

Date Approved: 1-23-24

Presiding Officer: [Signature]

## Hancock County ADAMHS Board Meeting Minutes

**Meeting Date:** November 28, 2023

**Meeting Time:** 3:31 p.m. – 4:55 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	Susan Pancake
x	Jim Darrach, Vice Chair	x	Mary Beth Dillon	x	Cheryl Lentz
x	Melanie Aldobaiki	x	John Drymon		Mark Rimelspach
x	Dave Beach	x	Rick Eakin		Aaron Weare
x	Susan Bunn		Josh Eberle	x	Micah Zinna
x	Jim Stahl	x	Rachael Helms		

### Guests Attending:

x	Precia Stuby	x	Cheryl Preston	x	Jeff Hunker
x	Rob Verhoff	x	Zach Thomas	x	Michelle McGraw
X	Jennifer Swartzlander	x	John Bindas	x	Jen Loera
x	Deb Twining	x	Derek Puchta		

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

### PROGRAM

Ann introduced Michelle McGraw, Director of Behavioral Health services at Blanchard Valley Health System (BVHS). Michelle shared that she has been with the hospital for 15 years and the last 5 she has been in the director position. Precia noted that in 2013 when the Board began the ROSC transformation, Dr. Flaherty stressed the importance of the relationship with the hospital and the behavioral health system. Michelle provided Board members with a flyer showing inpatient and outpatient services. With only 9 beds in Orchard Hall, they work with other facilities and transfer if need be. Precia noted there is minimal availability of inpatient beds throughout Northwest Ohio for individuals with very acute needs. The state is struggling with this issue. We have been advocating (using ARPA funds) to ask hospitals what it will take to serve more individuals. Flower Hospital is expanding (with grant funds) intensive treatment. The average stay is 4.2 days. The Steady Path is the option to help individuals transition out of the hospital. Formerly we would rely on nursing homes but that support system has been taken away. Orchard Hall is for patients 18 years and older; there is no facility in Hancock County for under 18.

Michelle shared a handout detailing hospital leadership, behavioral health community partners overview, services such as 24/7 adolescent and adult crisis evaluation provided by a behavioral health social work team, psychiatry consults, adult inpatient mental health unit, medical withdrawal management, peer support, maternal opiate medical support (MOMS) program, and psychiatry outpatient counseling. She gave a detailed overview of Orchard Hall including stats of annual admissions and patient encounters. Outpatient services are provided by the Psychiatric Center of Northwest Ohio – staffed with 4 psychiatrists, 2 psychologists, and 2 psychiatric nurse practitioners as

well as a team of therapists and counselors. Michelle shared a history of growth/accomplishments since 2017, current items being worked on, and lastly the support from the ADAMHS Board with reimbursement for Orchard Hall, medical management withdrawal, and indigent care, peer support staff and training and supplies, and MOMS navigator and program supplies.

During question-and-answer time the following was discussed: the hospital works with Nichole Coleman and Veteran's Coalition. Veterans prefer outpatient services; inpatient services are at the VA hospital in Ann Arbor or Dayton.

The Board thanked Michelle for her presentation.

### CHAIRPERSON'S REPORT

Ann introduced the newly commissioner appointed Rick Walter to the Board. Rick shared that he is a veteran and serves on the Hancock County Veterans Service Commission. Board introductions took place.

Ann referenced the Coalition on Addiction data chart; Precia noted the suicide numbers are similar to last year's numbers. The overdose fatalities are down significantly compared to last year; however, some of the numbers are still pending.

An off-site Board Committee meeting schedule was shared. It was noted that no agency can accommodate a full Board meeting, Committees will rotate according to the schedule and will have the opportunity to visit all 4 agencies.

The annual performance review for the executive director is scheduled for December. The format has not changed, Cheryl will send out a survey monkey for all Board members to complete.

NAMI Chair meeting report of Nov. 27, 2023: Ann shared the following items that were discussed during the meeting: Agency financial position is good. The high number of suicides was discussed; and NAMI is working on events to help build connections. Participation at the Agency is good; Precia reinforced collaboration on programming with FOCUS.

### DIRECTOR'S REPORT

Follow-up items from the October Board meeting: Meetings took place with Senator McColley and Representative Cross to discuss guardrails around the number of dispensaries and concern for youth in relation to marijuana legalization; and a request to support earmarking funds for renovation of the Board office was shared. Additionally, we should know by the end of December or January if it will go through the next process for approval in June.

Precia reviewed the 1<sup>st</sup> quarter FY 24 Scorecard only noting items in red. *Monitored Outcomes* – the overdose numbers are down due to the amount of community reversals and the availability of Narcan. Narcan is available in every Findlay City School building and the Fire Department carries it. Discussion took place around the Findlay Police Department; Precia has updated the new Police Chief, he is aware that it's our preference for them to carry it. Precia will keep that as a priority. *Problem Gambling Screening and Referral* - There is no local provider. *Suicide* – Working to reduce suicides. *Establishment of Specialty Team for Pregnant Women with Substance Use Disorders* – Discussions are ongoing; numbers are better than they've been. *Managed Care Transformation in Ohio* – The

request for proposal related to mobile response and stabilization services has not been released; Precia will share in January if the Department alters the plan for a regional approach.

Associated Press article on Recovery Oriented System of Care was in the Courier on Monday, November 27. It has also appeared in the Cleveland Plain Dealer, every court, Georgia, Carolina, Texas, Arizona, Wisconsin, Florida, the Washington Post and several radio stations. Dr. Flaherty was contacted by the National Drug Control Policy to consider a learning session and the National Transfer Technology Center (NTTC) that serves Ohio; the idea would be to have the NTTC distribute to all the NTTC's in country to have it shared widely.

Precia shared that Mary Beth Dillon attended the Inclusion Toolkit Facilitator Training. She shared the training was excellent. It was determined that she would provide a program at a future Board meeting to help all members understand the purpose/content of the training.

Precia noted there were 14 participants at the recent Camp Fun.

### CORRESPONDENCE

1. A thank you was received from NAMI Ohio for the renewal of the Board's membership.
2. Dr. Flaherty sent a note congratulating the Board for the Associated Press article.
3. Notice was received that State Director Laurie Criss has resigned.
4. OhioGuidestone Medicaid rates have increased, the Finance Committee has been informed.
5. Notice was received on the Vaping Grant critique; denied due to lack of high need in the geographical area.
6. PAC contribution – final notice for contributions.
7. The Educational Service Center Superintendent and Findlay City Schools Superintendent will be attending the National Advancing School Mental Health Conference in New Orleans with Precia next week.

### APPROVAL OF CONSENT AGENDA

- To approve the October 24, 2023, Board Meeting Minutes
- To approve the Program Committee Meeting Report of November 8, 2023
- To approve the Governance Committee Meeting Report of November 15, 2023
- To approve the Finance Committee Meeting Report of November 15, 2023, and the Agency Financial Picture

**Jim Stahl moved to accept all items on the consent agenda. Melanie Aldobaiki seconded the motion. No further discussion. Motion carried.**

### ACTION ITEMS BROUGHT FROM COMMITTEE

- To approve revisions to the Board Staff Salary Ranges. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve cancelling the December 2023 Board and Committee meetings. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve the September and October Board Financial statements. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**

- To approve the Board 2024 Calendar Year Budget. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve an increase in the amount of \$25,000 to the Hancock, Hardin, Wyandot, Putnam Community Action Commission (HHWP CAC) contract. **Ann Woolum called for a vote. No questions; no further discussion. All were in favor. Motion passed.**
- To approve changes to the Board Grant Policy. **Ann Woolum called for a vote. No questions; no further discussion. Motion passed.**

#### ACTION ITEMS BROUGHT TO THE FULL BOARD

- To approve the resolution in support of the Capital Project for the Loft. **Mary Beth Dillon moved to approve the resolution. Rick Walter seconded the motion. No further discussion. Motion carried.**

#### INFORMATION REPORTS

- Community Partnership Meeting Report of November 21, 2023
- The Delegation Meeting Report of November 21, 2023
- The handouts from the program will be included as well as the invitation to the Haitian Dinner Party that is taking place this Sunday as shared by Jennifer Swartzlander.

#### AGENCY/PUBLIC COMMENT

None

#### POSITIVE ACTION

Precia shared a positive story from Camp Fun that just took place on the 18th. She shared that a number of churches are involved with the planning and volunteer for the camp. It was hosted this year by 1<sup>st</sup> Presbyterian, members of Trinity Lutheran made plates of cookies, and Rawson United Methodist Pastor Foxx is very involved. She also shared an experience that a 14-year-old camper had with her older sister that put the camper in danger; Precia used it as a teachable moment that she could use to keep herself safe in the future. Precia thanked Rachael Helms for the time and energy she continues to give at the camp. Rachael added that she and the participants look forward to it. She noted the importance of the relationships that are being developed.

#### FOLLOW-UP NEEDED:

Precia will look into whether or not drug toxicology testing is centralized.

Precia thanked the Board on behalf of all staff for the cancellation of the December meetings and extended holiday greetings to all.

The next Board meeting will be January 23, 2024.

**The meeting was adjourned at 4:55 p.m.**

## Program Committee Meeting Report

**Meeting Date:** January 10, 2024

**Meeting Time:** 4:00 p.m. – 5:30 p.m.

**Meeting Location:** FOCUS

**Recorder:** Precia Stuby

### Committee Members Attending:

x	Brandon Daniels, Committee Chair	x	Susan Pancake, Committee Vice Chair
x	Cheryl Lentz		Dave Beach
x	Susan Bunn	x	Rachael Helms
x	Micah Zinna		

### Board Members Attending:

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

### Invited Staff Attending:

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

### Items Discussed:

1. Short Tour/Overview of FOCUS – Brooke Nissen, Executive Director for FOCUS provided a brief overview of the services provided and a tour of the facility.
2. The LOFT Project Update – Brooke provided the update. She is waiting for an estimate for the renovations to complete the paperwork needed by the bank. Once this is done, the application can be submitted to the state department. They have raised \$47,000 of the 25% local match needed. Total needed is \$118,000.
3. Recovery Check-ups – Contract agencies have been completing recovery check-ups for several years. The results have been included in the quarterly scorecard. After consulting with Dr. Flaherty and because of the success the agencies are having with retention rates that far exceed national standards, staff are recommending removing the requirement from the Board to conduct the check-ups. An agency may want to maintain them if found valuable, but there would no longer be a reporting requirement to the Board.
4. Planning for Maternal and Child Health Update – Precia shared there is one more meeting to finalize recommendations for improvement from the group. The final report should be ready for review for the February Committee meeting.
5. National School and Mental Health Conference – Precia shared the Conference was very informative. The school superintendents have agreed to meet to

develop a “shared vision” for priorities between the mental health and education systems. Once drafted, this will be reviewed for adoption by corresponding boards and then action plans drafted to accomplish the priorities. Initial thoughts for priorities include mental health and trauma literacy across all staff in the education system; development of “shared” level 3 responses (youth with greatest needs); asset mapping; protective factors literacy (Youth Thrive).

6. Fostoria Junction Open House- Precia shared the open house will be held on Tuesday, January 16 from 1:00 p.m.- 4:00 p.m. All are welcome.
7. Alcohol Use Disorder Grant – Precia shared there is still a small balance on this grant and the funds need to be spent by the end of March. She recommended a Notice of Award to Blanchard Valley Health System to cover expenses associated with peer supports that are not covered by the existing grant and/or utilization of the CHESS screening and App.
8. Overdose Fatality Review National Forum – Precia shared Hancock County was asked to speak at the national forum which will be held in March in Atlanta. They want Hancock County to share how they are taking some of the findings from the review to change practices in the community.
9. SAMHSA (Substance Abuse and Mental Health Services Administration) TIP (Treatment Improvement Protocol) 65 – Precia shared that Hancock County was highlighted in the recently released TIP-65 “Counseling Approaches to Promote Recovery from Problematic Substance Use and Related Issues” for our work on ROSC.

**Action Items:**

1. A motion was made by Susan Pancake and seconded by Rachel Helms to remove the requirement to report on recovery check-ups. Motion carried.
2. A motion was made by Cheryl Lentz and seconded by Susan Pancake to approve a Notice of Award to Blanchard Valley Health System in an amount not to exceed \$20,000 for the utilization of the AUD grant funds. Motion carried.

**To do List:**

1. Precia will work with Michelle McGraw to determine the use of the AUD funds.

## Governance Committee Meeting Report

**Meeting Date:** January 17, 2024

**Meeting Time:** 8:00 a.m. – 9:20 a.m.

**Meeting Location:** OhioGuidestone, 1624 Tiffin Avenue

**Recorder:** Precia Stuby

### Committee Members Attending:

x	John Drymon, Committee Chair	x	Jim Stahl
x	Mary Beth Dillon, Committee Vice Chair	x	Melanie Aldobaiki

### Board Members Attending:

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

### Invited Staff Attending:

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

### Items to be Discussed:

1. Tour of the Facility/Brief Overview of Services Provided - Victoria Graham, Regional Director for OhioGuidestone provided an overview of services provided followed by a tour of the facility.
2. Capital Ad Hoc Committee Update – Jennifer provided an update. The roof and window project are complete. The capital earmark request to Representative Cross was submitted in December. Senator McColley's office is not accepting requests yet. They will come together to prioritize requests from this region. Precia reported on correspondence with the state. There is no written approval of the Board office as a capital project. The Ad Hoc Committee will not reconvene until a written determination is made.
3. Board Meeting Evaluation Results for November 2023 - The results were positive. There was a recommendation to have Melissa LaRocco do a program on the hardships faced by individuals after drug related convictions.

The evaluation to be sent out after this month's Board meeting will include feedback on visiting the agencies for Committee meetings.

4. Revision of Bylaws Update – tabled.
5. 2024 County Closure/Holiday Schedule – The Committee reviewed the county closure scheduled for calendar year 2024. A specific discussion was held regarding the date of the Solar Eclipse.
6. Board Strategic Plan – There was a lengthy discussion on how to approach the upcoming strategic planning process as the current plan will expire at the end of this fiscal year. It was recommended that Precia do a program at an

upcoming Board meeting on the requirements related to planning to provide backdrop for a strategic planning session.

7. Executive Director Performance Evaluation – Precia was excused from the meeting for the Committee to discuss her performance evaluation.

**Action Items:**

1. A motion was made by Mary Beth Dillon and seconded by Jim Stahl to provide employees with an additional holiday in 2024 for the Solar Eclipse, Monday, April 8, 2024.

**To Do List:**

1. Cheryl will add a question on the Board meeting evaluation related to Committee meetings at local agencies.
2. Precia will prepare a Board program on planning requirements.



## Finance Committee Meeting Report

**Meeting Date:** January 17, 2024

**Meeting Time:** 3:31 p.m. – 4:50 p.m.

**Meeting Location:** Family Resource Center, 1941 Carlin Street

**Recorder:** Rob Verhoff

### Committee Members Attending:

X	Josh Eberle, Comm. Chair	X	Mark Rimelspach, Comm. Vice-Chair		Rick Eakin
	Aaron Weare	X	Rick Walter		

### Invited Board Leadership Attending:

	Ann Woolum, Board Chair	X	Jim Darrach, Board Vice Chair
--	-------------------------	---	-------------------------------

### Invited Staff Attending:

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

### Guests Attending:

X	John Bindas	X	Sue Sorg		
---	-------------	---	----------	--	--

### Items Discussed:

1. Sue Sorg provided a tour of the Family Resource Center facility.
2. Review of Account Fund Balance and Board Financial Statements for November 2023 and December 2023 - No issues identified.
3. Agency Financial Report – October and November 2023 reports were reviewed. FRC's financials were not received as the Agency is still experiencing turnover in its finance department. No other issues were identified.
4. Review of Accounts with Executive Director Spending Authority – No issues identified.
5. OhioGuidestone Contingency Plan Update – OhioGuidestone reported net income for November 2023 resolving the contingency policy issue. They also noted that this issue is common in the current industry environment.
6. Family Resource Center FY'23 Reconciliation (*Tabled until financials are available.*)
7. Board Fund Policy (*Tabled*)

### Action Items:

1. A motion was made by Mark Rimelspach and seconded by Rick Walter to approve the November and December 2023 Board Financial Statements as presented. Motion carried.

### To Do List:

1. Board staff will ask Dr. Flaherty about additional things the Board should be considering regarding problem gambling within the context of ROSC.



**Hancock County  
Community Coalition on Addiction**

**Committee Chairs – Report**

**Meeting Date:** December 15, 2023

**Meeting Time:** 9:00-10:30 a.m.

**Meeting Location:** ADAMHS

**GUIDING PRINCIPLES**

**Ratified 12/12/22**

1. Support people with substance use disorder *and* their loved ones.
2. Support accessibility and reduce barriers to services.
3. Implement best prevention strategies that impact people with highest risk.
4. Reduce stigma.

**Committee Members**

>	<b>Debra Parker</b> <i>Chair</i> The University of Findlay	>	<b>Mark Miller</b> <i>Community Awareness</i> Ohio Third District Court of Appeals	>	<b>Carla Benjamin</b> <i>Community Awareness</i> Welcome to a New Life
	Stefan Adams <i>Community Awareness (Education)</i> Findlay City Schools		Rick Van Mooy <i>Community Awareness (Education)</i> Hancock County Schools	>	<b>Michael Pepple</b> <i>Legislative</i> Hancock County Commissioner
>	<b>Dr. William Kose</b> <i>Medical</i> Blanchard Valley Health System	>	<b>Rob Martin</b> <i>Medical</i> City of Findlay		Abbie Accord <i>Peer Support Advisory Board</i>

**Invited Guests/Staff/ADAMHS Board**

>	<b>Zach Thomas</b> Ann Woolum <i>ADAMHS Chair</i>	>	<b>Precia Stuby</b> Jim Darrach <i>ADAMHS Vice-Chair</i>	>	<b>Jennifer Swartzlander</b> Mark Rimelspach <i>ADAMHS</i>
	Stacy Shaw <i>Community Partnership Chair</i>				

**Committee Priorities:**

- Guide, monitor, and evaluate work of each Committee using Evaluation Scorecard (build effective metrics into scorecard)
- Ensure alignment of Coalition with ADAMHS, Findlay Strategic Plan, CHIP; provide report of progress with identified metrics
- Determine necessary governing structure and operating procedures
- Ensure coalition process best-practices are maintained

**DISCUSSION:**

**1. Positive Notes.**

- a. The Bureau of Justice Services has requested that the Hancock County Suicide and Overdose Fatality Review Board submit a proposal to present at its (Bureau) annual conference.
- b. A local community member has asked to take the lead in re-establishing the You're Not Alone support group.

**2. Scorecard (FY24, Q1 & Q2).** The Scorecard was reviewed, the following discussion highlights are noted:

- a. Hancock County Juvenile Court data (youth on probation, drug screens) was added to the Database. Judge Mark Miller confirmed that the youth reported as probationers are Hancock County residents. It was requested that a key be included in the database (abbreviations for drugs present in positive drug screens).
- b. Judge Mark Miller shared current vaping violations data (Findlay High School, 2023-2024 school year) – 102 violations (71 tobacco, 31 THC).
- c. Mayor Christina Muryn's office has assumed a coordinating role in the development of the Immigration Task Force. The Coalition on Addiction will serve as a collaborative partner with the

## Hancock County Community Coalition on Addiction

Immigration Task Force, offering support should any substance use and/or mental health concerns/needs develop through working with immigrant populations.

- d. The Community Awareness Committee is working with Sheriff Heldman on an annual community meeting (April 2024) that will focus on vaping.
- e. The Coalition on Addiction will participate in a national pilot program addressing the stigma of addiction through the Addiction Policy Forum.
- f. The Coalition on Addiction is emphasizing/changing the narrative that naloxone is a standard first-aid kit item.
- g. The Legislative Committee hosted meetings with Representative Jon Cross and Senator Rob McColley, specifically focused on Issue 2 and Ohio Legislature priorities related to substance use/addiction and mental health.
- h. The Medical Committee hosted a one-year follow-up meeting with all Medication Assisted Treatment providers in November.

Additional highlights (green print) can be found in the attached Scorecard.

- 3. **Vaping.** The ADAHMHS Board was not awarded the SAMHSA Prevention Grant which would focus on developing and increasing vaping prevention strategies across the community. The primary reason why the grant was not awarded was due to the proposal's lack of focus on any specific disparate population. Since the ADAMHS Board can re-apply for grant funds in 2024, Commissioner Michael Pepple asked if it would be possible to focus on the specific sectors areas (9.01 & 9.02) that have been identified as having the greatest health disparities in Hancock County. Additionally, using vaping data from Findlay High School, and Hancock County Juvenile Court data may be helpful in supporting the grant application (plotting of vaping violations/probationers on census map).
- 4. **OneOhio.** Commissioner Michael Pepple provided the Committee Chairs with an update on OneOhio, and requests for localized county project proposals. Hancock County is anticipated to receive approximately \$232K from the OneOhio Region 17 distribution. Since these dollars are held in abeyance, the Chairs are in consensus to not submit a project proposal until a solid, unified plan is identified. It was suggested that consideration be given to vaping prevention programming and/or localizing the original regional projects that were submitted earlier this year as potential future projects. The recommendation to hold on submitting a project will be communicated to both the local OneOhio governance body and OneOhio Region 17.
- 5. **Recreational Marijuana.** A draft letter was reviewed that would be submitted to Representative Cross and Senator McColley, and include recommendations to modify the existing language in Issue 2. The Chairs were in consensus to include an additional recommendation that data collection be mandatory to aid in the development of good policy and any low-risk use of marijuana recommendations. Secondly, discussions related to the meaning of low-risk use, and if any such language should be used at all, will continue in subsequent Coalition on Addiction meetings. Precia Stuby suggested that states that have had recreational marijuana in place for some time be researched to determine if any such use guidelines have been established.
- 6. **Medication Assisted Treatment (MAT).** Concerns have been raised about how comprehensive/thorough the promotion of MAT is across all MAT providers (Are providers informing clients of all forms of MAT available in the community regardless of location of treatment?). Additional concerns have been raised regarding how MAT providers are connecting/following-up with clients who do not show for MAT

## **Hancock County Community Coalition on Addiction**

referrals/appointments. The Chairs were in consensus that a meeting of all MAT Protocol Agency Providers will be convened to review the MAT Protocol practices, and discuss agency practices related to connecting/following-up with potential MAT clients.

7. **Harm Reduction.** Commissioner Michael Pepple shared that in a recent Hancock County Trustees meeting, there was discussion regarding the local harm reduction program managed by Hancock Public Health. This discussion raised significant concerns related to the purpose, goal and components (needles, supplies) of the program. (Such information regarding the harm reduction program has been communicated broadly since the program's inception.) In the fall of 2023, an agreement was made by the harm reduction program that included (1) a three-year lookback report of program outcomes, (2) stopping the distribution of smoking supplies, (3) all programming and practices of the harm reduction program would be clearly communicated to all interested parties/community, and (4) the stakeholder group would meet in January 2024 to review the three-year lookback report. Once the stakeholder meeting is completed in January 2024, communication to the Hancock County Trustees will take place to resolve unanswered questions and clarify the validity of the harm reduction program.

### **ACTION ITEMS FOR NEXT MEETING:**

1. Add key to Database related to Hancock County Juvenile Court data.
2. Begin process of updated SAMHSA Prevention Grant (including disparate/census tract; vaping; juvenile probationer data).
3. Review existing prevention grant program proposal and regional OneOhio project proposals to determine modification for localized programming and funding support using OneOhio allocations.
4. Finalize and submit recreational marijuana legislative recommendations letter to Representative Cross and Senator McColley.
5. Research if any low-risk marijuana use guidelines have been created in states with legalized recreational marijuana.
6. Assist Medical Committee in planning MAT Protocol Agency Provider meeting.
7. Prepare for harm reduction stakeholder meeting (January 2024).

### **NEXT MEETING:**

February 12, 2024

9:00-10:30 a.m.

ADAMHS



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:** January 16, 9:00-10:30 a.m.

**Location:** ADAMHS Office

Representatives (Attendees in **BOLD**)

SECTOR	REPRESENTATIVE
BUSINESS	<u>Michelle Ladd (Chamber of Commerce)</u>
CIVIC/VOLUNTEER GROUP	Kim Hiatt (50 North), <u>Kaleb Brown (United Way)</u>
GOVERNMENT AGENCY	<u>Shawn Carpenter (Juvenile Court) VIRTUAL</u>
HEALTHCARE PROFESSIONAL	Jenn Reese (BVHS)
LAW ENFORCEMENT	<u>Brian White, Vice-Chair (FPD)</u>
MEDIA	<u>Mary Jane Yarris (Retired), Cheryl Miller (Hancock Public Health)</u>
OTHER ORGANIZATION	<u>Triena Miller (JFS)</u> , Erin Mitchell (Lutheran Social Services), <u>Brooke Nissin (FOCUS)</u>
PARENT	
RELIGIOUS/FRATERNAL ORGANIZATION	
RECOVERY PEER	Abbie Acord (Peer Support Advisory Board)
SCHOOL	Stefan Adams (FCS), <u>Jodi Firsdon, Chair (UF)</u> , <u>Angie Toland (ESC) (VIRTUAL)</u>
YOUNG ADULT 18-25	
YOUTH	
YOUTH SERVING ORGANIZATION	<u>Stacy Shaw, Chair (CMC) (VIRTUAL)</u> , <u>Chris Biltz (FRC)</u> , <u>Abby Blanchard (FRC)</u>
BOARD/COALITION	Ann Woolum (ADAMHS Vice-Chair), Jim Darrach (ADAMHS Vice-Chair), Debra Parker (UF), <u>Mark Rimelspach (ADAMHS)</u>
STAFF	<u>Zach Thomas, Steve Dillon, Aly Casto</u>
GUESTS	Tara Hogrefe, <u>Nina Zimmerman (CMC)</u> , <u>Luanne Cooke (Lt. Gov. Husted)</u> , <u>Ryan Ramey (Allen County Public Health)</u>

## DISCUSSION

- Celebrations, Challenges, and Concerns.** Mary Jane Yarris shared that the warming center at St. Andrew's United Methodist Church has opened. The Partnership awarded a grant to St. Andrew's to support the warming center as part of the FY24 Prevention & Wellness Grant Program. The Partnership welcomed Aly Casto to the meeting. Aly is a University of Findlay Intern who will be working on the creation of a brain development curriculum based on the work of Shannon Morselli.
- Recreational Marijuana Updates & A Community Position on Legal Substances.** An FAQ sheet created by the Ohio Department of Commerce was shared with the Partnership. This document provides answers to several questions regarding the new recreational marijuana laws and rules. An updated draft of *A Community Position on Legal Substances* will be reviewed at the February Partnership meeting. The updated draft will include recreational marijuana and recommendations for advertising of legal substances.
- SAMHSA Prevention Grant & Sheriff Heldman Community Event.** The Partnership/ADAMHS intends to resubmit the application for the SAMHSA Prevention Grant (focused on vaping prevention), with an emphasis on targeting areas of Findlay/Hancock County with greater health disparities. The previous application lacked target populations which negatively affected the overall score of the grant application. Sheriff Heldman's Community Event (4/4/24) will focus on youth vaping issues.
- FY25 Prevention and Wellness Grant Program.** The Partnership will begin its review process of the grant program (application requirements, priority areas for funding, determination of funds allocation), which will be launched to the public early spring.

5. **School Mental Health, Social Media, & Standardized Drug Infraction Policies.** Precious Stuby, FRC Leadership, Superintendent Jeff Young (ESC), and Superintendent Dr. Andy Hatton (Findlay) attended the Annual conference on Advancing School Mental Health in December 2023. The outcome of this attendance will be the creation of a local shared vision for school mental health which will include an emphasis on mental health literacy for students and school staff; services mapping; and best practices/policies for providing community-based supports for youth with greatest needs. Recently, Zach Thomas met with Hancock County secondary school principals to discuss vaping issues. An outcome of this meeting was an agreement to explore the possibility of establishing a standardized drug-use violation policy across all county and city schools in Hancock County.
6. **OMHAS Prevention Coalition Certification.** The Ohio Department of Mental Health and Addiction Services (OMHAS) has established a new rule that all coalitions providing prevention services (including the Hancock County Community Partnership) must be certified by the Department by October 1, 2024. However, this rule has been called into questions by county ADAMH Board directors due to technical issues. No action is to be taken at this time until the issues is resolved by OMHAS.
7. **Coordinator's Updates.**
  - a. The *Inclusion Toolkit* training will be launched in the community this Spring.
  - b. The Immigration Task Force will be holding an organizational meeting in early February.

**ACTION TAKEN DURING MEETING:**

1. Cheryl Miller – Motion to approve October 2023/November 2023 Meeting Reports. Kaleb Brown – Second. Motion carried.
2. Jodi Firsdon – Motion to approve financial sponsorship request from Hancock Youth Leadership for \$1000.00. Triana Miller – Second. Motion carried.
3. Mary Jane Yarris – Motion to approve financial sponsorship request from No Wrong Door Committee for \$1000.00. Chris Biltz – Second. Motion carried.

**ACTION FOR NEXT MEETING:**

1. Complete Award Notices for Hancock Youth Leadership and No Wrong Door Committee (sponsorships).
2. Prepare updated draft *A Community Position on Legal Substances*.
3. Prepare draft FY25 Prevention & Wellness Grant Program guidelines.

**NEXT MEETING:**

Tuesday, February 20, 2024

9:00-10:30 a.m.

ADAMHS Office



## THE DELEGATION

Report

January 16, 2024

1:00-2:00 p.m.

Lindamood Room, Findlay-Hancock County Public Library



### Delegation Members (Attendees in **BOLD**)

<b>Don Essex – City of Findlay</b>	Christina Muryn – <i>City of Findlay Mayor</i>	<b>Dionne Neubauer – Findlay- Hancock County Chamber of Commerce</b>
John Drymon – <i>Trinity Episcopal Church</i>	Jennifer Swartzlander – <i>ADAMHS</i>	<b>Hiro Kawamura – University of Findlay</b>
Kimberly Bash – <i>Findlay-Hancock County Community Foundation</i>	<b>Karim Baroudi – Hancock Public Health</b>	Jerome Gray – <i>Black Heritage Library and Multicultural Center</i>
Precia Stuby – <i>ADAMHS</i>	<b>Kirby Overton – University of Findlay</b>	<b>Andy Hatton – Findlay City Schools</b>
Seth Butler – <i>Independent Consultant</i>	<b>Scott Lammers – Family Resource Center</b>	Melissa LaRocco – <i>Legal Aid of Western Ohio</i>
<b>Zach Thomas – ADAMHS</b>	Steve Dillon – <i>ADAMHS</i>	<b>Sarah Clevidence – Findlay-Hancock County Public Library</b>
Laura Reinhart – <i>Hancock Public Health</i>	Kaylee Schleucher – <i>GSW</i>	Tommie Harner – <i>Western Ohio Foodbank</i>
Chris Caldwell – <i>University of Findlay</i>	Nancy Firth – <i>St. Andrew's UMC</i>	<b>Chloe Crowther – Marathon Center for the Performing Arts</b>
Peggy Dillon – <i>Findlay Hot Yoga</i>	Jaclynn Hohman – <i>City of Findlay</i>	Stefan Adams – <i>Findlay City Schools</i>
Jennifer Davis – <i>Findlay Inclusion and Awareness</i>	Maria Guarnieri – <i>University of Findlay</i>	<b>Kaleb Brown – United Way</b>
Rene Gabriel – <i>Mission Possible</i>	<b>Hachemy Gabriel – Mission Possible</b>	<b>Kristi Szkudlarek – Findlay-Hancock County Public Library</b>
Amber Kear – <i>The Hysteria Company</i>	<b>Gary Bright – 50North</b>	<b>Sarah Perrigo – Regional Growth Partnership</b>
<b>Nichole Coleman – Hancock County Veterans Service Office</b>	<b>Aly Casto – ADAMHS</b>	

Guests: Holly Frische

### DISCUSSION:

- Celebrations, Challenges, and Concerns.** The Black Heritage Library and Multicultural Center hosted an MLK Day celebration on January 15, 2024. The recent Hancock Youth Leadership Day (1.15.24) focused on inclusion and diversity and included several local community members as guest speakers. The Black Heritage Library and Multicultural Center is recruiting community members to serve as Board members – anyone interested in serving or would like additional information may contact Don Essex ([dessex@findlayohio.com](mailto:dessex@findlayohio.com)).
- Inclusion Toolkit Implementation Plan.** A draft implementation plan was reviewed by the Delegation members. Mary Beth Dillon, a member of the facilitator group that completed the training in November, developed a condensed, 2-hour version of the training that will be finalized and made available to the community in the spring. This training will cover the main model concepts (as developed by *Inclusivity*), and serve as a prerequisite training for a secondary, 2-hour training which will cover organizational policy development and hiring practices.

### 3. Workgroup Reports.

- a. **You Belong.** Members of the Hancock Youth Leadership class took time during its session day (1.15.23) to write statements and create short videos of what is the meaning/experience of belonging. This content will be added to the curated body of work of the You Belong Campaign. Family Resource Center, through the System of Care Grant, will provide staff support to help advance youth components of the You Belong Campaign, and provide updates to the You Belong website ([www.yourbelonghc.com](http://www.yourbelonghc.com)). You Belong Campaign Organization Implementation Grant recipient final reports are due this month. A summary of these reports will be provided for review by the Delegation at the February meeting.
  - b. **Civic Engagement.** The Workgroup will convene to develop a plan to deliver the Government Leadership Academy program in the community in 2024. Members of the Workgroup met with new City Council Member, Dan DeArment, to discuss the purpose of the Delegation. The Delegation continues to advocate to state legislators, sharing information why certain proposed legislation (e.g. HB68) can be harmful to marginalized citizens.
  - c. **Health Equity.** The Center for Civic Engagement (CCE) will be meeting with City Council Members, Jim Niemeyer and Josh Palmer, to discuss the Health Equity Action Plan (HEAP). Council Members Niemeyer and Palmer serve the two wards which are the focus area of the HEAP. The CCE is also considering providing additional staffing support to advance the work of the HEAP.
4. **Immigration Task Force Update.** Zach Thomas provided a very brief update of the progress to date (scheduling the upcoming meeting, discussion with the CCE Coalition leaders). Hiro Kawamura stressed the importance of messaging and moving the narrative toward to how immigrants add value to our community in positive ways. This led into another discussion about the importance of understanding how different immigration populations have arrived in Findlay (e.g. the complexity of immigration in the US). The Delegation asked Hachemy Gabriel what would be helpful to him and other Haitians and he mentioned the importance of assistance with understanding our local culture/rules to help with assimilation. Below are recommendations how the Delegation can help advance the work of the Immigration Task Force:
- The Delegation can support/build community work around welcoming opportunities (e.g. link with You Belong Campaign; provide more engagement opportunities similar to the Haitian Dinner this past December; provide better ways to engage/involve immigrant populations in established community events [Art Walk, Octoberfest, etc.])
  - The Delegation can support/build the development of community education (similar to what was starting to be planned with the Delegation and Chamber)
  - The Delegation can help navigate the conversations around both the positive attributes and challenges of immigration by maintaining an open forum at each meeting.

**ACTION ITEMS FOR NEXT MEETING:**

1. Convene *Inclusion Toolkit* facilitators to finalize Implementation Plan, launch training spring 2024.
2. Convene You Belong Workgroup to develop strategy to coordinate staffing support from Family Resource Center System of Care.
3. Create summary of You Belong Organization Grant Program reports.
4. Convene Civic Engagement Workgroup to create Government Leadership Program implementation plan.

**NEXT MEETING:**

Tuesday, February 20, 2024

1:00-2:00 p.m.

Lindamood Room, Findlay-Hancock County Public Library



## **The Terry Russell Home for people with mental illness**



FOSTORIA, Ohio – With his 50 years in the field, it's hard to surprise Terry Russell but that's what Fostoria folks did this week with dedication of the Terry Russell Home for people with mental illness.

The surprise dedication ceremony celebrated the anticipated Feb. 1 opening of the 16-person renovated group home at 529 W. Lytle Street in Fostoria.

"I was shocked. I had no idea," said Russell who thought he was attending an open house but was surprised with a ribbon-cutting and plaque naming the building for him.

Russell, who retired two years ago as executive director of the National Alliance on Mental Illness of Ohio, was clearly moved by the namesake honor of a home for those whose cause he has championed his entire adult life.

"Of all the awards I've received, this is probably the most significant," said Russell who in retirement heads the Terry Russell Housing Initiative for NAMI Ohio.

Russell has long advocated for more housing for those with mental illness, arguing that medications, counseling and treatment alone don't work "unless you have food in your belly, a pillow to lay your head on, and a roof over your head."

The newly renovated 15-unit, 16-bed group home will provide apartment-style living to people recovering from mental illness. Each room has a bedroom, living room with wall-mounted flat-screen television, kitchen and bathroom. The single-floor plan has a large public area with a kitchen, seating area, couches and television for residents to eat, learn, and interact. It will be staffed 24 hours a day.

New residents must be referred by mental health agencies in an 11-county area around Fostoria.

Housing is "the most mentally stabilizing thing you can do for a human being," explained Precia Stuby, executive director of the Hancock County Board of Alcohol, Drug Addiction and Mental Health Services. "It's step one. In our county, we struggle with affordable, available housing."

Mircea Handru, executive director of the Mental Health & Recovery Services Board of Seneca, Ottawa, Sandusky & Wyandot Counties, said mental health housing "is very much needed" in the multi-county area of northwest Ohio. "We all have to do our part."

Scott Boone is the president and CEO of New Housing Ohio, the owner and operator of the Terry Russell Home. His non-profit organization, based in Lebanon, Ohio, has 50 facilities housing more than 500 people across the state. New Housing Ohio serves those with mental illness and developmental disabilities.

Boone's organization bought the building, which has been vacant for about four years and did a complete renovation. "It's hard to address your mental health or addiction if you don't have a roof over your head," he said.

NAMI Ohio has worked with New Housing Ohio to increase housing for all Ohioans impacted by mental illness. NAMI Ohio Executive Director Luke Russell attended the ceremony and commented that "NAMI Ohio is committed to expanding housing to those with serious and persistent mental illness. There may be no greater need that will truly lead folks to live quality and productive lives. The NAMI Ohio Board has made this a priority with expanding our efforts by partnering with developers like New Housing Ohio to increase permanent support housing units and new group homes in Ohio."





# Developing a Better Understanding

## SEASONAL AFFECTIVE DISORDER

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. Seasonal affective disorder (SAD) is a type of depression that comes and goes with the seasons. It usually starts in the late fall and early winter and goes away during the spring and summer. Some people do have episodes of depression that start in the spring or summer, but that is a lot less common.

### What are the signs and symptoms of SAD?

According to the National Institute on Mental Health, SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD. Not every person with SAD experiences all the symptoms listed below.

Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

Winter-pattern SAD should not be confused with “holiday blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

MedlinePlus reports that SAD is more common in women, young people, and those who live far from the equator. A person is also more likely to have SAD if they or their family members have depression. The exact causes of SAD are unknown. Researchers have found that people with SAD may have an imbalance of serotonin, a brain chemical that affects mood. Their bodies also make too much melatonin, a hormone that regulates sleep, and not enough vitamin D.



# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

## Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

## These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

## Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

## Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://988lifeline.org).



NIH  
National Institute  
of Mental Health

[nimh.nih.gov/sad](https://nimh.nih.gov/sad)

NIMH Identification No. OM 22-4320

## Can SAD be prevented?

Because the onset of SAD is so predictable, people with a history of the disorder might benefit from starting the treatments mentioned above before the fall (for winter-pattern SAD) or spring (for summer-pattern SAD) to help prevent or reduce depression symptoms. To date, few studies have investigated whether SAD can be prevented.

It is helpful to discuss a personalized treatment plan with a health care provider. A provider can help decide not only the best treatment option but the best timing to help prevent SAD depressive episodes.



**ANOTHER PATH TO BECOMING A RECOVERY-ORIENTED ORGANIZATION: HANCOCK COUNTY, OHIO**

Hancock County, OH, offers a well-documented example of a ROSC's beginnings and evolution. In 2013, the Hancock County Board of Alcohol, Drug Addiction and Mental Health Services (ADAMHS) initiated an analysis of the gaps in the rural county's behavioral health services continuum of care.<sup>1412</sup> ADAMHS did so in its capacity as the planning authority for the county's behavioral health services, which are delivered through contracts with local providers.<sup>1413,1414</sup>

At the encouragement of a recovery expert recommended by a SAMHSA Addiction Technology Transfer Center,<sup>1415</sup> soon the board and a newly established ROSC leadership committee began exploring how to develop a ROSC within the county, based on an agreed-upon set of recovery principles and elements of care. Two central principles were that the ROSC would provide ongoing monitoring and feedback, and would be guided by recovery-based processes and outcome measures that looked beyond the remission of biomedical symptoms.<sup>1416</sup>

Local stakeholders—including members of the recovery community—took part in continuing consultations on transforming the county's behavioral health system into a ROSC. National ROSC experts were brought in too as the community set about filling the needs identified in the gap analysis—needs that became more pressing as the opioid epidemic intensified. To give just a few examples<sup>1417,1418</sup>:

- A small drop-in center expanded to become a well-attended RCO.
- Medication for OUD became available.
- The local health department became a hub for naloxone distribution.<sup>1419</sup>
- Recovery housing was established.
- Intensive outpatient treatment became available.
- A local hospital instituted medical withdrawal management, with patients linked to peer support services.<sup>1420</sup>

In a whole-community effort, participation in the ROSC grew beyond behavioral health and medical organizations and providers to include the local university, the court system, the Veterans Service Office, and other local entities. This broad involvement resulted in such developments as the<sup>1421,1422</sup>:

- Creation of an addictions minor at the university to help meet increasing behavioral health workforce needs.
- Establishment of problem-solving courts to reduce incarceration and link participants to needed SUD treatment and other services.<sup>1423,1424</sup>
- Provision of peer-to-peer support for veterans seeking or in recovery.<sup>1425</sup>

Funding for the ROSC's activities has come from local, state, and federal sources, including SAMHSA.<sup>1426</sup> More information on Hancock County's ROSC, including outcomes, can be found in a 2022 evaluation of its impact, available through <https://www.yourpathtohealth.org/measuring-the-impact-of-rosc-in-hancock-county/>.

**RESOURCE ALERT: ASSOCIATION OF RECOVERY COMMUNITY ORGANIZATIONS**

The Association of Recovery Community Organizations, part of Faces & Voices of Recovery, is a recovery membership program that supports the expanding network of local, regional, and statewide RCOs. It provides support via networking opportunities and resource sharing, while also advocating for policy changes and funding enhancements to strengthen RCOs. Its website offers valuable information and resources, including a membership map (<https://facesandvoicesofrecovery.org/arco-members-on-the-map/>) and a toolkit (<https://facesandvoicesofrecovery.org/arco/rco-toolkit/>).

