



TRUMBULL COUNTY
Mental Health and Recovery Board

Annual Report
FY 2020

**“Optimism is *essential* to achievement
and it is also the *foundation* of
courage and true progress.”**

- Nicholas M. Butler

July 1, 2019 to June 30, 2020

A Message from the Executive Director

Dear Friends,

Fiscal year 2020 began like any other at the Trumbull County Mental Health and Recovery Board. We contracted with close to forty different entities to provide mental health and substance abuse services for Trumbull County residents. Board funding pays for treatment, detoxification, medication, housing, transportation, case management, crisis services and so many other things that help people to achieve recovery. Our community awareness activities to stop stigma and encourage people to get the treatment they need included our Alliance for Substance Abuse Prevention coalition activities, television commercials, health fairs, billboards, direct mailings, and social media posts.

Because individuals with a substance use or mental health disorder are more likely to experience homelessness or incarceration than those in the general population, when COVID19 struck our community, increasing supports to this very fragile population became a matter of life or death. Group homes and shelters had to reduce their capacity to ensure safe distancing, which caused true street homelessness to rise significantly. A core group of board staff, provider and grass roots agencies developed a triage system to place homeless individuals in local motels since all of the shelters were at capacity. Because of these efforts, only one sheltered individual acquired COVID19 during Ohio's two-month lock down.

Board staff began purchasing and disseminating personal protective equipment including masks, gowns, shields, gloves, hand sanitizer and other cleaning products to the 568 individuals in some type of housing or residential bed in our system of care. We increased the number of rent payments made to recovery houses as 90% of residents experienced unemployment. Agencies were provided a quarter of their FY20 allocation up front to stop staff lay-offs while they transitioned to telehealth and other remote work. This one-time funding enabled the agencies to pivot to the new way of providing care and then was subtracted from future billings for services provided so that agencies did not exceed their FY20 Board allocations.

As unemployment, alcohol and drug use, mental health issues and housing needs all grew, we were told by state and local government officials to reduce costs to brace for funding cuts. Funding and program reductions were made at the board and to our local providers in the new fiscal year. We were truly in the "perfect storm" of needing to provide for the basic and behavioral health needs of people during a pandemic while the number of people needing our help increases every single week.

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.

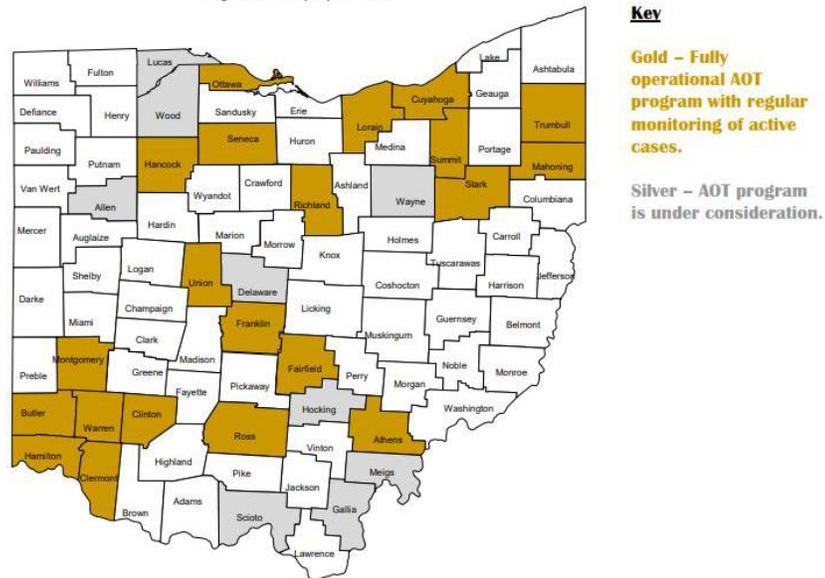
Highlights

Outpatient Commitment (OPC)

Outpatient Commitment (sometimes known as Assisted Outpatient Treatment or AOT), is a court-ordered, community-based intervention for individuals with serious mental illness who cannot on their own recognize their need for treatment. A person under an OPC order receives intensive services and supports in the community to help prevent further psychiatric deterioration. According to the Ohio Criminal Justice Coordinating Center of Excellence, Trumbull County was one of 21 counties in Ohio with a fully operational program in FY2020 (see map).

Ohio Assisted Outpatient Treatment (AOT)

Updated 5/1/2020



In Trumbull County, persons who have been involuntarily hospitalized are committed by the Trumbull County Probate Court to the Board for an initial 90 days. Commitments begin in inpatient settings, usually Trumbull Regional Health Center or Heartland Behavioral Healthcare. Upon discharge from the inpatient setting, commitments typically continue on an outpatient basis. During this period, a community agency (e.g., Coleman Professional Services, Compass Family and Community Services, or Valley Counseling Services) provides written reports to the court on the person's recovery, compliance with treatment and goal attainment. At the end of the 90-day period, the commitment can be extended or terminated by the Court.

Our OPC program is the product of long-standing partnerships involving the court, community providers, hospitals, and the Board. An average of forty-five Trumbull County residents were on an OPC each month during FY2020.

Highlights

Crisis Intervention Team (CIT) 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 seventeenth training was held in October 2019. Twenty-three officers completed the five-day training: seven from Warren City PD, six from the Trumbull County Sheriff's Office, three from Niles City, two from Hubbard Township and Lordstown Village, and one each from Bazetta Township, Trumbull County Adult Probation, and Akron Children's Hospital PD.

A total of 264 law enforcement officers from 32 jurisdictions have completed the training since the program began in 2006. All trainings rely on professionals from our provider network, TC Probate Court, and law enforcement who donate their time and expertise, and on consumers and family members who share their experiences with members of the class. FY2020's training was financially supported by a generous grant from the Ohio Chapter of the National Alliance on Mental Illness (NAMI Ohio).



TRUMBULL COUNTY CRISIS INTERVENTION TEAM TRAINING
FALL 2019

Warren City PD: G. Coleman, A. Gilger, M. Matash, B. McDaniels, J. McGinley, J. Murdoch, R. Ruckman
Trumbull County Sheriff's Office: J. Ball, P. Burley, A. DeVengencie-McBride, R. Eckenrod, C. Ochsenbine, M. Weber
Niles City PD: T. Gall, A. Hacker, L. Haupt Howland Twp PD: N. Brancaccio, A. Rios
Lordstown Village PD: J. O'Rourke, R. Reed Akron Children's Hospital PD: S. Rosati
Bazetta Twp PD: J. Abbott Trumbull County Adult Probation: K. Miles

TRUMBULL COUNTY
Mental Health and Recovery Board

NAMI Ohio
National Alliance on Mental Illness The State's Voice on Mental Illness

Highlights

ASAP Coalition Adapts to the New Virtual Landscape

The Alliance for Substance Abuse Prevention (ASAP) Coalition is a drug free community coalition that works to end the substance abuse problems affecting our community today, so that future generations will not be impacted. FY2020 began with our 5th annual ASAP Summer Track meet. The event consisted of track and field and prevention activities for 162 youth and their families. The day was a success thanks to the support of the 14 project partners, 30 youth volunteers and 55 adult volunteers.

On September 7th, coalition members celebrated National Recovery Month with the 7th Annual Recovery Rally. Over 600 individuals and families impacted by substance abuse came together at Eastwood Field to honor the accomplishments of the recovery community and remember those who have lost their lives to the disease of addiction.

Unfortunately, FY2020 ended unlike any other year. In March, the impact of COVID19 halted in-person coalition meetings. Community safety made it necessary to cancel what would have been the 6th Annual Drug Summit scheduled for May. Amidst the pandemic, ASAP partnered with local prevention professionals to create resource bags for young people as they dealt with the stressors of the disruption in their school year and increased isolation. Resource bags were also customized for senior citizens and distributed through the Scope Senior Center meal delivery program. Coalition members donned their masks to partner with the Trumbull County Sheriff's office, TAG Law Enforcement Task Force and Geauga Trumbull Solid Waste Management District to host a drug take back day. The event yielded a total of 176 pounds of medications to be disposed of in just 3 hours.

As COVID19 continues to bring new behavioral health challenges to our families and friends, the ASAP Coalition is adapting to the new virtual landscape. Anyone interested in reducing drug abuse and promoting recovery in Trumbull County can join an ASAP Virtual meeting. Call 330-675-2765 ext. 119 for more information.



ASAP Summer Track Meet



2019 ASAP Rally for Recovery



Operation: EMPTY Medicine Cabinet



Resource Bag Project

Highlights

Prevention Expansion Funding Could Not Have Come at a Better Time

In November 2019, the state unveiled a new K-12 Prevention Education Initiative, with \$18 million earmarked in the state budget to provide prevention education to every student in the state. The ADAMHS Boards were designated to be the conveners of these funds and to collaborate with the schools and community partners to help develop their prevention plans. Of the \$18 million, the Trumbull County Mental Health and Recovery Board was allocated \$279,390 for Trumbull County schools. Nineteen Trumbull County School Districts chose to take part in the initiative. By the end of the fiscal year, all 19 districts had completed their self-assessments and were working to complete their plans. Due to COVID 19, and the school shutdowns, the boards were permitted to carry over the funds with the expectation that the schools would implement the new programming during the 2020-2021 School Year. This additional funding could not have come at a better time, since the pandemic has placed our students, faculty, and families at an increased risk of substance use and mental health challenges. Prevention is needed now more than ever. For more information about school-based services call 330-675-2765 ext. 111.

Regional Partnerships Result in Expanded Programming for Children and Families

In FY20 the TCMHRB and the Trumbull County Family and Children First Council collaborated with neighboring counties to receive two “*Strong Families Safe Communities*” Grants. These grants, funded by the Ohio Departments of Mental Health and Addiction Services (OhioMHAS) and Developmental Disabilities (DODD), have resulted in an increase in supportive services for at-risk youth and families.

One grant is a partnership between Trumbull and Mahoning County and focuses primarily on peer support and respite services. The second grant, new this year, involves a collaboration with Summit, Ashtabula, Columbiana, and Portage Counties and has helped to expand High-Fidelity Wraparound, a strength-based planning process, throughout these five counties. This grant also enabled us to engage with an independent contractor to provide Wraparound Facilitation to Trumbull County families, thereby increasing our local capacity. The new SFSC grant has also helped expand peer support services throughout the region.

Retirement Celebrations!



In June of 2020, after 20 years of service as an Administrative Assistant to the TCMHRB, Linda Parise retired. Anyone who called the board was greeted by a compassionate, caring individual who lived each day to serve others. We appreciate Linda's years of service and wish her much happiness in her retirement!



Brian Draa joined the TCMHRB as an Accountant on August 2, 2010. He was a dedicated employee who was instrumental in helping us transition to the new County MUNIS system. He retired on September 7, 2019. We wish for him many years of happiness with his horses and other four-legged friends!

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.

The Council encourages member agencies to partner and innovate. 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 eligible children from birth to age 3.
- **High-Fidelity Wraparound** – Is an intensive, cross-system, family-centered planning process for children and youth with complex needs. An Oversight Committee meets monthly and reviews cases to provide guidance and potential funding requests.
- **County-Wide Orientation** – Quarterly two-day tour of over a dozen 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. With support from One Health Ohio and the Butterflies for Hope Foundation, the Council contracted with a consultant in FY20 who provided training to over 120 individuals. The committee also hosted the “*Resiliency Summit*” at Kent State-Trumbull focusing on the potential adverse effects of childhood trauma and provided education and information on prevention and resiliency.
- **Early Childhood Coordinating Committee** – Convenes key partners from a broad spectrum of community agencies, specializing in children and youth, to share information.
- **Voices of Youth** – Youth-led effort to identify gaps in Trumbull County’s social services system to ensure that youth, ages 16-24, are prepared for transition to adulthood.
- **Kindergarten Transition Fair** – Event to bridge the important transition from early childhood programs to kindergarten by connecting early childhood providers such as day care homes and centers with kindergarten teachers, principals, parents and children to help them understand skills children need when entering school.
- **Council also sponsors or participates in a variety of other community initiatives including**
 - **Safe Sleep, Operation: Baby Bundle, Candyland Lane, Strong Families Safe Communities**

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 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 and our Facebook page. Questions about the Council can be directed to 330-675-2765, ext. 109.



Highlights

Recovery Housing Provides Safe and Healthy Living Environments

The Trumbull County Mental Health & Recovery Board is committed to supporting the recovery of Trumbull County residents. An important component of a recovery focused continuum of care are sober, safe, and healthy living environments. Recovery Houses fill this need by providing an alcohol and drug-free living environment, peer support, assistance with obtaining drug addiction services and other substance use recovery assistance.

During State Fiscal Year 2020, the Trumbull County Mental Health and Recovery Board provided financial support and technical assistance to 9 recovery house owners, operating a combined total of 15 houses. Two hundred and ten individuals benefited by these housing supports and the average length of stay in a certified recovery house was 59 days.

In alignment with the Trumbull County Mental Health and Recovery Boards commitment to ensuring high quality services for Trumbull County residents, all recovery houses receiving board funds are required to be a member in good standing with Ohio Recovery Housing (ORH). ORH inspects, certifies, and assists the owners to ensure safe, quality housing. Besides providing funding for rent, the Trumbull County Mental Health and Recovery Board also assisted operators by paying a combined total of \$45,000 towards the support of a house monitor, which encourages individuals with long term sobriety to remain in the recovery house and be a positive peer role model for others.

Anyone interested in learning more about recovery housing should visit www.ohiorecoveryhousing.org.

Golf Outing winners

Twenty-four teams participated in the TCMHRB's only levy fundraiser that was held on July 26, 2019. The 22nd annual golf outing raised \$9,369.30. Proceeds are collected for our "Friends of the TCMHRB Levy fund" and used every ten years to promote our levy to ensure access to mental health and substance abuse services in Trumbull County. The TCMHRB levy will be up for renewal again in 2024.

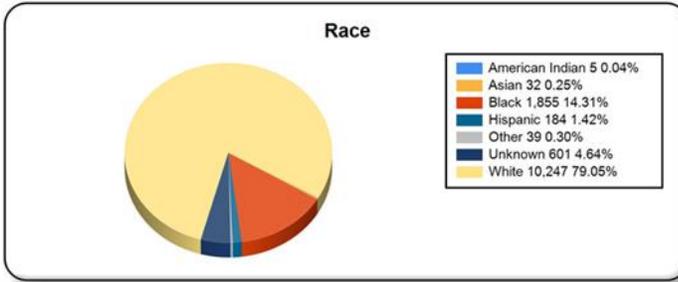
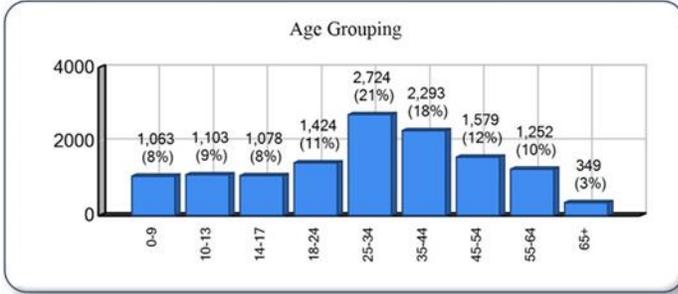
The Golf Outing is the only fund-raising event to support our *Friends of the TCMHRB's* levy campaign.

Churchill Counseling Team Two



Trumbull County Mental Health and Recovery Board
22nd Annual Golf Outing July 26, 2019
Riverview Golf Club

Client Profile 12,949 Clients received behavioral health services at contracted agencies



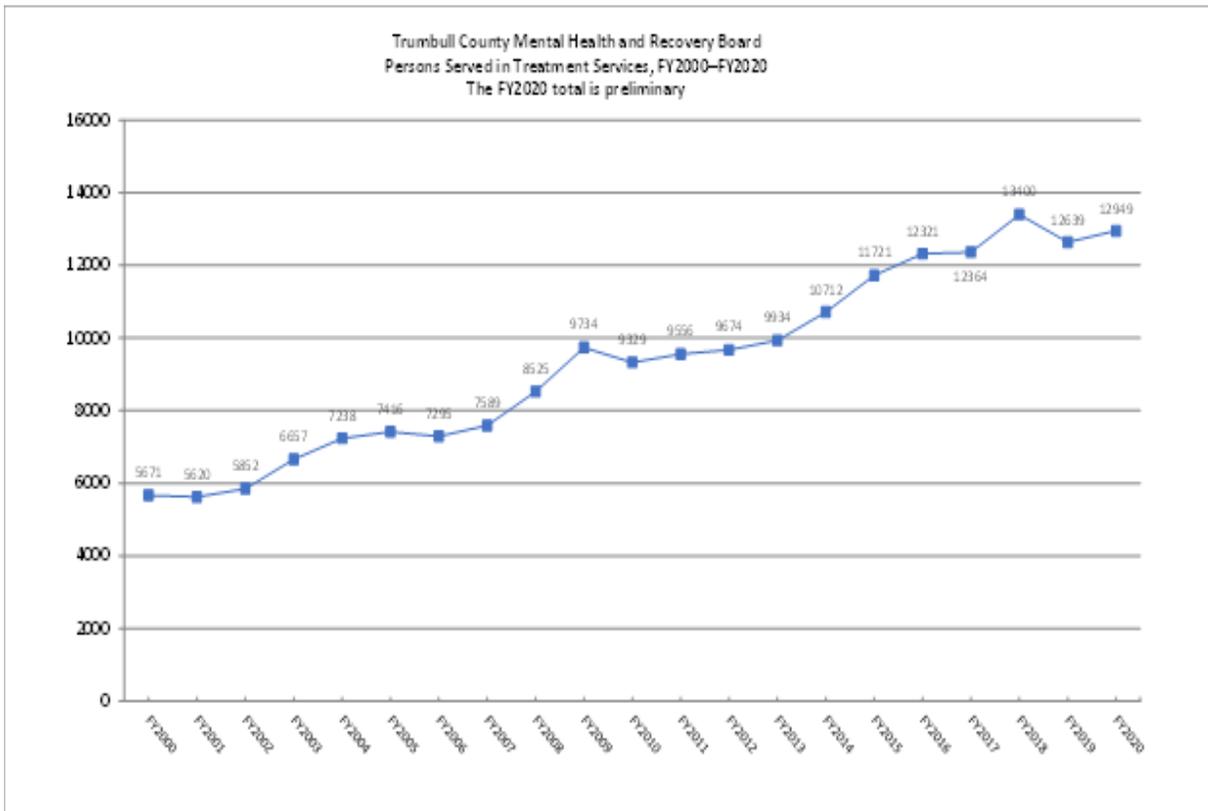
Gender	Number of Clients	Percentage
Female	6,960	53.34%
Male	5,989	45.9%
Non-binary	99	0.76%

Diagnoses for Adults

Diagnosis	Number of clients
Depressive Disorders	3,171
Bipolar Disorders	2,086
Opioid Use Disorders	1,695
Anxiety Disorders	1,685
Schizophrenia	904
Post-traumatic Stress Disorder	877
Alcohol Use Disorders	466
Attention-Deficit Disorders	450
Adjustment Disorders	407
Personality Disorders	290

Diagnoses for Children

Diagnosis	Number of clients
Attention-Deficit Disorders	1,058
Adjustment Disorders	722
Conduct Disorders	670
Depressive Disorders	561
Anxiety Disorders	453
Post-traumatic Stress Disorder	439
Bipolar Disorders	284
Pervasive Dev. Disorders	182
Personality Disorders	70
Impulse Control Disorders	35



Trumbull County Suicide Prevention Coalition

Trumbull County Suicide Prevention Coalition Seeks to Raise Awareness

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. We believe suicide is a preventable public health issue. The goals of the coalition include reducing stigma, promoting education, and increasing awareness, resources and programs that lessen the risk of suicide. During FY2020, the Coalition focused on the following initiatives:

ManTherapy – Website developed to destigmatize mental health among men. Middle-aged White males continue to be the most at-risk population, both nationally and locally. The coalition has funded billboards throughout Trumbull County about ManTherapy to further raise awareness and is participating in the harm reduction initiative of distributing free gun locks to the public since death by gunshot is the most common method of suicide in our county.

LOSS Team - After a death by suicide, supports are provided to the bereaved (family, friends, professionals, and peers). The team is comprised of survivors of suicide, behavioral health professionals, and community members. The LOSS Team recently developed a “Surviving Suicide Loss Support Group” to help people who have been impacted by suicide.

Special Populations – Information/resource development focusing on veterans, law enforcement, children/adolescent, older adults, individuals with disabilities, LGBTQIA, and the ManTherapy Initiative.

Youth Focus Group – Partnership created to raise awareness among adolescent and young adult populations through youth participation, education, and community involvement. For information about how to join the Coalition please call 330-392-1105.



FY2020 Deaths by Suicide

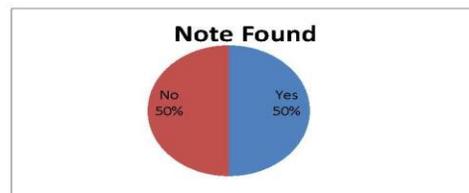
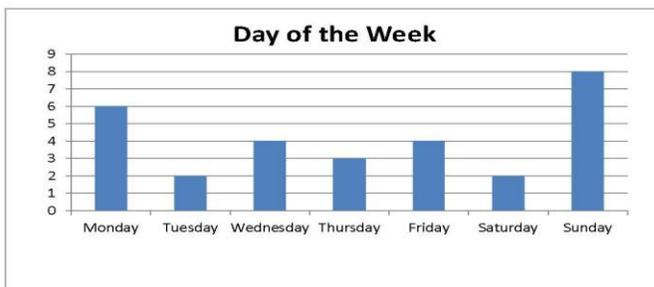
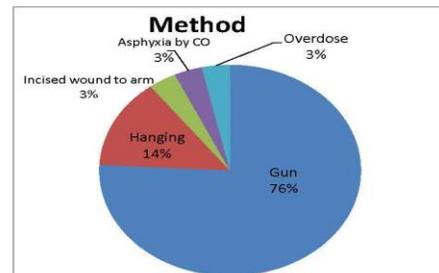
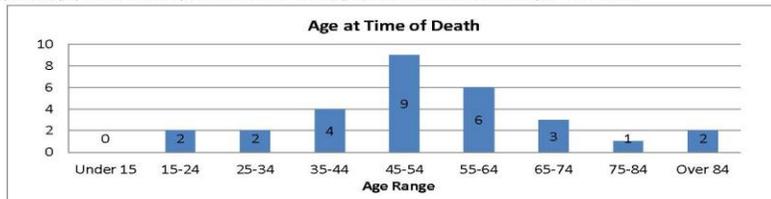
July 1, 2019 - June 30, 2020

Data Compiled Cooperatively by Trumbull County Mental Health & Recovery Board and the Trumbull County Coroners Office

Number of Suicides in	
July 2019:	3
August 2019:	0
September 2019:	1
October 2019:	3
November 2019:	2
December 2019:	3
January 2020:	2
February 2020:	2
March 2020:	4
April 2020:	4
May 2020:	2
June 2020:	3
FY2020 Total:	29

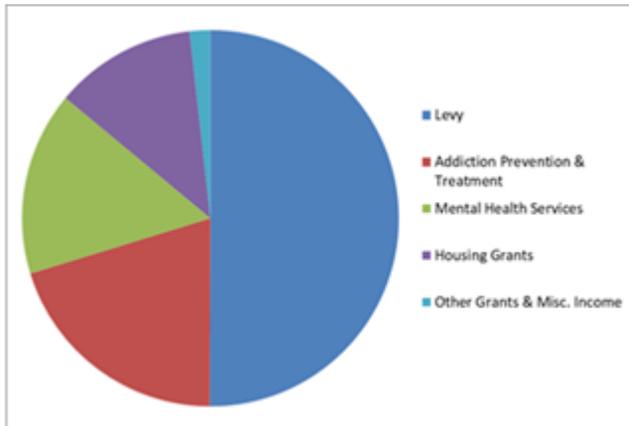


Gender = 83% Male
Race = 93% Caucasian
Veteran = 22%



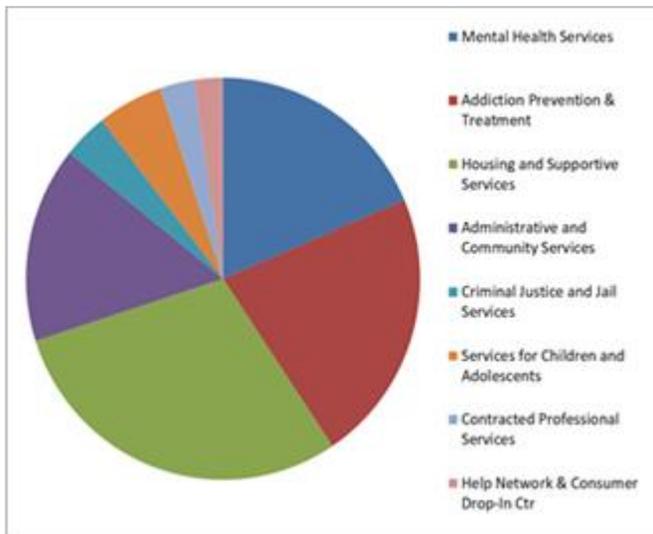
Financial Statement

Revenues FY 2020



Levy	\$3,260,918	41.1%
Addition, Prevention & Treatment	\$2,343,507	29.6%
Mental Health Services	\$ 997,255	12.6%
Housing & Supportive Grants	\$1,218,329	15.4%
Other Grants & Misc. Income	\$ 105,178	1.3%
Total	\$7,925,186	100%

Expenditures FY 2020



Mental Health Services	\$1,013,463	13.4%
Addition Prevention & Treatment	\$1,268,858	16.8%
Housing & Supportive Services	\$2,884,616	38.1%
Administrative & Community Services	\$1,001,590	13.2%
Criminal Justice & Jail Services	\$ 200,890	2.7%
Services for Children & Adolescents	\$ 813,414	10.8%
Contracted Professional Services	\$ 202,191	2.7%
Consumer & Community Supportive Services	\$ 180,073	2.4%
Total	\$7,565,095	100%

Board of Directors

Thomas Harwood, President
Jeffrey Goodman, Vice-President
Maria Placanica, Treasurer
Deborah Tominey, Secretary

Charles Baldwin
Jane Boutwell
Carl Clark
Virginia Cluse
Lance Grahn
Carol Henderson
Cindy Klein
Virginia Pasha
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
John Drake, CPA Chief Financial Officer (until August 2019)
Brian Draa, Accountant (until August 2019)
Patricia Shepherd, CPA, Chief Financial Officer (beginning August 2019)
Valdeoso (Bud) Patterson, Accountant (beginning August 2019)
Lauren Thorp, PC, OCPC, Director of Recovery and Youth Programs
John Myers, PhD, Director of Planning and Evaluation
Laura Domitrovich, MSSA, LSW, Children's Program Coordinator
Lana Hennings, MHA, Program Coordinator (until May 2020)
Bonnie Wilson, Family and Children First Council Coordinator
Linda Parise, Administrative Assistant

Independent Contractors

Linda Blum, MS, LSW, Behavioral Health Navigator (until December 2019)
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.
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
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



4076 Youngstown Road S.E., Suite 201, Warren, Ohio 44484

Phone: (330) 675-2765 Fax: (330) 675-2772

www.TrumbullMHRB.org