

The Lorain County Board of Mental Health Annual Report

Letter from the Board

Chair Last year's letter from our Chair described how the Board had weathered the storm that was created by significant funding reductions from the State of Ohio. This year I want to focus on how the Board is proactively moving forward with a positive agenda to expand and improve the quality of mental health services in Lorain County.



During this past year the Board completed a significant strategic planning process. This plan, developed with significant input from all major constituent groups, puts forward specific goals that will guide our work over the next two and a half years. The Board of Directors is monitoring the progress toward achieving these goals on a regular basis. During Fiscal Year 2014 the Board implemented several new programs and pilot projects specifically aimed at achieving these goals. Several of these are highlighted within this report to the Community.

Many of you may be called upon by our Board in the coming months and years to assist us in these efforts to distinguish the mental health system here in Lorain County as one of the finest in Ohio and indeed in the nation. I strongly encourage everyone who has an interest in mental health care to take part in this important work. Thank you in advance for your continued support, not just of these efforts, but of those individuals and families in need of mental health services in our community.

ABOUT THE BOARD.....

In 1967, state lawmakers passed legislation creating Community Mental Health Boards. 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's board of 18 community members decides the services to be provided and funded based upon state requirements and community needs. It also monitors and evaluates delivery of those services. Private, not-for-profit, including independent community agencies are contracted by LCBMH to provide an array of mental health services, including counseling, peer support, community support programs, prevention, consultation, crisis intervention, housing development and management, and vocational employment support.

NEW IN THE NETWORK

The Nord Center's Adult Intensive Case Management Team was funded to provide programming to improve meaningful outcomes for consumers vulnerable for repeated incarcerations and/or hospitalizations.

Firelands Counseling Center was funded to begin intensive treatment program for youth with both significant mental health symptoms and co-occurring substance use disorders.

Nord Center's Children's Advocacy Center was funded to pilot programming to provide short-term interventions to children and families following a child's disclosure of abuse.

OhioGuidestone received funding to assist clinicians to be trained to provide Parent Child Psychotherapy, a research based practice that has been shown effective for treating young children who have experienced domestic violence.

SERVING OUR COMMUNITY

Lorain County Residents Served 9,821 (8.1% increase over 2007)

RACE:					
African American	1,393				
White	7,584				
Other	844				
ETHNICITY:					
Hispanic	1,031				
Non-Hispanic	8,790				
AGE:					
Under 18	3,169				
18 and Over	6,652				

In addition, community based prevention, consultation, and education services were provided to audiences that totaled more than 35,000 Lorain County residents.

Lorain County Mental Health Board Members

Traci Shed, Chair • David Ashenurst • Ed Baker

Sheryl Billman • Timothy Carrion

Maurita Ferguson • Tracey Frierson

James Heron • Joseph Hribar

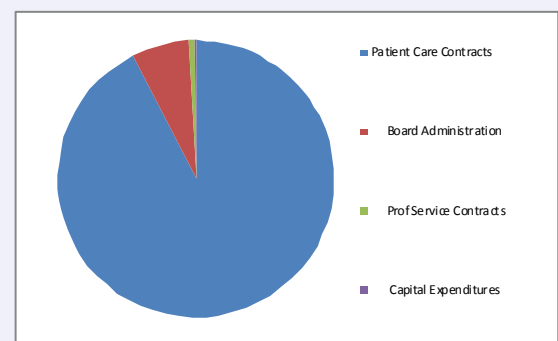
Cynthia Leano-Sellers • Martin Leibas

Doug Messer • Mark Provenza • Judith Reich

Debra Singleton • Andrew Smith

FINANCIALS

Receipts	
Federal	\$ 6,740,732
State	\$ 7,159,846
Local	\$ 13,017,538
Total Receipts	\$ 26,918,116
Expenditures	
Patient Care Contracts	\$ 24,740,754
Board Administration	\$ 1,800,323
Prof Service Contracts	\$ 162,432
Capital Expenditures	\$ 48,651



Where We Invest

Residential Services:	22.2%
Crisis Services:	15.7%
Psychiatry:	11.2%
Case Management:	10.2%
Counseling:	8.0%
Other MH Services:	7.6%
Inpatient Services:	6.4%
Peer Services:	4.3%
Prevention:	3.4%
Early Childhood MH:	3.1%
MH Assessment:	2.8%
Medication:	2.7%
Vocational:	2.20%




Lorain County Mental Health Network

- Applewood Centers • Beech Brook • Bellefaire JCB • Big Brothers Big Sisters • Catholic Charities • El Centro de Servicios Sociales • Far West Center • Firelands Counseling Center • Gathering Hope House OhioGuidestone • Lucy Idol Center • Lutheran Metropolitan Ministry • NAMI of Lorain County • New Sunrise Properties • The Nord Center • OhioGuidestone • Pathways Counseling • Safe Harbor, Inc.

Lorain County Board of Mental Health 2014

Highlights from 2014

 Lorain County Board of Mental Health was awarded the highest level of Culture of Quality accreditation in 2014. Due to the hard work of the director and staff, LCBMH Board met, or exceeded, nearly all of the 142 standards identified as quality practices.

Consistent with Board objectives to promote quality care, LCBMH was pleased to open the Amy H. Levin Learning and Conference Center. This beautiful training site on Board grounds offers opportunities to facilitate mental health and community training.



Board Members and Staff worked intensively for months to develop a strategic plan which will guide the Board from January of 2014 until June of 2016. The full report can be found on the LCMHB website (http://www.lcmhb.org/downloads/2013_Strategic_Plan.pdf).

In FY2014, the LCBMH added an Anonymous Online Depression Screening to the Board website. Completion of the screening yields information regarding whether or not an individual may need a mental health assessment, and also links the individual with information on the availability of non-emergency clinical services at the various agencies with which the Board contracts.



WWW.LCMHB.ORG “How are you Feeling?”

For the first time, LCBMH collaborated with the Lorain County General Health District, to provide outreach to one hundred twenty-three medical practitioners from across the county. As a result of this outreach, many pediatricians in the county began the practice of implementing depression screenings as a component of annual well checks.

Clinicians and school staff from all fourteen districts participated in a day long train-the-trainer event wherein participants learned to implement one of two suicide prevention programs. Middle school staff were trained to implement the Red Flags Program while high school staff learned the RESPONSE Suicide Prevention Program. Participants left the training equipped to provide teacher training within their schools and student focused interventions with their students.



LCBMH co-sponsored training of peer specialists, allowing for those with lived experience recovering from mental illness to become certified to assist others who may be at a different stage of recovery. Specialists have worked with clients residing in group homes engage in healthy and meaningful activities.



LCBMH provided Crisis Intervention Team (CIT) training for 21 officers from a wide range of police districts, corrections offices, park rangers and emergency service responders within Lorain County. CIT is an innovative first-responder model of police-based crisis intervention with community, health care, consumer and advocacy partnerships. CIT provides law enforcement-based crisis intervention training for assisting those individuals with a mental illness, and improves the safety of patrol officers, consumers, family members, and citizens within the community. LCBMH also provided Advanced CIT training for 22 officers.

Training for Clinicians

Trauma Focused Cognitive Behavior Therapy (TF-CBT)

Clinicians from five network agencies learned how to provide effective treatment for youth who have experienced abuse or exposure to traumatic events.

Clinical Supervision

Clinical supervisors from five network agencies participated in an ongoing training series with Dr. Paula Britton.

Cyber Ethics Training

Presented by Anthony President to assist clinicians in effectively navigating social media in relation to clients and confidentiality.

Diagnostic and Statistical Manual, fifth edition (DSM-V)

Over sixty clinicians from seven community mental health agencies participated in Dr. Elliott Ingersol's training.

Motivational Interviewing (MI)

Community mental health staff and community partners participated in MI training. This intervention strategy is used to assist ambivalent clients to find internal motivation to work toward change.

In 2014, The Lorain County Board of Mental Health became an authorized provider of Continuing Education Credits for social workers and counselors, ensuring that network clinicians could receive the required credit for attending Board Sponsored Training

Training for our Community

Applied Suicide Prevention Skills Training (ASIST) was offered by network clinicians and made available at no cost to Lorain County residents—regardless of prior experience—who want to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.



Certified Mental Health Aid trainers employed at the Board and at funded agencies, provided **eleven Mental Health First Aid Training sessions with the community.** Mental Health First Aid is an international program proven to be effective helping participants gain knowledge of signs, symptoms and risk factors of mental illnesses and addictions. Those who participate also demonstrate increased confidence in and likelihood to help an individual in distress.

WORKING WITH THE COMMUNITY

TO ELIMINATE SUICIDE

The Suicide Coalition of Lorain County includes a diverse group of community members with a shared interest in reducing/eliminating suicide by Lorain County Residents. The coalition uses data to drive action plan aimed at preventing suicide. Recognizing that loved ones of a person who has completed suicide are at great risk. In FY2014, five Suicide Prevention Coalition members embarked on a plan to have a LOSS team available in Lorain County. This team will include a combination of clinicians and trained survivors who visit scenes of suicides to disseminate information about resources and be the installation of hope for the newly bereaved. The Coalition also promoted messages regarding identification of depression and suicide prevention via billboards, radio campaigns, distribution of educational materials and promotions on a local website to promote the online depression screening.