

Mental Health & Recovery Board  
of Ashland County

# ANNUAL REPORT

ANNUAL SERVICE SUMMARY  
FISCAL YEAR 2023





JOHN STOOPS

for your years of service

7/I/2019 to 6/30/2023

## 2022-2023 BOARD MEMBERS

Nancy Udolph- Chair  
Mary Deeter- Vice Chair  
Chad Brown- Finance Chair  
Andrew Kinney- Planning Chair  
Katie Wright- Secretary

Sara Battison  
Chad Brown  
Ben Key  
Connie Butler  
Tom Gaus  
Ed Kieper  
Cindy Kyser  
Tanya Mounts  
Shari Shafer  
Janet Sprague  
John Stoops

## MHRB STAFF

David C. Ross  
Executive Director

Patricia Pawlikowski  
Director of Operations

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

It's been another eventful year for the Board. We continue to have committed and compassionate volunteer Board members representing Ashland County residents' mental health and substance use needs.

The Board's three hallmark events (RSVP, Suicide Prevention & Awareness Walk, and Annual Luncheon) were all successes! Ron Wipond, this year's RSVP Keynote, continues to impact Canada and beyond with his messaging on the importance of privacy and confidentiality. Community members came out to support the Awareness Walk and the Board's efforts at prevention, intervention, and postvention to reduce suicides to our goal of zero. We continue to partner with Silent Watch to bring awareness to veterans and first responders disproportionately impacted by Suicide. The Board's Annual Luncheon is a hit, with attendees preferring the luncheon option and streamlined program format.

In addition to the events above, the Board provides and/or supports education and training in the following areas:

- The place to go at the Ashland County and Loudonville Fairs!
- Behavioral Health Training for corrections officers and first responders
- Question, Persuade, and Refer Trainings to Ashland University, County Employees, and local businesses and organizations.
- Ongoing partnership with the Health Department and UH-Samaritan on the county's Community Health Assessment and Community Health Improvement Plan

SFY 2024 comes with challenges in workforce and stagnant funding, but I don't doubt that our Board and contract partners will rise to the occasion. We're excited about recent changes in the Ohio Revised Code that will allow the Board more flexibility in membership and the possibility of hybrid meetings. It's again my honor and privilege to serve the Board and community as we all do our part to make Ashland someplace special.



*David C. Ross*

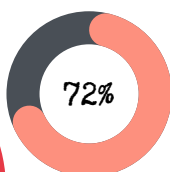
Executive Director  
Mental Health & Recovery Board  
of Ashland County  
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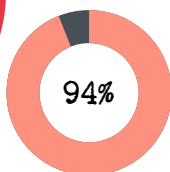
# 24/7 CRISIS HOTLINE

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.

1,786 calls were made to the Hotline in  
Fiscal Year 2023



72% of the total calls addressed emergent/crisis de-escalation needs



94% of the total calls involved education, consultation, advocacy, and referral

## 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 2023 (FY 2023), the School-Community Liaison Program served 2,312 students (unduplicated count).

### KEY OUTCOMES

2,312

students were served by the liaisons.

1,570

referrals were made to community agencies.

92%

of the time those referrals were followed through with.

82%

of students served showed academic improvement.

81%

of students served showed improved attendance.

83%

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 2023

- On average, 58% of those participating in the program were employed at some point during the 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 SFY23 there were over 200 different employers involved with the SE program (+25% from SFY 2022).



## 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.

**33** families were served by Healthy Kids Strong Families in SFY 2023 including... **46** adults and **90** children!

- As part of the "Whole Child Matters" Regional ECMH Initiative at Catholic Charities - 2I classrooms in 7 early learning centers received ECMH consultation with lead teachers completing over 210 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 23. 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 23. QPR Training was provided to Ashland University, Law Enforcement, Community Members, Businesses, Churches, and several School Districts this year.

Approximately **380** people were trained as QPR Gatekeepers in SFY 2023

- 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 has 8 attendees on average, per session.
- The County Commissioners passed a resolution that designated September as “Suicide Prevention Awareness Month” in Ashland County.
- The “7th Annual Suicide Prevention & Awareness Walk” was held both in-person and virtually on September 24th, 2023. 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 380 persons were trained as QPR Gatekeepers in FY23

## MULTI-GENERATIONAL MENTORING (MGM) PROGRAM & GOLDEN CENTER

SFY23 was an exciting year for the MGM, which continued the "Adopt a Classroom Pen Pal Program". This program allows senior mentors to connect meaningfully with elementary students through writing. The Golden Center is provided at four local sites (Loudonville Library, Mill Run Place, Martin House, and Nankin Community Church). 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 2023 through the 4 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 2023, 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 2023, prevention programming impacted over

6,340

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

- In FY 2023, ACCADA produced 2,083 hours of prevention services impacting thousands of the county's residents.
- For FY 2023, 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.

- 32 individuals participated in ACCADA's Medication-Assisted Treatment (MAT) program in SFY 2023.
- 100% of those utilizing Buprenorphine and 88% utilizing Naltrexone demonstrated at least some positive treatment outcomes.
- 14 individuals benefited from Residential and/or Detox services in the Fiscal Year 2023.
- 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 332 (unduplicated) persons at the Ashland County Jail with screening/education, individual counseling & case management, and/or group education in SFY 2023.

- A total of 557 hours of Alcohol/Drug services were provided at the Ashland County Jail in Fiscal Year 2023 including:
  - 283 Hours of Screening/Education
  - 29 Hours of Assessment
  - 324 persons received either Individual Counseling or Individual Supportive Counseling
- Jail-Community Linkage Data:
  - 289 persons served
  - 55 persons had no new arrests
  - 70 individuals' re-entry plans addressed behavioral health needs
  - 24 persons followed up with identified Recovery Support Services

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## 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.

- 34 youth (Dupl.) & 8 adults were seen by the Juvenile Court Liaison in SFY 23.
- 15 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 **76** adults participated in Pathways programs in SFY 2023.

- The program saw 63 new participants in the year.
- Groups are a primary service at Pathways and 597 group sessions (in person and some also offered via Zoom) were run in SFY 2023 with an average daily group attendance of 9 persons and a core group of 13 active participants.
- In SFY 2023, 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 2024.

- This program resumed in SFY 2022 after a period of inactivity due to the COVID-19 pandemic. Due to ongoing pandemic-related concerns, modifications and precautions were in place to ensure safety of the participants.
- 11 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).

- 13 youth and 5 adults participated in the program during SFY 23
- 98 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 2023 (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 **183** persons in SFY 2023

- 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 (80%) & Board-Funded (20%; +5% from FY22 )

Investment in both Mental Health and Drug/Alcohol Services

in SFY 23:

\$2,908,316.93

Total Medicaid Investment in Mental Health Continuum of Care  
Services in SFY 23:

\$1,850,322.69 (80% of Total Medicaid)

Total Board-Funded Investment in Mental Health Continuum of  
Care Services in SFY 23:

\$513,447.87(88% of Total Board-Funded)

Total Medicaid Investment in Drug/Alcohol Continuum of Care  
Services in SFY 23:

\$473,367.48 (20% of Total Medicaid)

Total Board-Funded Investment in Drug/Alcohol Continuum of  
Care Services in SFY 23:

\$71,178.89 (12% of Total Board-Funded)

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

Between 0-12 years (13%): -2%

Between 13-17 years (16%): -1%

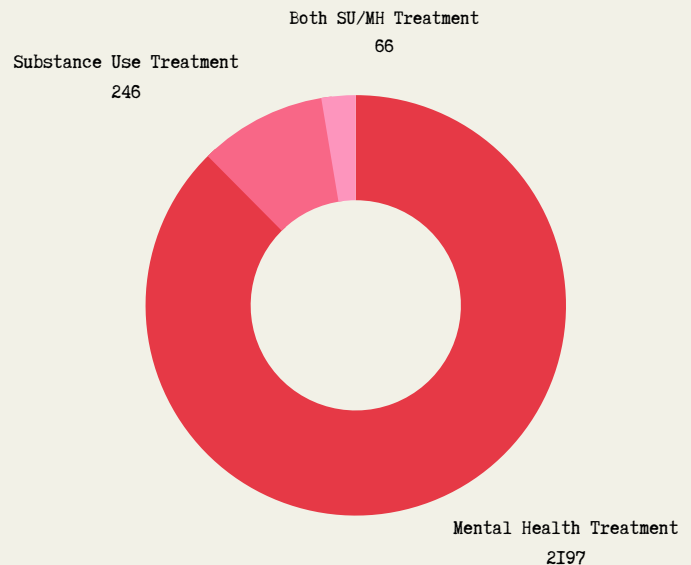
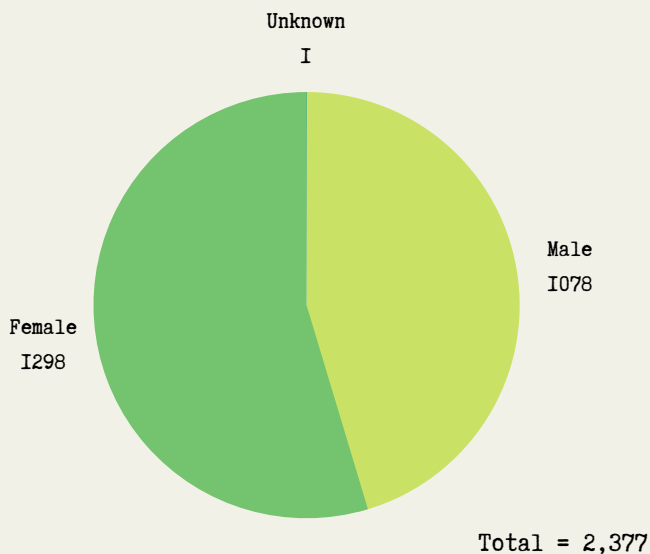
Between 18-35 years (31%): +1%

Between 36-64 years (34%): +2%

Greater than 64 years(5%): +1%

\*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 2023



# FISCAL REPORT

## SFY2023 RECEIPTS

**State Mental Health/Addiction and Prevention/Recovery Funds** \$1,790,080  
State Mental Health/Addiction and Prevention/Recovery Total

**Federal Mental Health/Addiction and Prevention/Recovery Funds**  
Federal Mental Health/Addiction and Prevention/Recovery Total \$1,023,383

HUD Housing \$44,426

### **Ashland County Local Funds**

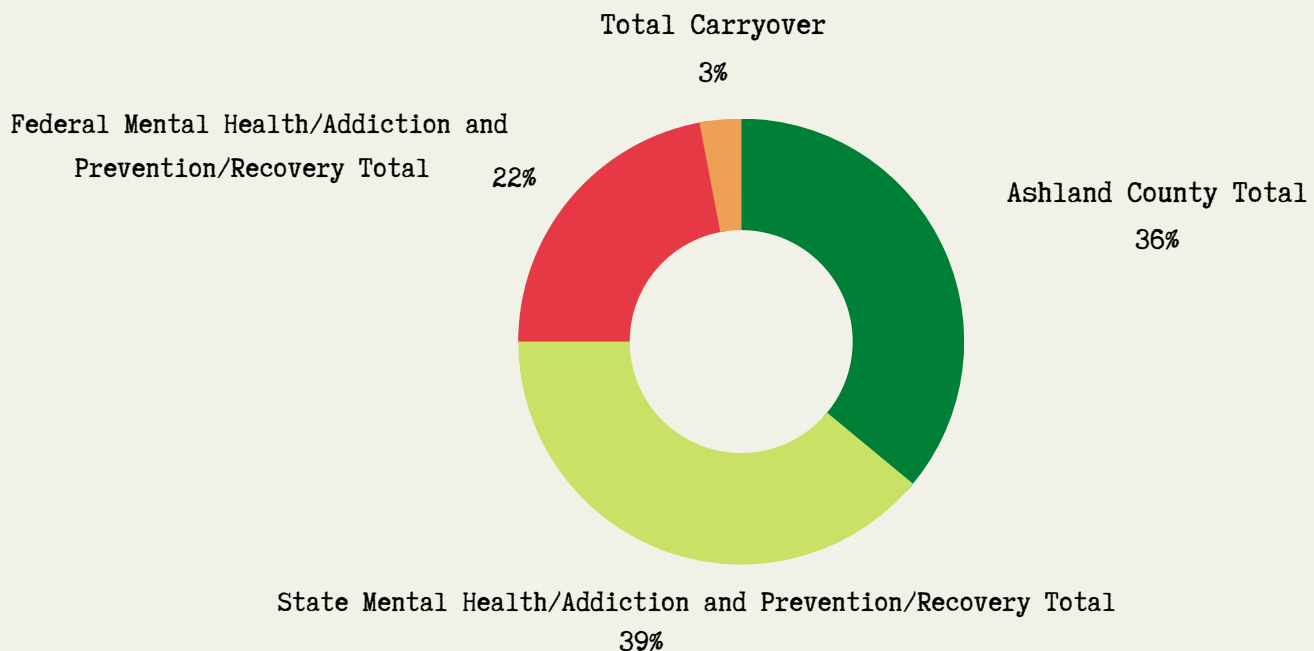
Ashland County Levy	\$1,215,779	
Local School Districts- Liaison Program	\$334,616	
Rents	\$98,468	
Municipal Court(For Alcohol and Drug Jail Services)	\$15,000	
Restricted Funds	\$16,820	
<b>Ashland County Total</b>		\$1,680,683

### **CarryOver**

Local Carryover	\$127	
State Carryover	\$49,889	
Federal Carryover	\$102,372	
<b>Total Carryover</b>		\$152,388

**Total Receipts** \$4,690,960

## SFY 2023 RECEIPTS





# FISCAL REPORT

## SFY2023 EXPENDITURES

### Mental Health and Addiction Services

Mental Health and Addictions Direct Treatment Services	910,285	
Jail Services	293,489	
Crisis Hotline	174,169	
Housing Services	82,710	
Senior Services	25,500	
Pharmaceutical Assistance	52,021	
State Hospital	30,400	
<b>Mental Health and Addiction Services Total</b>		<b>\$1,568,575</b>

### Prevention and Recovery Supports Services

School Based Prevention Services	714,072	
Prevention Services	895,240	
Recovery Support Services	53,090	
Transitional Age Youth Services	115,249	
Consumer Operated Services	126,795	
Supported Employment Services	41,820	
<b>Prevention and Recovery Supports Services Total</b>		<b>\$1,946,266</b>

### Other Expenditures

Board Administration	411,108	
Community Education/Training	64,051	
Information Services/Network	62,266	
Svc Church St Expenses	66,597	
Levy Administration Fees	19,645	
Restricted funding	15,662	
Family & Children First Council	2,500	
<b>Other Expenditures Total</b>		<b>\$641,829</b>

### CarryOver

Restricted Local Carryover	\$485,832	
Restricted State Mental Health & Addictions Funds Carryover	\$48,458	

### CarryOver Total

<b>TOTAL EXPENDITURES</b>		<b>\$534,290</b>
		<b>\$4,690,960</b>

## SFY 2023 EXPENDITURES

