

Mental Health and Recovery Board of Ashland County



Annual Service Summary – Fiscal Year 2021

Program

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 2021 (FY 2021), the School-Community Liaison Program served 2,287 students (unduplicated count).

24/7 Crisis Hotline Services (419.289.6111)

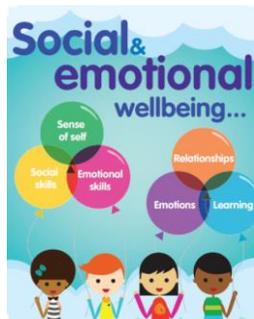
A crisis can happen at any time. The Crisis Hotline is staffed 24/7 to assist members of the community who may be experiencing acute and severe emotional distress. Crisis Hotline workers provide education, de-escalation, consultation, and referral services to callers promptly.

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.

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.

Outcomes

- 2,287 Students were served by the liaisons.
 - 2,233 referrals were made to community agencies.
 - 93% of the time those referrals were followed through with.
 - 81% of students served showed academic improvement.
 - 80% of students served showed improved attendance.
 - 82% of students served showed improved behaviors.
-
- 2,010 persons made 2,771 calls to the Hotline in Fiscal Year 2021.
 - Of the 2,771 calls to the Hotline:
 - 1,413 calls (51%) were devoted to Emergent/Crisis-De-escalation needs; and
 - 1,358 calls (49%) were devoted to Education, Consultation, Advocacy, and Referral
-
- 66 people struggling with mental health and/or addictions participated in the supported employment program during FY 2021.
 - On average, **26%** of those participating in the program were employed at some point during the year. The rate decreased this year due to pandemic-related employer challenges.
 - Additional program funding through a partnership with The Bureau of Vocational Rehabilitation continues. The additional funding reflects a strong partnership with BVR and allows the program to grow. 24 persons were involved with BVR this year.
 - 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 2021 there were over 30 different employers involved with the SE Program.
-
- As part of the “*Whole Child Matters*” Regional ECMH Initiative at Catholic Charities – 12 classrooms in 5 early learning centers received ECMH consultation with lead teachers completing over 251 Devereux Early Childhood Assessments (P2).
 - Catholic Charities’ *Healthy Kids Strong Families* served 24 families in SFY 21, including 32 adults and 60 children.
 - Many of the adults served in the *Healthy 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 21. 15 adults/ families participated in Triple P - Discussion Groups, Triple P – Primary Care, and Triple P – Online Program. The program continues to make valuable connections & collaborations with local groups like Redbird Resilient, Olive Tree Daycare, L-P Schools, and New Hope Church.

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-8th 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 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 to reduce and prevent suicides. The Question. Persuade. Refer. or QPR approach to training “suicide prevention gatekeepers” has continued to expand in SFY 20. QPR Training was 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 training and is being used more often each year.

Outcomes

- In FY 2021, ACCADA produced 1,416 hours of prevention services impacting thousands of the county’s residents.
- For FY 2021, 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.



- Because of the pandemic, the program pivoted to providing “Staying Safe Boxes” to seniors rather than in-person programming
- 100 Boxes were distributed in the initial disbursement, with 200 in rounds two and three. 75 separate social service organizations, businesses, etc. donated items for the boxes.
- An average of 40 newsletters were sent per month to Golden Center participants and other seniors. 20 MGM newsletters were sent quarterly to MGM participants and other students.
- “Spring Break Bags” were developed for youth participating in the MGM program since in-person programming was unavailable.
- In-person programming is expected to return in SFY 2022 for both the Golden Center and MGM programs.

- The Grievors of Suicide Support group continued to add new members in SFY 21, 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.
- The “5th Annual Suicide Prevention & Awareness Walk” was held both in-person and virtually on September 26, 2021. For the first time, walkers could also “Stand a watch” with Silent Watch to bring attention to suicide deaths amongst our veterans and first responders.
- Approximately **275** persons were trained as QPR Gatekeepers in SFY 2021.

Program

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.

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 good tenants 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 has continued to receive referrals from the community, from Catholic Charities, and other social service agencies.

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 a 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.

Outcomes

- 89 individuals participated in ACCADA’s Medication-Assisted Treatment (MAT) program in SFY 2021. 83% of those utilizing Buprenorphine and 74% utilizing Naltrexone demonstrated at least some positive treatment outcomes.
 - 18 individuals benefited from Residential and/or Detox services in the Fiscal Year 2021.
 - 58 days of Residential/Detox services were funded through the Board.
 - 6 adults participated in Recovery Housing (Walnut Recovery House I and II).
 - Over 150 Youth/young adults were seen in the TAY program during SFY 2021 (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.
 - 163 Adults were seen by the Integrated Health Care Coordinator in SFY 2021 with over 300 hours of direct face-to-face contact hours and support/administrative services provided. The 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.
 - The ACCADA Jail Program* has served approximately 62 inmates (unduplicated) with screening/education, individual counseling & case management, and/or group education in SFY 2021.
 - A total of 208 hours of Alcohol/Drug services were provided at the Ashland County Jail in Fiscal Year 2021 including*:
 - 87 Hours of Screening/Education
 - 53 Hours of Assessment
 - 68 Hours of Indiv. Counseling & Case Management
 - Jail-Community Linkage Data*:
 - 77 Persons served
 - 84% or 65 had no new arrests
 - Over 25 persons trained in working with behavioral health issues within a jail setting
 - 21 persons who began services in the jail before SFY 2021 completed in SFY 2021
- *Services Were Highly Impacted by Pandemic & Lack of Access to Persons in the Jail

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.

- Unfortunately, this program was impacted by the pandemic and services couldn’t be offered safely. Plans to restart the program in SFY 2022 are in place.

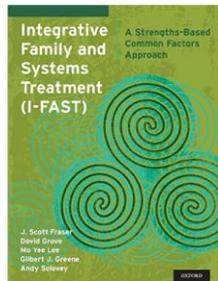
Equine Therapy

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 and adults with significant histories of trauma (abuse/neglect primarily).

- 12 youth and 5 adults participated in the program during SFY 21.
- **108** individual and family sessions were provided with participants reporting significant reductions in anxiety and much improved verbal and nonverbal communication skills.
- Few participants completed the program during the fiscal year with almost all agreeing to continue 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 42 youth and families at high risk for disruption or already involved with Child Protective Services (CPS).
- The Appleseed team collaborates with local schools, court, probation, 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 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 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.

- 94 youth (Dupl.) & 11 adults were seen by the Juvenile Court Liaison in SFY 21.
- 6 of the youth were active with probation.
- The Liaison continues to meet regularly with multiple systems in the county ensuring a higher likelihood of youth & family success.
- The Liaison regularly collaborates with the Juvenile Court, all area school district personnel, and social service agencies.



Program

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.



Outcomes

- Over 80 adults participated in Pathways programs in SFY 2021. The program saw 46 new participants in the year.
- Groups are a primary service at Pathways and 377 group sessions were run in SFY 2021 with an average monthly group attendance of 19 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”
- Weekly meals were provided to an average of 14 participants through February of 2021 and monthly thereafter.

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 the continuum of care service investments supported through Medicaid and Board 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 21: \$3,149,638 (86% of Total Medicaid).
- Total Board-Funded Investment in Mental Health Continuum of Care Services in SFY 21: \$640,279 (88% of Total Board-Funded).
- Total Medicaid Investment in Drug/Alcohol Continuum of Care Services in SFY 21: \$530,036 (14% of Total Medicaid).
- Total Board-Funded Investment in Drug/Alcohol Continuum of Care Services in SFY 21: \$85,009 (12% of Total Board-Funded).
- Total Medicaid (84%) & Board-Funded (16%) Investment in both Mental Health and Drug/Alcohol Services in SFY 21: **\$4,404,961** (Increase of 9% over SFY 2020).

Number of People who Received Medicaid & Board Funded Continuum of Care Services in Fiscal Year 2021*

Total = 2,847

Female = 1,523 (53%)

Male = 1,323 (46%)

Mental Health Treatment = 2,604 (91%)

Substance Use Disorder Treatment = 384 (13%)

Both = 141 (5%)

Continuum of Care Services By Age Group*

- Between 0-12 years (15%) **-2%**
- Between 13-17 years (16%) **No Change**
- Between 18-35 years (31%) **No Change**
- Between 36-64 years (33%) **+1%**
- Greater than 64 years (4%) **+1%**

*Doesn't include persons involved with the School-Community Liaison Program, Jail - Based Services or Prevention services. Comparison year: Fiscal Year 2020.

Mental Health & Recovery Board of Ashland County SFY 2021 Annual Report

SFY 2021 Receipts

State Mental Health/Addiction and Recovery Funds

| | |
|---|---------------------------|
| Mental Health and Addiction funds | \$1,352,558 |
| Prevention and Recovery Supports | \$351,155 |
| State Mental Health/Addiction and Recovery Total | <u>\$1,703,713</u> |

Federal Mental Health/Addiction and Recovery Funds

| | |
|---|-------------------------|
| Mental Health and Addiction funds | \$223,999 |
| Prevention and Recovery Supports | \$365,704 |
| Federal Mental Health/Addiction and Recovery Total | <u>\$589,703</u> |

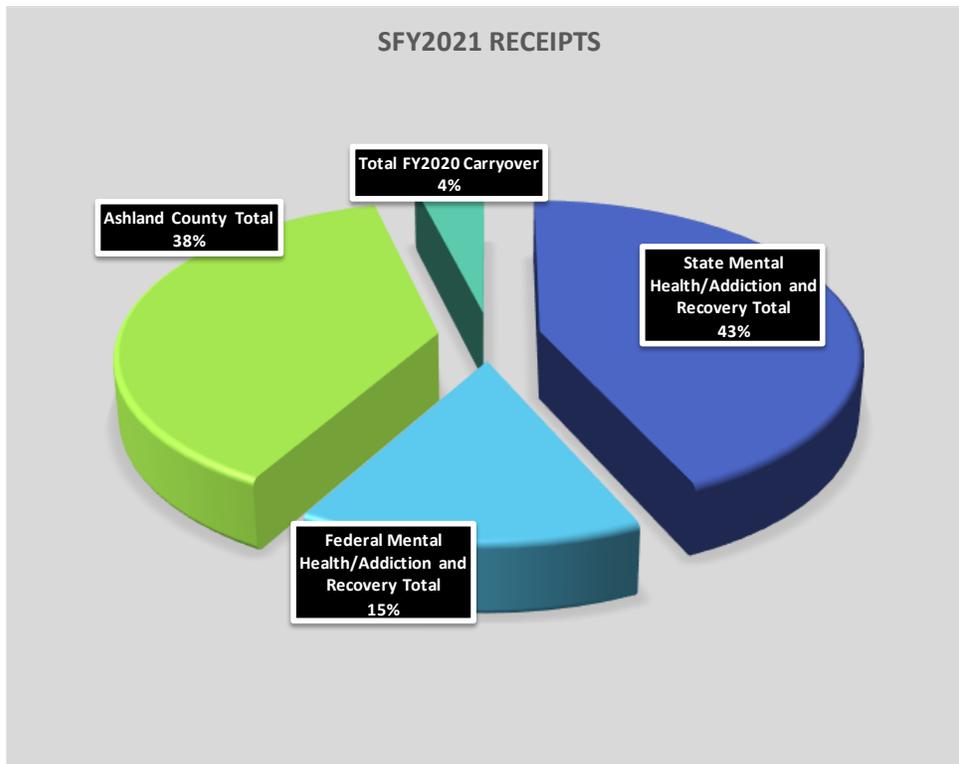
Ashland County Local Funds

| | |
|---|---------------------------|
| Ashland County Levy | \$1,207,751 |
| Local School Districts- Liaison Program | \$160,762 |
| Rents | \$101,588 |
| Municipal Court(For Alcohol and Drug Jail Services) | \$15,000 |
| Restricted Funds | \$5,284 |
| Ashland County Total | <u>\$1,490,386</u> |

FY20 Carryover into FY21

| | |
|-------------------------------|-------------------------|
| State Carryover | \$154,924 |
| Total FY2020 Carryover | <u>\$154,924</u> |

Total Receipts **\$3,938,726**



Data as of 9-21-21

**Mental Health & Recovery Board of Ashland County
SFY 2021 Annual Report**

SFY 2021 Expenditures

Mental Health and Addiction Services

| | | |
|--|---------|---------------------------|
| Mental Health and Addictions Direct Treatment Services | 928,492 | |
| Jail Services | 241,762 | |
| Crisis Hotline | 153,450 | |
| Housing Services | 66,974 | |
| Senior Services | 25,000 | |
| Mental Health Crisis/Diversion | 16,316 | |
| Alcohol/Drug WM/Residential Services | 56,434 | |
| Pharmaceutical Assistance | 30,376 | |
| State Hospital | 28,500 | |
| <u>Mental Health and Addiction Services Total</u> | | <u>\$1,547,304</u> |

Prevention and Recovery Supports Services

| | | |
|---|---------|---------------------------|
| School Based Prevention Services | 674,931 | |
| Recovery Support Services | 173,771 | |
| Transitional Age Youth Services | 140,090 | |
| Consumer Operated Services | 103,526 | |
| Supported Employment Services | 26,273 | |
| <u>Prevention and Recovery Supports Services Total</u> | | <u>\$1,118,590</u> |

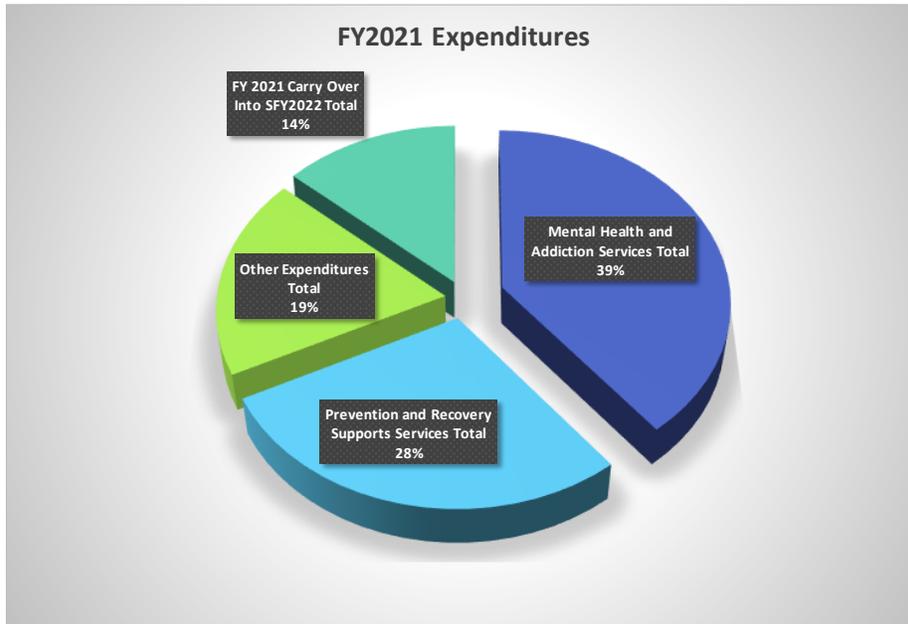
Other Expenditures

| | | |
|--|---------|-------------------------|
| Board Administration | 387,651 | |
| Community Education/Training | 142,042 | |
| Community Park Project | 50,000 | |
| Information Services/Network Svc | 63,804 | |
| Church St Expenses | 49,637 | |
| Levy Administration Fees | 18,723 | |
| Levy Costs | 18,892 | |
| Family & Children First Council | 10,500 | |
| <u>Other Expenditures Total</u> | | <u>\$741,249</u> |

FY 2021 Carry Over Into SFY 2022

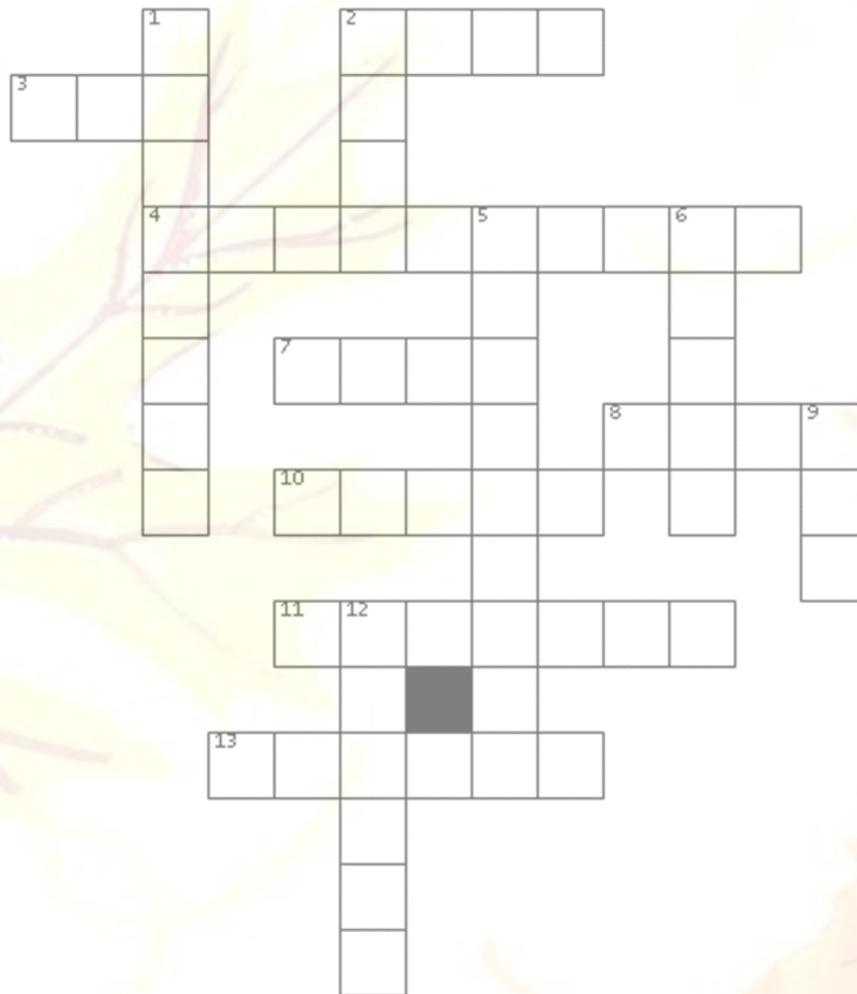
| | | |
|---|---------|-------------------------|
| FY 2021 Ashland County Levy Carry Over | 459,583 | |
| FY2021 Restricted State Mental Health and Addiction Funds Carryover | 71,795 | |
| FY2021 Restricted Funds Carryover | \$206 | |
| <u>FY 2021 Carry Over Into SFY2022 Total</u> | | <u>\$531,584</u> |

TOTAL EXPENDITURES \$3,938,726



Data as of 9-21-21

MHRB Annual Luncheon – October 2021



ACROSS

2. Important event for the Board every Five Years
3. Acronym for Trauma-Informed Care
4. The newest Board Committee
7. Name of the Board's Recovery Conference
8. Another name for Family & Children First Council
10. The Number of Board Contract Agencies
11. Type of rules that the Board follows
13. Where Rick Ford works

DOWN

1. Last Name of this year's keynote speaker
2. Criss Current Director of OhioMHAS
5. The County's Largest Behavioral Health Agency
6. First Name of the Board's Current Chair
9. Agency that runs MGM Program
12. Trade association the Board belongs to