

Date Approved: 5-23-23
Presiding Officer: Ann Woolum

Hancock County ADAMHS Board Meeting Minutes

Meeting Date: April 25, 2023

Meeting Time: 3:30 p.m. – 4:57 p.m.

Meeting Location: Blanchard Valley Center – 1700 East Sandusky Street

Recorder: Cheryl Preston

Board Member Attendance:

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

Guests Attending:

| | | | | | |
|---|----------------|---|-----------------|--|--|
| x | Precia Stuby | x | Jennifer Loera | | |
| x | Rob Verhoff | x | Victoria Graham | | |
| x | Cheryl Preston | | | | |
| x | Deb Twining | | | | |

Board Chair, Ann Woolum, called the meeting to order at 3:31 p.m. Cheryl Preston introduced guests in attendance.

PROGRAM

Precia explained that April is the time for her to review the Board accomplishments with Board members on the Strategic Plan. Board members are updated quarterly on progress with the review of the scorecard. She noted that this plan is in its final year. Precia briefly went over most areas of the plan and highlighted the following areas.

1. Peers are Involved at all points of treatment/recovery continuum with up to thirty peers total for the 6 agencies, Medicaid reimbursement rate is low across the state for peers; Precia explained how the Board is paying for them.
2. The Program Committee will be spending time on growing the development of the "service on demand" crisis continuum.
3. Precia shared the growth and history of the implementation of the criminal justice division at Family Resource Center (FRC).
4. An area of growth for FRC and the Board was the use of Occupational Therapy students, resulting in a toolkit on the brain that will be implemented in the community.
5. Efforts continue to address the housing needs in the community at a local and state level.
6. Performance improvement and evaluation has grown with the establishment of ongoing consumer feedback that was designed under the first System of Care (SOC) Grant.
6. Due to lack of workforce the advancement of the whole health model has not progressed.
7. In the development of a long-term vision for capital, it was suggested that Board members may want to consider increasing the amount of funds for capital improvements with consideration from the Finance Committee; currently there is \$100,000 in reserves. Lastly, Precia reviewed the Total Housing System Costs document. She noted a decrease in spending from 2021 to 2022 due to the closing of the Fostoria Junction.

Josh Eberle shared a personal situation he had recently with a gentleman from another community that had been dropped off at the Fire Station and was trying to get back to the Dayton area. He shared how difficult it was to get the help he needed to get him back to Dayton. There was a long discussion and Precia will follow up with the Family Resource Center and the LEAD team regarding easier access.

CHAIRPERSON'S REPORT

Ann referenced the Coalition on Addiction data chart; Precia noted March numbers were added to the Prenatally Exposed babies. There were no other updates.

OhioGuidestone Chair Meeting Report of April 20, 2023 – Ann shared the following that was discussed at the meeting: the Agency is still struggling due to slow Medicaid reimbursement and high costs putting them over budget. Workforce issues, growth of the ACT team, and expanding services to pregnant women was discussed.

Family Resource Center Chair Meeting Report of April 24, 2023 – Ann reported that the Agency received 1.15 million of the 1.8 dollars in the first distribution credit from the state. They are still slow to get reimbursement from Medicaid with \$200,000 in claims that are held up due to enrollment issues. A hiring freeze and cost cutting has been implemented. The Agency was made aware that Precia will be meeting with Director Criss regarding all the challenges facing the agencies. An open house is scheduled for the Carlin office on May 8th, lastly the Agency may have to request an extension on the proposal package.

DIRECTOR'S REPORT

Follow-up items from the March Board meeting: Board members were sent the Brain Tool kit and the Emoji email.

FY' 24 Allocations Update: The Board staff is working on updating contracts and the agencies are preparing their proposal packages for submission.

Precia shared that she had an advocacy meeting with Director Criss and two of her senior staff members on April 7th, 2023. Issues discussed included what is happening in communities and with the agencies with the erosion of mental health. She shared the need for support for the agencies, spoke about the human resources work we have done along with workforce recruitment, delegation work, and the impact of the CCBHC. She also shared with the Director that she met with Myron Lewis of Blanchard Valley Hospital regarding the Hospital Association support for adopting the state trauma center model for psychiatric inpatient care. Finally, she share the brain toolkit and recommended that it be folded into the trauma efforts of the department.

Precia facilitated a meeting on the same day with Director Criss and Director Corcoran from t. Ohio Department of and other key stakeholders regarding OhioRise implementation issues.

On May 8, Dr. Unger will be presenting all day at the trauma conference and an evening presentation for families. He is the number one scholar in the world on resilience and trauma working with families. Registration will be covered for Board members; call the Board office to register if you are interested in attending.

Dr. Flaherty and Brandeis will be in town May 8 - 10, 2023. They will be participating in a number of meetings including ROSC, MOMS, and Veterans.

The state conference on Opiate and other Addictions will be held June 5th and sixth. Rosalie King is planning to attend. Call the Board office if you are interested in attending one or both days, registration will be covered by the Board for members.

Precia will be attending the National Council Conference April 30 – May 3, 2023, under the SOC 2.0 grant. Randy Galbraith from Job and Family Services and staff from FRC will also be attending.

CORRESPONDENCE

1. A request was received from Hancock Public Health to increase their contract. It will be deferred to the Allocations Committee.
2. Copies of a letter sent to Representative Cross and Senator McColley opposing the creation of a new Department of Children and Youth.
3. A proposal was received from the Community Action Commission on property maintenance.
4. Notification was received from Ohio Mental Health and Addiction Services that a waiver was granted to Pinnacle to become a Medication Unit.

APPROVAL OF CONSENT AGENDA

- To approve the March 28, 2023, Board Meeting Minutes
- To approve the Program Committee Meeting Report of April 12, 2023
- To approve the Governance Committee Meeting Report of April 19, 2023
- To approve the Finance Committee Meeting Report of April 19, 2023, and the Agency Financial Picture

John Drymon moved to accept all items on the consent agenda. Jim Darrach seconded the motion. No further discussion. Motion carried.

ACTION ITEMS BROUGHT FROM COMMITTEE

- To add the Mass Violence Attachment to the Disaster Policy. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To submit a letter to Representative Cross regarding the State budget. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve revisions to the System Fund Development Policy. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve March Board Financial Statement. **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

- Coalition on Addiction Chair Meeting Report of April 17, 2023

- Community Partnership Meeting Report of April 18, 2023
- Suicide Prevention Foundation: Sexual Assault Survivors and Vicarious Trauma
- OACBHA - Developing a Better Understanding: Crisis Text Line
- Hancock County 2021 Health Equities Report – Fact Sheet
- Psychedelics Training with Dr. Bundy April 24, 2023 (Recording and PowerPoint)

AGENCY/PUBLIC COMMENT

No public comment.

POSITIVE ACTION

Precia shared that the success of getting Pinnacle to stay open as a medication unit is a positive thing for the community members receiving those medication assisted treatment services. In the process of working through this issue Zepf in Toledo has a clinic (that serves over five hundred people) and were willing to come here and open a clinic. Precia shared that she sent a letter of thanks to the state department and mentioned Zepf's willingness. She also sent a letter to the Lucas County Board expressing her appreciation for their willingness to help.

FOLLOW-UP NEEDED:

Precia will follow up on the Lead access issue.

Family Resource Center is holding an open house for the new facility on Monday, May 8th from 3 – 7 pm. For anyone that can make it. Plans are being made for them to host a future Board meeting.

The next Board meeting will be May 23, 2023.

John Drymon made a motion to adjourn the meeting. Jim Stahl seconded. The meeting was adjourned at 4:57 p.m.

Program Committee Meeting Report

Meeting Date: May 10, 2023

Meeting Time: 4:00 p.m. – 5:32 p.m.

Meeting Location: BOARD OFFICE

Recorder: Precia Stuby

Committee Members Attending:

| | | | |
|---|----------------------------------|---|-------------------------------------|
| x | Brandon Daniels, Committee Chair | | Susan Pancake, Committee Vice Chair |
| x | Cheryl Lentz | x | Rosalie King |
| x | Susan Bunn (via telephone) | x | Rachael Helms |
| | Dave Beach | | |

Board Members Attending:

| | | | |
|---|-------------------------|--|-------------------------------|
| x | Ann Woolum, Board Chair | | Jim Darrach, Board Vice Chair |
|---|-------------------------|--|-------------------------------|

Invited Staff Attending:

| | | | | | |
|---|--------------|--|-------------|--|-----------------------|
| x | Precia Stuby | | Zach Thomas | | Jennifer Swartzlander |
|---|--------------|--|-------------|--|-----------------------|

Guest: Dr. Michael Flaherty

Items Discussed:

1. Discussion with Dr. Flaherty – Dr. Flaherty summarized his visit to the community. He had an opportunity to meet with the ROSC Committee; Brandeis; Veterans Services; MOMS Advisory Committee; FOCUS; the Criminal Justice Division at Family Resource Center; and the Community Foundation. All were positive encounters. Priorities for consideration include advancing measuring recovery capital and continued efforts related to health disparities.
2. FY'23 3rd Quarter Scorecard Review – There was a request for information regarding how the server training is marketed. Precia will get clarification from Zach.
3. Methadone Clinic Update/Discussion Regarding Financial Assistance – No action was taken on this as Precia is waiting for information from Pinnacle. Since the Hancock County site will become a Medication Unit, new patients, and patients in need of medication adjustments will need to go to Toledo for services. It is anticipated that a small contract will need to be put in place to ensure clients with no other options can get to Toledo for services.
4. Guardianship Board Update/Request for Funding – Precia informed the Committee of local efforts to establish a regional Guardianship Board, with Judge Johnson taking the lead. The Board would have staff who would serve as paid guardians of person for individuals in need. Existing Boards are paid for by local ADAMHS Boards, Developmental Disability Boards and in some counties the commissioners, the probate court and local hospitals also contribute. It is estimated that the Hancock County ADAMHS Board contribution be between \$40,000 - \$60,000 per year. At this point, the planning committee is working with the local Community Foundation to

seek a development grant to get the Board up and running. They will only partially fund the development. The goal is to get a board functional by January of 2024. The Hancock County ADAMHS Board share for FY'24 would be approximately \$6,000 – \$10,000. Rob will include this in the planned budget for FY'24.

5. Spectrum Proposal – A revised proposal was submitted from Spectrum; however, the request was still \$70,000. Brandon agreed to reach out to them and discuss a new proposal.
6. National Conference 2023 Highlights- Tabled due to time constraints.
7. Addictions Coalition Update (Psychedelics/Brain Development)/Next Steps – Tabled due to time constraints.

Action Items: None

To do List:

1. Precia will discuss marketing efforts related to Server Training with Zach.
2. Rob will factor the development of a Guardianship Board into the FY'24 Board budget.
3. Brandon will meet with Spectrum.

Capital Sub-Committee Meeting Report

Meeting Date: May 15, 2023

Meeting Time: 12 p.m. – 1 p.m.

Meeting Location: BOARD OFFICE

Recorder: Jennifer Swartzlander

Committee Members:

| | | | |
|---|--------------|---|---------------|
| X | Jim Darrach | X | Susan Pancake |
| | Josh Eberle | X | Ann Woolum |
| X | Cheryl Lentz | | |

Invited Staff:

| | | | | | |
|---|---------------------------------|---|--------------|--|-------------|
| X | Jennifer Swartzlander (zoom) | X | Precia Stuby | | Deb Twining |
| | Rob Verhoff | | | | |

Items Discussed:

1. **Staff Survey** – Jennifer summarized that half the staff wanted to renovate and stay, and the other half had no preference. Also, several staff members raised the concern about moisture in the building.
2. **Finance Committee feedback on available funds and/or recommendations on borrowing-** Finance has not looked at this as it is too early in the budgeting process for FY24. Precia indicated that she does not anticipate having much cash on hand. Funding will need to either come from OhioMHAS Capital request, state or federal earmark, or private donations. The Board does have \$50,000 that was donated toward capital improvement and annually puts \$50,000 in the budget for major capital improvements.
3. **Current building assessed selling price. Midwest Appraisals** – Committee reviewed Midwest's report which indicated the building is worth approximately \$190,000 to \$205,000. The property is also grandfathered in for office use. Susan Pancake recommended that we have a realtor provide us with purchase property options in Findlay.
4. **Moisture Issue -Gosche Putnam Masonry - Roof needs addressed and then a Commercial Painter** – The committee discussed and would like to proceed with getting estimates for a new roof and windows for Jennifer's office.
5. **Jennifer Williams- federal scan and Rep. Jon Cross** – Jennifer Williams is available to assist with the earmark process through The Community Foundation which will cover Jennifer's costs. Will set an early June meeting to begin this process.

Follow-up:

1. Jen will send out a Doodle poll to include Jennifer Williams in the next meeting.
2. Jen will reach out to Colleen Robinson as a potential realtor.
3. Board staff will obtain roofing and window replacement quotes.
4. Jen will confirm whether prevailing wage needs to be considered with the quotes.
5. Ann will obtain a rule of thumb cost for new builds.

Finance Committee Meeting Report

Meeting Date: May 17, 2023

Meeting Time: 3:30 p.m. – 5:25 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 | | Jim Darrach, Board Vice Chair |
|---|-------------------------|--|-------------------------------|

Invited Staff Attending:

| | | | | | |
|---|--------------|---|-------------|---|-------------|
| X | Precia Stuby | X | Rob Verhoff | X | Deb Twining |
|---|--------------|---|-------------|---|-------------|

Guests Attending:

| | | | |
|---|--------------------------------------|---|--|
| X | John Bindas, Family Resource Centers | X | Josh Anderson, Comm. Action Commission |
|---|--------------------------------------|---|--|

Items Discussed:

1. Community Action Commission Presentation/Proposal – Reviewed 2 options presented for property maintenance.
2. Review of Account Fund Balance and Board Financial Statements for April 2023. No issues identified.
3. Agency Financial Report – March 2023 reports were reviewed. It was noted that Family Resource Center was nearing its fee-for-service contract limit and a contract amendment may be needed. It was also noted that NAMI had three consecutive months of net losses which triggers the Board's Contingency Plan Policy.
4. Family Resource Center, OhioGuidestone and FOCUS Contingency Plan Updates – Family Resource Center and OhioGuidestone continue to work through the industry issues with cash flow. FOCUS' cash flow issue has been resolved with the approval of the SOS 3.0 and SOR 2.0 NCE grants.
5. Review of Board Fund Balance Policy – Precia discussed the current state and federal funding environment and how it may impact the Board. The Committee tabled further review due to time constraints.
6. FY'24 Housing Budget - budget was reviewed with no changes.
7. Recommendation From Governance Committee on FY'24 Board Administration Budget – budget was reviewed with no changes.
8. Board Insurance – Cyber security insurance was reviewed with no changes.

Action Items:

1. A motion was made by Josh Eberle and seconded by Mark Rimelspach to approve entering a contract with HHWP Community Action Commission for property maintenance for FY'24 (7/1/23 – 6/30/24) at an inclusive rate of \$55.00 per hour in an amount not to exceed \$50,000. Motion carried.
2. A motion was made by Josh Eberle and seconded by Rick Eakin to approve the April 2023 Board Financial Statements as presented. Motion carried.
3. A motion was made by Josh Eberle and seconded by Mark Rimelspach to approve the FY'24 Board Housing Budget as presented. Motion carried.
4. A motion was made by Josh Eberle and seconded by Mark Rimelspach to approve the FY'24 Board Administration Budget as presented. Motion carried.

To Do List:

1. Rob will send the latest Fee-for-Service Reconciliation to Family Resource Center.
2. Rob will ask FOCUS' accountant if their financials are on an accrual or cash basis.
3. Review of the Board Fund Balance Policy will be placed on next month's agenda.
4. Board staff will schedule a meeting between the fiscal directors and executive directors of NAMI and the Board to discuss the agency's financial position in accordance with the Board Contingency Plan.

Governance Committee Meeting Report

Meeting Date: May 17, 2023

Meeting Time: 8:00 a.m. – 9:00 a.m.

Meeting Location: Board Office, 438 Carnahan Avenue

Recorder: Precia Stuby

Committee Members Attending:

| | | | |
|---|--|---|-------------|
| | John Drymon, Committee Chair | x | Jim Stahl |
| x | Mary Beth Dillon, Committee Vice Chair | | Seth Butler |
| x | Melanie Aldobaiki | | |

Board Members Attending:

| | | | |
|---|-------------------------|---|-------------------------------|
| x | Ann Woolum, Board Chair | x | Jim Darrach, Board Vice Chair |
|---|-------------------------|---|-------------------------------|

Invited Staff Attending:

| | | | |
|---|--------------|--|-----------------------|
| x | Precia Stuby | | Jennifer Swartzlander |
|---|--------------|--|-----------------------|

Items Discussed:

1. Capital Ad Hoc Committee Update – The Committee reviewed the report. It is anticipated that irrespective of any decision related to changing locations for the Board office, the installation of a new roof and replacement of windows that have been incorrectly installed are necessary. Board staff will get estimates.
2. Board Meeting Evaluation Results for April 2023 – The results were reviewed. While no changes were recommended, the need to ensure that all Board members have the opportunity for participation was reinforced.
3. Annual Review of Board Salary Ranges – Precia will have this ready for the next Committee meeting as she is waiting on the Board Association Salary Survey.
4. FY'24 Draft Board Administration Budget – The budget was reviewed. There was a question as to if the cost for insurance could be reduced if there were further reductions in cyber coverage.
5. FY'24 Board Appointments/Selection Committee – Two appointments are ready for completion. There is still one opening. There is one potential candidate that has not responded. Precia will reach out again. Ann will appoint the Selection Committee for Board Officers at the May Board meeting.
6. Electronic Signatures Draft Policy – The Committee reviewed a draft policy related to allowing electronic signatures. There was a recommendation to add the reference to the Ohio Revised Code and to have the Board attorney review it before approval.

Action Items:

1. A motion was made by Jim Stahl and seconded by Melanie Aldobaiki to

recommend approval of the proposed FY'24 Board Administration budget, noting the need to review the cost of insurance. Motion carried.

2. A motion was made by Jim Stahl and seconded by Melanie Aldobaiki to approve a policy on Electronic Signatures following the review and approval from the Board attorney. Motion carried.

To do List:

1. Precia will reach out to the potential Board member.
2. The draft Electronic Signatures Policy will be sent to the Board attorney for review.

ROSC Leadership Team Report

Meeting Date: May 9, 2023

Meeting Time: 8:30-10:00 a.m.

Meeting Location: ADAMHS Board

ROSC Leadership Team Members:

| | | | |
|---|-----------------|---|---------------------------|
| | Andrea Sensel | X | Maggie Brown |
| | Angela DeBoskey | X | Meelee Kim |
| | Ann Woolum | | Margaret Osborne |
| X | Brooke Nissen | X | Mark Rimelspach |
| X | Carla Benjamin | X | Michelle McGraw |
| | Carl Etta Capes | | Nancy Hutchinson |
| | Claire Osborne | X | Nichole Coleman |
| X | Derek Puchta | | Pastor Gregg Fox |
| X | Gary Bright | | Pastor Dutch VanderVlucht |
| | Ginny Williams | | Rachel Walter |
| | James Baker | X | Rosalie King |
| X | Jessica Bittner | | Ryan Kidwell |
| X | Jodie Firsdon | X | Scott Lammers |
| | Kim Switzer | X | Stacy Shaw |
| | Liana Gott | X | Thom Bissell |
| X | Victoria Graham | | Tricia Valasek |
| X | Abbie Acord | X | Sarah Gilbeau |
| X | Haley Lutz | X | Joanna Taylor |
| | | | |

Staff/Consultant:

| | | | | | |
|---|--------------|---|-------------|--|-----------------------|
| X | Precia Stuby | X | Zach Thomas | | Jennifer Swartzlander |
| X | Dr. Flaherty | | | | |

DISCUSSION

Recovery Capital

Dr. Flaherty was present and led a discussion on **recovery capital measurements**.

Below are points from the discussion:

- Dr. Flaherty asked the Leadership Team to revisit its original Preamble, and to confirm that the goals and objectives of ROSC in Hancock County are *person centered* and *offer an opportunity for recovery*.
- Dr. Flaherty also asked if ROSC in Hancock County reaches disengaged/disparate populations to offer opportunities for recovery.
- **Recovery Capital** was defined as ***the collected assets a person has to assist with finding recovery***. There are both *individual* and *family* recovery capital.
- Dr. Flaherty stressed the importance of using the peer population to build ROSC workforce.
- Recovery capital is a *measure of the strength of a community*.
- Dr. Flaherty shared that models of recovery capital measurement exist, but it is also challenging to determine what recovery capital a community should measure due to individualized needs for recovery (Fifty-four criteria have been

identified to measure recovery capital; twenty-seven of the criteria are distinct to specific populations.).

- Precia Stuby discussed how models of care are moving toward measurement-based care, focusing on health outcomes, and value-based contracting.
- ***The Leadership Team agreed upon the need to better understand recovery capital and best practices to measure recovery capital.*** (See Summary of Follow-Up for the Next Meeting for action steps.)

Marijuana Legalization

The Leadership Team discussed concerns related to the potential legalization of recreational marijuana in Ohio, what implications this may have for recovery, and what uniform response should be presented to the community. No consensus was reached during the discussion; there is an understanding that multiple coalitions/committees (Community Partnership, Coalition on Addiction) are also discussing the same issue to determine a community-based position. **Dr. Flaherty urged the Leadership Team to work collaboratively with other committees to define a community-based position before legalization is a reality.**

Difficult Conversations

Nichole Coleman opened a dialogue on how challenging it is to have conversations about difficult subjects in environments with differing opinions. Polarization has made it more difficult to create a community of understanding and compassion, especially for people of disparate populations. **The Delegation is working on addressing pro-social practices that may help create spaces where such dialogue can take place, and build skill sets to increase civic engagement.** Additionally, Meelee Kim and Joanna Taylor shared that the work of the ROSC Leadership Team, itself, must represent the diversity of the community, and embrace/share the practice radical acceptance.

Peer Board

Abbie Acord provided a brief update of the work of the Recovery Peer Board: The Board is working to better define its goals/work; creation of by-laws to govern the board; assisting with/building partnerships with local agencies; developing a sub-committee that serves in the community on various committees/coalitions; providing guidance to Hancock Public Health and ROSC Leadership Team; and, considering the need for a fiscal agent.

Recommendations

- Michelle McGraw suggested connecting with Whirlpool to bring manufacturing/business perspective into the work of the ROSC Leadership Team.
- Jessica Bittner recommended the ROSC Leadership Team increase opportunities for building/promoting a culture of ROSC among the judicial system (incidents of stigma have been reported among judicial system staff/representatives toward people seeking recovery)

Summary of Follow-Up for the Next Meeting

1. ROSC Leadership Team will begin a process of creating a solid base understating of recovery capital (individual and community level) and develop a

- process of how to transfer this knowledge universally.
2. ROSC Leadership Team will review best-practices of recovery capital measurements.
 3. ROSC Leadership Team will review its current membership to ensure appropriate representation of the people it serves.
 4. ROSC Leadership Team will work with other coalitions/committees to establish a community-position on marijuana legalization.

Next Meeting

TBD

The Community Partnership believes that if substance use prevention and mental health promotion strategies are implemented, then the overall health and quality of life in Hancock County will be improved.

Council Meeting Report

Date: May 16, 2023 - 9:00-10:30 a.m.

Location: ADAMHS Office

Representatives (Attendees in **BOLD**)

| SECTOR | REPRESENTATIVE |
|----------------------------------|--|
| BUSINESS | Michelle Ladd (Chamber of Commerce) |
| CIVIC/VOLUNTEER GROUP | Kim Hiett (50 North), Jon Hart (United Way) |
| GOVERNMENT AGENCY | Shawn Carpenter (Juvenile Court) |
| HEALTHCARE PROFESSIONAL | Gary Bright (HPH) , Jenn Reese (BVHS) |
| LAW ENFORCEMENT | Brian White (FPD) |
| MEDIA | Mary Jane Yarris (Retired), Cheryl Miller (Hancock Public Health) |
| OTHER ORGANIZATION | Triena Miller (JFS), Erin Mitchell (Lutheran Social Services), Brooke Nissin (FOCUS) |
| PARENT | Sharona Bishop (Hancock Public Health) |
| RELIGIOUS/FRATERNAL ORGANIZATION | Debra Pees-Arce (St. Andrew's UMC) |
| RECOVERY PEER | Abbie Acord (Peer Support Advisory Board) |
| SCHOOL | Stefan Adams (FCS), Jodi Firsdon, Chair (UF), Angie Toland (ESC) |
| YOUNG ADULT 18-25 | |
| YOUTH | Hope Salyers |
| YOUTH SERVING ORGANIZATION | Stacy Shaw, Vice-Chair (CMC) , Chris Biltz (FRC) , Abby Blanchard (FRC) |
| BOARD/COALITION | Ann Woolum (ADAMHS Vice-Chair), Jim Darrach (ADAMHS Vice-Chair), Debra Parker (UF), Mark Rimelspach (ADAMHS) |
| STAFF | Zach Thomas , Steve Dillon |
| GUESTS | Amber Wolfrom |

FY23 HCCP Focus – Connection.

FY23 HCCP Goal – Create healthy behaviors, individuals, and communities.

FY23 HCCP Prevention Priorities – Delay onset; protect the brain; protective and promotive factors; support the family; deliver services in the community.

Strategic Imperatives 2023-2028

- Creating Connections between Youth and Trusted Adults
- Promotion of Positive, Healthy, Alternative Activities
- Understanding of Adolescent Brain Development
- Data Collection

DISCUSSION (Items with * require action):

1. **Celebrations, Challenges, and Concerns.** Jon Hart reported a successful United Way Days of Caring. Jon also invited partner agencies to participate in the upcoming McComb Cookie Festival (7/22/23).
2. **Special Requests/Purchases*.** The Council reviewed three Special Requests/Purchases for funding. All were approved – details listed in Action Items During Meeting (below).
3. **FY24 Prevention & Wellness Grant Recommendations for Approval*.** The Review Committee presented its recommendations for FY24 grant funding. All were approved – details listed in Action Items During Meeting (below). The Council also discussed modification to the grant program which could include: Changing the funding range and application requirements to align with size of request; include as a requirement of the grant

that all recipients present to the Partnership Council at the conclusion of the grant program; providing guidance for and examples of quality grant applications. Discussion will continue at the June Partnership Council meeting.

4. **SPF-PFS Grant.** ADAMHS is submitting a grant proposal to SAMHSA that will increase prevention services and initiatives to targeted populations (youth), initially focusing on vaping (nicotine and THC). The grant will provide up to \$375K per year for five years. ADAMHS will serve as the project director, FRC as the primary program implementation agency, and the Community Partnership will oversee the Strategic Prevention Framework process as required by the grant. The grant is due June 5 and awards will be determined by September 30.
5. **Collecting Youth Data.** In an initiative to increase data collection from youth (particularly underserved/vulnerable youth), Amber Wolfrom recently surveyed students at Findlay Digital Academy to help determine how receptive youth would be toward future surveys that would collect information to help improve the delivery of prevention and intervention services. A report of findings is attached. These findings will be used to assist in the creation of a formal information/data gathering process that will assist in the development of future prevention initiatives.
6. **Nominating Committee.** Sharona Bishop, Brooke Nissen, and Abbie Acord volunteered to serve on the Nominating Committee for FY24 Community Partnership Chair and Vice-Chair. A slate of nominees will be presented at the June Community Partnership Council meeting for election.
7. **Coordinator's Report and Updates.**
 - a. HPIO (Health Policy Institute of Ohio) released the 2023 Health Value Dashboard. The dashboard is accessible here: <https://www.healthpolicyohio.org/2023-health-value-dashboard/#:~:text=Ohio%20ranks%2044%20out%20of,on%208.5%25%20of%20ranked%20metrics>.
 - b. OPPA (Ohio Prevention Professionals Association) conference took place May 3, 2023. Abbie Acord, Amber Wolfrom, and Zach Thomas attended.

ACTION ITEMS DURING MEETING:

1. Shawn Carpenter – Motion to approve April Community Partnership Council meeting report. Chris Biltz – Second. Motion approved.
2. Debra Arce – Motion to approve Special Funding Request from Family Resource for the purchase of problem gambling prevention curriculum. Jon Hart – Second. Motion approved. Abstention – Chris Biltz.
3. Angie Toland – Motion to approve \$2,000.00 toward purchase of activity items for Summer Lunch Program (FCFC). Sharona Bishop – Second. Motion approved.
4. Debra Arce – Motion to approve \$14,250 for FY24 Advantage Program (prevention messaging on radio stations). Shawn Carpenter – Second. Motion approved.
5. Shawn Carpenter – Motion to approve FY24 Prevention & Wellness Grant Program grant funding to New Life Assembly of God (\$5,000.00), St. Andrew United Methodist Church (\$5,000.00), Hancock Public Health (\$1,000.00). Chris Biltz – Second. Motion approved. Abstention – Debra Arce, Sharon Bishop, Gary Bright.

ACTION ITEMS FOR NEXT MEETING:

1. Discuss plans for 2023 Hancock County Fair Booth.
2. Discuss modifications to reporting requirements for FY24 Prevention & Wellness Grants; Discuss modifications to FY25 Prevention & Wellness Grant Program.
3. Elect FY24 Community Partnership Council Char, Vice-Chair.
4. Review FY23 Focus, Goals, Prevention Priorities, and Logic Model and modify as necessary for FY24.
5. Michelle Ladd to present on Findlay Young Professionals.

NEXT MEETING: Tuesday, June 20, 2023, 9:00-10:30 a.m., ADAMHS Office

Polled 7 students in The lab

Females= 4; Males= 3

Average age: 16

Freshmen=1; Sophomores= 4; Juniors= 2;

How do we reach student that are not already involved in school/community groups?

- One on one from someone that I trust (x2)
- E-mail from my school- everything else is probably spam
- Can come from community group/agency but through school
- Direct marketing to youth- parents are too busy to get details to us/get them right
- School's Facebook, Instagram or REMIND
- Direct contact with the student- feel like it is important if selected to participate

How to collect surveys/data:

- In person- can elaborate and explain more
- In person- not good at checking e-mails
- In person- preferably with someone reading the questions out loud to answer questions
- Online- but I need to know who it is coming from
- If online- link needs to be from school to trust it
- At school as an event (x2)

If in person, what type of format?

- Small group (x3)- less distraction
- If big/open group- break into smaller discussion tables
- Mixed schools/groups of kids are ok if it is smaller group with adults facilitating- don't put the know it all kids in charge
- Small groups can get judgmental if not facilitated right- everyone has opinions, no facts
- Something that allows for good discussion

Would you attend a virtual meeting/discussion?

- Yes (x2)
- I despise virtual meetings and avoid them at all cost
- Probably not, it clouds the message- makes discussion awkward
- Maybe, if nothing else was going on
- Not sure (x2)

Do you believe participating in surveys/providing feedback makes a difference?

- Not closed-ended questions (yes/no, multiple choice, true/false)
- Yes- it opens up resources when people know what is needed
- Depends on the students picked to answer the questions, some cannot speak for most

- Like to be asked "bigger picture" questions to explore thoughts out loud
- Yes- but a small difference
- Yes, in a school like FDA; no at my previous school (bigger county school)
- Not sure really

Would you engage in a youth community planning process or youth board? What would you need to know to decide?

- Would want an invite from someone I trust. Would want it conducted by (or attend with) an adult that I have a relationship with
- For it to be inclusive to the overall efforts- not just something to say youth were asked (rubber stamped)
- Would want to know how it would be helpful to other youth/community- what are the results wanted
- Will it be fun/engaging or just more work
- What is it about? What is it promoting?
- To know it will be making a difference, change the way things are headed
- Yes, depending on the "vibe". No awkwardness. Would need good communication about what is expected, when will it be over.

Do you feel a sense of belonging in Hancock County?

- Yes- I feel like I fit in to the places I hang out
- Yes- I participate in community service and that helps- would be great if there were more opportunities through out the year versus just in the summer
- Depends on the people around (mostly people are friendly, people downtown think they are better than others, "snobs").
- Yes- but I have lived here my whole life
- Yes- but youth are more separated than they use to be. No place to "hang together"
- Yes- but the divisions (like politics) are making it harder, even for youth, to get along

Do you have a trusting adult (outside your immediate family) that you can trust and talk to?

- Yes (x7)- did not have a youth hesitate on this question
- Not always comfortable sharing what is going on though

OHIO SUICIDE PREVENTION FOUNDATION

Traumatic Brain Injury and Suicide Risk

The Centers for Disease Control and Prevention (CDC) has estimated that annually, about 1.5 million Americans experience a traumatic brain injury (TBI).¹ The severity of these injuries can range from a mild concussion to coma or even death, and many people who experience a TBI may never seek treatment. But recent studies have shown that TBIs, no matter how severe, can impact an individual for the rest of their life – leading to longterm mental health conditions and suicide.

What is a traumatic brain injury?

Traumatic brain injury (TBI) is a disruption of normal brain function caused by a bump, blow, or jolt to the head commonly from concussions, unexpected falls, car accidents, or being shaken violently. Brain injury also occurs from strokes and other instances when the brain is deprived of oxygen, like drug overdose. Although the extent of injuries are unique with each situation and each person, it is important to follow up with care and be aware of the possible short-term and long-term impacts.

The connection between TBIs and mental health/suicide

The effects of brain injuries often impact mental health because they damage the parts of the brain that allow us to manage our thoughts, feelings, and actions. Even years after an incident, people with a TBI can suffer from a variety of ongoing health problems including chronic illness, depression, mania, emotional outbursts, and cognitive issues such as impaired memory, poor concentration, and difficulty with problem-solving. These conditions can make it more challenging to complete daily tasks and succeed at school or work. This can impact self-esteem and make many TBI survivors feel overwhelmed, isolated, and alone and can lead to an increased risk of suicidal thoughts and behaviors.

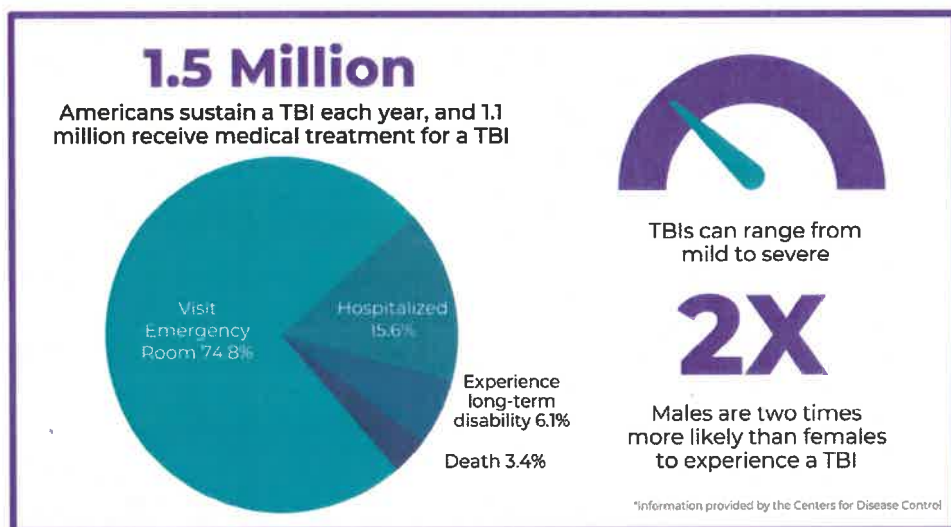
New research indicates that TBI survivors are at greater risk of suicide. One study found that suicide risk is particularly high during the first six months following an injury, making it even more important for TBI survivors to have access to psychological help and other resources following an injury.²

Warning Signs

Although the recovery process is different for everyone, there are certain signs to be aware of that a TBI survivor may benefit from additional help, including:

- Not participating in activities that you enjoy or spending time with friends and family (isolation/withdrawing)
- Not performing activities of daily living (showering, grooming, cooking meals, etc.)
- Feeling hopeless or pre-occupied with the idea of death
- Experiencing self-destructive behaviors (drinking alcohol, drug use, recklessness)

If you or someone you love is experiencing a crisis, call or text the National Suicide and Crisis Lifeline at 988.



Helpful steps

If you suspect someone needs help, don't wait. Contact your primary care physician, a neuropsychologist, or other medical professional so that they can screen for depression, anxiety, and other mental health conditions. Other helpful steps include:

- Taking medication as prescribed
- Meeting regularly with a licensed therapist or support group
- Creating a safety plan and sharing it with people you trust
- Creating a routine for yourself
- Practicing healthy habits including self-care, exercise, and good nutrition

This information was created in partnership with the Brain Injury Association of Ohio. BIAOH is here to be the voice of help, hope, and healing for the brain injury community. They work closely with doctors and hospitals throughout Ohio and offer resources for people including a helpline, virtual and in-person support groups, and education. Learn more about BIAOH by visiting their website: www.biaoh.org.

Additional Resources

The Brain Injury Association of Ohio
www.biaoh.org

Ohio Brain Injury Program
- The Ohio State University
Wexner Medical Center
www.ohiobraininjury.org

Brain Injury Association of America www.biausa.org

CDC Injury Center
www.cdc.gov

References

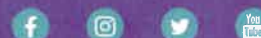
- 1 The National Library of Medicine. "Traumatic Brain Injury." 2022. www.ncbi.nlm.nih.gov
- 2 JAMA Network. "Association Between Traumatic Brain Injury and Risk of Suicide." 2018. www.jamanetwork.com

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.



(614) 429-1528 / OhioSPF.org





Developing a Better Understanding

PRACTICING SELF-CARE

In times of stress, taking care of oneself may be one of the most important things you can do. If you are in recovery, it will help you maintain your recovery, and continue your journey forward. If you are a health care professional, taking care of yourself first is critical in allowing you to take care of others.

Stress can affect both your mental and physical health and impact your overall day-to-day living. Small things can become big things, the ability to be flexible and adapt to change and difficult times may become more difficult. Emotional wellness is about being mindful, and being able to handle life's day-to-day challenges, and having the resilience and coping ability to bounce back from difficulties.

Self-care is about prioritizing your wellness. It is defined as prioritizing care for oneself in order to achieve, maintain, or promote optimal health and well-being. It means that you take the time to care for yourself, reduce stress by doing things to improve or maintain your physical and mental health, enjoy your day-to-day activities, manage stress, and increase your overall energy.

According to the National Institute of Mental Health the following are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

"Self-care is the number one solution to helping somebody else. If you are being good to yourself and your body and your psyche, that serves other people better, because you will grow strong enough to lift someone else up."

~Mary Lambert

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel."

~Eleanor Brown



Through self-care you can begin to look at yourself and see what is working and what isn't. In a sense, it can be a time to "clean house" by getting rid of negative thinking and actions that contribute to your stress and anxiety. It allows you to take time for YOU to get the rest, relaxation, and exercise that you need to feel good. It also allows you to begin making meaningful and mindful changes in the ways you think and act, allowing you to focus on the positive.

Mindfulness is one way many people try to reduce stress and stay connected to the here and now, and not focus on the "what ifs". Mindfulness is about living in the present and engaging with those around you. It is also about accepting others and situations for what they are, and letting go of what you can't control. Mindfulness also allows you to be more patient with your own feelings, and trust that you know best what you need to take care of your personal wellness.

Practicing the Serenity Prayer can be one of the easiest and most impactful ways of practicing mindfulness at any given moment of need.

*God grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and
the wisdom to know the difference.*

Laugh

Maybe one of the most underrated, and least talked about ways to relieve stress and ease anxiety is to laugh more. Laughter is strong medicine. Laughter triggers healthy physical and emotional changes in the body. Laughter also allows you to feel good and often to see things in a different light. Laughter can help you remain optimistic, relax, and recharge. So, if you do nothing else after reading this one-pager, find a way to go have some fun and laugh.

Sources: Mayo Clinic
National Institute of Mental Health

National Institutes of Health

Ohio Association of County Behavioral Health Authorities
www.oacbha.org (614)224-1111
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