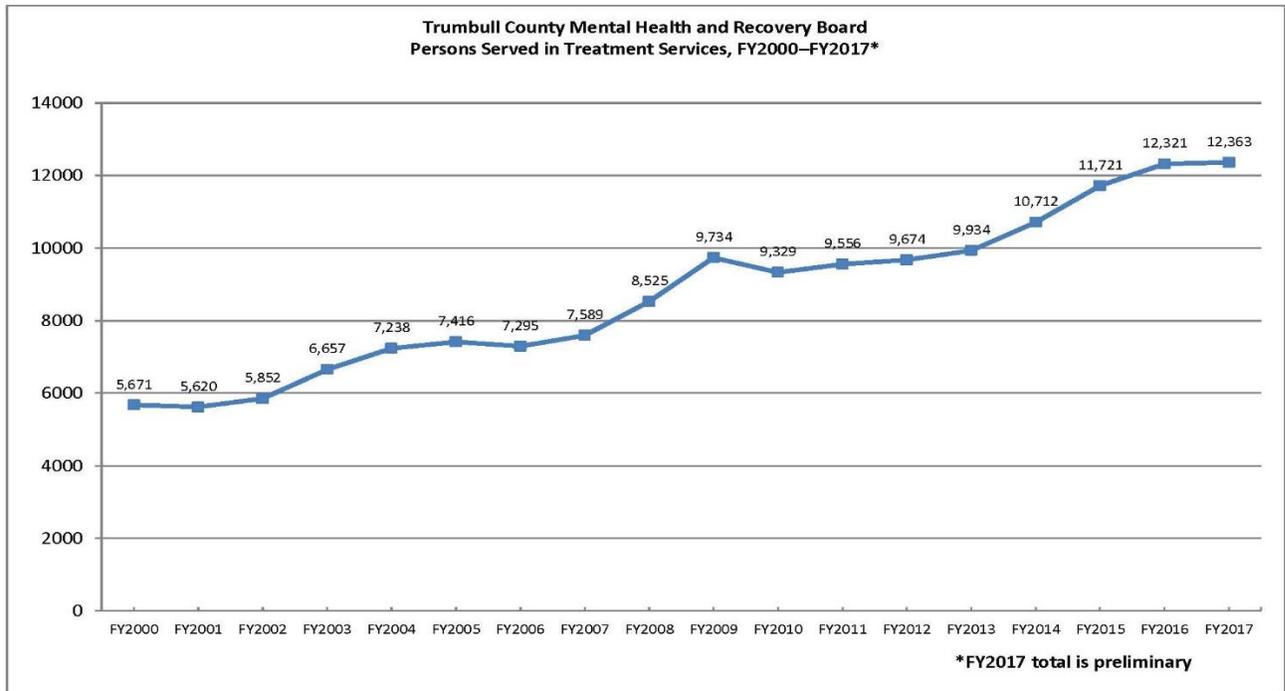
Female - 6,522 \_\_\_\_\_ 52.73%  
 Male - 5,846 \_\_\_\_\_ 47.27%

### Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	3,018
Bipolar Disorders	2,181
Opioid Use Disorders	1,583
Anxiety Disorders	1,516
Schizophrenia	716
Post-traumatic Stress Disorder	699
Alcohol Use Disorders	468
Adjustment Disorders	447
Attention-Deficit Disorders	365
Cannabis Use Disorders	327

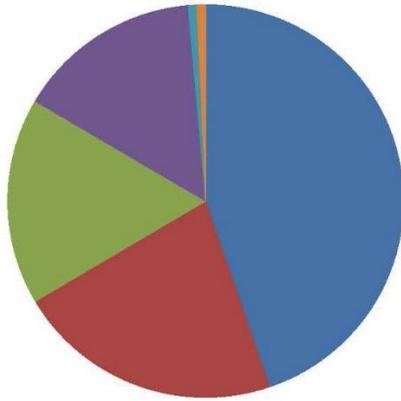
### Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	1,130
Conduct Disorders	735
Adjustment Disorders	713
Bipolar Disorders	619
Depressive Disorders	600
Post-traumatic Stress Disorder	433
Anxiety Disorders	324
Pervasive Dev. Disorders	194
Delirium	96
Somatoform Disorders	91



# Financial Statement

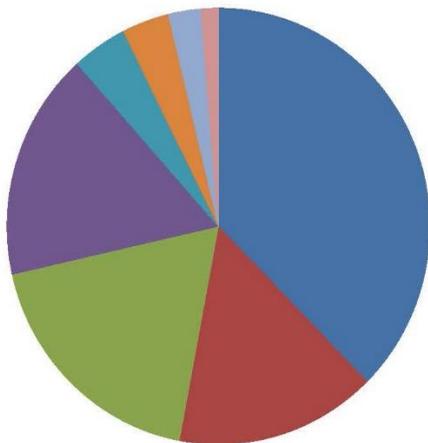
## Revenues FY 2017



- Levy
- Addition Prevention & Treatment
- Mental Health Services
- Housing Grants
- Help Me Grow Coordination
- Other Grants & Misc. Income

Levy	\$3,167,051
Addiction Prevention & Treatment	\$1,537,896
Mental Health Services	\$1,203,860
Housing Grants	\$1,068,388
Help Me Grow Coordination	\$ 50,682
Other Grants & Misc. Income	\$ 49,250
<b>Total</b>	<b>\$7,077,127</b>

## Expenditures FY 2017



- Mental Health Services
- Addition Prevention & Treatment
- Housing and Supportive Services
- Administrative and Community Services
- Criminal Justice and Jail Services
- Services for Children and Adolescents
- Contracted Professional Services
- Help Hotline and Consumer Drop In Center

Mental Health Services	\$2,488,900
Addiction Prevention & Treatment	\$1,017,651
Housing & Supportive Services	\$1,224,551
Administrative & Community Services	\$1,119,768
Criminal Justice & Jail Services	\$ 279,428
Services for Children & Adolescents	\$ 238,473
Contracted Professional Services	\$ 164,582
Help Hotline & Consumer Drop-In Ctr	\$ 87,000
<b>Total</b>	<b>\$6,620,353</b>

## Board of Directors

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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 & Children First Council Coordinator  
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Lana Hennings, MHA, Program 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

Catholic Charities Regional Agency  
Churchill Counseling Services  
Coleman Professional Services  
Compass Family and Community Services  
Family and Community Services/Valley Counseling Services  
Family and Senior Support Services  
Forensic Psychiatric Center of NE Ohio  
First Step Recovery of Warren  
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/Child and Family Solutions  
Mercy Health  
Meridian HealthCare  
National Alliance on Mental Illness (NAMI) Mahoning Valley  
Neil Kennedy Recovery Centers  
New Day Recovery  
Newton Falls Treatment Court  
Northcoast Behavioral Healthcare  
ONE Health Ohio  
Ohio Recovery Housing Certified Recovery Houses  
PsyCare, Inc.  
Ravenwood Health  
Sahara Club II  
SUMMA Health System  
Steward Health Care/Trumbull Regional Medical Center  
The Salvation Army  
Trumbull County Family Dependency Treatment Court  
Trumbull County Jail  
Turning Point Chemical Dependency Treatment Center  
Turning Point Counseling Services



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