

2020 Year End Community Report



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Our Mission

Provide access to mental health and addiction services and resources for prevention, treatment, and recovery supports while educating and advocating for community members.

Our Vision

For Huron County to be a community where all individuals are mentally and emotionally healthy and addiction free.



Our Values

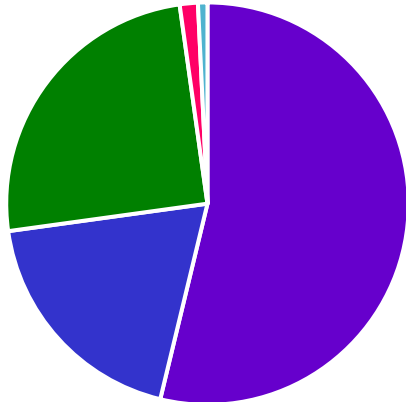
- Transparency
- Integrity
- Respect
- Accountability
- Collaboration
- Responsiveness
- Service

Targeted Outcomes

- Increase collaboration and unity amongst Board, community agencies, treatment providers, schools & community stakeholders
- Increase focus on mental health and crisis services and programming
- Increase community outreach and engagement
- Increase recovery supports
- Increase and improve access to prevention services and resources
- Increase Board member engagement
- Increase Board functionality

SFY 2020 Financials

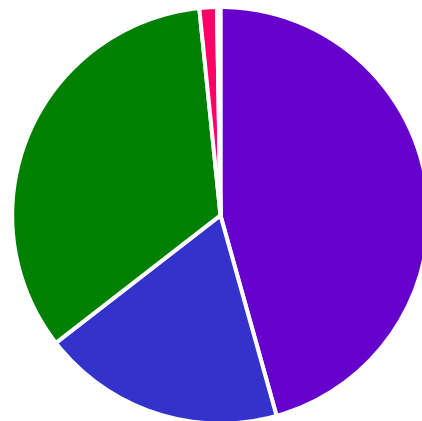
FY2020 Revenues



■ MHAS State
 ■ MHAS Federal
 ■ Local Levy
■ Other Federal
 ■ Other Local

MHAS State	\$	1,181,076.12	53.77%
MHAS Federal	\$	418,275.17	19.04%
Local Levy	\$	548,461.37	24.97%
Other Local	\$	16,619.49	0.76%
Other Federal	\$	32,000.00	1.46%
TOTAL	\$	2,196,432.15	

FY2020 Expenditures



■ MHAS State
 ■ MHAS Federal
 ■ Local Levy
■ Other Federal
 ■ Other Local

MHAS State	\$	1,013,266.64	45.74%
MHAS Federal	\$	418,275.17	18.88%
Local Levy	\$	747,587.37	33.75%
Other Federal	\$	30,000.00	1.35%
Other Local	\$	6,025.07	0.27%
TOTAL	\$	2,215,154.25	

***The Board maintains a balance in Levy Reserved funds to maintain service stability in future years, minimize interruptions in the provision of behavioral health services due to funding cuts or other unforeseen circumstances, and/or for any special community projects to cover current behavioral health system gaps.**

Levy Funded Projects and Services

Community Outreach Initiatives funded with Levy funding

Outreach Events

Suicide Awareness Event: MHAS staff, in partnership with Firelands Counseling & Recovery Services and Oriana House, Inc. collaborated with St. Peter Evangelical Lutheran Church to host a QPR (Question, Persuade, and Refer) and Suicide Awareness event for the community. The goal of this event was to bring awareness to suicide and education on how to prevent it.

Overdose Awareness Event: MHAS partnered with Project Noelle on hosting an Overdose Awareness event in Norwalk that provide recovery resources and support to local residents.

Community Advisory Committee

The Community Advisory Committee was created to review, monitor, and implement new outreach initiatives throughout the county. Six people currently are active in this committee and meet monthly to discuss mental health and addiction needs and initiatives.

School Outreach

MHAS created 900 folders for local school staff containing resources and information for stress management, self-care, coping skills and more and distributed them to each school at the start of the school year.

Community Engagement

MHAS staff increased community engagement with the implementation of weekly email newsletters and press releases to Norwalk Ohio News, Norwalk Reflector and Willard Times Junction, to continue to educate the community and provide resources regarding mental health and addiction.

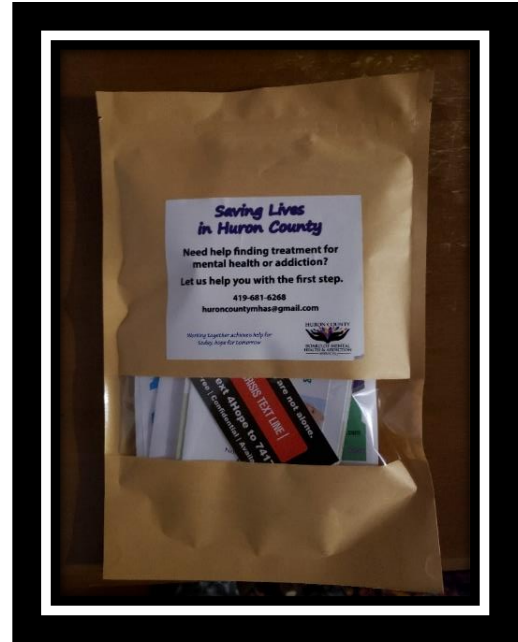
Workforce Initiative

MHAS staff hosted a Mental Health and Addiction in the Workplace Seminar over a two-day period for Huron County employers. The goal of this outreach is to briefly educate employers on the importance of addressing mental health and addiction in the workplace, providing them with resources available and opening the door to further conversation on how to help them. MHAS staff will continue to offer this opportunity to employers on a monthly basis throughout FY 2021.

Resource Bags

MHAS staff created resource bags to distribute throughout the county to increase awareness of available local resources and supports. Information included in resource bags is as follows: MHAS brochure, treatment provider information, MAT information, Naloxone information, Let's Get Real Peer Recovery, United Fund, DJFS/Medicaid, Crisis Text Line, LOSS, NAMI, House of Hope, Miriam House, etc. MHAS distributed over 400 resource bags since the summer of FY 2020 and intends to continue to distribute these resource bags through various outlets. Local organizations may request resource bags to distribute. Below is a list of organizations/locations MHAS has either distributed or intends to distribute resource bags to in 2021:

- Huron County Jail
- Norwalk United Fund
- The Love Bus (local outreach organization)
- Salvation Army (Norwalk & Greenwich)
- Doctors' Offices (Huron County)
- Dentist Offices (Huron County)
- Huron County Department of Job and Family Services
- Huron County Chamber of Commerce
- Haven Hypnosis (local wellness organization)
- Huron County Quick Response Team (QRT)
- Huron County Public Health
- Blessing Boxes
- Mercy Health – Willard Hospital
- Fisher Titus Medical Center
- Huron County Law Enforcement Departments
- Local businesses (Workforce Initiative)



Virtual Outreach

MHAS staff implemented a virtual outreach initiative in the spring of FY 2020 in an effort to connect with the community during the stay at home orders related to COVID-19. A goal of the virtual outreach is to bridge the gap between mental health and addiction services and the community, attempting to make a personal connection with the residents of Huron County through videos. This outreach will continue to expand into FY 2021 and includes the following initiatives:

- Facebook Live/YouTube
 - Video meetings highlighting local partnerships with organizations that the Board contracts and/or directly partners with (who they are, what services/supports they offer) to bridge gaps and create a personal connection with the community. These videos will be posted on Facebook, YouTube, and other social media platforms. These videos can be found on our YouTube page: https://www.youtube.com/channel/UCxNUw1nAvL_UqmaXog2Mhlg/playlists
- Virtual Lunch and Learns
 - Lunch and learn sessions will be led by contracted agencies and may include topics such as Addiction 101, QPR, relationships, play therapy, etc.
 - Available to employers, churches, county employees, and any other group that would be interested in accessing these services. If interested in this opportunity please contact the MHAS office.
- Virtual Health Fair: Sharing wellness information from the MHAS Virtual Wellness Fair document. This document can be found on our website <https://www.hcbmhas.org/resources>
- Share your story: Personal testimonies of recovery from Huron County residents.

Don't Give Up Movement

In FY 2020, Sydney Eddy, an advocate for mental health awareness, brought the “Don't Give Up” movement to Huron County. This project entails setting up signs around Huron County which display messages of hope for those struggling with mental health issues. The goal of the movement is to remind people that they are not

alone and to offer hope and inspiration to those who are struggling. MHAS partnered with Sydney to promote and increase the reach of the movement with the goal of expanding the project throughout Huron County. In 2020 around 2000 signs were distributed throughout Huron County.



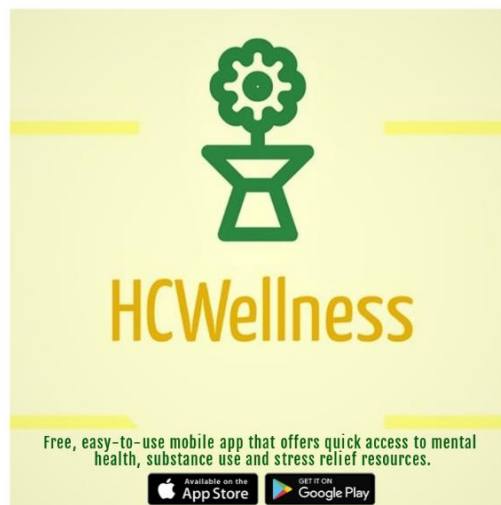
MindWise Self-Screening Tool

The Board’s website includes a link, from the homepage, to a brief self-screening tool from which individuals may complete a variety of screenings to determine if they should connect with a behavioral health professional. Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. The program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources. The screening may be accessed here:

<https://screening.mentalhealthscreening.org/hcmhas>.

Huron County Wellness App

The Huron County Wellness App is a one stop shop for local mental health, substance use, and wellness resources. This free app may be downloaded from Google Play or the App Store. To download the app on Google Play, search “huron_county” and for the Apple App Store, search “HC Wellness”. Users are not required to share any personal identifying information to use the app and MHAS is unable to see who has downloaded and is using the app.



Billboards

MHAS contracted with Hart Advertising for billboards in Norwalk, Willard, and New London to promote the Huron County Wellness App.

Huron County Support Line

In response to the COVID-19 pandemic, the Huron County MHAS Board partnered with Family Life Counseling and Psychiatric Services to fund and operate the Huron County Support Line which operated from March – July 2020.

Programs and Services fully funded with Levy funding

Peer Recovery Services – Let’s Get Real, Inc.

In February 2020, MHAS entered into a contract with Let’s Get Real, Inc. to provide peer recovery services to the residents of Huron County. Peer recovery services are community-based services for people with a substance use disorder or mental illness and includes activities that promote recovery, self-determination, self-advocacy, wellbeing, and independence. Certified Peer Recovery Supporters (CPRS) assist in facilitating these services and are individuals who have a lived experience with mental illness, substance use, or both and are certified by the OhioMHAS.

Let’s Get Real operates and plans to expand existing peer recovery services in Huron County, including continuing the ALERT (Area Law Enforcement Recovery Team) program and participating in the QRT (Quick Response Team) program. ALERT services consist of on-call peer services to Norwalk Police Department, Huron County Sheriff’s Office, and Willard Police Department, managing and responding to peer support related calls received from the ALERT hotline, and weekly recovery groups at the Huron County Jail. Access to peer recovery support services is available 24/7 for individuals seeking treatment and recovery, utilizing the current hotline number (980-4ALERT4).

In the summer of FY 2020, Let’s Get Real opened a local walk-in peer support center called The Huron County Peer Wellness Center. The Huron County Peer Wellness Center offers ongoing one-on-one peer support services as needed and requested from community members and agencies, assistance in locating recovery resources such as detox, treatment, and recovery housing, and has staff available to answer questions from persons seeking recovery, family members, loved ones, and any member of the community regarding Substance Use Disorder and supports available. Let’s Get Real is currently working on expanding services further to include warm handoff services with local hospitals (Fisher Titus Medical Center & Mercy Health in Willard) as well as expanding services to assist individuals involved in the Huron County Family Dependency & Treatment Court Program. Let’s Get Real will also provide peer support training in Huron County for Huron County residents seeking CPRS certification.

REACT

REACT (Responder Exposure Assistance and Care Team), is peer support initiative for first responders in Huron County. This program was implemented to assist and care for the mental health and wellness of our first responders. REACT is a team of trained peer supporters who are also first responders, both active and retired, from various departments throughout the county who assist other first responders in crisis or in need of support.

The goal of REACT is to strengthen resiliency and support the overall wellness of our county departments and their staff.

Services available through REACT include free and confidential one-on-one peer support for first responders in Huron County, peer support hotline available 24/7, and mental health and wellness education and support to all departments in the county.



Huron County LOSS (Local Outreach to Suicide Survivors)

In response to the increase in suicides in Huron County, the MHAS Board contracted for LOSS services in Huron County. The Huron County LOSS team is an intervention conducted after a suicide, largely taking the form of support for the bereaved. Studies have shown that friends and family of the suicide victim, known as survivors, are at an increased risk of suicide themselves. The goal of the LOSS team is to provide outreach and support to suicide survivors, instilling hope and linking them with needed supports in the community.

LOSS Team volunteers, trained in crisis response, will visit the location of a suicide death and provide support to loved ones in the immediate hours after they have lost someone to suicide. Additionally, these trained volunteers will visit with individuals affected by a suicide death in the days following that loss and will provide survivors with resources and information regarding local support services. Finally, the LOSS Team coordinator will lead ongoing support groups for survivors of suicide in conjunction with mental health professionals and feature high-quality grief resources.

NAMI (National Alliance on Mental Illness)

During FY 2020, NAMI of Huron County brought on a part time Coordinator, funded by MHAS, to help expand NAMI services in Huron County. The goal is to increase services in the county that provide support, education, and advocacy for individuals and families affected by mental health issues. NAMI services may consist of the following: peer to peer support and education groups, family to family support and education groups, outreach events to reduce stigma, Crisis Intervention Team (CIT) trainings, Mental Health First Aid (MHFA) trainings. NAMI's monthly meetings are currently being held virtually during the COVID-19 pandemic.

Family Support Program

In response to the COVID-19 pandemic, the MHAS Board, in collaboration with Firelands Counseling and the Huron County LOSS Coordinator, formed the Family Support Program (FSP). This team consists of trained community members acting to bring immediate support to families directly affected by COVID-19. The FSP exists to be an instillation of hope by providing resources, understanding, and support. The mission of The FSP Team is to help people who have had a loved one diagnosed with, or passed away from, COVID-19 by providing support, increasing awareness of community resources and making referrals, as needed, to address identified needs. This targeted outreach and support ultimately reduces the incidence of future mental health and/or substance use/abuse within our community.

Upon receiving a referral, the FSP Team provides immediate assistance to family members and/or survivors to help them cope with the trauma of their loss, provides follow-up contact with the family members/survivors, and coordinates the utilization of services and support groups within the community.

Drug Free Clubs of America - NEDC

Drug Free Clubs of America, operated by Norwalk Economic Development Corporation, builds drug-free youth through five drug prevention strategies: Confidential Drug Testing, Positive Reinforcement, Student Leadership, Parent Support, and Education. This program runs in the following School Districts: Norwalk, Norwalk Catholic, and EHOVE.

Safety Town, DARE, ALIVE - Norwalk Police Department

The Norwalk Police Department provides prevention programs for youth in the Norwalk area including Safety Town, DARE, and the ALIVE program. NPD has been providing Safety Town to the community since 1966, DARE since 1990/1991 school year, and ALIVE since 2013/2014 school year. Safety Town is taught to students entering kindergarten and focuses on the importance of not taking friend's medications and what to do if they find a "doctor's needle" outside. DARE is taught to all 5th grade students at Norwalk Main Street Intermediate and St. Paul's elementary. The DARE program is 13 weeks and based on decision making and the dangers of using drugs. ALIVE is taught to all 8th and 10th grade students. It consists of video interview of either current or recovered addicts, PPT presentations, and Q&A.

Huron County Family and Children First Council

The mission of the Huron County Family and Children First Council (HCFCFC) is to support and strengthen families by facilitating family-centered, coordinated, community-based, preventative, and comprehensive services that identify and respond to the health, human, and social service needs of Huron County families. HCFCFC coordinates with county agencies to provide Service Coordination, Wraparound, Prevention Programming, and Training & Support Opportunities for the families they serve.

Quick Response Team

The Quick Response Team is a collaboration between the Huron County Sheriff's Department, Norwalk Police Department, Willard Police Department, Monroeville Police Department, New London Police Department, Firelands Counseling and Recovery Services, Family Life Counseling, Oriana House, Let's Get Real, Certified Peer Supporters, and the Huron County Board of Mental Health and Addiction Services. A team of professionals visits the home of individuals who have recently overdosed, providing support and resources.

Age Exchange - Services for Aging

Age Exchange is an intergenerational program that brings two age groups together, for the purpose of enhancing the quality of life for both groups. Through the activities during each session, the senior volunteers share their time and talents with the children, while the children add value to the lives of the seniors. The two groups form a bond that centers on mutual respect as they bring out the positive assets in each other. The program coordinator works with the schools to select children that have challenging situations and may be at risk of exposure to substance abuse. By individually pairing the children with a senior volunteer, the children receive one on one attention that they may not get anywhere else. Age Exchange highlights substance abuse awareness, good attitudes, group participation, proper manners, and creative thinking to help the children. The Age Exchange program serves 40 children and 40 senior citizen volunteers each week from Norwalk and Willard.

Miriam House – Catholic Charities

Miriam House is a 6-bedroom, 17 bed transitional recovery housing program in Norwalk, Ohio. The programming and services offered at Miriam House provide women and children with the opportunity to rebuild their lives and break the cycle of poverty. Residents are female heads of households with minor children and single women with incomes below 35% of the area median income. The maximum length of stay at Miriam House is 24 months.

NOBARS – Oriana House

Northwest Ohio Behavior & Reporting Services (NO BARS), operated by Oriana House, is a court-ordered treatment program for women and men. NOBARS provides comprehensive day reporting and clinical treatment services to an adult population of male and female felony offenders referred by the Court. Day reporting services include case management, UDS testing, EM/SCRAM monitoring and Substance Use Disorder (SUD) treatment services on an as needed basis.

Programs and Services partially funded through Levy funding

Firelands Counseling & Recovery Services

Firelands Counseling & Recovery Services (FCRS) offers mental health services for all ages and comprehensive programs for substance abuse, psychiatric services, vocational rehabilitation, prevention services, educational programs and crisis intervention including a 24-hour helpline and warmline 800-826-1306. Medication Assisted Treatment is available. Clients may be referred or self-admit. Firelands accepts all payer sources and offers financial assistance.

Family Life Counseling & Psychiatric Services

Family Life Counseling & Psychiatric Services (FLCPS) offers comprehensive mental health and addiction outpatient services for adults and youth, including assessments, counseling, and case management services. School-based prevention services are also offered. Clients may be referred or self-admit. Family Life accepts all payer sources and offers financial assistance.

House of Hope – Family Life Counseling

House of Hope is a 10-bed, Level 2 Recovery House located in Willard. The mission of House of Hope is to help men who are in recovery from drug and alcohol abuse become productive members of their community by providing transitional housing and support for at least one year. The anticipated outcome is long term sobriety, employment, improvement in health, relationships, self-image, and connection with recovery support services.

Reach Our Youth

Reach Our Youth is a one-to-one mentoring program that matches volunteer mentors with at-risk youth between the ages of 6 and 18. These mentors serve as an extra friend and guide to the kids in the program. Mentors are asked to spend two hours about once a week with their mentees. They are encouraged to plan fun, active, and educational opportunities that allow their mentee to build self-esteem and learn new things.

The program also provides Group Activities to both offset the volunteer hours required of mentors and to involve the kids and families who are on the waitlist. The purpose of Group Activities is to provide a positive social engagements and new learning opportunities for those who may never experience them.

The goal of the program is to help youth grow into well-adjusted adults who contribute in a positive manner to their community.

Programs and Services funded through State and Federal Funding

Huron County Family Dependency and Treatment Court - Huron County Juvenile Court

The Huron County Juvenile Court operates the Huron County Family Dependency and Treatment Court. The mission of the Huron County Family Dependency and Treatment Court is to provide collaborative evaluation and treatment services for parents struggling with substance abuse who have lost, or are at risk of losing, custody of their child(ren) due to abuse, neglect, or dependency. These intensive services will be provided with the expectation that parents will attain sobriety, safety, and expedite reunification with their children. The Family Dependency and Treatment Court is designed to provide participants with an opportunity to become abstinent from drugs and alcohol and live a healthier lifestyle for themselves and for their child(ren).

Rigel Recovery Services – Oriana House

Rigel Recovery Services is a substance abuse treatment program open to the public for self-referrals. Rigel Recovery Services offers non-intensive and intensive outpatient services, substance use assessments, case management, support groups, and Medication Assisted Treatment. Oriana House accepts all payer sources and offers financial assistance.

Frontline Workers Appreciation Week

MHAS partnered with Oddfellow Productions to create an appreciation video for local first responders for Frontline Workers Appreciation Week 2020. MHAS delivered donuts and the video which was downloaded on a flash drive to first responder departments throughout Huron County. The video can be found on our YouTube page <https://www.youtube.com/watch?v=MKQrvsXUCXw>.

Catholic Charities - Adult Advocacy Services

Guardian services have been provided in the Huron County area by Catholic Charities for over 20 years, primarily serving the 55 and older population who are most vulnerable and indigent. Through partnering with the Huron County MHAS Board, Catholic Charities is able to provide additional services to those age 18 and over.

Recovery Navigator

Through State Opioid Response funding, a Recovery Navigator position was created to serve as a single point of contact for persons with Opioid Use Disorders. The Recovery Navigator is well versed in all available treatment services, educating clients/families/referral sources about their options and promoting client choice. The Recovery Navigator also assists clients in reducing barriers to treatment by utilizing these funds for transportation to and from treatment and other recovery related appointments and by funding childcare services, as needed, so the client is able to attend treatment.

Huron County Family and Children First Council

The Huron County MHAS Board, in partnership with Seneca, Sandusky, and Wyandot counties, was awarded the Strategic Prevention Framework – Partnerships for Success grant. The purpose of this grant program is to

prevent the onset, and reduce the progression of, substance abuse and its related problems while strengthening prevention capacity and infrastructure at the community level. The program is intended to address one of the nation's top substance abuse prevention priorities - underage drinking among persons aged 9 to 20, and also addresses marijuana use in the same age group. These funds were utilized, in Huron County, to expand our prevention capacity through the addition of a Director with the Family and Children First Council. This role oversees HCFCFC for 50% of the time while the other half is dedicated to prevention services for Huron County.

Firelands Counseling & Recovery Services (see above)

Family Life Counseling & Psychiatric Services (see above)

Reach Our Youth (see above)

House of Hope (see above)

Contact Us

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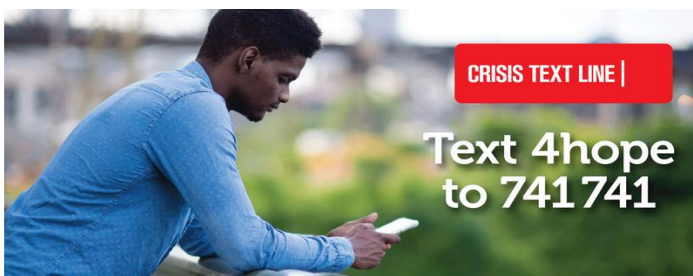
Contact Information

2 Oak Street

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Huroncountymhas.org



You are not alone

**HURON COUNTY CRISIS
HOTLINE: 800-826-1306**

Staffed 24 hours per day, 7 days per week by Firelands
Counseling & Recovery Services