



Mental Health
Recovery Services
of Warren & Clinton Counties



Annual Report 2019



Historical Milestones

1960's

- Antipsychotic medications introduced
- President Kennedy signed the Mental Retardation Facilities and Community Mental Health Centers Construction Act (1963), changing how mental health services were delivered in the US
- Board of Mental Health & Mental Retardation for Warren County holds first meeting on March 27, 1969

1970's

- Therapies change to more eclectic and pragmatic approaches such as combining behavioral and dynamic techniques
- Ties between physical health and mental health fields grow stronger
- Warren County voters asked to approve first tax levy to support mental health treatment
- Concerns surface in Warren County about drug problems
- First school-based day treatment programs introduced locally

1980's

- Community support strategies such as intensive case management, day treatments and residential care programs become increasingly instrumental in reintegrating individuals with mental illness into communities
- Founding of NARSAD grants to raise private funds to support research into mental illness (NARSAD = National Alliance for Research in Schizophrenia and Affective Disorders)
- Ohio legislators create separate boards of mental retardation and mental health
- Warren and Clinton Counties merge mental health and drug services boards
- Crisis Hotline opens

1990's

- Major efforts begin to increase public awareness of mental illness and addiction and to reduce stigma of both
- COMPEER programs funded to increase peer support in mental illness and addiction recovery
- Housing and residential supports increase for individuals in recovery

2000's

- Mental health parity laws seek to put insurance coverage of mental health on par with physical health policies
- Increased efforts to treat mental health concerns in prisons and jails
- Increased presence of local treatment providers in Warren and Clinton Counties

Serving and Supporting Your Community for 50 Years

Can it really be 50 years? What an amazing journey it's been for the field of mental health and addiction services – and what a transformation we've seen in the communities served by Mental Health Recovery Services of Warren & Clinton Counties since the first meeting of the Community Mental Health Board at the Golden Lamb in March 1969!

Mental Health Recovery Services of Warren & Clinton Counties has seen a lot of change over the years. We've seen changes in treatment approaches, in funding streams, and in ways we support those in recovery through peer groups, vocational training, housing, and more. And it's all been carried out with the generous support of voters over those years – a true testament to our communities' care for our neighbors, friends and family members.

It hasn't always been easy, of course. Some of the changes we've seen have required us to be creative and adapt approaches to treatment or seek grants and other funding sources to try new programs. Some have been successful, others not so much. But MHRS, with the best interests of the client in mind, strives to ensure they have access to quality care that helps them get on the road to recovery.

Who knows what the next 50 years will bring? We know the years ahead will bring challenges, just like the past 50 years. But we at MHRS also know we will rise to meet those challenges with resolve and caring hearts.

On behalf of the Board of Directors and staff at MHRS, thank you for your continued support!



Colleen



2019 Board of Directors



Ken Houghtaling, Chair – Wilmington, OH
Marcia Wagstaff – Wilmington, OH
Jim Fields – Waynesville, OH
Tina Fischer – Blanchester, OH
Jenni Frazer – Mason, OH
Dwayne Gross – Clarksville, OH
Rahul Gupta – Loveland, OH
Sarah Kirby – Maineville, OH
Tiffany Mattingly – Mason, OH
Pat Prendergast – Springboro, OH
Shelley Stanforth – Maineville, OH
Kristin Taulbee – New Vienna, OH
Rachel Sams – Wilmington, OH

2019 Provider Agencies



Solutions Community Counseling & Recovery Centers
Talbert House
New Housing Ohio
Beech Acres Parenting Center
Butler Behavioral Health
Sojourner Recovery Services
Mental Health America of Northern Kentucky & Southwest Ohio
Women's Recovery Center
NAMI of Southwest Ohio
Nova Behavioral Health
Center for Chemical Addictions Treatment

Prevention

Fifty years ago, prevention – at least in mental health or addiction circles – wasn't even a word. It's only been in the last 10 to 20 years that prevention has come into its own. Prevention helps us work on the "what if's" of behavioral health: what if we'd known the signs earlier, or what if we knew how to keep prescriptions out of the wrong hands?

Today, prevention efforts across Warren and Clinton Counties include work through community coalitions such as the Suicide Prevention Coalition and Substance Abuse Prevention Coalition of Warren County. It also involves school outreach to tell kids and teachers about the warning signs of suicide or the consequences of underage drinking. It also includes partnerships like working with the county health departments on smoking cessation programs.

- **Early childhood mental health consultation**
 - 1,127 classroom visits
 - 99 students referred for individual consultation
 - 98 percent of students receiving help stayed in care settings
 - **1,465 individuals received suicide prevention training**
(1,295 students, 170 adults)
- 

Opioid Addiction Treatment

Since the height of the epidemic, opioid addiction has contributed to a variety of community issues: joblessness, homelessness, and overextended first responders, to name a few. To help combat the problem, Mental Health Recovery Services of Warren & Clinton Counties has invested in treatment options ranging from Medication Assisted Treatment to residential programs and more.

FY 2019 HIGHLIGHTS

Decrease in deaths attributed to opioids:

- **Decrease in need for Narcan use:**
2017 – 60 uses;
2018 – 37 uses;
2019 – 34 uses
- **Expansion of Heroin Hopeline and local Quick Response Team (QRT) efforts to assist addicted individuals with treatment needs**

Treatment for Substance Use Disorders

Addictions to other substances are still real, even with a media focus on opiates. Warren and Clinton County residents sought treatment for many other addiction issues including drugs, alcohol, even social addictions like social media. Through investment in one-on-one counseling and group therapies, MHRS provided care to 1275 individuals seeking help to recover from addiction and rebuild productive, happy lives.

FY 2019 HIGHLIGHTS

- **Community partner agency Sojourner Recovery Services opens a new treatment center for men in Franklin**
- **New recovery home for men (King Home) opens in South Lebanon**
- **Among people finishing treatment in FY 2019, 83% report continued abstinence from substances**
- **96% of individuals who didn't have a job at the start of treatment reported getting and holding jobs while in treatment services**



Mental Health Treatment: Kids, Adults & Families

When most people think “mental health therapy”, counseling – either one-on-one or group – is one of the first things that come to mind. But treatment services include much more. The therapist first assesses the issues and needs of a client, then together they work out a treatment plan to follow. They establish achievable goals that will lead to the greatest chances for success and adjust those plans as treatment progresses. For some, medications might be necessary to gain control of the triggers for mental health issues such as depression or anxiety. Regular reviews with medical professionals may be included to monitor medications and make adjustments if needed.

MHRS monitors treatment services and programs through a variety of means including risk management review, treatment services monitoring, and supports such as a trauma-informed care team. All are comprised of representatives from the Board and contracted provider agencies and coalitions.

- **Over 900 individuals receive standard case management services**
- **Outpatient mental health care:**
 - 2,074 individuals with Severe Emotional Disturbance (SED) treated in FY2019
 - 1,211 individuals with Serious and Persistent Mental Illness (SPMI) treated in FY2019
 - 3,769 area residents served in mental health outpatient treatment

Community Supports: Peer Support, Housing, Vocational Training

Counseling and other therapies may be enough for some people, but for others an array of other supports are necessary to ensure follow-through on treatment and increase the chances for success. Basic needs like shelter and food are important components of treatment. That’s why MHRS contracts for these services to help when necessary. Agencies provide clients who have housing and vocational training needs with the resources necessary to meet those needs and help them succeed as contributing members of our community. Peers offer emotional understanding for what newer clients experience in therapy, sharing their own lived experiences to help clients better understand what they can expect. They socialize together, too, going to lunch or dinner, or a movie or art event.

- **Peer Services were expanded throughout Warren and Clinton Counties, both in number of sites served, and number of peers. Average number of peer support service contacts each month was 265 contacts**
- **Over 200 Warren and Clinton Counties residents participated in NAMI support and educational programs**
- **70% of individuals utilizing homeless shelters were connected to MHRS service providers. MHRS funds transitional, permanent supportive housing as well as recovery housing to the residents of Warren and Clinton counties.**
- **Among people participating in vocational employment services, 12% moved to competitive employment.**
- **Peer services provided in 11 locations including mental health court, drug court, behavioral health agencies, children’s services, jails, and housing facilities**
- **332 individuals served through vocational services**
 - Of those who entered competitive employment, 52 percent maintained a job for 90 days or more



Community Outreach: CIT, Education

In addition to contracting for treatment services, MHRS works to educate our communities about mental health and addiction so they have a stronger understanding about how tax levy dollars are being used to help their neighbors, friends and family members. The Board offers a training program to law enforcement professionals called Crisis Intervention Team Training or CIT. Our program is built on a nationwide model to appropriately react to situations involving mental illness. With training, officers and other first responders can de-escalate issues involving mental illness and find help for the individual. Trainings are scheduled several times each year.

Additionally, MHRS offers a speaker's bureau and other community trainings throughout the year. Anyone with an interest in learning about the Board's responsibilities, the system of public services and programs we contract for each fiscal year, what mental illness or addiction look like, and what treatment and resources are available can contact the Board to arrange a speaker. We also attend community events, are involved with local chambers of commerce, work with school districts to provide treatment and prevention programs, and coordinate with suicide prevention and substance abuse prevention coalitions to provide support and education to communities.

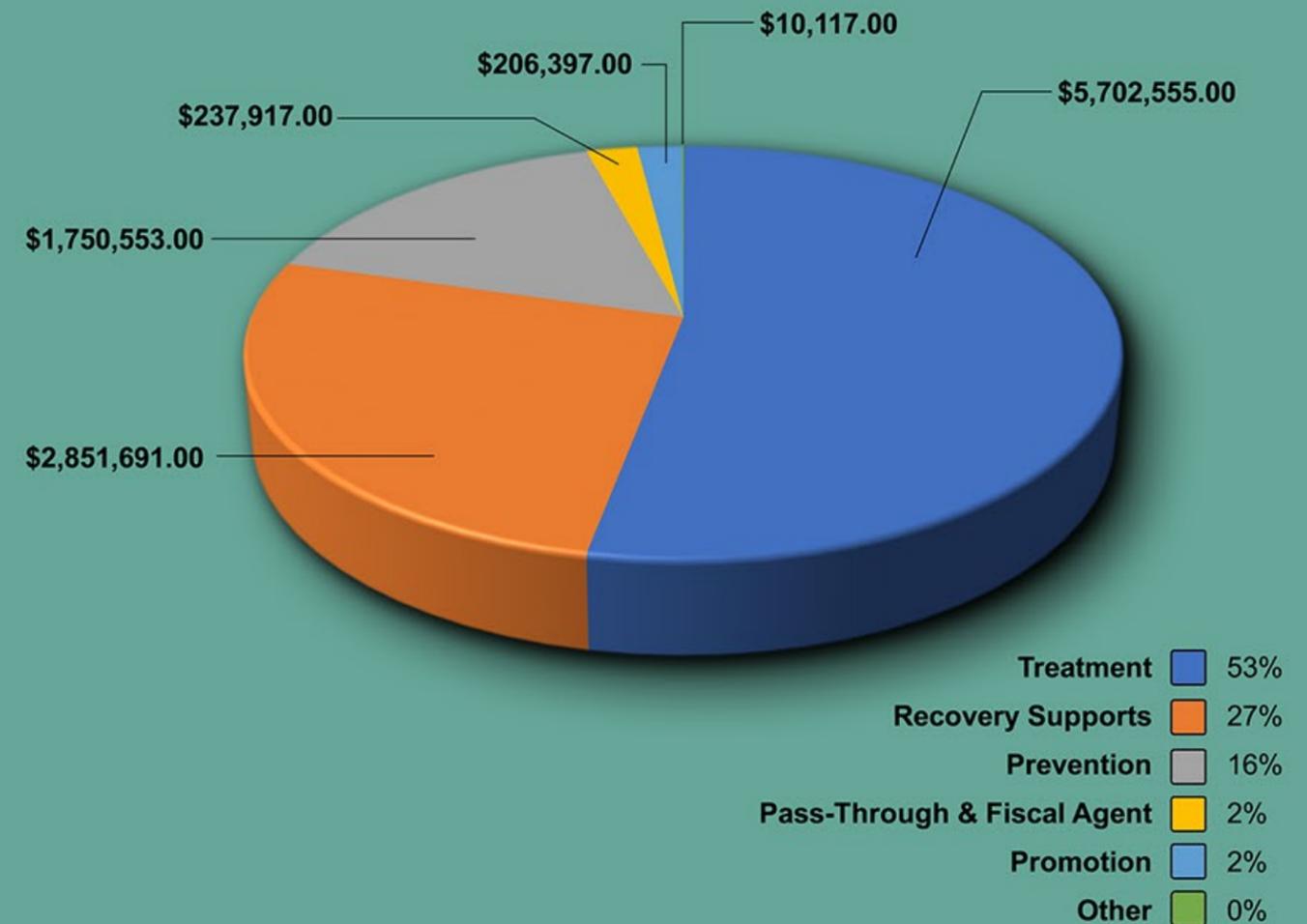
- 9 officers, 4 other law enforcement staff trained through CIT in FY 2019 (to date: 234 officers and 42 other law enforcement staff)
- Community presentations -10
- Hosted a series of three safe and supported LGBTQ trainings with 72 attendees.
- Hosted a provider self-care training on Soul Collage.



Financial Summary Fiscal Year (FY) 2019

MHRS Financial Statement FY2019

REVENUE		EXPENSES	
Local Levy	\$6,285,589.00	Board Administration	\$931,121.00
State – Mental Health	\$3,486,685.00	Board Operated Services	\$533,250.00
State – Substance Use Disorders	\$489,189.00	Capital	\$24,995.00
Federal – Mental Health	\$310,998.00	Contract Services	\$10,552,833.00
Federal – Substance Use Disorders	\$1,060,765.00		
Grants & Other Revenue	\$397,917.00		
Pass-through & Fiscal Agent	\$237,917.00		
TOTAL REVENUE	\$12,268,807.00	TOTAL EXPENSES	\$12,042,299.00





Mental Health Recovery Board Serving Warren & Clinton Counties (MHRBWCC) is the local board of mental health and addiction services (also called an ADAMHS board). As outlined in Ohio Revised Code Chapter 340, MHRBWCC plans, funds, monitors, and evaluates services and programs for people seeking help to recover from mental health and/or addiction issues

212 Cook Rd,
Lebanon, OH 45036
(513) 695-1695



Mental Health Recovery Board Serving Warren & Clinton Counties is an equal opportunity employer and prohibits discrimination in service contracts on the basis of age, race, color, religion, sex (including pregnancy and gender identity), sexual orientation, gender identity, national origin, political affiliation, marital status, parental status, veteran status, or disability status.