

Program Committee Meeting

Meeting date: Monday, September 9, 2024

Meeting time: 5:05pm-6:26pm

Meeting location: 185 Shady Lane Dr, Norwalk

Recorder: Cari Williamson

Committee Members Present:

X	Katie Chieda left 5:45pm	X	Lenora Minor, Board Chair
X	Amber Boldman, Committee Chair – arrive 5:55pm	X	Laura M. Wheeler
X	David Whitt		Open Position
X	Erin Bohne		

Board Staff Present:

X	Kristen Cardone, Executive Director		Ashley Morrow, Community Engagement & Resource Manager
X	Cari Williamson, Office & Fiscal Manager		

Unfinished business/updates:

- September Meeting
 - Location: Huron County DJFS, Norwalk
 - Ms. Cardone shared that the Board meeting is on September 17, 2024 at 6:00pm at Huron County Department of Job and Family Services, 185 Shady Lane Drive, Norwalk, Ohio.
 - Presentations:
 - Connections Recovery Services
 - Open Board Seats
 - Ms. Cardone shared that Mr. Andrew Morgan, the president of Mercy Health, and Ms. Julie Landoll met to discuss a representative of Mercy Health to replace Ms. Landoll's Board position. They recommended Ms. Pam Nelson. Ms. Nelson is an RN Supervisor and has worked at Mercy Health for over 20 years. The current open board position is for the program committee, but Ms. Nelson works 12-hour shifts on Mondays and cannot attend the program committee meetings. Ms. Cardone will see if any finance committee member would transfer to the program committee.
 - Ms. Landoll resigned from the Board in July 2024 due to moving out of the county.
 - Committee members had no further questions or concerns about the open board seat.
- Driveway (Motion)
 - Ms. Cardone shared that work is still being done on the driveway. It has been a longer process than anticipated due to the weather, but it will be completed soon.
 - During the removal of the concrete, it was discovered that the driveway was 6" deep, not the 5" that was initially thought to be. The concrete company were able to regrade some of the driveway and make the 5" work but in some areas that was not possible. The final cost of the project will increase by a few thousand dollars due to this.

- Recovery Housing
 - Peer Support
 - Mobile Crisis/QRT
 - Jail Services
 - Media Campaign
- Authorize Executive Director to submit application to OhioMHAS for State Opioid and Stimulant Response (SOS) 4.0 funding in an amount not to exceed \$750,000.00.
 - Ms. Cardone shared that the Board is entering into round four of SOS funding. In the past, this funding has been used for projects such as Recovery Navigator, Contingency Management, and Peer Support. The funding amounts have not changed over the past four years, and the funds continued to be used for only the initial approved projects. The goal was to use these funds for programs that were not dependent on the funding because they are not guaranteed funding each year.
 - OhioMHAS has a new director, and they are changing the way the SOR funding process works. Instead of allocating the same amount as the prior years, it will now be a grant application process. Additionally, they have clearly defined what the funding may be used for, and many of the projects previously funded are no longer able to be funded.
 - Ms. Cardone reached out to the agencies that provide the services listed above, requesting they submit a proposal of how much their anticipated amount is needed and a description of the programs they will use the funds for. The funds are open to any board or non-profit agency to apply. The grant submission is due to OhioMHAS on September 23, 2024.
 - The agencies have until September 13, 2024 to submit their requests to Ms. Cardone. In her calculations the anticipated requested amount should not exceed \$750,000.00.
 - The only new planned item is a media campaign. This amount would stay with the board for continued billboards, contracting with a video company, and social media ads. These funds cannot be used towards levy advertising.
 - Committee members suggested using the funds for a scrolling billboard in each community. Currently, the board is, or will be, posting information on the City of Norwalk, Job and Family Services located at the commissioners building, and Fisher-Titus's billboards. Mr. Ben Chaffee will be discussing with the schools at the Huron County superintendent's meeting the potential of adding our information to their billboards. They also suggested using the funds to fill the vending machines at Huron County Public Health, however, they are already being filled for free by Project Dawn.
 - Committee members had no further questions or concerns regarding the SOS 4.0 funding. They were in favor of adding the motion to the board agenda.
- Quarterly reports (Email Attachment)
 - Ms. Cardone reviewed the overview of the quarterly report as shown in Attachment I.
 - Committee members suggested recommending Reach Our Youth to contact the local fire departments and Veterans Services for potential male mentors.
 - Ms. Cardone will share this recommendation with Ms. Sarah Simmons Nutter.
 - Committee members asked what size space does Family Life Counseling needs to house their Norwalk office.
 - Ms. Cardone will contact Family Life Counseling to get this information.

budget has been submitted to the State; if the revision is approved before the board meeting this will be an added motion.

- Committee members had no further questions or concerns regarding the potential motions for the Finance committee. They were in favor of adding the motions to the board agenda.
- Suicidal Ideation discussion
 - Ms. Cardone shared that there has been a sharp increase in suicidal ideation reports and we have continued to see an increase over the past few months. A lot of the reports are coming from the local hospitals. A meeting will be scheduled with Fisher-Titus Medical Center and Mercy Health to discuss what their discharge plan is for the individuals who present with suicidal ideation in the Emergency Department. Suggestions are welcomed on how to get more information out to people or how to address this increase. Committee members discussed and suggested the following:
 - Some major factors are the economy, social media, having more on their plate with less support systems, financial stressors, increased sexual content at a young age.
 - Parental education on mental health is necessary. Many are quick to say “suck it up” or are too busy to recognize their child may be struggling.
 - What is the age range and what is their economic status.
 - This is affecting all ages of individuals from youth to older adults. Middle aged men are a bulk of suicide completions.
 - Currently, there is not a way to track economic status but there is tracking of race, sex, and age.
 - Have conversations about living instead of dying.
 - Explain to children that death is final, not like in video games where you respawn and come back to life.
 - The Board will continue to attend any event they are invited to, will seek out events that they can be involved in, and will ensure resources are distributed, readily available and conversations are had. Continue to share any new ideas with Ms. Cardone.

Attachment I

- **Catholic Charities – Adult Advocacy Services (p. 7)**
 - The Adult Advocacy Program provided guardianship to 14 wards referred by the Huron Mental Health Board during this quarter. Catholic Charities has assisted 39 wards in the Huron County Area.
 - Despite facing the impending challenge of reduced funding, the agency remains steadfast with a dedicated team of 5 staff guardians.
- **Catholic Charities – Miriam House (p. 7)**
 - In the 4th Quarter of SF24, Miriam House served 14 clients. Of those, 7 were adults (18 and over) and 7 were children, ages 0-17 years. Of the adults, 7 had a mental health diagnosis and 4 were dual diagnosed with Substance Abuse.
 - Number of individuals who exited the program: 2 (all exited successfully)
 - Challenges:
 - Cost of food – making it increasingly difficult for residents to allocate their limited resources towards saving for a new home.
 - Lack of affordable housing
 - Concerning rise in mental health diagnoses among its residents, particularly among the youth population.
- **Family and Children First Council (p. 9)**
 - 19 active cases, 54 inactive, 19 moved to Harbor (Medicaid youth)
 - Majority of referrals are between the ages of 14 and 18
 - 48 trained facilitators for Strengthening Families
 - 76 CANS Assessments completed in fiscal year
 - 57 total referrals from community partners during fiscal year
 - Secured funding that will be utilized to develop a youth-led prevention coalition (ARISE); this will kick off in September
 - **FCFC/Reach Our Youth**
 - Received 13 new mentor applications since last quarter
 - Hosted at least one group event per month
 - Successes
 - Supported a lot of extracurricular activities this quarter.
 - Challenges
 - 78 youth on waitlist (this has gone down since last quarter)
 - One trend I've realized with our targeted Facebook ads recruiting mentors for specific kids is that I have a lot of success getting volunteers for females, but little to none for males. Open to ideas on how to best recruit men!
 - **FCFC/Age Exchange**
 - All four Age Exchange sessions operated at full capacity in Norwalk and Willard throughout the fiscal year.
 - 42 volunteers participating in the program weekly
 - Focus areas: compassion for others, respect for others, re-direction and positive encouragement, social skills, self-esteem
 - **FCFC/DARE**
 - **Willard PD:** During the current school year (2023-2024) the Willard Police Department taught the DARE Curriculum to several different grade levels. The grades covered included Kindergarten, 1st grade, 4th Grade, 7th Grade and this

year 9th Grade students were taught a 13-week course entitled Truth about Drugs. There were a total of approximately 360 students that were given an opportunity to learn about how to make good choices, remove themselves from harmful situations and a variety of drug issues and effects of using drugs.

- **Norwalk PD:** Throughout April and May, the D.A.R.E program was taught to several classes between Main Street Elementary School and St. Paul's Catholic School, with approximately 226 students between both schools. Also taught Safety Town to 88 students.
- **Huron County HCSO:** During the 2023/2024 school year, HCSO taught the D.A.R.E. (Drug Abuse Resistance Education) program to the 43 sixth-grade students at South Central Middle School in Huron County. The program, taught once a week for 11 weeks, culminated in a graduation ceremony where families were invited to celebrate the students' successes.

- **Family Life Counseling (p. 21)**

- Waitlist information
 - Children's Behavioral Health Center -- 7
 - Shady Lane Adult and SUD treatment – 8 MH and Family Therapy, 2 SUD
- Staff Openings
 - 1 front desk staff, 1 therapist
- Successes
 - Developing family therapy specifically for Dependency court families upon being close to reunification.
 - Established a relationship with Norwalk Concrete and are addressing increase in cannabis cases. A new education five/six session course has been developed for educational purposes specifically for lower level of care participants.
 - 2 Adventure Therapy prevention groups, one in Willard and 1 in Norwalk, for children. This group is free to them and is not run through their insurance.
 - Celebrated 1 successful completion at WHOH and one at MHOH
- Challenges
 - We continue to see a large need for support for young school-age children (3-7 years old) because of high amounts of dysregulation.
 - Youth vaping and marijuana use.
 - Many MRSS referrals are high need autistic youth.
 - Need to move to a new location in Norwalk.
- Trends
 - Great need for prevention and intervention for youth with focus on younger children who have dysregulated behaviors in classroom
 - Increase in alcohol use disorders
 - We are seeing and serving very young children (as young as 2) with their parent or guardian to assess and treat attachment issues.

- **Firelands Counseling and Recovery Services (p. 28)**

- Waitlist: 0
- Staff Openings: 0
- Successes
 - 6 QPR trainings held this quarter
 - Day Treatment program has been very successful. Due to the high numbers of participants, we added an additional day of Day Treatment, so now are able to offer four days during the week.
- Challenges

- Housing for clients with a history of mental health and substance use disorders
 - Need for mental health peer support
 - Trends
 - Increase in methamphetamine use, which has increased significantly in the past year in our substance use clients.
 - Increase in THC use, youth and adults of all ages.
- **Huron County Juvenile Court** (p. 32)
 - Total clients served during quarter: 7
 - 1 graduation (4 total for fiscal year)
 - Successes
 - Participants continue to frequently utilize a taxi service or receive gas cards through county resource funding. This continues to be very beneficial to our participants.
 - Three participants have obtained employment.
 - Two participants gained temporary custody of their children.
 - All participants experienced increased supervised and/or unsupervised visitation time with their children.
 - Three participants have over 200 days of sobriety!
 - Challenges
 - Lack of familial support for participants
 - Needing additional sites that will complete after hours urine screens
 - Availability (hours, routes) of transportation (taxi/transit)
 - Two participants suffered setbacks this quarter
 - Trends
 - Participants are acknowledging, working, and seeing the importance their mental health has on their lives. All of the participants are receiving mental health services (counseling and case management) in addition to their substance use counseling.
- **Huron County Public Health** (p. 34)
 - 11 out of the 12 required sectors filled
 - Held 4 coalition meetings and 2 subcommittee meetings
 - Prevention Coordinator resigned
 - 2024 Environmental Scans are underway
 - Planning for DFC data collection is ongoing
- **Let's Get Real** (p. 38)
 - 151 clients served
 - Successes:
 - LGR's Recovery Ride ridership has been increasing for the last quarter. We are receiving referrals from both probation departments as well as providers in Huron County.
 - Two Family Dependency Court clients graduated from court and are still engaging with one-on-one peer support with our CPRS. They also attend our weekly LGR Together meeting on Wednesdays.
 - Let's Get Real added another meeting at the agency held every Monday at 6pm called Adult Children of Alcoholics & Dysfunctional Families. This is our third meeting and is already seeing a great turnout!
 - Challenges

- LGR has not received many WHO calls from hospitals in Huron County. Our numbers are low for this quarter. We are working with hospital staff to address any issues/concerns.
 - LGR has been phased out of QRT. June is our last month for QRT calls.
 - Trends
 - LGR office staff has seen a high number of independent calls requesting assistance. Both new and repeat clients have been calling into the office for help finding treatment as well as transportation to treatment.
 - 2 open positions
- **NAMI** (p. 42)
 - The CISM Program services are no longer provided through NAMI. David Olds, who ran the program for NAMI is now the Director of Connections Recovery Services and CISM is now under his organization.
 - NAMI provided 3 support groups in Norwalk, and a total of 39 support group opportunities in the area. We also provided an opportunity for a group outing to a Mudhens game in Toledo. Individual or phone support was provided to 150 individuals this year, including linkage to EMDR therapists.
 - The Navigation Program provides support for individuals in pre-crisis, in-crisis, and post-crisis and helps to stabilize them and improve recovery, and to prevent further hospitalizations. During FY 24 we worked with 4 individuals and their families from Huron County.
 - 13 law enforcement officers have been trained in CIT for the year
- **OhioGuidestone** (p. 43)
 - Number served: 27 clients, 3 families for family-centered consultations
 - Attended numerous meetings to connect with Huron County organizations throughout the quarter.
 - Successes:
 - Growth and awareness of our programming.
 - We were able to complete 2 more classroom consultations. We had another classroom interested but had to push them to FY25 due to utilizing all of our funding.
 - Our family –centered clients have brought us into new childcare centers which has helped build new relationships.
 - We are starting to build stronger relationships in Willard and will continue to offer our services in this area.
- **Rigel Recovery Services/Oriana House** (p. 44)
 - Waiting List: average wait from referral to assessment is 2.74 business days
 - Staff Openings: 0
 - Average no show rate: 28.3%
 - Successes
 - Oriana House, Inc. partnered with Lorain County Community College (LCCC), Ohio Alliance of Recovery Providers (OARP), ApprenticeOhio, and the Ohio Mental Health and Addiction Services (OhioMHAS) to offer apprenticeships through the Certified Alcohol and Drug Counselor Apprentice Program. Apprentices “learned while they earned” their Associates degree in Alcohol and Drug Counseling. Apprentices worked full-time, with 8 hours of each week being paid towards completing school work. At the end of the program, Apprentices were eligible for the LCDC II with no student loan debt. During the last quarter, we were able to get an Apprentice hired and working 3/5 of her time in the Norwalk-Rigel office helping out with services.
 - Challenges

- Steady decline in the Huron County Jail referrals/clients treated. We had a small spike in the month of May, but overall, Q4 had the lowest number of clients being treated by OHI in the Huron County Jail in the FY24.
- No timeline for when the coffeehouse will be up and running.
- Trends
 - Dedicated efforts to work with other providers in the area.
 - Over the last quarter, we continually met with NACCHO 360 and local providers to come up with plans to better serve the community.
 - We also met with the Mobile Crisis Unit team to share information regarding referrals and utilization. We wanted to continue the trend of working together with other providers to build healthier relationships and a safer community.
 - Another noteworthy positive trend was the number of new clients being treated at Norwalk-Rigel for MH services. Mikayla Bliss, LSW, transferred over from the Fremont-Rigel with its closure and brought over her clientele with her. Mikayla allowed for more readily available MH services for Norwalk-Rigel, and we wanted to continue to expand and extend the MH services we provided. The fire brought local attention to our organization, leading to an increase in community referrals as people became more aware of our presence in Huron County.