2016 Report to the Community
Informe a la Comunidad

Go on. With life.
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. Service include counseling, psychiatry, prevention, consultation, peer-to-peer support, community support, crisis intervention, housing and vocational support.
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
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.
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.

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.

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.

“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

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

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.
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.
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.
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
Who Was Served  
**Clientela | Medicaid y no Medicaid**

Medicaid & Non-Medicaid Clients in Our Network of Providers

4,164 kids  
7,892 adults

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%.”
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

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
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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.

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