



TRUMBULL COUNTY  
**Mental Health and Recovery Board**

**Annual Report**  
**FY 2019**

**“If you are working on something that you really care about, you don’t have to be pushed.**

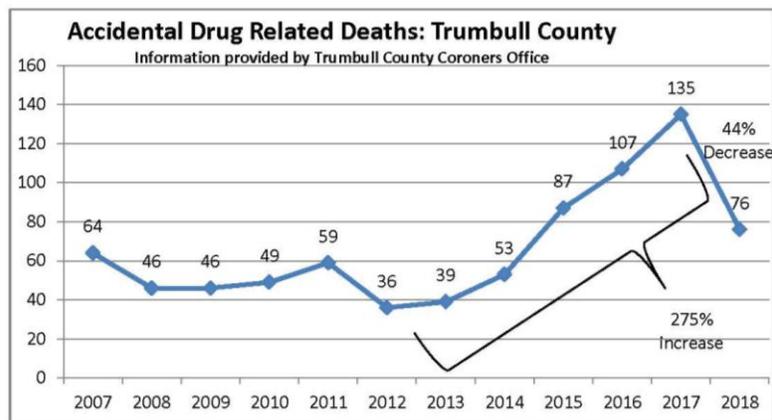
**The vision pulls you.”**

- Steve Jobs

July 1, 2018 to June 30, 2019

## A Message from the Executive Director

In fiscal year 2019, the Trumbull County Mental Health and Recovery Board of Directors and staff strengthened partnerships and strategic alliances in the areas of prevention, treatment and recovery supports. The Board and our partner agencies saw an increase in the acuity and overall needs of residents with mental health and addiction issues. The opiate epidemic continued, but, due to prevention and intervention initiatives across the sectors, Trumbull County experienced a 44% decline in overdose deaths from 2017. Ours was one of the top counties in the state to reduce overdose deaths.



Our recovery community continues to grow as people receive treatment and supports to overcome the devastating disease of addiction. Trumbull County compassionately helps people with mental health and substance use issues to receive treatment and services that make recovery possible. People in recovery then pass along hope and a helping hand to the next person who needs it. My goal and my mission is to eliminate the stigma that stops people from getting the help that they need. I so much appreciate those of you who share my mission and help show others that treatment works and people can and do recover.

Sincerely,



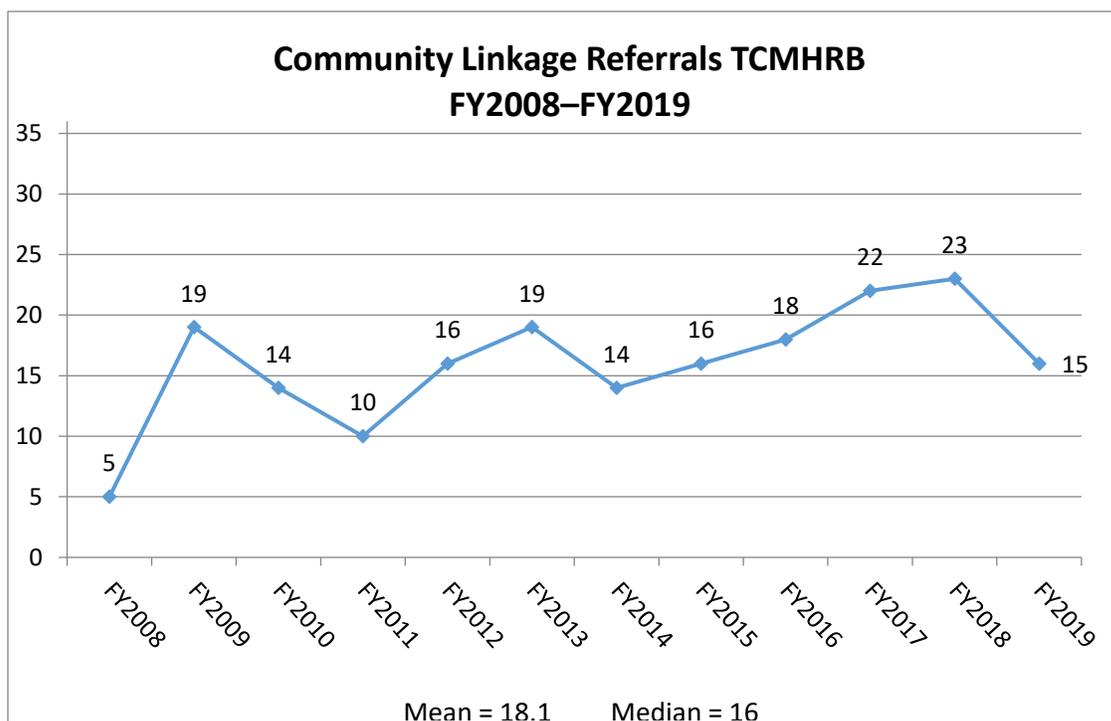
**The mission of the Trumbull County Mental Health and Recovery Board is to improve the well-being of our community by establishing and maintaining a person-centered, recovery-oriented system of mental health and addiction services in Trumbull County.**

## Highlights

### Community Linkage Program

The Trumbull County Mental Health and Recovery Board assisted with 15 community linkage referrals in 2019. Community Linkage is a program developed by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) to help inmates with behavioral health issues better reintegrate into the community. The goal is to schedule assessments at local behavioral health agencies for adult offenders diagnosed with mental health or addiction issues upon release from incarceration. Agency staff members from Coleman assist with scheduling counseling and medication appointments, applying for Social Security or Medicaid benefits and housing. Neil Kennedy Recovery Center staff schedule substance use disorder services as appropriate.

Since 2008, the Trumbull County Mental Health and Recovery Board has assisted with linking over 190 offenders with supportive services. By doing so recidivism and decompensation of persons with mental health and addiction issues are reduced.



## Highlights

### Crisis Intervention Team Training

Crisis Intervention Team 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 sixteenth training was held in October, 2018. Twenty officers completed the five-day training: six from the Trumbull County Sheriff's Office, four from Warren City, two each from Niles City and Newton Falls Village, and one each from Hubbard Township, Girard City, Cortland City, Bazetta Township, Heartland Behavioral Healthcare, Kinsman Township, and Northcoast Behavioral Healthcare. A total of 241 police and corrections officers from 31 jurisdictions have completed the training since the program began in 2006.

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. FY2019's training was financially supported by a generous grant from the Ohio Chapter of the National Alliance on Mental Illness (NAMI Ohio).

#### **Our CIT program has been recognized with a number of statewide awards:**

2007 CIT Coordinator of the Year  
Capt. Joseph Marhulik  
Warren City Police Department

2009 CIT Officer of the Year  
Capt. Toby Meloro  
Liberty Township Police Department

2017 CIT Program of the Year  
Ohio Dept of Rehab and Corrections  
Trumbull Correctional Institution<sup>1</sup>

2018 CIT Officer of the Year  
Lt. Dan Adkins  
Niles City Police Department



<sup>1</sup> CI was the first state correctional facility to hold CIT training. Several corrections officers had completed CIT training in Trumbull County and we also provided technical assistance to them.

# Highlights

## ASAP Coalition works to reduce substance abuse in our community

Complex problems, such as community drug abuse, require a collaborative response by treatment agencies, health care professionals, law enforcement, local government and others. This collaborative response is organized by the Alliance for Substance Abuse Prevention (ASAP), a project of the Trumbull County Mental Health and Recovery Board. This drug free community coalition works to end the substance abuse problems affecting our community today, so that future generations will not be impacted.

The Coalition’s first event of the fiscal year was the annual Summer Track meet held in July of 2018. The day combined a sporting event with prevention activities for 174 youth and their families. To celebrate September as National Recovery Month, the 5<sup>th</sup> Annual Recovery Rally hosted over 500 individuals and families impacted by substance abuse. In May of 2019, the Annual ASAP Drug Summit provided professional development for 228 nurses, counselors, prevention specialists and law enforcement officials. These ASAP events were funded by the Trumbull County Mental Health and Recovery Board, the Mercy Health Foundation and 21 event sponsors.

The coalition also continued its 9 year partnership with the Trumbull County Sheriff’s office on Operation: EMPTY Medicine Cabinet. Three drug take back days yielded a total of 403.5 pounds of medications. For the first time, the collection site was relocated to the Eastwood Mall with help from Mercy Health St. Joe’s at the Mall and the Eastwood Mall. This new location increased accessibility. Throughout the year over 1000 Detera medication disposal bags were distributed by coalition members. A direct mailing went to 8850 households in rural regions of the County promoting the permanent medication drop off location in their community. Magnets with safe medication disposal information were created and disseminated widely.

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.



Summer Track Meet



Rally for Recovery at Eastwood Field



ASAP Drug Summit at KSU Trumbull



Operation: EMPTY Medicine Cabinet

## Highlights

### **Board Supports a Continuum of School-Based Services**

School-based prevention services continue to be a major priority of the Trumbull County Mental Health and Recovery Board. In Fiscal Year 2019 TCMHRB allocated just over \$500,000 to fund school-based behavioral health services, including Early Childhood Mental Health (ECMH) Consultation, School Social Work, Mental Health Prevention, and ATOD Prevention. In all, the Board contracted with five provider agencies to serve educators, students and caregivers from sixteen Trumbull County school districts and twenty-one preschools/childcare centers. ECMH consultants from three provider agencies delivered center-based and child/family-focused consultation to 593 children (ages 0-6) and 84 teachers.

TCMHRB also contracted with Homes for Kids/Child and Family Solutions to provide Mental Health Prevention and School Social Work services in ten Trumbull County School Districts. This resiliency-based programming incorporated the Search Institute's 40 Developmental Assets framework as well as Trauma Informed Care principles. The addition of School Social Workers has been very well-received by local school districts and has helped provide that critical link between home, school and community. Certified Prevention Specialists from Compass Family and Community Services and Meridian HealthCare delivered Alcohol, Tobacco and Other Drug (ATOD) Prevention Services in twelve Trumbull County School Districts. They implemented evidence-based curriculum (Too Good for Drugs and Botvin Lifeskills) in the classrooms, and supported youth-led programming, including PANDA Leaders Club, Mahoning Valley Teen Institute (MVTI) and Our Voices Matter (OVM). For more information about school-based services call 330-675-2765 ext. 111.

### **Trumbull County Family and Children First Council**

The Trumbull County Mental Health and Recovery Board serves as the fiscal and administrative agent for the Trumbull County Family and Children First Council. The Council is a coalition of member organizations striving to ensure that families and children have access to programs and services to improve their daily lives. It does this by encouraging members to plan, partner and innovate. The Council sponsors or participates in many initiatives and projects that benefit the community including Early Intervention, High Fidelity Wraparound and Trauma Informed Care. This year, with support from One Health Ohio and the Butterflies and Hope Foundation, the Council was able to engage a community trauma educator to provide training and education about ACEs (Adverse Childhood Experiences) and resiliency.

The Council currently consists of approximately forty members, including parent representatives, who meet every other month to share information, talk about creative solutions to community concerns and learn about programs and services that are available for families in our community. 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 [familyfirsttrumbull.org](http://familyfirsttrumbull.org) and the Facebook page. Questions about the Council can be directed to the Council Coordinator at 330-675-2765 ext. 109.



## Highlights

### Opiate Fatality Review Committee

Trumbull County remains in the top 10 Ohio Counties experiencing unintentional fatal overdoses. Caucasian males between the ages of 31 and 45 years old are most at risk of dying from a drug overdose. The abuse of illicitly manufactured Fentanyl is the catalyst for the majority of unintentional overdose deaths in the County.

In 2016, the Trumbull County Opiate Fatality Review Committee was convened with our partners at the Trumbull County Combined Health District. The Committee reviews cases of overdose deaths to identify the circumstances surrounding the deaths and to develop and implement plans of prevention. The committee also developed a Trumbull County Opiate Action Plan. The plan is updated frequently to capture the changing needs in the County as well as the work being completed across stakeholder systems. The Opiate Fatality Review Committee has garnered state-wide attention for its collaborative efforts. Members from the health departments, law enforcement, child welfare, hospitals, the coroner's office and behavioral health treatment agencies have all displayed a strong commitment to reduce the number of unintentional overdoses in the County.

### Community Plan

Section 340.03 (A)(1)(c) of the Ohio Revised Code states that ADAMHS Boards shall "annually develop and submit to the Department of Mental Health and Addiction Services a community mental health and addiction plan" and that "eligibility for state and federal funding shall be contingent upon an approved plan." Guidelines for the latest Community Plan were issued by the Ohio Department of Mental Health and Addiction Services on May 28, 2019 with a due date of August 1, 2019. We submitted our Plan on July 17, 2019 and it was approved by OhioMHAS on September 5, 2019.

The Plan consists of five sections:

- Environmental Context
- Assessing Needs and Identifying Gaps
- Priorities
- Collaboration
- Inpatient Hospital Management

Highlights include our county's current condition regarding population loss, unemployment, poverty, and health indicators; our work with Health Districts in the county on their Community Health Needs Assessment and Community Health Improvement Plan projects; identification of priorities and outcome measurements; and our extensive collaborations with organizations and systems both in the county and beyond its borders.

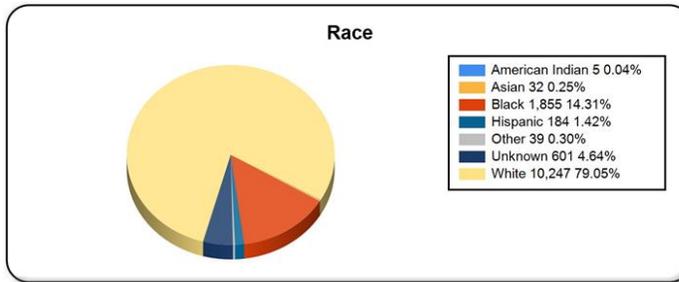
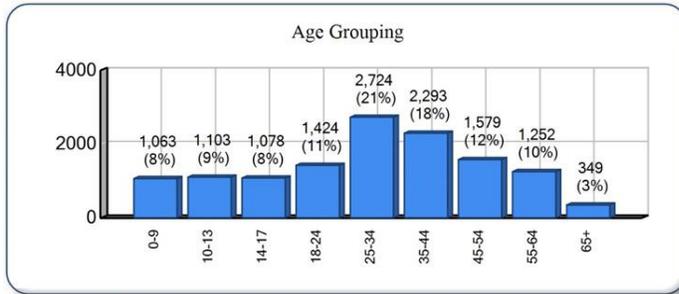
The complete document and those for FY2017 and FY2018 are available on the TCMHRB's web site [www.trumbullmhrb.org](http://www.trumbullmhrb.org).

### Golf Outing winners

Twenty teams competed in the TCMHRB's 21st Annual Golf Outing on Friday, July 20, 2018 at Riverview Golf Club. Churchill Counseling's Team 2 walked off with the Tourney Cup for the second straight year. The Golf Outing is the only fund-raising event to support our *Friends of the TCMHRB's* levy campaign.



# Client Profile 12,963 Clients received behavioral health services at contracted agencies



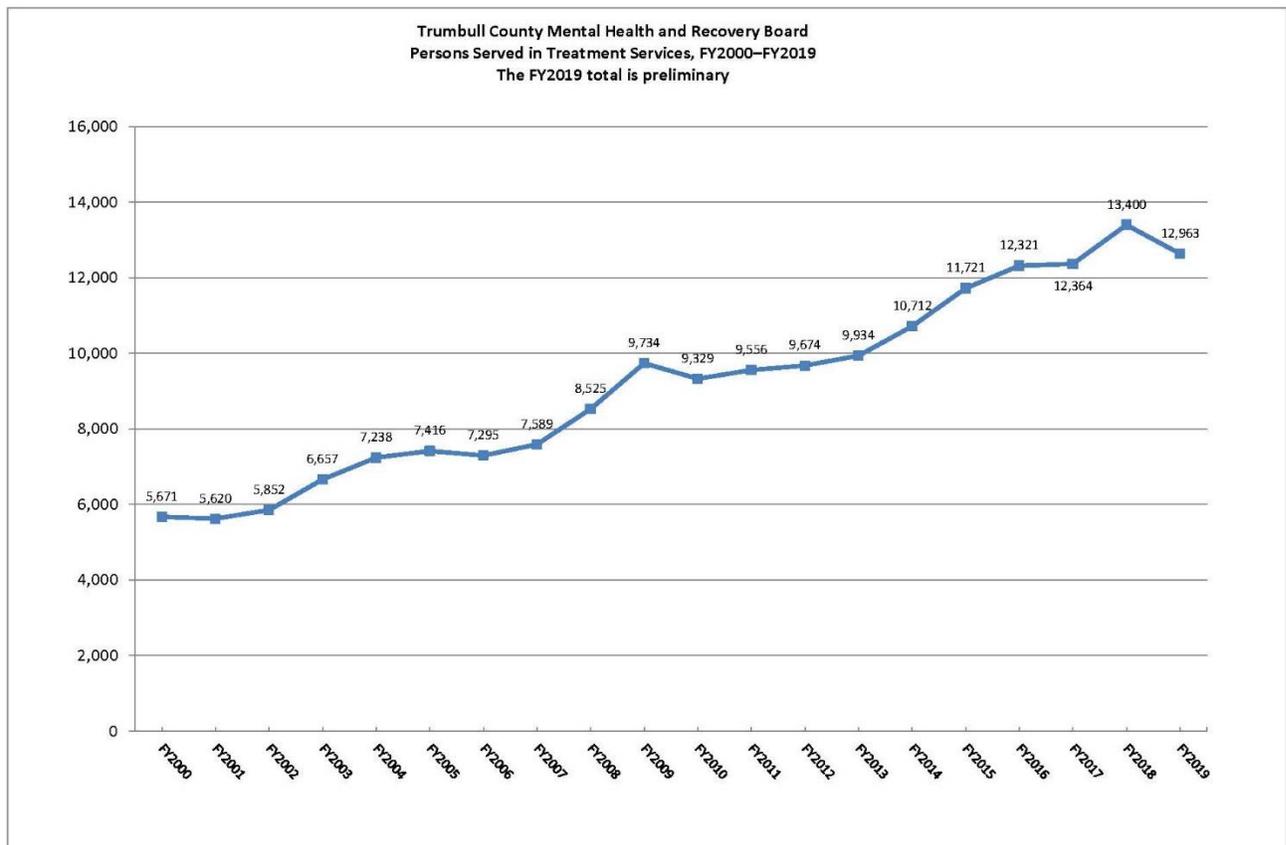
Gender	Number of Clients	Percentage
Female	6,900	53.22%
Male	5,965	46.01%
Non-binary	100	0.77%

## Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	3,191
Bipolar Disorders	2,190
Anxiety Disorders	1,688
Opioid Use Disorders	1,596
Schizophrenia	886
Post-traumatic Stress Disorder	853
Alcohol Use Disorders	434
Attention-Deficit Disorders	430
Adjustment Disorders	400
Personality Disorders	338

## Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	1,066
Adjustment Disorders	748
Conduct Disorders	745
Depressive Disorders	542
Post-traumatic Stress Disorder	398
Anxiety Disorders	393
Bipolar Disorders	300
Pervasive Dev. Disorders	189
Personality Disorders	65
Impulse Control Disorders	35



## Trumbull County Suicide Prevention Coalition

The Trumbull County Suicide Prevention Coalition meets monthly to develop prevention strategies, review statistics and promote information sharing to reduce suicides in the county. Trumbull County deaths by suicide are highest within the middle-aged Caucasian male population and the most frequent method of death is by firearm. Based upon these statistics, the Suicide Prevention Coalition partnered with the National Shooting Sports Foundation/"Project ChildSafe," to obtain free gun locks to distribute to Trumbull County to gun owners. The coalition developed cards about the project as well as suicide prevention resource information, which are attached to each gun lock that is distributed.

Another initiative is publicizing the Mantherapy.org project. Through the Ohio Suicide Prevention Foundation, this website is free to users throughout Ohio. The site deals with issues by using humor and is targeted specifically to men. The website has various videos, questions and answers, and facts related to suicide, depression, anxiety, family issues, alcohol, divorce, and financial issues.

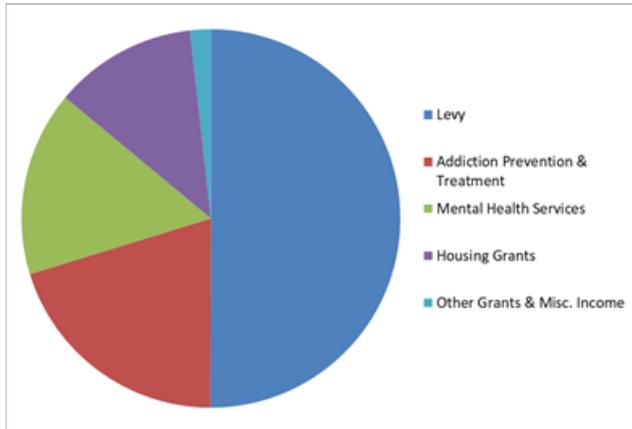
Another prevention activity, popular with adolescents, is the dissemination of information about the "Crisis Text Line". The Text Line provides free, confidential support via text, 24/7. To utilize the text line, the user types the keyword "4hope" to 741741 and a reply from a trained Crisis Counselor arrives within five minutes. The message is confidential, anonymous and secure. An algorithm reviews the text for severity and messages that are determined to be from someone at imminent risk are placed at the top of the queue.

For more information about the Trumbull County Suicide Prevention Coalition, call 330-675-2765 ext. 117.



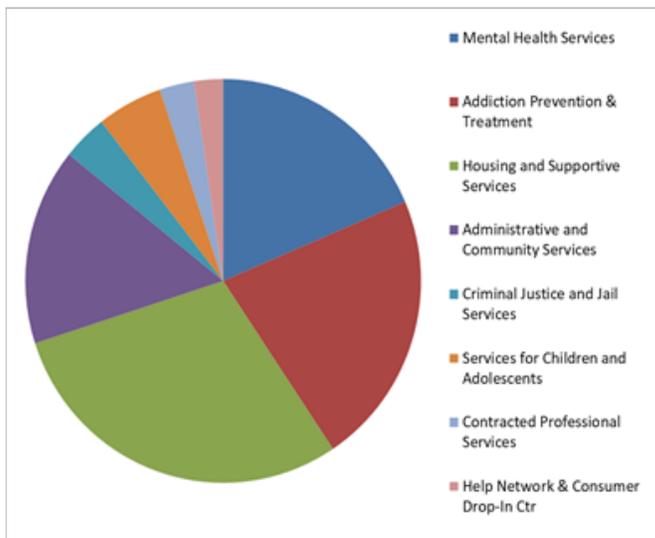
# Financial Statement

## Revenues FY 2019



Levy	\$3,220,312	50.1%
Addiction Prevention & Treatment	\$1,298,074	20.2%
Mental Health Services	\$1,016,151	15.8%
Housing Grants	\$ 783,720	12.2%
Other Grants & Misc. Income	\$ 114,077	1.8%
<b>Total</b>	<b>\$6,432,333</b>	

## Expenditures FY 2019



Mental Health Services	\$1,179,726	18.6%
Addiction Prevention & Treatment	\$1,399,162	22.0%
Housing & Supportive Services	\$1,863,672	29.4%
Administrative & Community Services	\$ 1,001,011	15.8%
Criminal Justice & Jail Services	\$ 233,291	3.7%
Services for Children & Adolescents	\$ 340,500	5.4%
Contracted Professional Services	\$ 178,120	2.8%
Help Hotline & Consumer Drop-In Ctr	\$ 150,800	2.4%
<b>Total</b>	<b>\$6,346,282</b>	

## Board of Directors

**John Wilson, President**  
**Virginia Pasha, Vice President**  
**Thomas Harwood, Treasurer**  
**Cindy Klein, Recording Secretary**

Charles Baldwin  
Jane Boutwell  
Carl Clark  
Virginia Cluse  
Kathryn DiCristofaro  
Jeffrey Goodman  
Lance Grahn  
Carol Henderson  
Larry Pavone  
Vincent Peterson  
Maria Placanica  
David Spies  
Judith Toles  
Deborah Tominey  
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  
John Drake, CPA, Chief Financial Officer  
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 (until 12/18)  
Bonnie Wilson, Family & Children First Council Coordinator (beginning 12/18)  
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

Alta Care Group  
Belmont Pines Hospital  
Catholic Charities Regional Agency  
Churchill Counseling Services, Inc.  
Coleman Professional Services, Inc.  
Compass Family and Community Services  
Family & 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  
Niles Municipal 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 Adult Protective Network (TAPN)  
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



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)