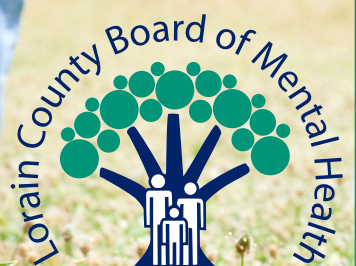


2016

Report to the Community

Informe a la Comunidad

Go on. With *life.*



La Junta de Salud Mental del Condado de Lorain es la agencia pública local que planea, financia, monitorea y evalúa un sistema de servicios para residentes con enfermedades mentales en el condado de Lorain.

Este es nuestro Informe a la Comunidad del 2016.

Salud, vitalidad, relaciones, seguridad: todos queremos cosas buenas en la vida. Ayudamos a las personas a lograr la vida que desean cuando están luchando con una enfermedad a corto plazo o una enfermedad mental de por vida.

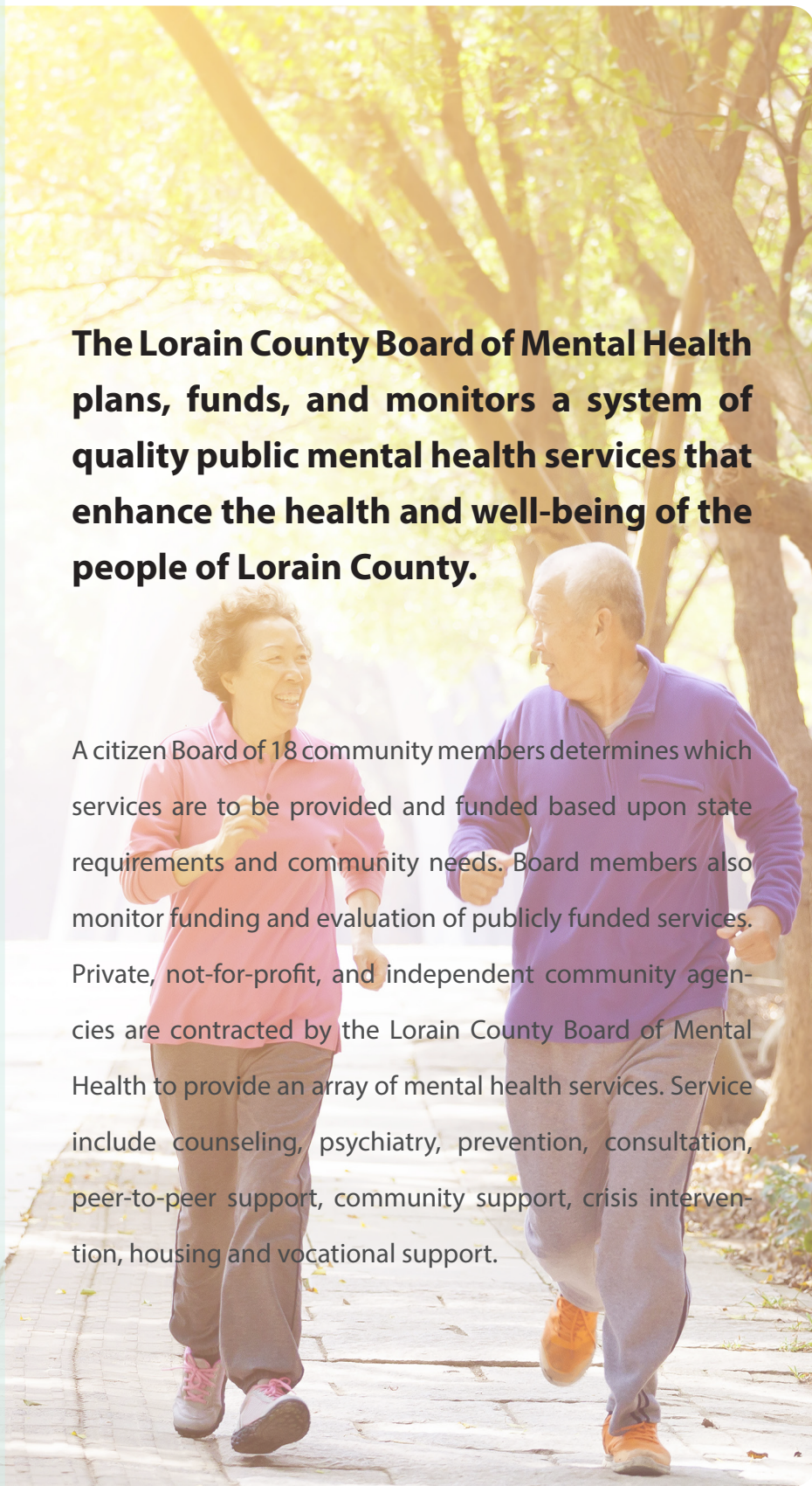
Igual de importante, trabajamos para prevenir las enfermedades debilitantes o potencialmente mortales en las personas que están en riesgo.

La gente se recupera y continúa con su vida. Ayúdamos.

The Lorain County Board of Mental Health plans, funds, and monitors a system of quality public mental health services that enhance the health and well-being of the people of 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. Board members also monitor funding and evaluation of publicly funded 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, psychiatry, prevention, consultation, peer-to-peer support, community support, crisis intervention, housing and vocational support.

vida



Go on. With *life.*

Health, vitality, relationships, connection, security: we all want the good things in life. The Lorain County mental health network helps people achieve the life they want when they are struggling with either a short-term illness or a lifelong mental health challenge that requires daily management.

Just as important, we work to prevent debilitating or life-threatening mental illness in people who are at risk.

Through our training and education opportunities, community members learn to recognize the needs of people with mild, moderate, or severe mental illness, and respond with care and resources.

People recover, and go on with their life. We help. So do you.

Thank you for supporting a vital and healthy community. The work of the Lorain County Board of Mental Health is supported primarily by local funding through the mental health levy.

Yours Sincerely,



Traci Shed

*Lorain County Board of Mental Health
Board Chair*

Highlights on the



En el 2016, la Junta de Salud Mental del Condado de Lorain aumentó el enfoque en los miembros vulnerables de la comunidad, incluyendo niños y ancianos. Desarrollamos un nuevo programa de la escuela intermedia y capacitamos a la gente para ayudar a las personas mayores que pueden estar deprimidas o solos. También establecimos un número de teléfono que ayuda a los residentes que hablan inglesa o español a encontrar servicios de salud mental.

In 2016, the Lorain County Board of Mental Health (LCBMH) increased focus on vulnerable community members, including our youngest and oldest residents. Our “You Belong” program in multiple middle schools and our Elderly Suicide Prevention Team assist with isolation and disconnection that can put youngsters or older adults at risk. We also established a Navigator call line that helps both English- and Spanish-speaking residents find the right mental health service, the first time.

Supporting Our Most Vulnerable Residents

As a locally directed, impartial entity, the Board can solve problems based on community need, and direct or redirect resources as necessary.

Suicide prevention is an ongoing priority. Though the “at-risk” groups that most people think about for suicide are youth and middle-aged men, the elderly population (65 years old and older) has emerged as a group with its own risks.

In fact, the second highest suicide rate in the United States was people 85 years or older, and the highest rate was for people between 45 and 64 years old. (2015 AFSP)

In response, the Board’s existing Suicide Prevention Coalition formed the Elderly Suicide Prevention Team to help educate the community that elder suicide is real. There are effective and supportive ways to respond when an older adult is experiencing depression or feels “like a burden.” The group piloted a community training that can now be shared with various groups like churches, home meal delivery staff, libraries, non-profit organizations, or other groups that already help reduce isolation among older residents.

Photos: (above) Brenda Randleman and Betty Sykes from Point of Grace Ministries attended an Elder Support Training to learn about signs of depression and suicide in older adults. (opposite) Thelma Cruz answers the Navigator call line at 440-240-7025.

Fotos: (arriba) Brenda Randleman y Betty Sykes de los Ministerios de Point of Grace asistieron a una Capacitación de Apoyo para Ancianos para aprender sobre las señales de depresión y suicidio en adultos mayores. (Opuesta) Thelma Cruz de El Centro de Servicios Sociales responde a la línea telefónica de Navigator al 440-240-7025.

health of our network

The Board prioritizes young people's health and safety as well.

"You Belong" is an effort that started with 61 students, and has expanded to eight middle schools, with the intention of making a lasting impact on school culture. Youth leaders and teacher mentors propose school practices or policies to improve the sense of belonging and safety experienced by students. The initiative reduces social isolation, allowing students to develop a resilience factor that buffers them from the development or exacerbation of mental health symptoms.

Also, the Board has strengthened the approach to supporting youth who are experiencing a mental health crisis that requires intervention services.

Today, a child experiencing a mental health crisis is more likely to receive safe treatment at home using community-based services, versus through hospitalization, as compared to 5 years ago.

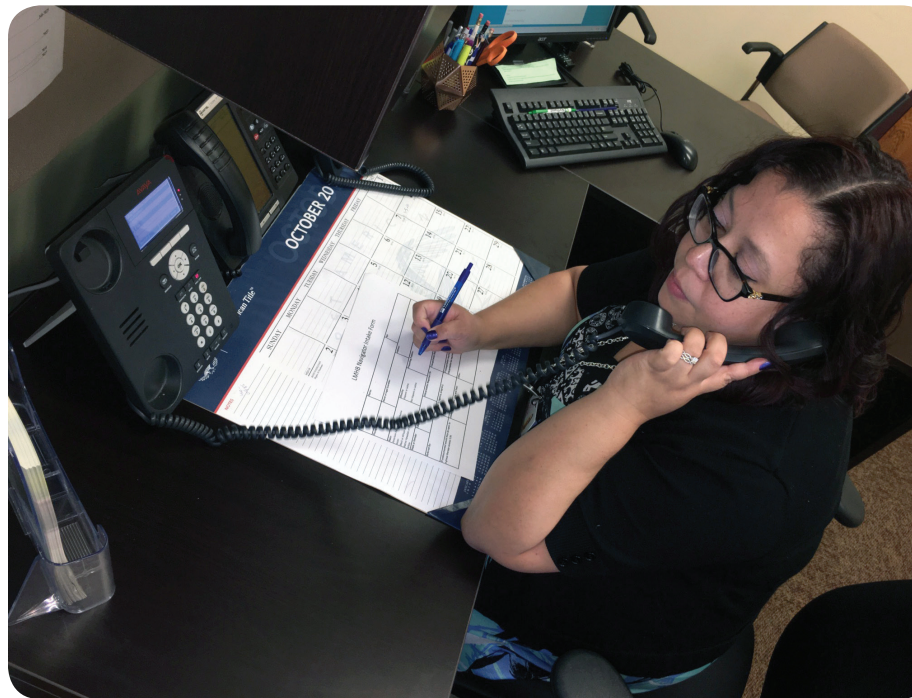
Children and teens who are experiencing a psychiatric crisis usually follow one of two paths for treatment. They can be hospitalized or receive community- or home-based treatment.

The goal is for children to receive treatment in the "least restrictive setting" that makes sense for that child and their immediate needs. When possible, a child is kept in the familiar environment of their home and community, surrounded by family or caregivers and strong social supporters like school, faith, or neighborhood connections.

Between 2011 and 2016, our community was able to increase the percentage of young people treated in a home or community setting by almost 19%, meaning that fewer children were hospitalized for treatment.

At the same time, we increased the "follow-through" for those youth who are hospitalized by making sure youth are connected to a community-based mental health provider when they return home.

The Crisis Liaison Program has resulted in a dramatic reduction in both the number of youth who are psychiatrically hospitalized and the number of youth who lack connection to a provider after a crisis assessment.



"I'm excited to work on something that will send the message to others that you don't have to feel alone, afraid, or bullied, because your fellow students care about you and will be there to help you get through the tough times."

Nevaeh, middle school student and member of "You Belong" youth program

En el 2016, nuestra agencia se unió a varias asociaciones creativas para ayudar a educar a los miembros de la comunidad sobre la enfermedad mental y la recuperación.

Providing Education & Life-Saving Information

Every year, the Lorain County Board of Mental Health (LCBMH) provides free trainings and certifications to community members, as well as professional development for clinical staff throughout the local mental health network.

The goal is that clients and community members receive top notch care from clinicians who are well prepared and well informed, but also that everyday “folks” like moms, dads, neighbors, and co-workers have the confidence and ability to help when a loved one or friend is in distress.

Between July 1, 2015, and June 30, 2016, the Lorain County Board of Mental Health (LCBMH) provided 223 hours of training to 809* people.

On an ongoing basis, we offer “Mental Health First Aid” to anyone who lives, works, or volunteers in Lorain County, and the more in-depth certification in Applied Suicide Intervention Skills Training (ASIST).

Plus, we add trainings or events to our roster in response to community need. This year, that included special educational sessions for either mental health professionals or community members on eating disorders, self care, hoarding, poverty, and other topics.



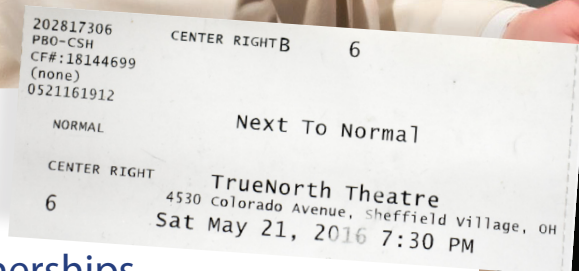
“There’s nothing wrong with you. You just take a little medicine. Everybody does that from time to time.”

Otto & Denise, married couple who advocate for others who live with mental illness

Photos: Jacqueline, age 8, helps run the “Emotions in Motion” game at El Centro’s Community Block Party; members of the mental health network—and Browser from the Lorain Public Library—gather at the Fatherhood Event hosted by the Lorain Metropolitan Housing Authority.

Fotos: Jacqueline, de 8 años de edad, ayuda con un juego en la fiesta del bloque comunitario de El Centro; Miembros de la red de salud mental y navegador de la Biblioteca Pública de Lorain se reúnen en el evento de paternidad organizado por la Lorain Metropolitan Housing Authority.

** Duplicated count, which means the same person may have attended more than one training.*



Creative Partnerships

During May, Mental Health Month, our agency joined several creative partnerships to help educate community members about mental illness and recovery.

Our closest partner during Mental Health Month was NAMI Lorain County. Our agencies worked together to share a “daily digital dose” of mental health tips and resources through our social media outlets. We also joined them in their community education at the TrueNorth Cultural Arts production of *Next to Normal*, a musical about a mother who has bipolar disorder. Clinical staff from the mental health network engaged in “talkbacks” with audience members at the end of each performance.



Photo (top): A scene from the TrueNorth Cultural Arts production of Next to Normal, a musical about a mother with bipolar disorder (Credit: Andy Dudik); (lower) Elizabeth Wolanski of Bellefaire JCB and Jinx Mastney of NAMI Lorain County listen and talk to audience members after the show.

Fotos: Escena del musical; Elizabeth Wolanski de Bellefaire JCB y Jinx Mastney de NAMI El condado de Lorain habla con los miembros de la audiencia después de la producción de TrueNorth Cultural Arts de Next to Normal, un musical sobre una madre con trastorno bipolar.

Nuestra agencia ayudó a comisionar y financiar la Evaluación de la Salud Comunitaria del Condado de Lorain, publicada el 24 de mayo de 2016. La encuesta señaló que el 20% de los adultos tenían un período de dos o más semanas cuando se sentían tristes, azules o deprimidos; 3% consideró intentar suicidarse; Y el 27% clasificó su salud mental como no buena en 4 o más días en el mes anterior. Para jóvenes: 20% de los alumnos de sexto grado, el 27% de los alumnos de 8º grado y el 36% de los estudiantes de 10º grado se sentían tristes o desesperados casi todos los días durante 2 o más semanas seguidas. Encuentre el informe completo en www.loraincountyhealth.com.

Our agency helped commission and fund the Lorain County Community Health Assessment, released on May 24, 2016. Dr. Kathleen Kern discussed the mental health findings and efforts of the local mental health network at an event at Lorain County Community College, and then led a smaller group discussion with professionals and community members particularly interested in behavioral health. The health assessment is one of several data sources the Lorain County Board of Mental Health uses in decision-making.

The information for the community assessment was collected through surveys of Lorain County adults conducted by the Hospital Council of Northwest Ohio. Surveys of youth were conducted by the Alcohol and Drug Addiction Services Board of Lorain County and Communities That Care of Lorain County.

The full report can be found at www.loraincountyhealth.com.

Photo: Dr. Kathleen Kern led a discussion group on improving mental health at the Lorain County Community Health Assessment release event.

Foto: La Dra. Kathleen Kern dirigió un grupo de discusión para mejorar la salud mental en el condado de Lorain.



Mental Health Data from the Lorain County Community Health Assessment

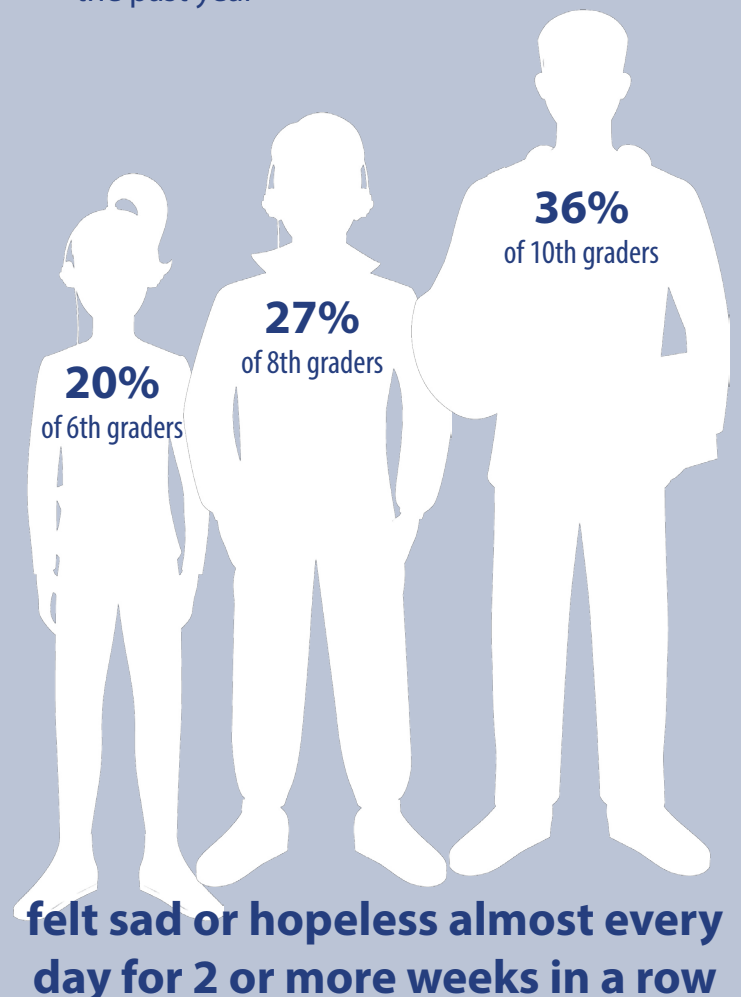
Of the Lorain County adults surveyed:

In the past year:

- 20% of Lorain County adults had a period of two or more weeks when they felt sad, blue or depressed
- 3% considered attempting suicide
- 1% of adults reported attempting suicide
- 27% rated their mental health as not good on 4 or more days in the previous month
- 36% of adults reported they were limited in some way because of a health problem; of those respondents, 28% said that stress, depression, anxiety and emotional problems are their most limiting health problem
- 41% of Lorain County adults deal with their stress by talking to someone they trust
- 21% of all adults looked for programs to help with depression or anxiety, and 81% of these found a specific program

Of the Lorain County youth surveyed:

- 8% of 6th graders, 15% of 8th graders, and 17% of 10th graders had seriously considered attempting suicide in the past year
- 5% of 6th graders, 7% of 8th graders, and 6% of 10th graders attempted suicide in the past year



“No matter how dark it seems now, you’ve been in bad straits before, and you’ve emerged. Don’t give up.”

Holly, local advocate for others who live with mental illness

Financial Statement | July 1, 2015 – June 30, 2016

Estado financiero | 1 de Julio del 2015 – 30 de Junio del 2016

Who Was Served *Clientela | Medicaid y no Medicaid*

Medicaid & Non-Medicaid Clients in Our Network of Providers

4,164 kids *niños* **7,892** adults *adultos*

Demographics**:

51% female, 48% male | 80% white, 11% black or African-American,
9% Asian, other races, or unknown | 87% Non-Hispanic, 13% Hispanic

FUNDED AGENCIES for State Fiscal Year 2016

Agencias que recibieron fondos

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

Ohio Guidestone

Pathways Counseling

Safe Harbor, Inc.

“If I can help one person, I’ve met my life goal. And
I’ve done it again and again and again.”

Carol, local advocate for others who live with mental illness

** Demographics represent all ages, Non-Medicaid clients only. Also, numbers may be rounded or estimated or missing some unknown information, and may not always equal 100%.

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

Inversiones

Residential Services: **32.2%**
Servicios Residenciales

Crisis Services: **13.4%**
Servicios de Crisis

Case Management: **12.6%**
Gestión de Casos

Psychiatry: **10.5%**
Psiquiatría

Counseling: **8.8%**
Asesoramiento

Peer Services: **6.4%**
Servicios de pares

Prevention: **3.4%**
Prevención

Other Mental Health Services: **3%**
Otros Servicios de Salud Mental

Medication: **2.8%**
Medicación

Inpatient Services: **2.4%**
Servicios para pacientes hospitalizados

Mental Health Assessment: **2.2%**
Evaluación de Salud Mental

Vocational: **1.5%**
Profesional

Early Childhood Mental Health: **0.7%**
Salud Mental Infantil



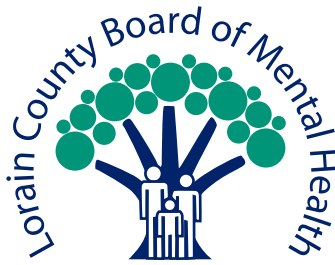
Our Revenues

Ingresos

\$10,992,575
Local Sources
Local

\$1,227,030
State Sources
Estado

\$413,251
Federal Sources
Federal



Charlie Neff, Executive Director of the Lorain County Board of Mental Health, with Pamela S. Hyde, J.D., former Administrator, the U.S. Substance Abuse and Mental Health Services Administration, who was the featured speaker at the LCBMH annual event.



Sarah Elek, a therapist at Applewood Centers, celebrates with family and colleagues after receiving the Director's Award in recognition of exceptional service to the local mental health network.

Board Members

Miembros de la Junta

Traci Shed, Chair

David Ashenhurst

Dr. Chris Babiuch

Ed Baker

Timothy Carrion

Dr. Denise Eacott

Maurita Ferguson

Dr. Tracey Frierson

James Heron

Joseph Hribar

Martin Leibas

Doug Messer

Mark Provenza

Judith Reich

Debra Singleton

Andrew Smith

Karen Sutera

Sanford Washington

Staff

Personal

Charles Neff, Executive Director

Dr. Kathleen Kern, Associate Director

Joseph Carver

Holly Cundiff

Heather Distin

Blanche Dortch

Rhonda Heginbotham

Jeanette Hinkle

Patrice McKinney

Vinaida Reyna

Marianne Riley

Clare Rosser

Dennis Staysniak

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

440.233.2020 Office | 800.888.6161 Crisis Hotline | 4HOPE to 741 741 Ohio Crisis Text Line

Members and staff during State Fiscal Year 2016