

Annual Service Summary – Fiscal Year 2020

**Program**

**Outcomes**

**School-Community Liaison Program**

Liaisons continue their important work by strengthening the capacity of families to support children’s learning by forging strong home, school, and community partnerships. In Fiscal Year 2020 (FY 2020), the School-Community Liaison Program served 2,242 unduplicated students.

- 2,242 Students were served by the liaisons.
- 2,117 referrals were made to community agencies.
- 94% of the time those referrals were followed through with.
- 80% of students served showed academic improvement.
- 80% of students served showed improved attendance.
- 83% of students served showed improved behaviors.

**24/7 Crisis Hotline Services (419.289.6111)**

A crisis can happen at any time. The Crisis Hotline is staffed 24/7 to assist members of the community who may be experiencing acute and severe emotional distress. Crisis Hotline workers provide education, de-escalation, consultation, and referral services to callers in a timely manner.

- 2,989 persons made 2,209 calls to the Hotline in Fiscal Year 2020.
- Of the 2,989 persons calling the Hotline:
  - 1,460 calls (49%) were devoted to Emergent/Crisis-De-escalation needs; and
  - 1,529 calls (51%) were devoted to Education, Consultation, Advocacy, and Referral

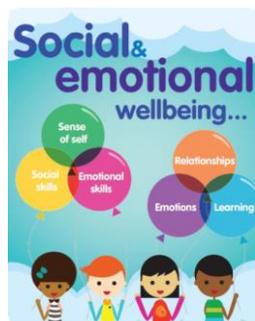
**Supported Employment (SE)/Individual Placement & Support (IPS)**

Supported Employment SE/IPS is an evidence-based practice that helps people with severe symptoms of mental & emotional distress identify, acquire, and maintain competitive employment in their communities. SE/ISP is assertive about helping people find employment *that they want* as soon as they express a desire to work.

- 67 people struggling with mental health and/or addictions participated in the supported employment program during FY 2020.
- On average, **52%** of those participating in the program were employed at some point during the year! This continues to be an excellent rate.
- Additional program funding through a partnership with The Bureau of Vocational Rehabilitation continues. The additional funding reflects a strong partnership BVR and allows the program to grow.
- New local employers continue to be engaged and developed by the SE Coordinator to give persons involved with the program more employment options. In FY 2020 there were over 40 different employers involved with the SE Program!

**Early Childhood Mental Health (ECMH)**

Services promoting healthy social and emotional development and school readiness among children age six and younger are vital.



The Board funds several ECMH services including Early Childhood Mental Health Consultation, Home-Based Education and Skills Building for youth and parents as well as ongoing professional development for those providing ECMH services.

- As part of the “*Whole Child Matters*” Regional ECMH Initiative at Catholic Charities – 12 classrooms in 7 early learning centers received ECMH consultation with lead teachers completing over 400 Devereux Early Childhood Assessments (P2 & C).
- Catholic Charities’ *Healthy Kids Strong Families* served 31 families in SFY 20, including 45 adults and 85 children.
- Many of the adults served in the *Health Kids Strong Families* program reported a significant history of trauma (Adverse Childhood Experiences). The “Triple P Parenting” program continues to be used to offer supports to these families.
- Ashland County Parents/Grand Parents benefited from the *Resilient Family Project* in SFY 20. 20 adults representing 14 families participated in Parent Cafes and Triple P Parenting. The program continues to make valuable connections & collaborations with local groups like Redbird Resilient, Olive Tree Daycare, Taft Intermediate, and Park Street Preschool.

## Program

### Alcohol, Tobacco & Other Drug Prevention

Ashland County Council on Alcoholism & Drug Abuse (ACCADA) facilitates several evidence-based prevention programs in the schools which include:

**Too Good for Drugs**—Too Good for Drugs is an evidence-based prevention curriculum and has become our main program. It has been very well received and been a useful tool in adding new schools/classes that we have not visited for a while. There are 10 lessons per grade level; we currently offer K-8<sup>th</sup> grades.

**Start Talking** – Targets parents, guardians, educators, and community leaders with tools to start the conversation with Ashland youth about the importance of living healthy, drug-free lives.

**Focus on Vaping** – ACCADA Prevention Specialists have seen a dramatic increase in vaping (inhaling of a vapor created by an electronic cigarette) in the schools. They have gathered accurate information about the dangers/risks and are incorporating this new medium into existing curricula.

**A.C.T.** – (Ashland Connects to Teens) Catholic Charities Community Services (CCCS) provides a peer mentoring program emphasizing healthy youth development for middle school aged youth to increase goal setting, education, and alternative activities to promote abstinence from substance use.

### Multi-Generational Mentoring (MGM) Program & Golden Center

With three sites now (Loudonville Library, Mill Run Place & the Council on Aging, Seniors who may lack opportunities to be involved in the community can partner with at-risk elementary school youth needing help with their education (homework). This after-school mentoring program helps both the youth and seniors involved. McMullen and Budd schools participate in the Loudonville program while Reagan Elementary is the primary school for the Ashland program.



The Golden Center continues to provide a place for seniors that promotes socialization and decreases isolation.

### Suicide Prevention & Awareness

The issue of Suicide Prevention and Awareness continues to be a high priority for the Board. Working through the Ashland County Suicide Prevention Coalition, several initiatives with the aim of reducing and preventing suicides. The Question. Persuade. Refer. or QPR approach to training “suicide prevention gatekeepers” has continued to expand in SFY 20. QPR Trainings were provided to Ashland University, Law Enforcement, Community Members, Businesses, Churches, and several School Districts this year. Crisis Text Line is a newer resource that has been added to QPR trainings and is being used more often each year.

## Outcomes

- In FY 2020, ACCADA produced 1,216 hours of prevention services impacting thousands of the county’s residents.
- For FY 2020, prevention programming impacted over 6,000 youth in multiple classrooms (Primary & Middle Schools) throughout the county.
- Pre/Post Test Outcomes continue to show improvements, meaning, youth participating in prevention activities are reporting an increased awareness & understanding of the harmful effects of Alcohol, Tobacco and Other Drugs.
- ACCADA continues to make available a gambling prevention component in the schools.
- Due to the pandemic, Prevention staff were creative in using technology to continue to reach students with prevention materials and activities.



- There were 33 seniors involved at Ashland’s Mill Run Place with bi-monthly meetings January through mid-March, which provided participants with socialization and education.
- There were 55 seniors involved at Loudonville’s Golden Center at the Loudonville Public Library with weekly meetings January through mid-March, which provided participants with socialization and education.
- The MGM Program, at Mill Run Place and the Council on Aging, saw 9 youth receiving mentoring and tutoring with 6 older adult mentors.
- The MGM Program in Loudonville saw 4 youth receiving mentoring and tutoring with 2 older adult mentors.
- A variety of topics of interest to the seniors were offered to Golden Center participants including: Health & Wellness, Safety, Fraud/exploitation information, Music Therapy, Fall Prevention, and the importance of Nutrition.
- The Grievors of Suicide Support group added 3 new members in SFY 20, with an average group attendance of 4 persons.
- The County Commissioners passed a resolution that designated September as “Suicide Prevention Awareness Month” in the county.
- Due to the pandemic, the “**4<sup>th</sup> Annual Suicide Prevention & Awareness Walk**” was done virtually and held the week of September 21-27, 2020. Great participation was seen with multiple posts on social media of individuals & families walking to raise awareness.
- Approximately **300** persons were trained as QPR Gatekeepers in SFY 2020. The resource, “[Crisis in the Farmland](#)” was created to address the growing rates of suicide amongst farmers. This resource continues to be available on the Board’s website.

Program

Outcomes

**Alcohol/Drug Residential/Detox/MAT Services**

Persons receiving alcohol/drug addiction treatment may sometimes require a more intensive level of care than outpatient services. The Ashland County Council on Alcoholism & Drug Abuse (ACCADA) acts as the “gatekeeper” for Ashland County residents requiring either Withdrawal Management (“Detox”) services from drugs/alcohol and/or residential treatment services. Residential and Withdrawal Management services can be vital and necessary steps in the recovery process.

- 37 individuals (new low) participated in ACCADA’s Medication Assisted Treatment (MAT) program in SFY 2020. 89% of those with collected outcomes (33) demonstrated at least some positive treatment outcomes.
- 11 individuals benefited by Residential and/or Detox services in Fiscal Year 2020.
- 32 days of Residential/Detox services were funded by the Board.
- 9 persons (7 adults & 2 children) participated in Recovery Housing.

**Transitional Aged Youth and Integrated Healthcare Coordinator**

Youth/young adults between the ages of 14-25 with behavioral and/or emotional challenges are at high risk for unemployment, homelessness, and involvement with the criminal justice system. The Transitional Aged Youth (TAY) program works with these youth to assist them in making a successful transition to adulthood. Referrals come from the School-Community Liaisons, the County’s Community School (ACCA), Children’s Services, and the Adult Education Program (ABLE) and other programs at the Career Center. A housing component was recently added to the program and is assisting TAY youth secure safe housing and teaching them the skills needed to be a good tenant and work towards renting/owning in the future.

The Integrated Health Care Coordinator works with at-risk Ashland adults involved with multiple community systems who present with complex primary & behavioral health needs. The Integrated Health Care Coordinator saw a staffing change in SFY 20 but has continued to receive referrals from the community, from Catholic Charities and other social service agencies.

- Over 150 Youth/young adults were seen in the TAY program during SFY 2020 (Both CCS & Appleseed). Program focus areas included:
  - Assistance with Employment & Community Life Functioning
  - Help with Education and Career (Career Fair, Job Corp, Job Board)
  - Skill building around Personal Effectiveness and Wellbeing (Support Group)
  - Assistance with Living Situation/Independent Living
- Outcomes vary for those involved in the program, but all reported being helped by the program.
- 73 Adults were seen by the Integrated Health Care Coordinator in SFY 2020 with over 300 hours of direct face-to-face contact hours and support/administrative services provided. Focus of attention included:
  - Issues about Medication and medical equipment.
  - Facilitating Behavioral & Primary Health Communication and Continuity.
  - Facilitating access to Health Care coverage and managing bills for health care services.
  - Complex Primary Health Assistance.
  - Linking individuals to grief, dementia, and oral health.
  - Assisting with food, shelter, and employment.

**Jail & Community Based Drug/Alcohol Services**

When persons are incarcerated in the local jail, treatment for Alcohol and Other Drugs (AoD) is still available. Persons incarcerated are offered an array of AoD services with emphasis placed on continued treatment when the person returns to the community.

Board funding, along with a grant from OhioMHAS, allowed for continuation of the Jail-Community Linkage Program, thru ACCADA, to assist persons exiting the jail in need of mental health and/or drug/alcohol services as well as basic living assistance (Housing, employment, education, benefits, etc.). The primary goal of this program is to help increase the success of persons exiting the jail who are struggling with behavioral health issues. Funding for the Linkage program changed from a grant to an allocation which allows for increased stability & predictability moving forward.

- The ACCADA Jail Program has served approximately 251 inmates (unduplicated) with screening/education, individual counseling & case management and/or group education in SFY 2020.
- A total of 970 hours of Alcohol/Drug services were provided at the Ashland County Jail in Fiscal Year 2020 including:
  - 329 Hours of Screening/Education
  - 152 Hours of Assessment
  - 389 Hours of Indiv. Counseling & Case Management
  - 100 Hours of Group Counseling
- Jail-Community Linkage Data:
  - 192 Persons served
  - 89% or 170 had no new arrests
  - Over 51 persons trained in working with behavioral health issues within a jail setting
  - 81% of persons in the program had housing in place at the time of their release.

Program

Outcomes

**Alternative Programming for “ADHD”**

Since SFY 2012 the Board, in a partnership with Appleseed Community Mental Health Center, has established programming for youth diagnosed as Attention Deficit/Hyperactive that is not focused on the use of stimulant medications, but on empowering parents and youth thru skill building, communication and strengths-based problem solving. This program continues to grow and develop and will continue in SFY 2021.

- 21 youth and 18 parents benefited from three, 6-week long groups in SFY 2020; COVID-19 impacted two cycles of the group this year.
- In addition to parents and youth, teachers from different districts and grade levels, have been included in the program as well as other professional staff from Appleseed.
- Booster/activity groups were held throughout the year to assist in making parenting/behavioral learnings permanent.
- This program enters its eleventh year in SFY 21.

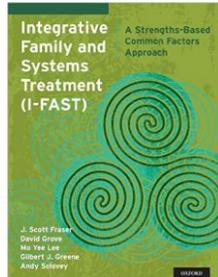
**Equine Therapy**

For several years, the MHRB has funded a Trauma Focused Equine Assisted program through Appleseed Community Mental Health Center. The program has shown successes in working with youth/adults with significant histories of trauma (abuse/neglect primarily).

- 12 youth and 3 adults participated in the program during SFY 20.
- 53 hours of individual and family sessions were provided with participants reporting significant reductions in anxiety and much improved verbal and nonverbal communication skills.
- 4 of the 12 youth participants (33%) successfully completed the program at some point during the year - while the others continue in services.

**Intensive Home-Based Treatment**

Intensive Home-Based (IHBT) is an evidence-informed service for children/youth and their families to live and function successfully in their home, school, and community. It is intended to prevent out-of-home placements, when possible, and increase the success of children/youth reunifying with their families. Integrative Families and Systems Treatment or I-FAST is the core model/approach used by Appleseed staff to deliver this service. David Grove, LISW, one of the developers of I-FAST, continues to consult with staff to ensure program model fidelity.



- Appleseed’s intensive service program worked with 34 youth and families at high risk for disruption or already involved with Child Protective Services (CPS).
- The Appleseed team collaborates with all the local schools, local government, court systems, law enforcement, and social services agencies in Ashland County.
- Appleseed staff were and continue to be intensively trained on a family systems model of care that focuses on strengthening the naturally occurring supports in the lives of students and parents to reduce risks and the strengthen adaptive family relationships.
- In collaboration with the MHRB and CPS the intensive program at Appleseed is developing a more collaborative and strategic partnership with CPS in order to offer an effective solution to the high number of children being removed from their parents and placed in kinship care or foster homes.

**Juvenile Court Liaison Program**

Given the increasing number of young persons involved in the Juvenile Court and Children Services, the Board has funded a position through Appleseed Community Mental Health Center to work directly with the Court, Juvenile Probation, the Schools, Detention, and Community Mental Health, Addictions and Other Healthcare Providers. The Liaison is also active with the parents providing information, assistance, and support. The Liaison helps youth exit probation successfully, connects them and their families with ongoing supports/resources and is a key member of clinical team meetings where custody and reunification strategies are developed.

- 60 youth & 5 adults were seen by the Juvenile Court Liaison in SFY 20.
- 24 of the youth were active with probation.
- 6 of the youth were successfully terminated from probation and continue to be involved with services.
- The Liaison regularly collaborates with the Juvenile Court, all area school district personnel, and social service agencies.



**Pathways Peer Support Program**

Peer support can be a powerful factor in how individuals recover and stay well. Pathways Peer Support is facilitated by Catholic Charities Staff and offers a combination of individual and group activities to assist adults in getting/staying well.



- 54 adults participated in Pathways programs in SFY 2020. The program saw 10 new participants in the year.
- Groups are a primary service at Pathways and 301 groups were run in SFY 2020 with an average monthly group attendance of 16 persons.
- Pathways adjusted quickly to the COVID-19 pandemic by contacting program participants daily via phone, text, or video. Home-made meals delivered to homes once per week was another strategy to help members stay “connected”
- 1,129 Note Cards were mailed to Ohio Psychiatric Hospitals to let patients there know that people were thinking about them and hoping they were doing well

**Summary of Continuum of Care Services**

Recent changes in Ohio Law require Boards to provide a “full continuum of behavioral health services” to residents in their Board area. Regardless of funding source, Boards are required to ensure that residents have access to a wide range of mental health and addiction services. Most services are required to be provided within the county while others can be provided in neighboring counties. The data presented represent continuum of care service investments supported through Medicaid and Non-Medicaid funding. Services not on the “continuum” like levy funded programs (School-Community Liaison Program, Prevention Services and Jail-Based Services, etc.) are not reflected in these numbers.

- Total Medicaid Investment in Mental Health Continuum of Care Services in SFY 20: \$2,775,999 (86% of Total Medicaid).
- Total Non-Medicaid Investment in Mental Health Continuum of Care Services in SFY 20: \$681,198 (85% of Total Non-Medicaid).
- Total Medicaid Investment in Drug/Alcohol Continuum of Care Services in SFY 20: \$446,367 (14% of Total Medicaid).
- Total Non-Medicaid Investment in Drug/Alcohol Continuum of Care Services in SFY 20: \$121,173 (15% of Total Non-Medicaid).
- Total Medicaid (80%) & Non-Medicaid (20%) Investment in both Mental Health and Drug/Alcohol Services in SFY 20: **\$4,024,737**

**Continuum of Care Services By Age Group\***

- Between 0-12 years (17%) No Change
- Between 13-17 years (16%) +1%
- Between 18-35 years (31%) +1%
- Between 36-64 years (32%) -3%
- Greater than 64 years (3%) -1%

\*Doesn't include persons involved with the School-Community Liaison Program, Jail - Based Services or Prevention services. Comparison year: Fiscal Year 2019.

Number of People who Received Medicaid & Non-Medicaid Continuum of Care Services in Fiscal Year 2020\*

**Total = 2,868**

Female = 1,493 (52%)

Male = 1,375 (48%)

Mental Health Treatment = 2,643 (92%)

Substance Use Disorder Treatment = 382 (13%)

Both = 157 (5%)

## Mental Health & Recovery Board of Ashland County SFY 2020 Annual Report

### SFY 2020 Receipts

#### State Mental Health/Addiction and Recovery Funds

|   |                           |
|---|---------------------------|
| Mental Health and Addiction funds                       | \$1,466,781               |
| Prevention and Recovery Supports                        | \$292,034                 |
| <b>State Mental Health/Addiction and Recovery Total</b> | <b><u>\$1,758,815</u></b> |

#### Federal Mental Health/Addiction and Recovery Funds

|   |                         |
|---|-------------------------|
| Mental Health and Addiction funds                         | \$302,728               |
| Prevention and Recovery Supports                          | \$133,058               |
| <b>Federal Mental Health/Addiction and Recovery Total</b> | <b><u>\$435,786</u></b> |

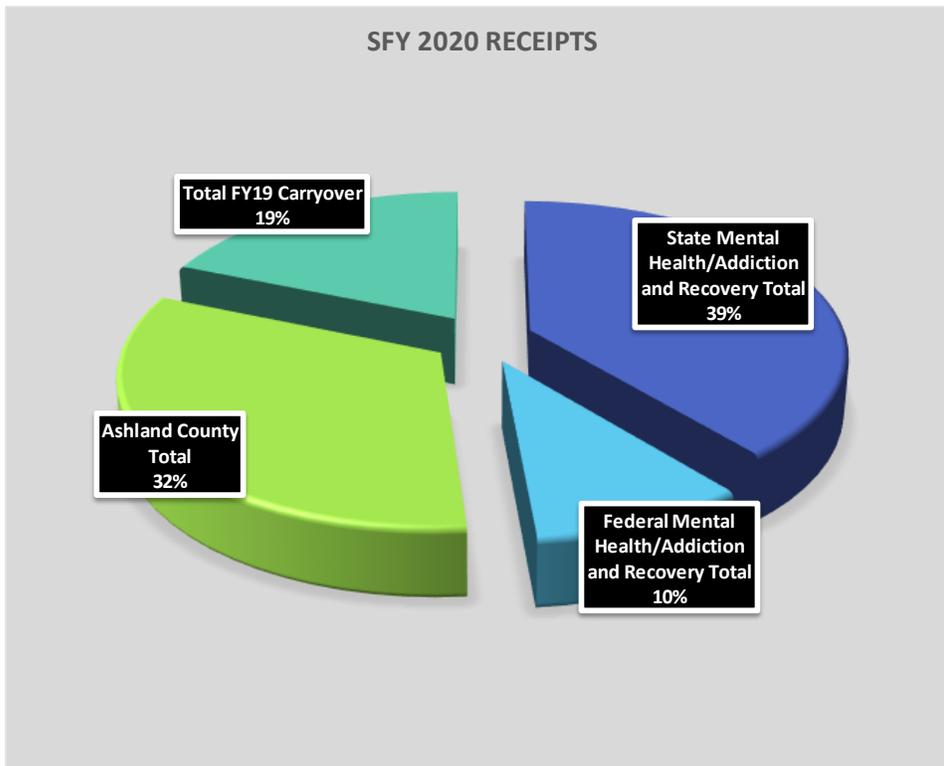
#### Ashland County Local Funds

|   |                           |
|---|---------------------------|
| Ashland County Levy                                 | \$1,169,696               |
| Local School Districts- Liaison Program             | \$180,541                 |
| Rents   | \$99,604                  |
| Municipal Court(For Alcohol and Drug Jail Services) | \$15,000                  |
| Trainings/Events                                    | \$7,651                   |
| <b>Ashland County Total</b>                         | <b><u>\$1,472,492</u></b> |

#### FY19 Carryover into FY20

|                             |                         |
|-----------------------------|-------------------------|
| Levy Carryover              | \$791,534               |
| Medicaid Reserve            | \$46,852                |
| Central Pharmacy Carryover  | \$8,980                 |
| <b>Total FY19 Carryover</b> | <b><u>\$847,365</u></b> |

**Total Receipts** **\$4,514,458**



**Mental Health & Recovery Board of Ashland County  
SFY 2020 Annual Report**

**SFY 2020 Expenditures**

**Mental Health and Addiction Services**

|  |         |                    |
|--|---------|--------------------|
| Mental Health and Addictions Direct Treatment Services   | 723,745 |                    |
| Jail Services  | 259,196 |                    |
| Crisis Hotline   | 153,450 |                    |
| Housing Services   | 134,970 |                    |
| Older Adult Services                                     | 40,400  |                    |
| Mental Health Crisis/Diversion                           | 24,671  |                    |
| Alcohol/Drug Detox/Residential Services                  | 19,205  |                    |
| Pharmaceutical Assistance                                | 13,373  |                    |
| State Hospital Transportation                            | 300     |                    |
| <b><u>Mental Health and Addiction Services Total</u></b> |         | <b>\$1,369,311</b> |

**Prevention and Recovery Supports Services**

|   |         |                    |
|---|---------|--------------------|
| School Based Prevention Services                              | 767,240 |                    |
| Recovery Support Services                                     | 319,370 |                    |
| Transitional Age Youth Services                               | 117,806 |                    |
| Consumer Operated Services                                    | 69,733  |                    |
| Supported Employment Services                                 | 38,335  |                    |
| <b><u>Prevention and Recovery Supports Services Total</u></b> |         | <b>\$1,312,483</b> |

**Other Expenditures**

|  |         |                  |
|--|---------|------------------|
| Board Administration                   | 476,443 |                  |
| Community Education/Training           | 109,326 |                  |
| Information Services/Network Svc       | 68,225  |                  |
| Capital Improvements                   | 54,278  |                  |
| Church St Expenses                     | 52,996  |                  |
| Levy Administration Fees               | 21,663  |                  |
| Family & Children First Council        | 2,500   |                  |
| <b><u>Other Expenditures Total</u></b> |         | <b>\$785,431</b> |

**FY 2020 Carry Over Into SFY2021**

|   |         |                    |
|---|---------|--------------------|
| FY 2020 Ashland County Levy Carry Over                              | 892,702 |                    |
| FY2020 Restricted State Mental Health and Addiction Funds Carryover | 148,969 |                    |
| FY2020 Central Pharmacy Carryover                                   | \$5,562 |                    |
| <b><u>FY 2020 Carry Over Into SFY2021 Total</u></b>                 |         | <b>\$1,047,233</b> |

**TOTAL EXPENDITURES** **\$4,514,458**

