

Fiscal Year 2020 Annual Report



Board Members

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Dorothy Ruffer

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Lisa Hivnor, First Chair

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Tom Sharpnack

Julie Landoll, Second Chair

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Lenora Minor

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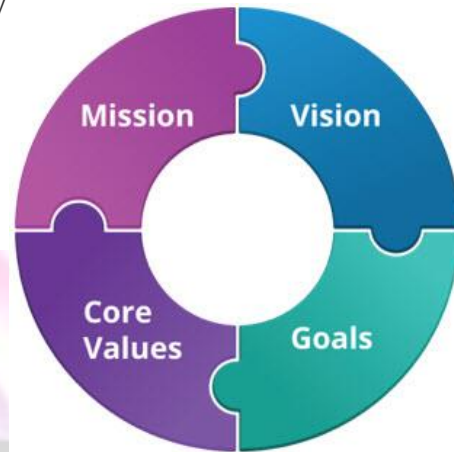
Ken Murray

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

Year in Review

New Board Members

Lenora Minor



A graduate of Tiffin University with a Master of Business Administration Leadership and Change degree, Lenora is the Executive Director of Huron County Department of Job and Family Services (HCDJFS). She has been with HCDJFS for 21+ years.

"Huron County Department of Job and Family Services offers many resources to help those who are struggling with mental health and addiction. I am honored to sit on the HCMHAS board where each member contributes unique ideas and resources to help the most vulnerable population of our county. The mission of HCMHAS aligns with the goals and beliefs of HCDJFS, which is to proudly provide services and support to strengthen our community."

Lenora lives in Norwalk with her husband Steve, they have 2 children and 3 grandchildren.

Community Initiatives

Grant Applications

In an effort to bring additional funds and services into the county to fill the various gaps that have been identified, MHAS staff applied for three grant funding opportunities. MHAS submitted grant applications for the following opportunities in FY 2020:

LEMHWA COPS: 2-year grant, total \$125,000

Law Enforcement Mental Health and Wellness Act (LEMHWA) program funds are used to improve the delivery of and access to mental health and wellness services for law enforcement through training and technical assistance, demonstration projects, and implementation of promising practices related to peer mentoring mental health and wellness programs.

What it addressed:

- Peer support services
- 24/7 hotline

- Reduced MH treatment costs at our contracted providers
- Outreach and education
- Implementation of peer and family support groups
- Creation and distribution of a first responder MH guide at all departments

RCORP Implementation: 3-year grant, total \$1,000,000.00

Implementation of innovative and high value programs to strengthen and expand prevention, treatment, and recovery supports to improve the overall health of the rural residents of Huron County.

What it addressed:

- Outreach and education on SUD/ODU
- Annual drug take-back days
- Increased prevention programs
- Increased Narcan distribution and education
- Reducing barriers to treatment/reducing wait lists
- Increasing MH professional attraction and retention
- SUD/ODU in the workforce/working with employers
- Online data base for SUD/ODU services and supports
- Expand QRT
- Expand Peer Support/Create a peer wellness center
- Expand Recovery Housing

CDC Comprehensive Suicide Prevention: 5-year grant, total \$7,000,000.000

This purpose of this proposal is to strengthen and expand the implementation and evaluation of a comprehensive public health approach to suicide prevention in order to reduce suicide morbidity and mortality, with attention on our rural community which is identified as a vulnerable population. Our goal is to reduce the suicide morbidity and mortality in the identified jurisdiction by 10% by implementing and evaluating the current comprehensive public health approach to suicide prevention.

What it addresses:

- Strengthening economic supports/financial stability and housing stability for individuals
- Reducing provider shortages in the rural service area
- Creating safer suicide care
- Reducing access to lethal means
- Addressing excessive alcohol use
- Promoting Connectedness among individuals with MH
- Implementing peer norm programs for MH
- Community engagement activities for MH
- Coping and problem-solving skills
- Safe messaging about suicide

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.

Increased Community Engagement and Outreach

In an effort to increase awareness and reduce stigma around mental health and addiction, MHAS staff participated in a variety of community events throughout FY 2020. 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. The goal of this event was to bring awareness to suicide and education on how to prevent it. Additional outreach event participation throughout FY 2020 includes the Strawberry Festival, Love Norwalk Outreach, and the Huron County Fair. These events were a great opportunity for MHAS staff to distribute local mental health and addiction resources and engage with the community.

MHAS staff increased community engagement through the implementation of weekly email newsletters and press releases to both Norwalk Ohio News, Norwalk Reflector and Willard Times-Junction. The purpose of this outreach is to increase transparency and provide resources regarding local behavioral health services while continuing to educate the community and reduce stigma.

Resource Bags

MHAS staff created resource bags to distribute throughout the county to increase awareness of available resources and supports. Information included in resource bags is as follows: MHAS brochure, treatment provider information, MAT info, Naloxone info, Let's Get Real, United Fund, DJFS/Medicaid, Crisis Text Line, LOSS, NAMI, House of Hope, Miriam House, etc. MHAS intends to distribute these resource bags through the various outlets listed below and local organizations may request resource bags to distribute.

- 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

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 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.

- 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.
- Virtual Health Fair (initiative in progress to be implemented September 2020)
- Share your story: Personal testimonies of recovery in Huron County (initiative in progress, MHAS staff currently collecting stories)

Expansion of Peer Recovery Services

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) 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).

Expansion of peer recovery services in Huron County will include operating a walk in peer support center, ongoing one-on-one peer support services as needed and requested from community members and agencies, and warm handoff services with local hospitals (Fisher Titus Medical Center & Mercy Health in Willard). Let's Get Real will also provide peer support training in Huron County for Huron County residents seeking CPRS certification.

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. The Huron County Support Line is a free, non-judgmental, non-emergency support line available to every person in the county. Individuals can call to get support and learn about available mental health and recovery resources. The Support Line is staffed by behavioral health professions from 8:00am – 10:00pm daily.

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.

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 has partnered with Sydney to promote and increase the reach of the movement with the goal of expanding the project throughout Huron County.



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.

Increased Prevention Services and Supports

The Huron County MHAS Board received the Strategic Prevention Framework - Partnerships for Success (SPF-PFS) grant in partnership with Sandusky, Seneca, and Wyandot Counties. 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 underage drinking and marijuana use among persons aged 9 to 20.

Funding from the grant is to be used to increase prevention infrastructure in Huron County. MHAS is utilizing the funding to increase prevention services and supports in Huron County by increasing capacity in one of our local agencies, the Huron County Family and Children First Council (HCFCFC), which now serves as the county's primary prevention organization. HCFCFC will serve as a hub for prevention services in the county and will lead many prevention initiatives including the Prevention Coalition, the Developmental Assets Program, Experiential Learning programs, Handle with Care, and school-based programs throughout the county.

School Collaboration

MHAS has worked to increase collaboration with Huron County school districts with the goal of identifying the needs of youth in Huron County and working collectively to develop and implement solutions to meet identified

needs. The MHAS Board partnered with local schools on the SPF-PFS grant which will include administering the OHYES! survey to Huron County youth, helping us to identify what their unique needs are from their point of view. This information will be used drive decisions around youth centered services throughout the county. Additional collaborative efforts include the creation of a suicide postvention plan to support and assist students in coping with the loss of a peer by suicide, working collectively to meet deliverables for OhioMHAS’s K-12 funding, sharing resources, and providing support

Board Updates

SFY 2020 – 2022 Strategic Plan

The Board created and adopted a new Strategic Plan in September, 2019, outlining the Board’s priorities and clearly defining goals and objectives for each priority. The Board’s targeted outcomes are as follows:

• Increase collaboration and unity amongst the 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 improved access to prevention services and resources
• Increase Board member engagement
• Improve Board functionality

A copy of the Board’s strategic plan may be found at <http://huroncountymhas.org/strategic-plan>.

Relocation

In early 2020, the Board moved into its permanent home located at 2 Oak Street, Norwalk. The new location allows for increased community engagement and outreach with a large conference room for events, trainings, and speakers. The basement of the building is being used for walk-in peer recovery services and is home to Let’s Get Real of Huron County. The basement space is also available for use by local recovery and behavioral health organizations.



FY2021 Providers and Programs

Firelands Counseling and Recovery Services 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. For more details please call 419-663-3737 Norwalk, 419-483-6516 Bellevue

Services for Aging offers the Age Exchange Program which connects elementary-aged youth with volunteer seniors. This program is a once-a-week group mentoring program where children gain social, team-building and educational assets. For more details please call 419-668-6245

Oriana House offers two comprehensive substance abuse treatment programs in Huron County. Northwest Ohio Behavior & Reporting Services (NO BARS) is a court-ordered treatment program for women and men. Rigel Recovery Services is a substance abuse treatment program open to the public for self-referrals. Medication Assisted Treatment is available. Oriana House accepts all payer sources. For more details please call 567-280-4023

Family & Children First Council of Huron County offers youth and family service coordination, wraparound coordination, along with respite services. For more details please call 419-668-8126

Miriam House offers housing that offers safe and stable housing to women and their children. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Talk to your counselor or peer supporter for referrals. Located in Norwalk. For more details please call 419-668-3073

House of Hope offers safe and stable housing to men. Staff help residents identify issues that have contributed to their homelessness and promote recovery. Located in Willard. For more details please call 419-933-4100

Family Life Counseling & Psychiatric Services (FLC) 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. FLC accepts all payer sources. For more details please call 567-560-3584 Norwalk and Bellevue, 567-560-3586 Willard

Catholic Charities of Norwalk offers guardianship services for severely mentally ill adults. For more details please call 419-668-3073 x 8211 or 419-706-1334

Huron County Juvenile Court provides collaborative evaluation and integrated treatment intervention services for substance abusing parents who have lost, or are at risk of losing custody, of their children to abuse, neglect, or dependency. For more information please call 419-668-4383

ALERT (Area Law Enforcement Recovery Team) is a partnership between the MHAS Board, Norwalk Police, and the Huron County Sheriff, providing immediate help for individuals seeking assistance for addiction. Individuals can go to the jail or the Norwalk police department and ask for help, at which time they will be linked with a volunteer and a peer supporter who will assist them in connecting with treatment. For more information please call 419-668-9858

Huron County LOSS (Local Outreach to Suicide Survivors) offers immediate support to survivors of suicide. For more details contact Darrell Shumpert, LOSS Team Leader at: 440-396-7280 or by email at: hcloss419@gmail.com

FY2021 Providers and Programs

NAMI (National Alliance on Mental Illness) offers support groups, education and advocacy for individuals, families, and caregivers of those living with mental health issues. All NAMI support groups are free to the public. For more details please call Kevin Mount at 419-677-0714

Reach Our Youth (ROY) is a one-to-one mentoring program that matches volunteer mentors with at-risk youth between the ages of 6 and 18. For more information please call 419-663-2525

Drug Free Clubs of America run by Norwalk Economic Development, builds drug-free youth through five drug prevention strategies: Confidential Drug Testing, Positive Reinforcement, Student Leadership, Parent Support, and Education. This program will run in the following School Districts: Norwalk, Norwalk Catholic, Western Reserve, and EHOVE. For more information please call 419-668-9858

Quick Response Team (QRT) is a collaboration between the Huron County Sheriff's Department, Norwalk Police Department, Willard Police Department, Firelands Counseling and Recovery Services, Family Life Counseling, 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. For more information please call 419-668-9858

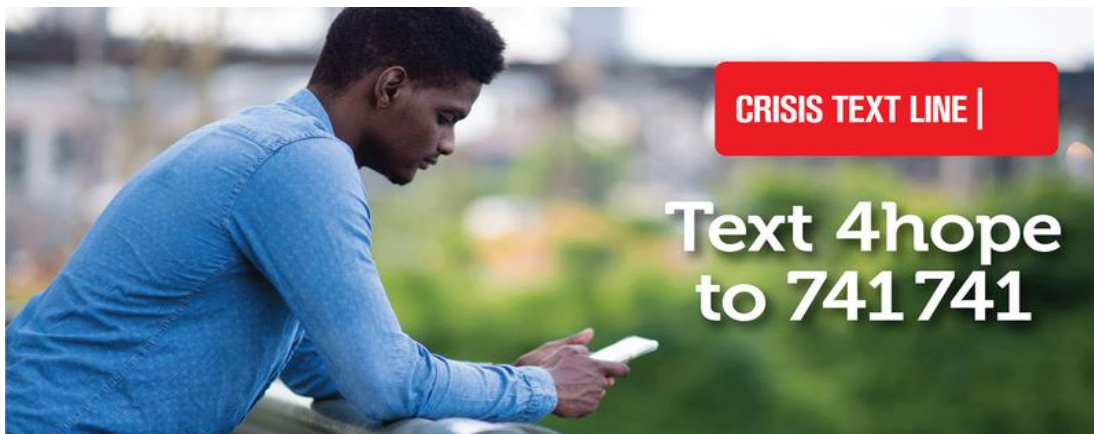
Family Support Program (FPS) offers immediate support to survivors of COVID-19. For more details contact Darrell Shumpert, FSP Team Leader at: 440-396-7280 or by email at: hcloss419@gmail.com. For more details please call 419-668-3073 x 8211 or 419-706-1334

Norwalk Police Department provides prevention programs for youth in the Norwalk area including Safety Town, DARE, and the ALIVE program.

Crisis Services:

CRISIS/SUICIDE HOTLINE: 800-826-1306

Staffed 24 hours-a-day, 7 days-a-week by Firelands Counseling and Recovery Services



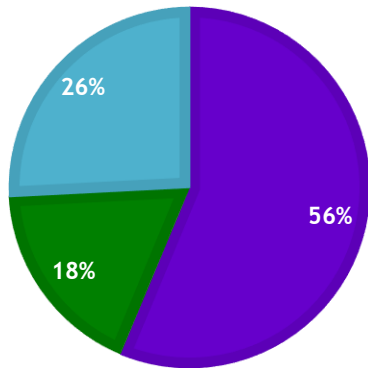
You are not alone

SFY2020 Revenue and Expense Report

*Please note, these are not final amounts for State Fiscal Year 2020. The amounts shown are as of July 15, 2020.

Revenues

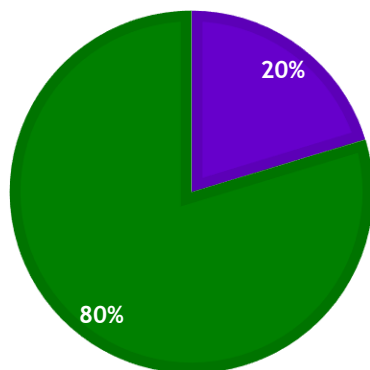
■ State Funds ■ Federal Funds ■ Local Levy



State Funds	\$1,195,838.80	56%
Federal Funds	\$380,697.21	18%
Local Levy	\$548,461.37	26%
TOTAL Revenue	\$2,124,997.38	

Expenses

■ Board Operations ■ Client Services related



Board Operations	\$431,605.49	20%
Client Services related	\$1,693,391.89	80%
TOTAL Expenses	\$2,124,997.38	

Contact Us

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