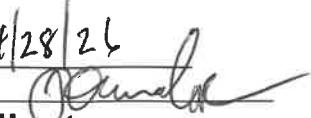


Date Approved: 4/28/26
 Presiding Officer: 

Hancock County ADAMHS Board Meeting Minutes

Meeting Date: March 24, 2026

Meeting Time: 3:30 p.m. – 4:50 p.m.

Meeting Location: Blanchard Valley Center Training Center – 1700 East Sandusky Street

Recorder: Cheryl Preston

Board Member Attendance:

X	Jim Darrach, Board Chair		Sheriff Michael Heldman, Retired		Steve Miller
X	Mary Beth Dillon, Vice Chair	X	Joe Loy	X	Cheryl Lentz
X	Amy Hayslett	X	John Drymon	X	Rick Walter - VIRTUAL
X	Ann Woolum	X	Rick Eakin - VIRTUAL	X	Jim Stahl
	Susan Bunn	X	Kris Napier		Anthony Staler
X	Judge Joseph Niemeyer, Retired	X	Rachael Helms		

Guests Attending:

X	Jennifer Swartzlander	X	Marvin Houstin		
X	Rob Verhoff	X	Michelle McGraw		
X	Deb Twining	X	Alexis Antal		
X	Cheryl Preston	X	Jennifer Loera		
X	Zach Thomas	X	Mark Rimelspach		

Jim Darrach, Board Chair, called the meeting to order at 3:30 p.m. and introduced guests.

PROGRAM

Zach Thomas presented the program titled “Connections to Relationships to Generational Change”. He shared the data from the 2021 Hancock County Health Equities Report that shows what health disparities look like; for example, one area in Hancock County has an average life expectancy that is 20 years less than those living in other areas of the county. This can be changed using best practices to make generational change. Zach explained by looking at the differences in our community – the social determinants of health that have a major impact on health outcomes it can be addressed. Social determinants include economic stability, access to quality healthcare, neighborhood and physical environment, access to quality education, social and community context, and access to healthy food options. The data shows that in Hancock County, 9 out of 12 (75%) health disparity categories show a significant difference between census tracts. The top five disparities in Hancock County are: 1) Percent of residents living below the poverty line; 2) Percent of residents spending 30% or more of their income on housing or rent; 3) High school graduation rate; 4) Percent of residents participating in food assistance programs; 5) Age-adjusted mortality rate. To address these identified health disparities, the Center for Civic Engagement (a local collective impact backbone entity), in partnership with Be Healthy Now Hancock County (the local health coalition) developed a Health Equity Action Plan, targeted at one of the most affected areas (Riverview Terrace) Zach serves as the strategic lead for the Center for Civic Engagement and was the primary author of the Health Equity Action Plan. The plan included working directly with the residents in Riverview Terrace to identify needs. An event was held in the fall and 150 people attended. The event was supported by The Community Foundation. During the event, and subsequent meetings with residents, the need for a safe space for youth to play (playground) was identified. In

partnership with the 2026 Hancock Leadership Class, the former Lincoln School playground equipment will be relocated to Riverview Terrace. Zach shared that the overall intended outcomes of Health Equity will be shown in future health equities reports, with long-term changes occurring over 10 years. This work also ties into the 2026 - 2028 Community Health Improvement Plan which includes three priority areas: mental health and substance use, social determinants and built environment, chronic disease and healthy lifestyle. An overarching goal of the plan is to operationalize the process of asking clients if they are connected to primary care. Following his presentation, questions ensued and Zach was thanked for the valuable information.

CHAIRPERSON'S REPORT

Jim Darrach shared a thank you note and Precia's gratitude to the full Board for the retirement gifts she received from them.

Coalition for Mental Well Being Data – Jennifer reviewed the data chart and noted that at 6 suicides we are at almost half of last year total suicides. The Suicide Coalition continues to address this. On target with last year numbers are prenatally exposed babies and overdose deaths.

FOCUS Chair Meeting Report of March 2, 2026 – At the meeting, Brooke provided updates on new curriculum and standardization of data collection, status of grants, fundraising efforts, Board membership, the LOFT has \$73,000 yet to cover, but Jennifer will double check that figure. Utilization and allocations were discussed as well as housing occupancy and the executive director search.

NAMI of Hancock County Chair Meeting Report of March 9, 2026 – Items discussed included the financial position of the Agency, allocations, capital application, Board executive director search, new programs and utilization.

Family Resource Center Chair Meeting Report of March 23, 2026 – The following items were discussed: the financial position of the Agency, workforce and recruitment updates, fund development efforts, federal grant updates, executive director search update, and Basu Point oversight grant.

Jim gave an update on the Executive Director Search Committee efforts. The five candidates have been narrowed down to two. They will meet with agencies, staff and search committee members for additional questions.

DIRECTOR'S REPORT

Follow-up from February Board meeting - None

FY 27 Allocation Update: Jennifer noted there will be matters to vote on later in the meeting. Agency proposal letters and checklists of what the agencies are expected to include in their proposals in May are being drafted and will be sent at the end of the week. The April Board meeting program will cover the Strategic Plan to prepare for allocations.

Federal Grants Update: Jennifer shared that notices of financial opportunities are being released. We are pursuing a Bureau of Justice grant, with the help of Brandeis, to cover The Steady Path grant that is ending in October. If funded, the million dollar 3-year grant will more than cover the current 3-year grant of \$600,000; it will enable the Board to use less levy dollars. The Substance Abuse and Mental Health Services Administration released a 3-year grant with a requirement of significant dollars to match the funds. Due to that and capacity issues, it was decided to wait for the next release with more dollars and no match requirement to cover the System of Care grant that is

ending in September. Pending grants include OneOhio, Capital, Congressionally Directed, and federal Mental Health Platform and Prevention grant.

CORRESPONDENCE

2/25/26 Notice from the Ohio Department of Behavioral Health that the Capital Project for Grace Blvd has been approved and will be finalized very soon.

3/4/26 Notice was received from the Ohio Suicide Prevention Foundation that the grant application has been approved. The funds will go towards first responder care and critical incident stress management training.

3/6/26 An invitation was received for the retirement of Peggy Grandbois, the System of Care Advisory Committee member.

3/13/26 Notice from Judge Kristen Johnson of Probate Court that the Ohio Department of Behavioral Health has awarded them \$67,125 of the \$100,000 grant request to develop and improve a court option.

3/14/26 An invitation was received for the dedication of the Kimberly Switzer memorial education and conference room on Friday April 17, 2026, at 11 a.m.

3/16/26 Notice was received from FOCUS for the open house of the LOFT on April 9, 2026, at 4 p.m.

3/17/26 Hancock Public Health has granted the Board \$35,000 to fund the peers at Blanchard Valley Health System.

3/24/26 Recognition was received from RecoveryOhio designating the Board an official recovery friendly workplace. We are 6th in the community to receive this designation.

APPROVAL OF CONSENT AGENDA

- To Approve the Board Meeting Minutes of February 24, 2026
- To Approve the Program Committee Report of March 11, 2026
- To Approve the Governance Committee Report of Governance 18, 2026
- To Approve the Finance Committee Reports of March 18, 2026, March 2026 Agency Financial Pictures

Ann Woolum moved to accept the consent agenda as presented. Kris Napier seconded the motion. Motion carried.

ACTION ITEMS BROUGHT FROM COMMITTEE

- To approve the February 2026 Financial Report. **Jim Darrach called for a vote. No questions; no further discussion. All were in favor. Motion carried.**
- To approve the agency Allocations at the \$500,000 level cuts and no changes to the agency proposal checklists. **Jim Darrach called for a vote. No questions; no further discussion. All were in favor. Motion carried.**
- To approve the Board Reserve minimum to 6% of projected revenues effective July 1, 2026. **Jim Darrach called for a vote. No questions; no further discussion. All were in favor. Motion carried.**

ACTION ITEMS BROUGHT TO THE FULL BOARD

- None

INFORMATION REPORTS

- Delegation Meeting Report of March 17, 2026
- Ohio Suicide Prevention Foundation: The Intersection of AI and Mental Health

AGENCY/PUBLIC COMMENT

- Jen Loera thanked the Board for their support.

POSITIVE ACTION:

Jennifer shared with the Board that she has an amazing team and thanked the Board staff for the critical work in keeping the office going. She also shared the positive news that the Carnahan office is coming along well, on budget, ahead of schedule and looking great. She is excited to host Board meetings in the new space.

FOLLOW-UP NEEDED FOR NEXT BOARD MEETING:

- Confirm the capital campaign dollar amount needed for the LOFT project.

ADJOURN:

Jim Stahl moved to adjourn the meeting. Amy Hayslett seconded the motion. No further discussion. Motion carried. The meeting was adjourned at 4:50 p.m.

The next Board meeting will be held on April 28, 2026, at the Blanchard Valley Center, Training Center 1700 East Sandusky Street.

Program Committee Meeting Report

Meeting Date: April 8, 2026

Meeting Time: 3:30 p.m. – 4:24 p.m.

Meeting Location: Trinity Episcopal Church, 128 W. Hardin

Recorder: Jennifer Swartzlander

Committee Members:

x	Rachael Helms, Committee Chair		Cheryl Lentz, Committee Vice Chair
	Anthony Stateler	x	Retired Judge Joseph Niemeyer
x	Susan Bunn		

Board Members:

x	Jim Darrach, Board Chair		Mary Beth Dillon, Board Vice Chair
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Invited Staff:

x	Jennifer Swartzlander	x	Zach Thomas		
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Items Discussed:

1. **Allocation Update** – The letters were sent to agencies on 3/27/26 with proposals due to ADAMHS by May 1st. There were no questions from the agencies to date.

2. **Levy** - Zach reviewed the levy packet with the Committee. Members requested additional information for staff to follow up regarding the levy (listed in To Do List). All members present expressed willingness to participate in further study of the levy, though retired Judge Niemeyer noted that his availability may be limited.

3. **Grant Updates:**
 - a. **Adult Mobile Crisis Services (AMC)** – Jennifer shared the funding of just over \$68,000 would be awarded to Hancock for AMC. The services are already offered by Family Resource Center and can be used as a funding source for that work or to fund additional needs for the grant activities.

 - b. **Bureau of Justice Assistance – Public Safety and Mental Health Initiative** – This grant will fund services at the Steady Path & Outreach services. The grant will be submitted by the new due date of April 10th.

 - c. **Bureau of Justice Assistance – Comprehensive Opioid, Stimulant, and Substance Use, Site-Based Program** – This grant will fund Outreach services such as LEAD and FOCUS peer support. The grant deadline is due 5/11/26 and Brandeis is assisting with the grant writing.

4. Follow Up from Annual Suicide and Overdose Fatality Review – Jennifer reviewed the data from the annual review.

Action Items: A motion was made by retired Judge Niemeyer and seconded by Susan Bunn to recommend forming an ad hoc taskforce to study the levy ballot issue. Motion passed unanimously.

To Do List:

- Board staff will research the following levy questions:
 - Can an ADAMHS Board obtain funding from an income or sales tax? If so, what would be the equivalent to raising \$3,000,000 in either of those categories?
 - Provide a picture of what services are provided or would be left with state allocation and federal grants.
 - What services are ADAMHS Boards obligated to provide via statute?

Governance Committee Meeting Report

Meeting Date: April 15, 2026

Meeting Time: 8:00 a.m. – 9:12 a.m.

Meeting Location: Trinity Episcopal Church, 128 W. Hardin

Recorder: Jennifer Swartzlander

Committee Members:

X	John Drymon, Committee Chair	X	Jim Stahl, Committee Vice Chair
	Steve Miller	X	Amy Hayslett

Board Members:

X	Jim Darrach, Board Chair	X	Mary Beth Dillon, Board Vice Chair
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Invited Staff:

X	Jennifer Swartzlander	X	Zach Thomas
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Items Discussed:

- 1. Capital Ad Hoc Committee Update** – The project has been going well. The water and sanitary lines are installed without incident. Unfortunately, with the excessive rain there was water on the floor of the building. Upon RCM and the contractors review, they recommend masonry tucking, sealing and painting of the block walls will address the concern. There will be some grading of the yard on the east side as well. Regional Planning and Phil Johnson indicated that this work is necessary and can be completed as a change order under the existing project. They have requested a quote from Midwest before a final sign off.
- 2. Board Meeting Evaluation Results March 2025** – The Committee reviewed the results. Jennifer agreed to further screen incoming correspondence to streamline discussion time for that agenda item. The Committee also discussed the program's suggestion to provide training on first points of contact within the community. Family Resource Center staff will be invited to present the May Board program, including an overview of how the crisis team's role has evolved. It was also recommended to provide the No Wrong Door one pager and/or Recovery Resource Guide to Board members.
- 3. Board Recruitment – Commissioners** – The commissioner's office did provide two possible candidates for the board opening. The Committee discussed both candidates. One is employed at Prevention Awareness Support Services, an Agency ADAMHS contracts with and the other was known to a Board member. There was a suggestion for another possible candidate, Karl Gingrich.
- 4. Levy** – Zach reviewed the levy homework packet with the Committee. The Committee further discussed the challenges associated with the decision and agreed with Program Committee's motion to form a Board member ad hoc taskforce to conduct additional review and develop a recommendation for the

full Board. John Drymon, Mary Beth Dillon and Jim Stahl agreed to assist with the ad hoc committee.

- 5. Search Committee Update** – Jennifer and Zach left the meeting while the committee provided updates and discussed the search process.

Action Items: NA

To Do List:

- Board staff will research the following levy questions:
 - The question was raised as to whether an ADAMHS Board would be eligible to pursue either income or sales tax for agency funding.
 - What mandatory services are required of ADAMHS through statute?

Finance Committee Meeting Report

Meeting Date: April 15, 2026

Meeting Time: 3:30 p.m. – 4:51 p.m.

Meeting Location: Trinity Episcopal Church, 128 W. Hardin St.

Recorder: Rob Verhoff

Committee Members Attending:

	Ann Woolum, Comm. Chair	X	Joe Loy, Comm. Vice-Chair	X	Rick Eakin VIRTUAL
X	Rick Walter VIRTUAL	X	Retired Sheriff Michael Heldman	X	Kris Napier VIRTUAL

Invited Board Leadership Attending:

	Jim Darrach, Board Chair	X	Mary Beth Dillon, Board Vice Chair
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Invited Staff Attending:

X	Jen Swartzlander	X	Rob Verhoff	X	Deb Twining
X	Zach Thomas				

Guests Attending:

X	John Bindas, FRC			
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Items Discussed:

1. Levy/Draft Resolution – Zach presented levy homework packet information on the status of the Board’s levy and the revenue generated. He reviewed the Board’s levy options of Renewal at 1.3 mills, Renewal and an Additional .3 mills, or New at 1.6 mills. He also reviewed the impact of the possible tax issue of abolishing property taxes. The Committee discussed the issues with the levy decision and agreed to move forward with Program Committee’s motion to form a Board member ad hoc committee. Kris Napier, Rick Walter and Rick Eakin offered to assist with the ad hoc committee.
2. Review of Account Fund Balance and Board Financial Statements for March 2026 – No issues identified.
3. Agency Financial Report – February 2026 report was reviewed. It was noted that NAMI had three consecutive months of net losses which triggers the Board’s Contingency Plan Policy. NAMI’s expense days covered are 401.39 days. No other issues were identified.
4. Review of Accounts with Executive Director Spending Authority – Rob notified the Committee that \$64,196.40 in State Addiction Treatment Program funds were returned to the state as the Board no longer has a certified court to administer the funds. No other issues identified.
5. FY’25 Property Annual Review – Rob reviewed the total housing/property system costs with the Committee. This included all program costs associated with the properties. He noted that the Board spends \$29.99 per day per tenant on housing costs. No issues identified.

6. Board Contingency Plan Policy – The policy was reviewed. The Committee recommended no changes.
7. Grace Blvd. Capital Project Update – The project’s current contingency allowance is \$12,900. Two previous change orders have been processed, reducing the allowance to \$5,261. There is one pending change order for an ADA accessible door at \$3,320. J & K Environmental Services conducted a mold inspection of the exterior walls and estimated \$12,391 for the remediation. We are waiting on a quote to replace the mold-affected insulation and drywall. Jennifer plans to request additional funds from the CAC/Handicap Accessibility representative.

Action Items:

1. A motion was made by Retired Sheriff Mike Heldman and seconded by Rick Eakin to approve the March 2026 Board Financial Statements as presented. Motion carried.
2. A motion was made by Retired Sheriff Mike Heldman and seconded by Rick Walter to approve waiving the contingency plan policy of three consecutive months of losses for NAMI this month since its cash balance covers over 100 days of expenses. Motion carried.

To Do List:

- Board staff will form the ad hoc levy committee.

THE DELEGATION – A Collaborative to Expand Belonging for All People

Report

April 21, 2026

1:00-2:00 p.m.

CBSL Room 120 – University of Findlay, College of Business/Student Life



Delegation Members (Attendees in **BOLD)**

Kimberly Bash – <i>Findlay-Hancock County Community Foundation</i>	Jennifer Swartzlander – <i>ADAMHS</i>	Dionne Neubauer – <i>Findlay- Hancock County Chamber of Commerce</i>
Zach Thomas – ADAMHS	Lindsay Summit – <i>Hancock Public Health</i>	Hiro Kawamura – University of Findlay
Chris Caldwell – <i>Black Heritage Library & Multicultural Center</i>	Scott Lammers – <i>Family Resource Center</i>	Jerome Gray – <i>Black Heritage Library & Multicultural Center</i>
Sarah Foltz – The Alliance	Jaclynn Hohman – <i>City of Findlay</i>	Andy Hatton – <i>Findlay City Schools</i>
Rene Gabriel – <i>Mission Possible</i>	Hachemy Gabriel – <i>Mission Possible</i>	Melissa LaRocco – <i>Legal Aid of Western Ohio</i>
Amber Kear – The Hysteria Company	Kristy Szkudlarek – Findlay-Hancock County Public Library	Sarah Clevidence – <i>Findlay-Hancock County Public Library</i>
Gary Bright – 50North	Jason Aldrich - <i>WOFB</i>	Crystal Whipkey – CCE/Findlay City Schools
Monika Zimmerman – Community Advocate	Peggy Dillon – <i>Hot Yoga Findlay</i>	Sarah Fedirka – University of Findlay
Nichole Coleman – <i>Hancock County Veterans Services</i>	Cyprian Syeunda – <i>Mennel Milling</i>	Lok Lew Yan Von – <i>University of Findlay</i>
Heather Kinsinger – <i>Findlay City Council</i>	Gordon Griffin – Community Advocate	Inci Yilmazli – Awakening Minds Art
Mary Fanning – <i>Legal Aid of Western Ohio</i>	Brandon Montague – <i>NAMI Hancock County</i>	Chris Chilcote – Findlay for All

DISCUSSION:

- 1. Journey to Belonging Videos.** Kristy Szkudlarek completed a draft series of videos that showcase the stories of Newcomers living in Findlay/Hancock County. A request has been made for Delegation members to review the videos and offer feedback – links to the videos and feedback survey will be sent in separate correspondence.
- 2. Photovoice Proposal.** Inci Yilmazli presented a proposal for the implementation of Photovoice. A recommendation has been made to present the project to residents of Riverview Terrace during the Celebration Event on May 7. If there is interest, and funding is secured, the project will move forward (proposal attached).
- 3. Civic Engagement Leadership Academy – Monthly Update.** Sarah Foltz providing a list of potential speakers/presenters for the upcoming Academy. Delegation members are asked to offer other recommendations and submit information to Sarah (sfoltz@findlayhancockalliance.com) (list attached).
- 4. Riverview Terrace – Celebration Event May 7, 5-7pm.** All Delegation members are welcome to attend the event. The ribbon cutting and official opening of the playground (a project of the 2026 HL Leadership Class) will occur at 5pm.
- 5. Book Study Discussion – *Mattering*, Introduction, Chapters 1-2.** The Delegation spent the remainder of the meeting discussion themes and reflections in *Mattering*.

ACTION ITEMS FOR NEXT MEETING:

1. Prepare for presentation of Photovoice at the Riverview Terrace Celebration Event.
2. Seek potential funding opportunities for the Photovoice project.
3. Book Study – Chapters 3-4.

NEXT MEETING:

Tuesday, May 19, 2026

1:00-2:00pm

Lindamood Room

Findlay-Hancock County Public Library

The Link Between Autism and Mental Health

Approximately 1 in 36 children and 1 in 45 adults in the U.S. have autism, according to the Centers for Disease Control and Prevention. Research indicates they face a higher risk of suicide and exhibit elevated rates of suicidal thoughts and behaviors.

What is Autism?¹

Autism is a developmental disorder with symptoms that appear within the first three years of life. Its formal diagnostic name is autism spectrum disorder. The word “spectrum” indicates that autism appears in different forms with varying levels of severity. That means that each individual with autism experiences their own unique strengths, symptoms, and challenges.

The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) definition recognizes two main symptom areas:

- Deficits in social communication and interaction
- Restricted, repetitive behaviors, interests, or activities

Individuals with autism may present a range of symptoms that can include, but are not limited to:

- Reduced eye contact
- Lack of facial expressions
- Not engaging in imaginative play
- Repeating gestures or sounds
- Closely focused interests

Suicide Risk

Research shows autistic individuals face a higher risk of suicidal thoughts and behaviors than non-autistic peers.² This increased risk is partly linked to co-occurring conditions like depression and anxiety. Autistic children are about twice as likely to experience suicidal ideation or attempts, with some reported as early as age eight.³ Autistic adults also show markedly higher rates of suicidal ideation and attempts, especially when diagnosed later in life.

Resources

Autistic Self Advocacy Network
autisticadvocacy.org

Autism Society Ohio
autismohio.org/resources

Autism Speaks
autismspeaks.org

National Autism Association
nationalautismassociation.org

Ohio Center for Autism and Local Incidence
ocali.org

“Autistic children are about twice as likely [than non-autistic peers] to experience suicidal ideation or attempts, with some reported as early as age eight.”

WARNING SIGNS

THERE ARE WARNING SIGNS AN AUTISTIC INDIVIDUAL IS EXPERIENCING A MENTAL HEALTH CRISIS, SUCH AS:⁴

INCREASED EMOTIONAL DISTRESS THAT CAN PRESENT ITSELF AS IRRITABILITY OR AGGRESSION

INCREASING SOCIAL WITHDRAWAL OR ISOLATION

PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS

SELF-INJURY OR DISCUSSION OF SELF-HARM

CHANGES IN EATING OR SLEEPING PATTERNS, INDICATING DISTRESS

Supporting Autistic Youth

Supporting autistic youth's mental health requires understanding their emotions, triggers, and access to appropriate support.⁵

Understand triggers. It's crucial for professionals and family members to observe and understand what upsets autistic individuals. By having open conversations and asking thoughtful questions, we can identify the root of their distress. Together, we can empower them with effective strategies to manage their feelings, fostering a supportive environment where everyone can thrive.

Evidence-based treatments. Emotional dysregulation can lead autistic individuals to use unhelpful coping strategies like rumination or shutting down in anxious moments. When triggers are managed but symptoms remain, it's a good time to explore evidence-based treatments like Cognitive Behavioral Therapy (CBT). CBT is effective for anxiety, depression, OCD, and eating disorders, helping individuals navigate their emotions more positively and confidently.

Self-acceptance and peer acceptance. Depression can often stem from isolation or hiding one's true self, especially in autistic youth. However, support systems are crucial in overcoming these challenges. Many autistic individuals find empowerment through understanding their diagnosis, leading to self-acceptance and confidence. Families, teachers, and professionals can encourage social skills and extracurricular activities, helping children connect with peers who share their interests.

References

- 1 Autism Research Institute. What is Autism? Available at: <https://autism.org/what-is-autism/>.
- 2 iReid M, Delgado D, Heiny J, et al. Suicidal thoughts and behaviors in people on the autism spectrum. *Curr Psychiatry Rep.* 2024;26(11):563-572. doi:10.1007/s11920-024-01533-0.
- 3 Kennedy Krieger Institute. New research shows alarming number of suicidal thoughts among young children with autism spectrum disorder. April 4, 2024. Available at: <https://www.kennedykrieger.org/stories/news-and-updates/research-news-releases/new-research-shows-alarming-number-suicidal-thoughts-among-young-children-autism-spectrum-disorder>.
- 4 Autism Speaks. Mental health crisis prevention and support. Available at: <https://www.autismspeaks.org/mental-health-crisis-prevention-and-support>.
- 5 Organization for Autism Research. The Intersection of Autism and Mental Health. Available at: <https://researchautism.org/oaracle-newsletter/the-intersection-of-autism-and-mental-health/>.

ABOUT OHIO SUICIDE PREVENTION FOUNDATION

Ohio Suicide Prevention Foundation (OSPF) educates, advocates for, and builds connections and support for individuals, families, and communities to prevent suicide.



(614) 429-1528 / OhioSPF.org

