

Mental Health & Recovery Board  
of Ashland County

# Annual Report

ANNUAL SERVICE SUMMARY- FISCAL YEAR 2022





Susan, Mike, & Dwight

*Thank  
you!*

for your service



## 2021-2022 Board Members

Nancy Udolph- Chair

Mike Parker- Vice Chair

Mary Deeter- Finance Chair

Andrew Kinney- Planning Chair

Katie Wright- Secretary

Sara Battison

Chad Brown

Connie Butler

Karen Carroll

Susan Drushel

Tom Gaus

Ed Kieper

Cindy Kyser

Dwight McElfresh

Tanya Mounts

Shari Shafer

Janet Sprague

John Stoops

## MHRB Staff

**David C. Ross**  
Executive Director

**Patricia Pawlikowski**  
Director of Operations

**Lindsay Bruner**  
Community Relations  
Coordinator

**Ashley Ackerman**  
Director of Programs, Training,  
& Education





## Mission

The Mental Health and Recovery Board of Ashland County, through a network of providers, ensures the availability and accessibility of quality services that support recovery for individuals with trauma, mental health challenges and/or drug/alcohol abuse and addictions.

## Vision

To create an environment that brings hope and improves the quality of life for persons affected by trauma, mental health challenges and/or drug/alcohol abuse and addictions.

## Values

Everyone is entitled to live a quality life in our community. Services will incorporate our three-pronged framework emphasizing recovery, trauma informed care, and medication optimization. These principles will be used in prioritizing, developing, funding and evaluating programs to meet the needs of the community.

## Funded Provider Care Network

MHRB is proud to be affiliated with the following behavioral health agencies who provide quality, compassionate care for our community.





# REFLECTIONS *from* THE EXECUTIVE DIRECTOR



What a year!

In my first full year as the Board's Director, I'm pleased to report we covered a lot of ground. Board members are passionate and committed to the work of the Board and have consistently provided support and direction to me throughout the year. Many of my fellow Board Directors in other counties informed me they were losing Board members or had numerous vacancies that couldn't be filled due to the pandemic. Not Ashland! Board members continued to attend and participate in committee and full board meetings either in-person or virtually throughout the year. Not only did we maintain membership, but we grew to our full complement of eighteen members! The community should know what an incredible group of volunteers they have representing them on the Mental Health & Recovery Board of Ashland County.

The Board's trainings and events in SFY 2022 were a success! The Annual RSVP Conference was well-attended, and our keynote speaker, Sam Quinones, was timely and well-received by the participants. It was nice to hear from the Director of Disability Rights Ohio (Kerstin Sjoberg) this year, as they've been co-sponsor of the conference for several years. The Board's presence at the Ashland County and Loudonville Street fairs did not go unnoticed! The Board distributed a record amount of educational materials to fairgoers. The fairs represent one of the Board's most significant opportunities to interact with county residents, answer questions, and provide resources to assist them or a loved one in securing help. Other key activities included:

- The Board's first Annual Luncheon. The decision was made to move our annual meeting to the lunch hour vs. dinner, and community members responded positively.
- September is Suicide Prevention & Awareness Month. Once again, the Board, through a variety of mechanisms, raised community awareness of suicide prevention and awareness. The month culminated with a walk and light lunch which was well attended.
- Training and Event Partnerships. The Board partnered with several agencies in SFY 2022 to bring evidence-based trainings to the community. Examples include:
  - Trauma Training to support the Juvenile Court and their staff
  - Trust Based Relational Intervention Trainings with Fostering Family Ministries
  - Question, Persuade, and Refer Train the Trainer sessions
  - Critical Incident Stress Management Training with our local Youth Crisis Response Team
  - SEARCH Institute training series for local educators and school-based staff
  - Self-Care, Communications Styles, and Trauma-informed Policing in collaboration with the Sheriff, Jail leadership, and other first responders
  - Ongoing partnership with the Health Department and UH-Samaritan on the counties Community Health Assessment and Community Health Improvement Plan

I'm excited about the opportunities SFY 2023 will bring. The Board is actively pursuing Crisis Respite in the County. It will continue to work with our state and regional partners to ensure new initiatives like OhioRise, 988, and potential changes to Ohio Revised Code Chapter 340 positively impact county residents. It's an honor and privilege to serve the Board and community as we do our part to make Ashland someplace special.

*David C. Ross*

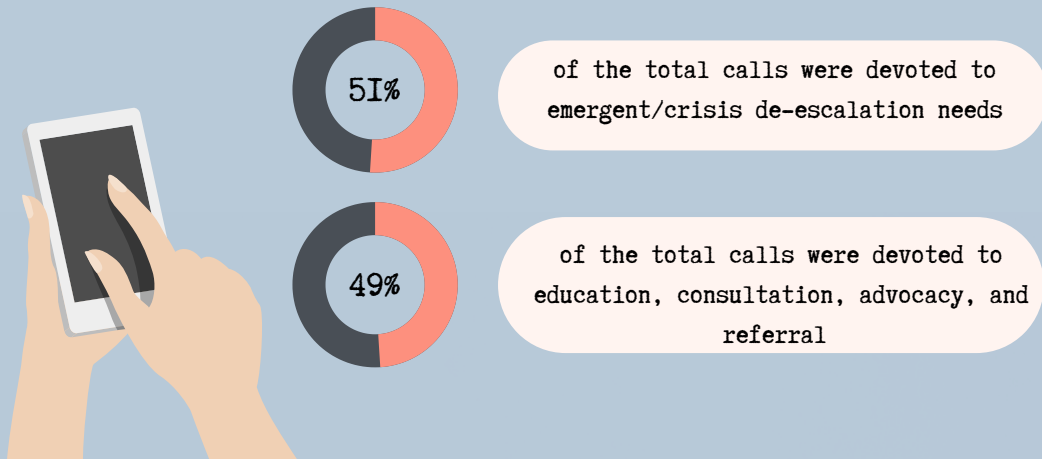
Executive Director  
Mental Health & Recovery Board  
of Ashland County  
419/281-3139



# 24/7 Crisis Hotline

A crisis can happen at any time. The Crisis Hotline is staffed by Appleseed 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.

1,070 persons made 1,514 calls to the Hotline in Fiscal Year 2022



## 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 2022 (FY 2022), the School-Community Liaison Program served 2,239 students (unduplicated count).

2,239

students were served by the liaisons.

1,694

referrals were made to community agencies.

93%

of the time those referrals were followed through with.

81%

of students served showed academic improvement.

81%

of students served showed improved attendance.

85%

of students showed improved behaviors.



# 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/IPS is assertive about helping people find employment that they want as soon as they express a desire to work.

**135** people (dupl.) participated in the supported employment program in SFY 2022

- Notably, the SE position was not staffed until late in the 3rd quarter of SFY22. The program has been making a significant impact since being staffed.
- On average, 33% of those participating in the program were employed at some point during the year.
- Additional program funding through a partnership with Opportunities for Ohioans with Disabilities (OOD) continues (\$55,234 in SFY 2022). The additional funding reflects a strong partnership with OOD 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 SFY22 there were over 150 different employers involved with the SE program (+55 from SFY 2021).

## 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.

**34** families were served by Healthy Kids Strong Families including... **49** adults and **80** children! in SFY 2022

- As part of the "Whole Child Matters" Regional ECMH Initiative at Catholic Charities - 21 classrooms in 7 early learning centers received ECMH consultation with lead teachers completing over 206 Devereux Early Childhood Assessments (P2).
- 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/Grandparents benefited from the Resilient Family Project in SFY 22. 18 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.



# 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 22. QPR Training was provided to Ashland University, Law Enforcement, Community Members, Businesses, Churches, and several School Districts this year.

Approximately **610** people were trained as QPR Gatekeepers in SFY 2022

- The Grievors of Suicide Support group changed locations, to the Brethren Care Village Wellness and Community Center. Attendees continue to express deep gratitude for the existence of the group, which ranges from 2 to 4 persons on average, per session.
- The County Commissioners passed a resolution that designated September as "Suicide Prevention Awareness Month" in Ashland County.
- The "6th Annual Suicide Prevention & Awareness Walk" was held both in-person and virtually on September 25, 2022. MHRB partnered with Silent Watch, inviting walkers to "stand a watch" to bring attention to the issue of suicide amongst our veterans and first responders.
- Approximately 610 persons were trained as QPR Gatekeepers (+335 from SFY 2021) and 36 persons were trained as QPR Trainers in SFY22.

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

SFY22 was an exciting year for the MGM program with the implementation of the "Adopt a Classroom Pen Pal Program". This program allows senior mentors to connect meaningfully with elementary students through writing, which helps to minimize any fear/risk that exists due to the ongoing pandemic. The Golden Center is provided at three local sites (Loudonville Library, Mill Run Place & the Council on Aging). This mentoring program is mutually beneficial for 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.

Over **1,100** seniors were served in SFY 2022 through the 3 Golden Centers, the Pen Pal Program, and other community events.

- Initially, twelve area elementary classrooms participated in the Adopt a Classroom Pen Pal Program. Ongoing, there were six classrooms who participated monthly until the end of the school year. This involved, at various times over 200 local elementary students.
- Catholic Charities continues to find new and innovative ways to help inform, and attempt to provide ways to encourage local seniors to re-engage in the community. Many seniors remain socially isolated due to their ongoing concerns with COVID, or due to their inability to leave the confines of their homes.
- In SFY 2022, attendance at all 3 Golden Centers was excellent, with between 15-20 members in attendance for meetings. Many regular attendees invite friends and/or share the information provided by guest speakers, with other residents who may be more socially isolated.



# Alcohol, Tobacco, & Other Drug Prevention

## Several evidence-based substance use prevention programs are available in Ashland schools:

**Too Good for Drugs**—an evidence-based prevention curriculum through ACCADA that has been very well received and has been a useful tool in adding new schools/classes.

**Start Talking** – this ACCADA program 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.

In SFY 2022, prevention programming impacted over

6,000

youth in multiple classrooms (primary and middle schools) throughout the county.

- In FY 2022, ACCADA produced 1,735 hours of prevention services impacting thousands of the county's residents.
- For FY 2022, 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.

## 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.

- 46 individuals participated in ACCADA's Medication-Assisted Treatment (MAT) program in SFY 2022.
- 84% of those utilizing Buprenorphine and 74% utilizing Naltrexone demonstrated at least some positive treatment outcomes.
- 15 individuals benefited from Residential and/or Detox services in the Fiscal Year 2022.
- 25 (dupl.) adults participated in Recovery Housing (Walnut Recovery House I and II).

## 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.

The ACCADA Jail Program has served approximately 340 (unduplicated) persons at the Ashland County Jail with screening/education, individual counseling & case management, and/or group education in SFY 2022.

- A total of 528 hours of Alcohol/Drug services were provided at the Ashland County Jail in Fiscal Year 2022 including:
  - 263 Hours of Screening/Education
  - 39 Hours of Assessment
  - 157 persons received either Individual Counseling or Individual Supportive Counseling
- Jail-Community Linkage Data:
  - 225 persons served
  - 55 persons had no new arrests
  - 88 individuals' re-entry plans addressed behavioral health needs
  - 54 persons followed up with identified Recovery Support Services

## 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.

- 36 youth (Dupl.) & 8 adults were seen by the Juvenile Court Liaison in SFY 22.
- 13 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.



## 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.

Over **75** adults participated in Pathways programs in SFY 2022.

- The program saw 56 new participants in the year.
- Groups are a primary service at Pathways and 458 group sessions (in person and some also offered via Zoom) were run in SFY 2022 with an average monthly group attendance of 20 persons.
- In SFY 2022, Pathways focused on increasing community awareness of the program, educating the community about peer support.

## 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.

- This program resumed in SFY 2022 after a period of inactivity due to the COVID-I9 pandemic. Due to ongoing pandemic- related concerns, modifications and precautions were in place to ensure safety of the participants.
- 14 children and 22 adults participated in two, six- week groups during SFY 2022.
- 5 children participated in a Martial Arts group, to help improve social skills and self-control strategies.

## 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 245 (dupl.) 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.



## 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).

- 14 youth and 3 adults participated in the program during SFY 22
- 99 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.

## Transitional Aged Youth Program

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.

Over **95** youth/young adults were seen in the TAY program during SFY 2022 (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.

## Community Resource & Referral Program

The Community Resource & Referral coordinator works with at-risk Ashland adults involved with multiple community systems who present with complex primary & behavioral health needs. The Community Resource & Referral program has continued to receive referrals from the community, from Catholic Charities, and other social service agencies.

The Community Resource & Referral coordinator assisted over **125** persons in SFY 2022

- This included over 200 hours of direct face-to-face contact hours and support/administrative services provided. The focus of attention included:
  - Issues regarding medication and medical equipment.
  - Facilitating behavioral and primary health communication and continuity of care.
  - Facilitating access to health care coverage and managing bills for healthcare services.
  - Complex primary health assistance.
  - Linking individuals to grief, dementia, and oral health.
  - Assisting with food, shelter, and employment.



# FISCAL REPORT

## Summary of Continuum of Care Services

Ohio Law requires 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 (85%) & Board-Funded (15%) Investment in both  
Mental Health and Drug/Alcohol Services in SFY 22:  
\$4,192,781 (Increase of 2% over SFY 2021)

Total Medicaid Investment in Mental Health Continuum of Care  
Services in SFY 22:  
\$2,952,362 (82% of Total Medicaid)

Total Board-Funded Investment in Mental Health Continuum of  
Care Services in SFY 22:  
\$551,504 (89% of Total Board-Funded)

Total Medicaid Investment in Drug/Alcohol Continuum of Care  
Services in SFY 22:  
\$620,803 (17% of Total Medicaid)

Total Board-Funded Investment in Drug/Alcohol Continuum of  
Care Services in SFY 22:  
\$68,113 (11% of Total Board-Funded)

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

Between 0-12 years (15%): No Change

Between 13-17 years (17%): +1%

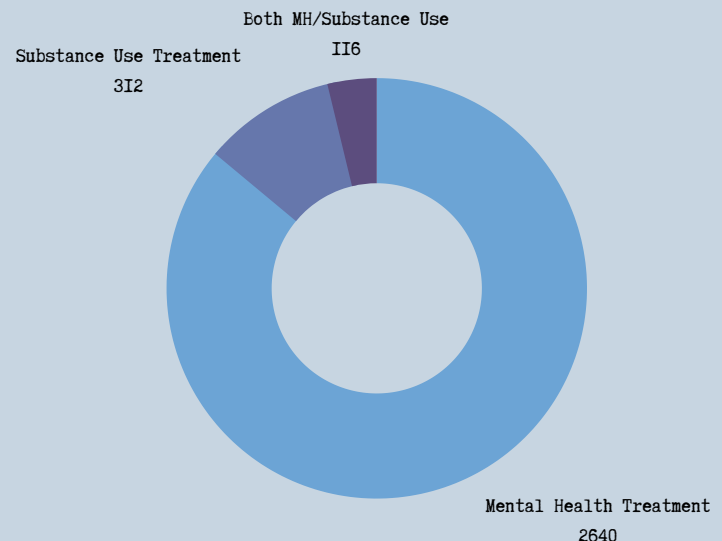
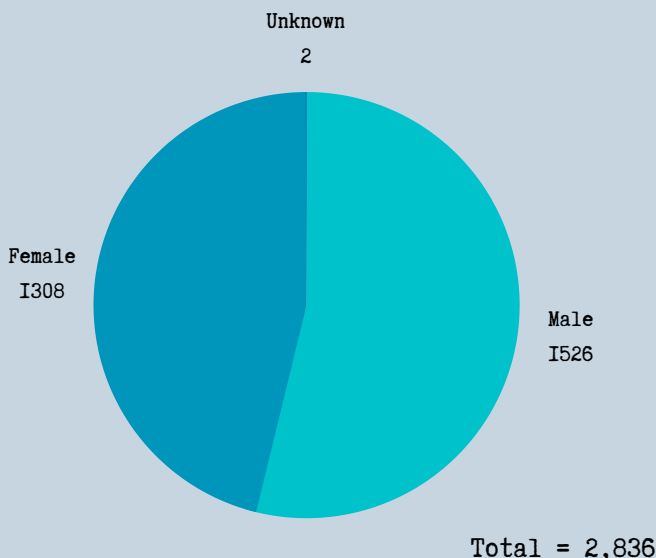
Between 18-35 years (3%): +1%

Between 36-64 years (32%): -1%

Greater than 64 years (4%): No Change

\*Doesn't include persons involved with the  
School-Community Liaison Program,  
Jail - Based Services, or Prevention services.  
(Comparison year: Fiscal Year 2021)

## Number of People who Received Medicaid & Board Funded Continuum of Care Services in Fiscal Year 2022



# FISCAL REPORT

## SFY2022 RECEIPTS

**State Mental Health/Addiction and Prevention/Recovery Funds** \$1,767,678  
State Mental Health/Addiction and Prevention/Recovery Total

**Federal Mental Health/Addiction and Prevention/Recovery Funds**  
Federal Mental Health/Addiction and Prevention/Recovery Total \$1,195,847

HUD Housing \$65,053

**Ashland County Local Funds**

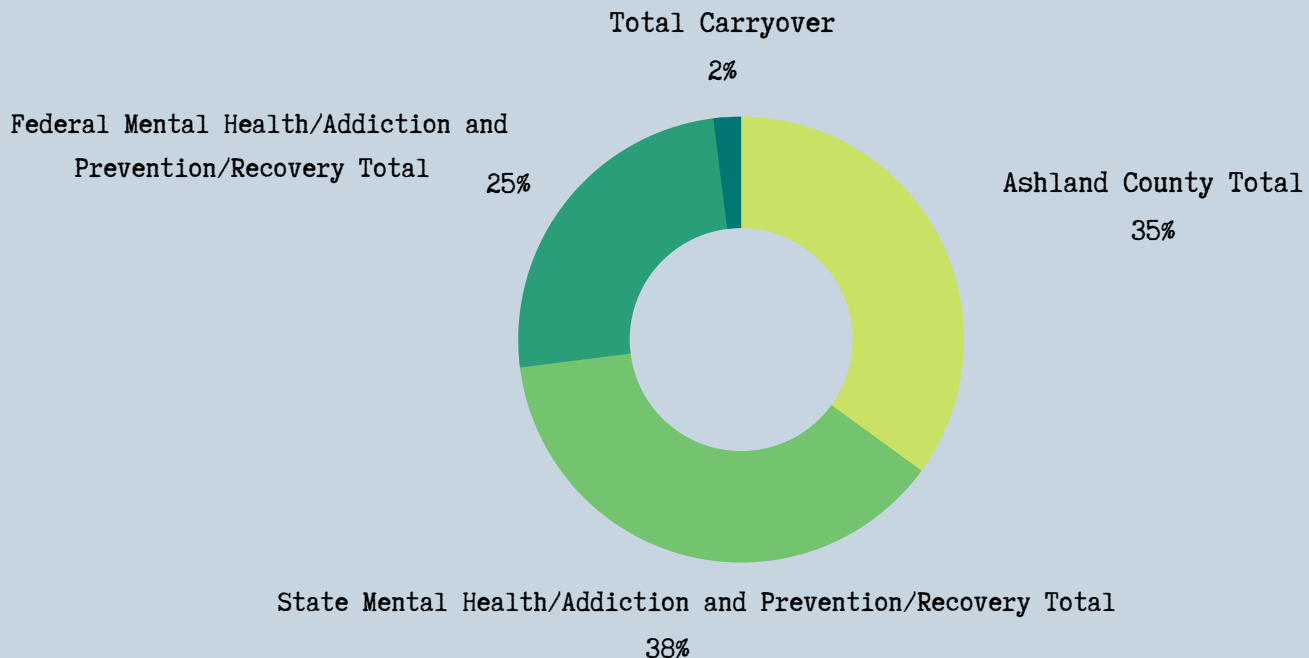
Ashland County Levy \$1,206,681  
Local School Districts- Liaison Program \$317,212  
Rents \$102,314  
Municipal Court(For Alcohol and Drug Jail Services) \$15,000  
Restricted Funds \$16,883  
**Ashland County Total** \$1,658,090

**CarryOver**

Local Carryover \$206  
State Carryover \$71,795  
**Total Carryover** \$72,001

**Total Receipts** \$4,758,669 \$0.00

## SFY 2022 Receipts





# FISCAL REPORT

## SFY2022 EXPENDITURES

### Mental Health and Addiction Services

Mental Health and Addictions Direct Treatment Services	838,853
Jail Services	239,229
Crisis Hotline	170,197
Housing Services	118,250
Senior Services	25,000
Pharmaceutical Assistance	57,280
State Hospital	41,150

### Mental Health and Addiction Services Total

\$1,489,958

### Prevention and Recovery Supports Services

School Based Prevention Services	954,173
Prevention Services	519,784
Recovery Support Services	64,902
Transitional Age Youth Services	109,365
Consumer Operated Services	119,026
Supported Employment Services	41,820

### Prevention and Recovery Supports Services Total

\$1,809,070

### Other Expenditures

Board Administration	358,347
Community Education/Training	128,034
Information Services/Network	73,541
Svc Church St Expenses	62,236
Levy Administration Fees	19,012
Restricted funding	12,114
Family & Children First Council	2,500

### Other Expenditures Total

\$655,784

### CarryOver

Ashland County Levy Carry Over	461,158
Ashland Community Foundation Dispersements	339
Rents Carryover	38,426
Restricted State Mental Health and Addiction Funds Carryover	303,807
Restricted Local Funds Carryover	\$127

### CarryOver Total

\$803,858

### TOTAL EXPENDITURES

\$4,758,669

-\$803,857.71

\$0.00

\$0

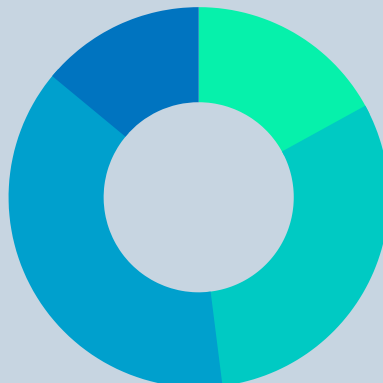
## SFY 2022 Expenditures

Other Expenditures

14%

CarryOver Total

17%



Recovery Supports Services Total

38%

Mental Health & Addiction Services Total

31%

\*Data as of 8/30/2022

# MHRB Word Scramble

1. ACACAD \_\_\_\_\_
2. LEYV \_\_\_\_\_
3. NNFIUGD \_\_\_\_\_
4. EPER UPRSPTO \_\_\_\_\_
5. TREHE EGSL FO HTE OSLOT \_\_\_\_\_
6. TLEMAN TAHEHL \_\_\_\_\_
7. CCILOTAH HRTIECSIA \_\_\_\_\_
8. DADIV RSSO \_\_\_\_\_
9. IKPEEGN SALDNHA YLHHTAE \_\_\_\_\_
10. ISDIECU TINEEROVNP \_\_\_\_\_
11. EDAELPEPS \_\_\_\_\_
12. MRUTAA RFONEMID \_\_\_\_\_
13. SIONTUQE RADESUPE REREF \_\_\_\_\_
14. SSCNTEAUB SEU \_\_\_\_\_
15. NLIIERECES \_\_\_\_\_
16. SVRP CRONEFEENC \_\_\_\_\_
17. RCISSI ITOENHL \_\_\_\_\_
18. VCYREORE \_\_\_\_\_

Total: \_\_\_\_\_

