

Date Approved: 11-22-22
 Presiding Officer: Ann Woolum

Hancock County ADAMHS Board Meeting Minutes

Meeting Date: October 25, 2022

Meeting Time: 3:30 p.m. – 4:45 p.m.

Meeting Location: Blanchard Valley Center – 1700 East Sandusky Street

Recorder: Cheryl Preston

Board Member Attendance:

x	Ann Woolum, Board Chair		Brandon Daniels	x	Rosalie King
x	Jim Darrach, Vice Chair		Mary Beth Dillon	x	Cheryl Lentz
x	Melanie Aldobaiki		John Drymon	x	Greg Meyers
x	Dave Beach		Rick Eakin	x	Susan Pancake
x	Susan Bunn		Josh Eberle	x	Mark Rimelspach
	Seth Butler	x	Rachael Helms	x	Jim Stahl

Guests Attending:

x	Precia Stuby	x	Rob Verhoff	x	Ginny Williams
x	Jennifer Swartzlander	x	Zach Thomas	x	Derek Puchta
x	Cheryl Preston	x	Jennifer Loera		
x	Deb Twining	x	Michelle McGraw		

Ann Woolum, Board Chair called the meeting to order at 3:30 p.m.

PROGRAM

Ann introduced Ginny Williams from Family Resource Center to present an infrastructure advancement update and all that has been implemented as a result of the Certified Community Behavioral Health Clinic grant (CCBHC). Ginny shared key investment areas: Dr. Westhead's role (interim Chief Medical Operator) oversees the medical department and works with clinical leadership using a collaborative leadership model; one of the goals is standardization of practices at all sites to optimize resources. For instance, open access went into effect across the organization on 10/31/22; Monday, Wednesday, Friday 9:30 – 11:30 am and Tuesday and Thursday 2:30 – 3:30. This will allow them to maximize capacity of tele-counseling using virtual waiting rooms. Centralized scheduling has taken the administrative burden off the clinicians, Client Support Specialists have been added to support clinicians by managing their case load. The advancement of technology and data has helped with overflow and scheduling issues. Just in Time Scheduling went live in May and pertains only to medication management clients. The client calls to schedule a medical appointment as their prescription is ending, they will be scheduled within 3-5 days. This has opened access for new psychiatric evaluation appointments; the biggest success has been what used to take 56 days from diagnostic assessment to 1st appointment now takes 13 days. In the Compliance and Training Departments directors have been added to both departments; training plans have been developed to support and foster new staff using a standardized training process. The compliance area focuses on accreditations, policy and procedure reviews annually and advancement of virtual waiting rooms and other technical platforms that enable the Agency to make data driven decisions in the areas of performance tracking of staff, grants management, productivity calendars. Ginny noted that they are constantly monitoring recruitment and retention and the launching of monthly leadership meetings using books by Quint Studer "Straight A Leadership" and "Hardwiring Excellence".

The workforce issues are challenging and competitive and she has seen a "boomerang effect" where employees leave and end up coming back. The Agency has 58 positions currently open. The biggest success has been the recruitment of telehealth providers. They are onboarding new staff every 2 weeks; 12 this week and there were 2 last time. There are 219 current employees with 67% of them in Findlay.

Precia noted that when the CCBHC grant award was announced, FRC and one other agency in Cincinnati were the only two grants in Ohio. This has been a 2-year process and now another 4-year grant has been awarded to sustain their efforts. They have had remarkable accomplishments.

CHAIRPERSON'S REPORT

Ann noted that there have been a lot of articles in the Courier recently about awarded grants and services.

Ann referenced the Opioid and Addictions Task Force Outcome Chart; Precia noted that the suicide deaths this year already exceed last year's total.

Commissioner Meeting Report of October 6, 2022 – Ann shared items discussed at the meeting: Precia shared the 3 new federal grants awarded to the Board; the commissioners gave an update on the OneOhio funds, and Precia gave them an update on criminal justice services.

FOCUS Chair Meeting Report of October 6, 2022 – Ann shared items discussed including an update from Brooke on all aspects of the Agency; federal grant implementation updates were discussed and lastly, recovery home occupancy updates: women's and mom's home are both full and there is 1 opening at the men's home.

OhioGuidestone Chair Meeting Report of October 24, 2022 – items discussed at the meeting included staff and financial updates, MOMS services are stable, SOS grant update, and lastly the change in leadership roles at the Agency.

DIRECTOR'S REPORT

Follow-up items from the September Board meeting: None

The Community Partnership purchased a tree that was planted at the Hancock County Educational Service Center and Brandon Daniels represented the Board at the memorial of Larry Busdeker.

The purchase of the tree, plaque and bench for Cayla Fortman and David Scruggs is complete. We are now in process of purchasing a canvas picture to present to Cayla's husband.

Precia shared the updates of the launch of the phone app/screening tool for CHESS. The training video is now available. Saturday an article related to the launch will be in the paper. We are currently contacting employers so they can advertise its availability to employees. Mark Rimelspach commented on how cutting edge and streamlined the tool is. The probation department will be working to get people enrolled. Cheryl will send the link to all Board members with the information reports following the Board meeting.

The 340 statute is now open for review. Regional meetings have been scheduled for input. Precia shared they have been meeting to go over the statute chapter by chapter. Testimony will be happening at the regional meeting if any

Board member is interested in going to listen or testify, contact Precia. This impacts everything from Board compositions to scope of duties.

Precia gave an update on workforce recruitment and retention. An excerpt was shared from the U.S. Surgeon General's Framework for Workplace Mental Health and Well-Being report. The report identified 5 areas every employer needs to address retention and recruitment. Precia met with the consultants working on our Health and Human Services Workforce to make sure their work aligns with the national framework.

CORRESPONDENCE

1. Findlay City Schools sent a letter of thanks for a donation to purchase books related to the foster care system. System of Care grant funds were used.
2. Larry Busdeker memorial details were discussed earlier in the meeting.
3. A letter of thanks was received from NAMI Ohio for continued membership to the organization.

APPROVAL OF CONSENT AGENDA

- To approve the September 27, 2022, Board Meeting Minutes
- To approve the Program Committee Meeting Report of October 12, 2022
- To approve the Governance Committee Meeting Report of October 19, 2022
- To approve the Finance Committee Meeting Report of October 19, 2022, and the Agency Financial Picture

Greg Meyers moved to accept all items on the consent agenda. Jim Stahl seconded the motion. No further discussion. Motion carried.

ACTION ITEMS BROUGHT FROM COMMITTEE

- To approve the September 2022 Board financial statements. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**

ACTION ITEMS BROUGHT TO THE BOARD

- None

INFORMATION REPORTS

- Opioid and Addictions Task Force Chair Meeting Report of October 17, 2022
- Community Partnership Meeting Report of October 18, 2022
- Ohio Suicide Prevention Foundation: Bullying and Suicide Prevention
- U.S. Surgeon General New Framework for Mental Health & Well-Being in the Workplace

AGENCY/PUBLIC COMMENT

Jennifer Loera shared that she has enrolled 8 women (MOMS) in CHESS. They are all very excited about the genuine and drama free support it has to offer.

POSITIVE ACTION

Precia shared an experience Zach Thomas had at Coffee Amici recently with a young man. Zach offered to buy him a coffee and gave him his business card and told him that he can contact him if he needs help. Twelve days went by, and then Zach received a text from him. The young man shared that he had spent time at The Steady Path in recent days and had not used since he met Zach. He shared he is staying at the City Mission and is now connected to services.

FOLLOW-UP NEEDED:

Cheryl will send a link for CHESS; Board members will pass it along to others.

The next Board meeting will be November 22, 2022.

Dave Beach made a motion to adjourn the meeting. Jim Stahl seconded. The meeting was adjourned at 4:45 p.m.

Program Committee Meeting Report

Meeting Date: November 9, 2022
Meeting Time: 3:30 p.m. – 4:50 p.m.
Meeting Location: BOARD OFFICE
Recorder: Precia Stuby

Committee Members Attending:

	Brandon Daniels, Committee Chair	X	Susan Pancake, Committee Vice Chair
X	Cheryl Lentz	X	Rosalie King
x	Susan Bunn	x	Rachael Helms
	Dave Beach		

Board Members:

x	Ann Woolum, Board Chair		Jim Darrach, Board Vice Chair
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Invited Staff:

x	Precia Stuby		Zach Thomas		Jennifer Swartzlander
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Guest: Paige Craft, ADAMHS Student Intern

Items Discussed:

1. FY'23 First Quarter Scorecard – The scorecard was reviewed in detail. There was a recommendation that Precia set up a meeting with Kan Du regarding employment services.
2. Guardianship Board Overview and Community Planning – Precia informed the Committee that under the direction of Judge Johnson, efforts are moving forward to establish a Guardianship Board in Hancock County. As several individuals with severe mental illness require a guardian, there will be an expectation that the Board financially contribute to this new entity. Precia is working with the Judge to consider a 3-year start-up grant submission to the Community Foundation. This would allow some time to determine a funding formula across all public parties that would participate (Probate Court; Job and Family Services; Mental Health; Developmental Disabilities and 50 North).
3. Suicide Fatality Review Board – Precia shared that the Health Department is now able to complete reviews of suicide deaths in a similar fashion to overdose deaths. It is anticipated that these reviews will be initiated within the next quarter.
4. Community Health Assessment Update – There is one last meeting to develop the Community Health Improvement Plan from the findings from the Community Health Assessment. The Board is advocating for inclusion of our existing priorities within the plan.
5. Board Community Plan Update – The Community Plan must be approved by the Board and submitted by January 31, 2023. The Plan is to be consistent with the Community Health Improvement Plan and our Board Strategic Plan. The plan will be provided to the Board Chair for review prior to the January Board meeting where

it will be presented for approval. Paige is assisting with writing the plan.

Action Items: None

To Do:

1. A meeting will be scheduled with Kan Du to discuss employment services.
2. Precia will work with Judge Johnson on a grant for the Guardianship Board.
3. Once Suicide Death reviews are completed, results will be shared with the Committee.
4. Precia will ensure the community plan is ready for review in January.

Governance Committee Meeting Report

Meeting Date: November 16, 2022

Meeting Time: 8:00 a.m. – 9:00 a.m.

Meeting Location: Board Office, 438 Carnahan Avenue

Recorder: Precia Stuby

Committee Members Attending:

X	John Drymon, Committee Chair	X	Jim Stahl
X	Mary Beth Dillon, Committee Vice Chair	X	Seth Butler
X	Melanie Aldobaiki		

Board Members Attending:

x	Ann Woolum, Board Chair	x	Jim Darrach, Board Vice Chair
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Invited Staff Attending:

x	Precia Stuby		
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Items Discussed:

1. Board Meeting Evaluation Results for October 2022 – It was noted that one evaluation scored the lowest in every category, however, there were no negative comments. Board members are reminded that the scale goes from 1-4 with 1 being the lowest rating.
2. Capital Plan Update – The Committee reviewed a draft letter for submission to the state department. Greg Meyer reviewed the initial draft and his recommendations have been included. The Committee recommended adding the reference number to the Ohio Revised Code and spelling out ARPA.
3. Student Intern Draft Policy Update – The Committee reviewed the proposed changes from last month’s meeting. There has been no response from the attorney to date.
4. December Committee and Board Meetings
5. Board Recognitions for David Scruggs and Cayla Fortman – Once the canvas picture is complete, a letter will be sent to Cayla’s husband.

Action Items:

1. A motion was made by Jim Stahl and seconded by Mary Beth Dillon to approve the Volunteer/Intern Policy Revision unless there are substantial changes recommended by the attorney. Motion carried.
2. A motion was made by Mary Beth Dillon and seconded by Jim Stahl to cancel December Board and Committee meeting. Motion carried.

To Do List:

1. Precia will make revision to the capital waiver request letter and then sent it to the Department.
2. The revisions to the Volunteer/Intern Policy will be brought back to the Committee only if there are substantial changes.

Finance Committee Meeting Report

Meeting Date: November 16, 2022
Meeting Time: 3:37 p.m. – 4:41 p.m.
Meeting Location: Board Office, 438 Carnahan Avenue
Recorder: Rob Verhoff

Committee Members Attending:

X	Greg Meyers, Comm. Chair	X	Josh Eberle, Comm. Vice-Chair	X	Rick Eakin
X	Mark Rimelspach				

Invited Board Leadership Attending:

X	Ann Woolum, Board Chair	X	Jim Darrach, Board Vice Chair
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Invited Staff Attending:

X	Precia Stuby	X	Rob Verhoff	X	Deb Twining
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Guests Attending:

X	John Bindas				
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Items Discussed:

1. Review of Account Fund Balance and Board Financial Statements for October 2022. No issues identified.
2. Agency Financial Report – September 2022 report was reviewed. FRC had 3 consecutive months of net losses which triggers the Board Contingency Plan policy.
3. Approval of CY2023 Budget – The Board’s budget at the county level was reviewed and no issues were identified.
4. Update on Board Insurance Coverage – UIS Insurance are reviewing our options with cyber security underwriters regarding claims related to cloud-based storage.

Action Items:

1. A motion was made by Josh Eberle and seconded by Rick Eakin to approve the October 2022 Board Financial Statements as presented. Motion carried.
2. A motion was made by Mark Rimelspach and seconded by Josh Eberle to approve the Board’s CY2023 County Budget. Motion carried.

To Do List:

1. Board staff will contact UIS Insurance about their findings on our cyber insurance options.
2. Board staff will schedule a meeting between the fiscal directors and executive directors of FRC and Board to discuss agency’s financial position in accordance with the Board Contingency Plan.

ROSC Leadership Team Minutes

Meeting Date: November 8, 2022

Meeting Time: 8-9:15 a.m.

Meeting Location: ADAMHS Board

Recorder: Jennifer Swartzlander

ROSC Leadership Team Members:

	Abbie Acord		Maggie Brown
	Aeryn Williams		Meelee Kim
	Andrea Sensel		Margaret Osborne
	Angela DeBoskey	X	Mark Rimelspach
	Ann Woolum		Michelle McGraw
	Brooke Nissen		Nancy Hutchinson
	Carl Etta Capes	X	Nichole Coleman
X	Carla Benjamin	X	Pastor Gregg Fox
	Claire Osborne		Pastor Dutch VanderVlucht
	Cristina Christensen		Rachel Walter
	Derek Puchta		Rosalie King
X	Gary Bright		Ryan Kidwell
	Ginny Williams		Scott Lammers
	Heidi Barilla		Stacy Shaw
	James Baker		Thom Bissell
	Jessica Bittner		Tricia Valasek
X	Jodie Firsdon		Wendy McCormick
	John Bindas	x	Haley Lutz
	Kim Switzer		
	Liana Gott		

Staff/Consultant:

X	Precia Stuby (by phone)	X	Zach Thomas	X	Jennifer Swartzlander
	Dr. Flaherty				

Items to be Discussed:

1. **QRT outreach beyond law enforcement referrals** – Gary shared that Quick Response Team (QRT) responds to a nonfatal overdose within 72 hours from notification by police. There is a community line and they can do outreach to individuals that community members refer to the team. QRT and the Harm Reduction Peer Team work collaboratively on a regular basis. Gary shared recently that they learned of an area apartment complex that had 23 nonfatal overdoses. Both QRT and the Harm Reduction team went out and provided a Naloxbox and spoke with staff. The question was raised if there are other places that either QRT or Harm Reduction should reach out to. The following list was brainstormed; Safety Council (Chamber) FAHRA, Education & Outreach group (part of the Unhoused Coalition), and Findlay Apartment Association. Ideas for additional Naloxbox locations include Veteran Services, laundry mats, a library, and other apartments.
2. **CHESS** – Zach shared the screener tool is available on the Board website and through the QR code on the flyer (attached). The screener is a 10-question screen on alcohol consumption. Individuals who screen medium or high will be linked to resources. The eRecovery app is the second resource and also on the ADAMHS website. The app is a

treatment extender that provides 24/7 peer support, daily check-in, and other support. Currently, 8 have engaged in the app since its launch.

3. Updates

- a. **Camp FUN** – Next camp day is 11/19 for youth affected by SUD and/or overdoses. Flyer attached.
- b. **Suicide Prevention** – Next meeting is on 11/21 from 11-12 p.m. There has been a Hancock County crosswalk of the state suicide plan, an education annual plan, and resources developed. These will all be reviewed at the next meeting.
- c. **SOS 3.0** – The State Opiate and Stimulant Response grant was submitted to continue to fund the prior SOR services i.e. Focus (youth & adult), FRC MAT, ARM MAT, rapid access, & peer, Financial Opportunity Center at Habitat, MOMS program, and Overdose Fatality Review Coordinator at Hancock Public Health
- d. **SOC update** – System of Care kickoff happening today at FRC's North campus. The grant will continue to expand peer services, Youth Thrive, and inclusive work through the Cultural Delegation.
- e. **LPSS – Leveraging Peer Support Services** – This is a Focus grant that provides an outreach team to connect individuals to recovery support.
- f. **Peer Advisory Board** – Peer Board has launched a survey for peer support which will be reviewed by Dr. Meelee Kim and Dr. Michael Flaherty. They will work with the Peer Board on presenting the information to local agency leadership.
- g. **Faith-Based** – Jennifer shared that the September Hope & Healing event was attended by 24 people and had good reviews. The group discussed the timing of the next event, how/if it could be more broadly relevant to a more diverse group of faith communities, and how to engage the broader faith community. Jennifer will reach out to the hospital chaplain to discuss this more.

4. Other topics/concerns – Precia shared the following key takeaways from the Global Exchange Conference:

- a. Precia discussed with the designer of the R1 app the possibility of cross over with the CHESS app. R1 provides recovery capital support. Precia will meet with CHESS and R1 to further discuss.
- b. Phoenix Model for Focus which is a way to make connections through affinity groups vs. center-based groups.
- c. Education on psychedelics – There is a lot of research emerging on this with depression and PTSD.
- d. Cultural Competency -specifically a self-assessment
- e. Dr. Gabor Mate – He said that instead of asking what happened to you, it should be asked what happened inside of you. This addresses the personal response to what has happened.

Summary of Follow-up Needed for the Next Meeting:

1. Jennifer will meet with BVH Chaplain Eric Rummel regarding engaging the faith community.
2. Zach will reach out to the Safety Council to make the connection with QRT/Harm Reduction.
3. Camp Fun flyer attached
4. CHESS screener flyer attached

Next Meeting: January 24, 2023, 8-9:15 a.m.

OHIO SUICIDE PREVENTION FOUNDATION

Preventing Suicide in First Responders

There's a growing problem in this country that too few are talking about. That problem is suicide among first responders. The truth is, more law enforcement officers and firefighters have died by suicide as compared to other line-of-duty related deaths. Worse, it's believed that the number of public safety personnel who take their own lives is underreported, making the actual numbers even higher.

In fact, according to First H.E.L.P., a national organization dedicated to collecting suicide data on firefighters, emergency medical personnel, and 911 telecommunications operators, there were 248 suicide-related deaths among first responders in 2019 alone.¹ Though the numbers have decreased somewhat since then, the rates of suicide continue to be 1.4 times higher among firefighters and paramedics than among the general public.²

By the Numbers

30% of first responders develop depression, PTSD, and other behavioral health conditions

6.6% vs. 0.5% of fire and EMS personnel have attempted suicide compared to civilians

10X the rate of first responders who contemplate suicide vs. the average American adult

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)⁴

Suicide prevention resources may be better received if they're delivered by a fellow first responder or someone well trained in first responder culture and experience.

Risk Factors: Occupational and Personal Stresses

Why are these numbers so high? Those who've studied suicide among the first responder community say the population is at a higher risk due, in large part, to acute and chronic work and personal stress.

More specifically, the suicide risk factors for first responders include:³

- Alcohol and substance misuse
- Availability and familiarity of weapons, such as firearms
- Post-traumatic stress disorder (PTSD)
- Relationship problems due to difficult or erratic work schedules
- Social scrutiny and other misperceptions
- Stigma, including the fear of being seen as weak or unable to perform duties as expected

Resiliency & Effective Suicide Prevention

So, what can be done about this ever-increasing issue among first responders? First, it's important to acknowledge what the research shows: Resiliency training is key to helping reduce the stress reaction that so often happens among this population.

The Suicide Prevention Plan for Ohio (2020-2022) supports this finding and includes a recommendation for increasing training among public safety and emergency systems, specifically through evidence-based suicide care.

OSPF offers such training to first responder agencies. Known as Question, Persuade, Refer or QPR, this training is made possible thanks to a grant to OSPF from the Ohio Department of Public Safety Emergency Management Services via the federal American Rescue Plan Act (ARPA). Once a first responder completes the QPR Instructor Course, they're equipped to train others within their department or agency, thereby creating a help-seeking and help-giving environment.

To learn more about QPR, contact jason.hughes@ohiospf.org.

THREE Reasons to be QPR trained

- 01** **Learn the warning signs of someone who might be suicidal.**
By knowing the signs you can help interfere and hopefully save a life.
- 02** **Know what to say to someone.**
Research shows that asking someone "Are you thinking of killing yourself" can help reduce the risk of suicide.
- 03** **Understand what resources to use.**
Often times people are at a loss for how to get someone help, QPR equips you with the right resources to help save a life.

More Prevention Strategies

An effective suicide prevention plan for first responders should include a postvention plan and postvention policies that help first responders and agencies connect with local mental health resources, facilities, and clinicians.

Family and friends, too, can equip themselves to help by learning the warning signs and risk factors for suicide, as well as how to have a caring conversation with their first responder loved one.

Reference List

- 1sthelp.org. "Suicide Statistics: The Numbers." 1sthelp.org/the-numbers/. Accessed 12 October 2022.
- Taylor and Francis Online. "Death by Suicide—The EMS Profession Compared to the General Public." tandfonline.com/doi/
- Centers for Disease Control. "Suicide Among First Responders: A Call to Action." blogs.cdc.gov/niosh-science-blog/2021/04/06/suicides-first-responders/#_edn7. Accessed 12 October 2022.
- SAMHSA. "First Responders: Behavioral Health Concerns, Emergency Response, and Trauma." samhsa.gov/sites/default/files/dtac/

ABOUT OHIO SUICIDE PREVENTION FOUNDATION

OSPF gives hope to those in crisis, strength to those in the struggle, and comfort to those in grief. OSPF is a non-profit organization that works tirelessly to help all of Ohio's communities reduce the risk of suicide. Our work includes supporting those impacted by suicide, raising awareness of mental health issues, and coordinating community resources and evidence-based prevention strategies across the state.



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