

**Mental Health  
Recovery Board**  
Serving Warren & Clinton Counties

# **Fiscal Year 2021 Annual Report**



## FROM THE EXECUTIVE DIRECTOR

2021 has come and gone but the impacts of COVID have not. In addition to the physical illness, our communities are feeling the impact of adjusting to a “new normal” – and the stress and anxiety that it creates. It’s not unusual to turn on the news or read an article about the increased need for mental health and addiction treatment across the country, and we’re seeing it right here in our own area, too. That’s why, with your tax levy support and funding from federal and state sources, MHRB continues to fund providers that serve Warren and Clinton residents for behavioral health needs.

Throughout the year, MHRB has continued to collaborate with our contracted provider partners to ensure that everyone seeking treatment for a mental health or addiction concern has access to treatment. We have increased our number of providers to offer choice and increased access to care. MHRB’s philosophy is that no one should go without treatment because of access or finances. To that end, MHRB uses a sliding fee scale to help any resident who may have income limitations that would be a barrier to care. This opens the opportunity for everyone in need to engage in services as needed.

Our work does not just focus on treatment. MHRB strongly believes that prevention is key to reducing mental health and addiction issues in the future. MHRB’s strong prevention efforts with the schools and in communities for persons of all ages help equip each individual with the knowledge to make good choices that reduce the occurrence or severity of mental health and addiction issues from occurring. Trainings such as Question, Persuade, Refer (QPR) and Signs of Suicide (SOS) are available to the community on request and are funded by MHRB.

It is important to remember that all things are not preventable. That is why MHRB has invested in recovery supports. In addition to funding housing and peer support, our partnership with NAMI of Southwest Ohio helps to ensure that education is available for individuals, families, friends, co-workers, and other persons who are impacted by behavioral health issues.

MHRB’s job, as defined by the Ohio Revised Code is to plan, fund, monitor, and evaluate the system of behavioral health care in our communities. We endeavor to educate about mental health and addiction concerns broadly across the community and with key stakeholders. We are listening for and talking with those who have thoughts or questions about the services we fund. Our MHR Board of Directors are state and county commissioner appointees that represent the community. If you have things you would like to share about services or needs, consider sending an email through our website at [mhrbwcc.org](http://mhrbwcc.org) or calling the office at 513-695-1695.

A secondary impact of our current environment is the workforce shortage that the behavioral health field is facing. The need is great, the workers are few. If you have ever considered a career change or are choosing your course of study, please consider the behavioral health field. Caring for your neighbors and community through providing behavioral health services is mutually rewarding.

I hope that this annual report gives a snapshot of some of our activities. There are too many to include in this report, but these are some of the highlights. If you have any questions or comments, I am always happy to talk with you about our work, our goals, and the dedication we have to serving our community with compassion and good stewardship. MHRB is the behavioral health safety net for all of our residents, and we want to see our communities’ mental health thrive.

Warm regards, *Colleen*



## TREATMENT SERVICES FOR KIDS AND ADULTS

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When people think of mental health services, one of the first things that comes to mind is treatment. Ensuring access to caring, professional treatment services is one of the Board's primary – and most vital – functions. It's up to the Board to ensure that residents have access to safe, affordable, and strong services and programs.

During Fiscal Year 2021, the crisis hotline services served nearly 3,000 calls across all age groups. While all age groups were represented in that number, there were noted increases in calls from the 0-17, 26-34, and 65+ age groups. Pandemic-related stressors, isolation, and changes in schools and routine are the most noted reasons.

Mobile Crisis Services also increased their presence in our service area in FY21 to address increasing behavioral health needs among youth. The Mobile Response & Stabilization Service (MRSS) team made 294 contacts, mostly for suicidal ideation or serious mood fluctuations among the youth. While the initial calls may have come from troubling situations, crisis staff were able to prevent psychiatric hospitalization for 292 youth – more than 99 percent of the calls!

Lastly, admissions to outpatient treatment services – perhaps the most widely-known service to our two counties – increased by four percent during FY21. More than 2,500 individuals started new services during the fiscal year, with access to services improving across all agencies that that Board contracted with during the year.

Other important notes on treatment services that MHRB funds:

- Work with 94 kinship families caring for children, information, and referral for 71 families, and 11 separate support groups
- Parent coaching assistance with 227 individuals
- Social-emotional learning and prevention efforts with 11 Warren County schools through The Character Effect™, an evidence-based prevention program created and implemented by Beech Acres Parenting Center



## MOBILE CRISIS SERVICES

Crises don't wait. They can happen at any hour, any day. That's why MHRB has contracted with provider Butler Behavioral Health to deliver mobile crisis services across Warren and Clinton Counties. These services are dispatched through calls to the Crisis Hotline (877-695-6333) any time day or night. For example, a parent may have a child in total meltdown and need assistance. When they call the Crisis Hotline for help, a trained professional responds by phone and in person if necessary to de-escalate the situation and offer guidance.

In FY2021, the mobile crisis team responded to 611 calls and followed up in person with 216. The majority of those calls – 56 percent – occurred after hours, with 44 percent during regular business hours.



## OUTPATIENT TREATMENT, SEVERE & PERSISTENT MENTAL ILLNESS (SPMI) TREATMENT

MHRB contracts with several agencies across Warren & Clinton Counties to provide treatment for residents on an outpatient basis or who have been diagnosed with severe mental health issues.

FY2021 saw MHRB expand its outpatient treatment provider mix and collaborate with them to offer in-person and office visit options during COVID.

***Contracted providers admitted 2,420 new people for outpatient treatment services during the year, compared with 2416 in FY2020 and 2711 in FY2019.***

Agencies also treated 914 residents with a Severe & Persistent Mental Illness (SPMI) diagnosis.

Some area residents in outpatient treatment may also receive Medication-Assisted Therapies or MAT. MHRB added a new MAT provider to our list in FY2021, Brightview. In addition, long-time provider partners such as Solutions, Talbert House, Sojourner Recovery Services, Women's Recovery Center, and Beckett Springs also continue to offer MAT services.



## CRIMINAL JUSTICE BEHAVIORAL HEALTH

One of MHRB's important charges is to ensure that people who are in jail receive the mental health and addiction treatment they need. To that end, we work with courts in both Warren and Clinton Counties on specialized dockets. Warren County hosts veterans' and specialized mental health dockets. Clinton County is evaluating starting these types of dockets as well but works with MHRB to ensure treatment for individual cases as they arise. Both counties have addiction dockets at the common pleas courts.

In-jail treatment services are available through designated services on site. Inmates can receive individual or group treatment services. Additionally, MHRB works with Criminal Justice Planning Boards in each county. Case managers and other treatment providers are available to those on probation to assist and ensure they receive the treatment they need.

It is an important function of MHRB to provide monitoring for persons who need community supervision related to their involvement with the probate courts or to those persons who are mentally ill and are referred by the Common Pleas courts.



# Feature Story

*“It was something that is near and dear to me,” Mitchell said. “I’ve always supported mental health concerns and it just felt natural. That didn’t mean it was easy, though. There were a lot of people who weren’t convinced that there was a need for it. That took a little time, but it was well worth that effort. Now look at how important CIT has become!”*

*-Jeff Mitchell*

## CIT Turns 10!

*Working with law enforcement responding to a mental health crisis*

Wally Stacy surveyed the training room as he waited for a recent new class of law enforcement officers. The group was about to start a week-long intensive Crisis Intervention Training course, and Stacy – who coordinates the CIT program for MHRB – was ready to kick things off.

“It’s a lot of material to cover,” Stacy said, perusing one of the training binders on a table. “But it’s important that the officers know ways they can help someone who may be in trouble.”

The CIT program is marking its tenth year in Warren and Clinton Counties. Started in 2012 by Colleen Chamberlain, then MHRB’s director of adult mental health programs and now its executive director, the CIT program has trained more than 280 officers and dispatchers.

Chamberlain recalls that the program had been built around an urban need model, so when she received a grant in 2009 to bring CIT to Warren and Clinton Counties, she knew it would need to be tweaked to meet the more rural and suburban nature of MHRB’s service area.

“It took some time to build that,” Chamberlain said. “I started the program as a consultant with the Board, and one of the hardest challenges I had beyond the program tweaks was to find a champion in law enforcement.”

She found that champion in Jeff Mitchell, now the chief of police for the City of Lebanon. Mitchell said it was easy to support it and take the need to his leadership.

“It was something that is near and dear to me,” Mitchell said. “I’ve always supported mental health concerns and it just felt natural. That didn’t mean it was easy, though. There were a lot of people who weren’t convinced that there was a need for it. That took a little time, but it was well worth that effort. Now look at how important CIT has become!”

Chamberlain isn’t sure how the program will evolve as the next decade unfolds, but she knows CIT is always going to have importance for law enforcement.

“The officers learn how to de-escalate a situation involving people in a mental health crisis,” she said. “It’s important to try to keep them out of the hospital if we can, and the techniques (the officers) learn go a long way toward doing just that.”



# PREVENTION HIGHLIGHTS

Keeping substance misuse and mental health issues from starting in the first place is a major focus for the Board. That's why we fund various prevention programs across our two counties to help kids and adults make good decisions and recognize signs of a potential problem before it begins.

Some programs focus on school-aged kids, such as a Board-funded program called The Character Effect™. Offered through our contract provider Beech Acres Parenting Center, the program is an evidence-based, flexible social and emotional learning program providing personalized, strengths-based training for teachers and parents. During FY2021, the program served 316 teachers, 4,414 students, and 4,563 parents.



Another Board-funded program is POWER (Positive Outcomes When Expecting Respect), offered in Warren County schools through contract provider Safe on Main (formerly ARCS). Students examine issues of dating abuse, sexual assault, sexual harassment, bullying, and healthy relationships. This program has been delivered to 45 classrooms, impacting nearly 2,500 students.

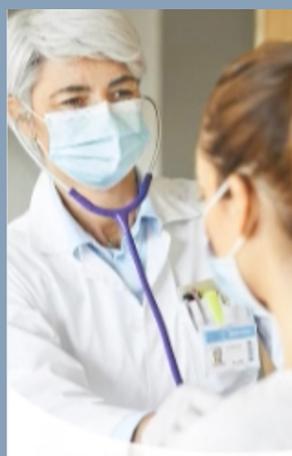
Other programs of importance include suicide prevention programs such as QPR (Question Persuade Refer) and services tailored to meet community needs. The Board contracts with Talbert House prevention staff to provide programming on a variety of topics. Along with suicide prevention, these also include substance use prevention and mental and emotional wellbeing. During FY2021, Talbert House prevention provided 33 community trainings covering diverse topics.



# MHRB IN THE COMMUNITY

Among the responsibilities of a behavioral health board is community education – helping people to understand that mental health and addiction affect more than just a single individual. That’s why MHRB engages in creating media campaigns aimed at telling stories that share meaningful, helpful information.

In FY21, MHRB shared three main public education campaigns: Recovery Month to highlight that people can and do recover from mental illness and addiction to be productive citizens; Seniors & Suicide to call attention to increasing deaths among older residents feeling isolated by the COVID pandemic, and You’re Worth It, an effort to educate people about the value they have to others in the wake of increasing overdose deaths.



Coping with the COVID-19 pandemic hasn't been easy.



**Mental Health Recovery Board**  
Serving Warren & Clinton Counties



**Mental Health Recovery Board**  
Serving Warren & Clinton Counties

Feeling down? Abusing substances? Don't do something that could make it worse. Know your value and reach out for help.

**YOU'RE WORTH IT**

**Mental Health Recovery Board**  
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MHRBWCC.ORG/FIND-HELP  
**YOU'RE WORTH IT**  
Help is closer than you think. [Learn More](#)

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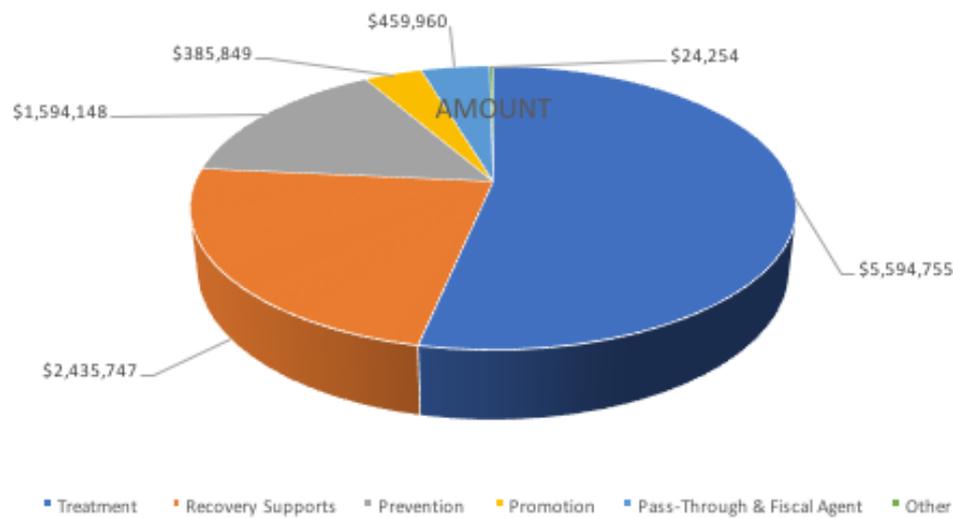


Our goal is always to build public knowledge and understanding of mental health and addiction; share the effects that mental illness and addiction have not just on an individual but also their families, coworkers, neighbors, and community; and how finding help through prevention, treatment, and recovery can build stronger lives and communities. We are always grateful for the support of the people we serve!

## FINANCIAL SUMMARY

Fiscal Year (FY) 2021

REVENUE		EXPENSES	
Local Levy	\$6,834,897	Board Administration	\$1,051,293
State - Mental Health	\$4,427,246	Board Operated Services	\$877,790
State - Substance Use Disorders	\$457,147	Capital	\$11,229
Federal - Mental Health	\$328,736	Contract Services	\$10,108,884
Federal - Substance Use Disorders	\$862,888		
Grants & Other Revenue	\$470,040		
Pass-through & Fiscal Agent	\$459,960		
<b>TOTAL REVENUE</b>	<b>\$13,840,914</b>	<b>TOTAL EXPENSES</b>	<b>\$12,049,196</b>





## **MHRB MAJOR CONTRACT AGENCIES**

*Fiscal Year 2021*

Beech Acres Parenting Center  
Butler Behavioral Health  
Mental Health America of Northern Kentucky & Southwest Ohio  
NAMI Southwest Ohio  
New Housing Ohio  
Solutions Community Counseling & Recovery Centers  
Sojourner Recovery Services  
Talbert House

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## **MHRB BOARD OF DIRECTORS, FY2021**

Kristin Taulbee, New Vienna  
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Rachel Sams, Wilmington  
Jenni Frazer, Mason  
Sharon Woodrow, Mason  
Jonathan Westendorf, Franklin  
Tracy Hopkins, Wilmington

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## **MHRB STAFF**

Colleen Chamberlain, Executive Director  
Patti Ahting, Chief Deputy Director – Quality, Compliance, Contracting, & Youth Services  
Jeff Rhein, Deputy Director – Substance Use Disorders, Criminal Justice & Outpatient Mental Health  
Reija Huculak, Deputy Director – Adult Mental Health & Recovery Services  
Tommy Koopman, Deputy Director – Prevention & Wellness  
John Cummings, Deputy Director - Communications  
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