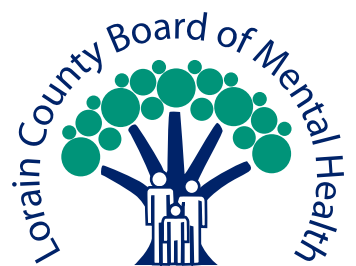




2015
State Fiscal Year

Lorain County Board of Mental Health
Report to the Community



The Lorain County Board of Mental Health (LCBMH) is the local public agency that plans, funds, monitors, and evaluates a system of services for residents with mental illness in Lorain County.

A citizen board of 18 community members determines which services are to be provided and funded based upon state requirements and community needs. The board members also monitor and evaluate delivery of those services. Private, not-for-profit, and independent community agencies are contracted by the Lorain County Board of Mental Health to provide an array of mental health services. Services include counseling, prevention, consultation, peer support, community support, crisis intervention, housing development and management, and vocational employment support.



You'll find us at the corner of Hope and Recovery.

It's true. The Lorain County Board of Mental Health is located at the corner of Hope Drive and Recovery Drive. It's a signpost in the ground, but it's also a guide to our philosophy.

Our friends, neighbors, and community leaders also serve as guides. Last year, with input from our partners, we developed a Strategic Plan. In the plan, our goals are to:

- enhance the quality of mental health services,
- improve access to care,
- decrease the incidence of suicide among youth and adults, and
- maintain financial and public support for our mental health network.

We connect children, adults, and families to quality mental health services. We also strive to create a supportive community for mental wellness.

In this report, we highlight investments and progress on our goals. We also wish to express our gratitude to the supportive people of Lorain County. The work of the Lorain County Board of Mental Health primarily is supported by local funding through the mental health levy. Thank you.



Traci Shed
Board Chair



Charles Neff
Executive Director



Dr. Kathleen Kern
Associate Director

Highlights from 2015

“Key people are getting together. We are opening and continuing conversations about suicide prevention and other essential resources for residents of Lorain County.”

Traci Shed, Board Chair

In 2015, we increased our efforts to build community connections. Historically, as many as half of the people who need mental health care across the country are not receiving it.* When someone living in Lorain County needs services that can improve their emotional and mental wellbeing, we want to make sure that they can find what they need and receive quality care.

Innovations

Peer specialists: When in recovery, it helps to involve someone who truly understands. Peer specialists offer an insider's perspective, plus supports for people with mental illness. We invested in Peer Housing Retention Specialists to help consumers maintain their housing and Recovery Support to work with some of the more vulnerable consumers in 24-hour group homes.

Online screening: We now offer an anonymous, free online depression screening that lets anyone with internet access do a quick “checkup from the neck up.”

Internships: To attract new talent to clinical agencies in our local mental health network, our Board approved stipends of \$2,000 for Masters-level Social Work or Counseling students from Cleveland State University and John Carroll University who complete an internship in community-based service at a funded agency. So far, we have sponsored five interns.

4 out of 5 interns were hired by an agency in our mental health network.

Outcome incentive funding: Our Board wants to reward agencies for helping their clients experience significant improvements. We are exploring how to measure client experience for incentive funding, and how to increase outcomes reporting. Applewood,

Who Was Served

Medicaid & Non-Medicaid Clients in Our Network of Providers

3,723 kids 7,100 adults

Demographics**:

53% female, 47% male | 85% white, 10% black or African-American, 2% Native American or American Indian, 3% other races or unknown



* For example, in 2014, an estimated 44.7% of the 43.6 million adults in the United States with any mental illness, and 68.5% of the 9.8 million adults with serious mental illness received mental health services in the past year, according to the “Receipt of Services for Behavioral Health Problems: Results from the 2014 National Survey on Drug Use and Health” report from SAMHSA.

** Estimated. Gender/sex demographics are based on both Medicaid and non-Medicaid clients, while the race/ethnicity demographics are based on non-Medicaid clients only.

200+ people attend Keeping Our Children Safe Forum

On May 14, 2015, Mark Barden, who lost a son in the Sandy Hook Elementary School shooting in Newtown, Connecticut, met with parents and caregivers in our community. He spoke about youth who die prematurely and interventions



that can keep youngsters safe. Barden was joined by Dr. Tim Conrad and Officer Don Stanko, authors of *Digital Dangers*, who provided education on online and social media dangers targeting youth.

Left to right: Stanko, Paula Fynboh of Sandy Hook Promise, Barden, Conrad, and Charles Neff of the Lorain County Board of Mental Health.

Bellefaire JCB, and Beech Brook participated in an incentive funding pilot project for their Intensive Home Based Treatment (IHBT) services for youth.

Results found that in the first year, *all three agencies dramatically increased* the number of clients for whom outcome data were submitted. Also, agency and Board staff identified a plan for incentive funding tied to level of improvement.

Contacts with the Community

From July 2014 through June 2015, the Board and agency staff provided 184 hours of training to 649* people. We connected with mental health providers and professionals, and with moms, dads, grandmas, youth, first responders, and other compassionate members of our community.

Special Focus on Parents, Youth, and Schools

This year, we made a special effort to increase our trainings on prevention approaches for children, teens, educators, and parents, including:

Parent Management Training (PMT): an evidence-based program for caregivers of children who have oppositional or defiant behaviors.

PAX: an evidence-based practice to teach first graders to “flip on” their internal focus switch, required for any learning. The skills developed also protect against lifetime mental, behavioral, and related physical illnesses, and improve academics.

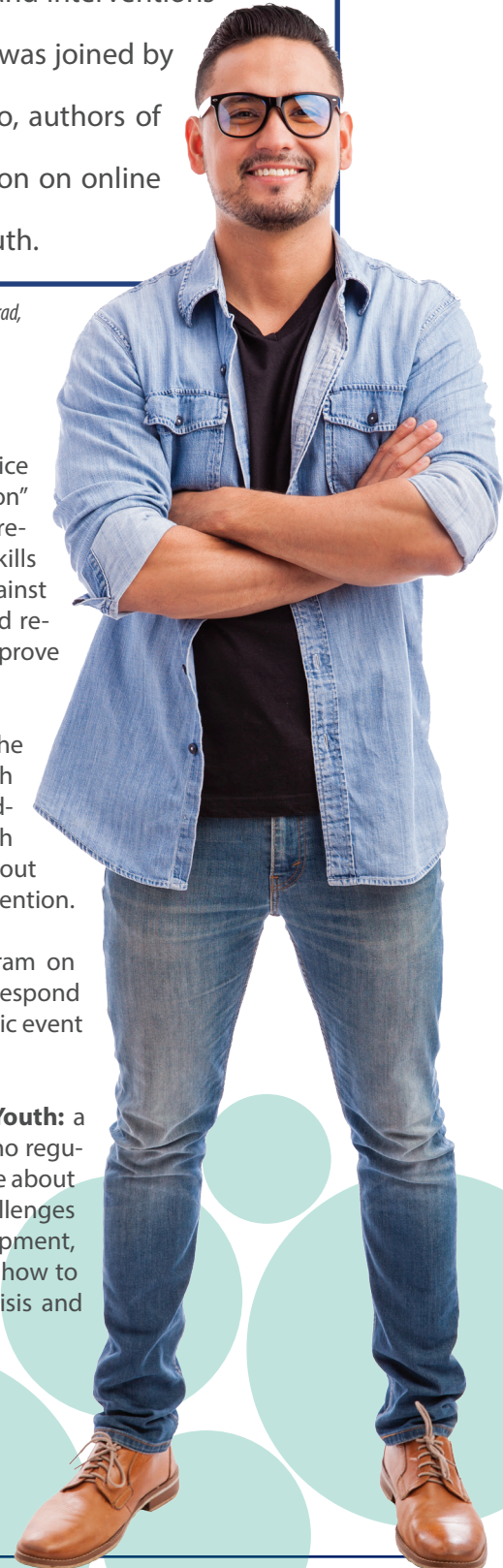
Signs of Suicide (SOS): with the Lorain County General Health District and United Way, provided educators and clinicians with skills to speak to students about mental health and suicide prevention.

Lifeline Postvention: a program on how to successfully address or respond to any type of death or traumatic event that affects a school.

Mental Health First Aid for Youth: a course that educates adults who regularly interact with young people about common mental health challenges for youth, adolescent development, and a five-step action plan for how to help young people in both crisis and non-crisis situations.

We provided 184 hours of training to 649 people.

* Duplicated count. That means that the same person might have attended more than one training.



Financial Statement | July 1, 2014 to June 30, 2015

FUNDED AGENCIES for State Fiscal Year 2015

Applewood Centers

Beech Brook

Bellefaire JCB

Big Brother Big Sisters

Catholic Charities

El Centro de Servicios Sociales

Far West Center

Firelands Counseling Center

Gathering Hope House

Lucy Idol Center

Lutheran Metropolitan Ministry

NAMI of Lorain County

New Sunrise Properties

The Nord Center

OhioGuidestone

Pathways Counseling

Safe Harbor, Inc.

Amherst
Avon
Avon Lake
Belden
Brentwood Lake
Brighton
Brownhelm
Camden
Carlisle
Columbia
Eaton
Elyria
Grafton
Henrietta
Huntington
Kipton
LaGrange
Lorain
New Russia
North Ridgeville
Oberlin
Penfield
Pittsfield
Rochester
Sheffield
Sheffield Lake
South Amherst
Vermilion
Wellington



Where We Invested

Residential Services: **25.5%**

Case Management: **18.8%**

Crisis Services: **13.2%**

Psychiatry: **10%**

Peer Services: **6.5%**

Other Mental Health Services: **6%**

Counseling: **5.7%**

Early Childhood Mental Health: **3.4%**

Medication: **3.3%**

Inpatient Services: **2.8%**

Mental Health Assessment: **1.9%**

Vocational: **1.6%**

Prevention: **1.4%**

Our Revenues

\$11,169,973

Local Sources

\$1,502,846

State Sources

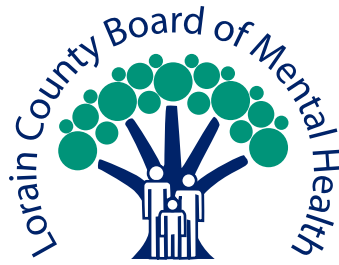
\$414,090

Federal

“We are fortunate to live in a community that values mental health, and has a strong network of health care providers.”

Charles Neff, Executive Director





Board Members

Traci Shed, Chair

David Ashenhurst

Ed Baker

Sheryl Billman

Timothy Carrion

Maurita Ferguson

Tracey Frierson

James Heron

Joseph Hribar

Cynthia Leano-Sellers

Martin Leibas

Doug Messer

Mark Provenza

Judith Reich

Debra Singleton

Andrew Smith

Karen Sutera

Sanford Washington

Staff

Charles Neff, Executive Director

Dr. Kathleen Kern, Associate Director

Joseph Carver

Holly Cundiff

Blanche Dortch

Rhonda Heginbotham

Jeanette Hinkle

Patrice McKinney

Vinaida Reyna

Marianne Riley

Joan Samkow

Dennis Staysniak

Members and staff during State Fiscal Year 2015

1173 North Ridge Road East, Suite 101, Lorain, Ohio 44055

440.233.2020 Office | 800.888.6161 Crisis Hotline