

“Strength for Today, Hope for Recovery”



Annual Report

SFY 2020



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MHDAS
Mental Health, Drug & Alcohol Services Board
of Logan & Champaign Counties



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A Note to the Communities...

How do you sum up a year like 2020?

These are words that come to mind: Resilience, Community, Perspective, and Determination.

In a year like no other we have experienced; I saw “Resilience” in our System. The ***MHDAS Board*** staff learned to get things done and be available in the community while working from home and coordinating office coverage. The staff and leadership at ***TCN Behavioral Health*** never stopped providing prevention, treatment and recovery services to people, despite all the added protections and restrictions required in doing so. The staff and leadership at ***Residential Administrators*** as they continued to provide housing, supportive services and even responding to crisis when quarantine was required for folks experiencing homelessness. The staff and members of ***Recovery Zone*** who never stopped being available for peer support, transportation, meals and emergency needs to their members and many, many more in the community.

I saw “Community” lived out as people came together to meet neighbors needs, to check on each other, to share resources and to encourage each other that we were in this together.

I saw the difference “Perspective” could make in how people weathered the events of 2020. Many people have struggled physically, emotionally, socially, financially and spiritually. But in spite of the loss of life, loss of employment, and loss of connections, many people found the resolve to continue on and to find good in even the small things that being forced to slow down allowed them to notice more.

I saw “Determination” in the people and partners of Logan and Champaign Counties as we sought to find other ways to meet needs in the communities. When normal wasn’t possible, there was intentional focus to find another way to meet people where they were and support them. We know the mental health impacts of the pandemic have been significant and we continue to seek new ways to reach out and to make services and supports available.

No question, 2020 was a tough year, but despite that, there has been growth and learning. In some ways we and our behavioral health system are better for it.

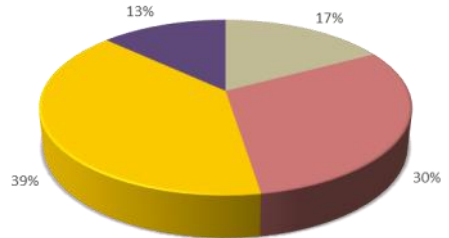
2020 - thank you for the lessons,

Tammy Nicholl
Executive Director

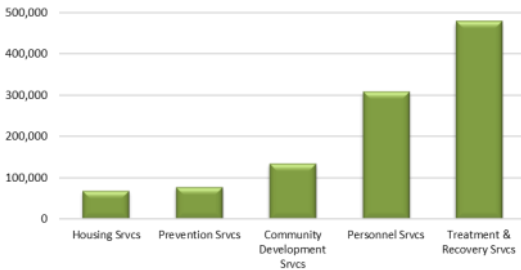
State Fiscal Year 2020 Annual Report

Revenue

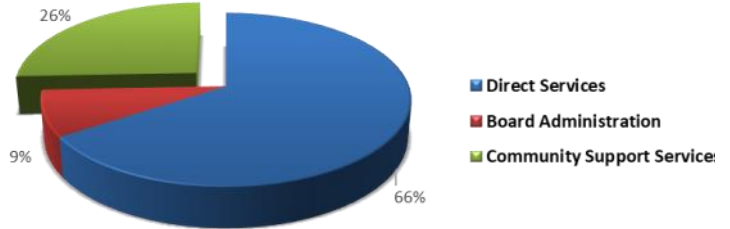
- Federal
- State
- Local Levy
- Other



Community Support Breakout



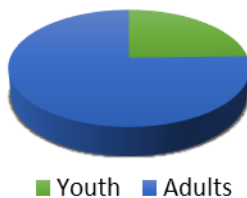
Expenditures



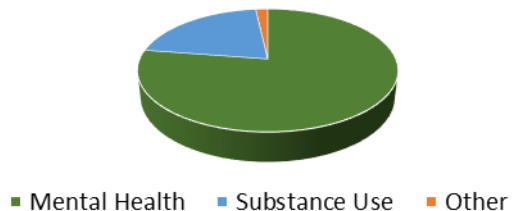
24 Hr. Crisis Hotline received 540 calls over the past year, of those calls, 310 had suicidal ideations and 19 had homicidal tendencies. These callers were able to get appropriate interventions and the help they needed.

24/7 Crisis Help Call: 800-224-0422 or 937-376-8701

2,642 Consumers in SFY 2020 unduplicated count - treatment services



Consumers by Primary Diagnosis





*H*eather came in June 2019 when she was homeless and staying temporarily with her sister. She was court ordered to show up to Recovery Zone after the house was raided for drugs. Because of that incident, Heather was charged with child endangerment, lost custody of her children, and placed on probation. Her

children went to live with their great-grandmother. Heather was open to peer support from Recovery Zone and was willing to do whatever was necessary to change her life. She attended Recovery Zone group programming, completed community service, and started helping deliver meals to people who were completely shut-in with the Covid lockdown. This was no small task. During the peak of the shut-down, Recovery Zone was delivering 150 meals per day to community citizens in vulnerable situations.

Because of all her volunteer work with Recovery Zone, she was able to eliminate her court fines. Heather also completed everything that Children Services requested to try to regain custody of her children. Heather and her grandmother worked together to purchase a mobile home so that she could provide a safe place for her children to live. In August of 2020, Heather regained custody of her children but didn't stop there. Heather now has more goals, teaches an art group in spite of a hand deformity, and wants to work for Life Recovery catering. For Heather, participating in Recovery Zone has been a life-changer, where she is accepted and warmly welcomed for who she is. Heather is an over-comer.

You can turn things around

A Logan Co. gentleman in his late 50's—there was a time in his life when he “had it all”- happy marriage, making great money, working a job he loved and a sense of purpose. Due to a gambling addiction he lost his marriage, any relationship with family and friends, was homeless and admitted to a psychiatric hospital after a breakdown dealing with depression. RTC Employment Services was contacted by the hospital for assistance since they couldn't release him with no place to go. He was at rock bottom. He started off in the homeless shelter and taking care of his mental health by attend-

ing treatment services and getting his medication stabilized. He is in a much better place now mentally and is rebuilding his relationships with family on a daily basis. He is now working and has been stable at his place of employment. He has obtained his own apartment and has been able to sustain it himself. He continues to reach out with any areas of concern to get some guidance. Probably most importantly he gained back a sense of self worth and realized that as long as he's still breathing, "there is time to turn things around."



Rebecca is an intern with Recovery Zone in Bellefontaine on her way to becoming an Ohio Certified Peer Recovery Supporter. She has completed her initial 16 hours of training and is scheduled to complete her 40 hour training in April 2021. Rebecca has 3 years in recovery from a substance use disorder, and has completed treatment at West Central Community Corrections Center in Marysville and Adult Recovery Court in Logan County. Rebecca

leads both Narcotics Anonymous and Celebrate Recovery groups, and is completing her last class and final internship to receive her Associates Degree in Social Work (with honors).

Rebecca will be providing Peer Recovery Services for West Central as well as to others in our community. Since starting her internship, she has shown a great deal of skill and commitment to going above and beyond to work with people in difficult and traumatic situations to get them to critically needed services. Rebecca has not only found recovery, she is bringing recovery to the community.

PREVENTION



PAX Tools is a collection of evidence-based, trauma-informed strategies to help support parents, youth workers, and other caring adults to create nurturing environments that improve relationships, cooperation, and

teach self-regulation with youth.

In 2020 215 parents, school employees, daycare and preschool teachers, and other community workers were trained in PAX Tools.

“This training was life changing! I’m a mother of a 10 and 7 yr. old. They love this method and actually behave without having to punish them.”

-Logan Co. Mother



In 2020, the MHDAS Board received \$170,620 funding from OhioMHAS to help increase and expand evidence-based prevention services to schools in Logan and Champaign Counties. MHDAS Board staff worked with each school district to help prioritize their specific needs.

The SOR 2.0 grant (State Opioid Response, federal grant) provided funding for a full time faith coordinator position in each county. The coordinators will work with the newly established Faith Coalitions to organize faith based resources and improve partnerships between the faith community and community partners such as schools, law enforcement, and first responders to help fill gaps in addressing social determinates of health in Logan and Champaign counties.



HANDLE WITH CARE: OHIO

PROTECT • HEAL • THRIVE

Handle With Care is a cross-systems collaboration between first responders and schools to address adverse childhood experiences. This program allows schools to respond to events in a way that builds relationships between students, teachers, and first responders and builds resiliency in our youth. MHDAS Board prevention staff coordinate the Handle With Care programs in Logan and Champaign Counties.

Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (11–13 yrs.) or high-school (13–17 yrs.) students. Students are encouraged to use help-seeking behavior through the ACT technique: **A**cknowledge signs of suicide in a friend, show your friend that you **C**are, **T**ell a trusted adult.

The program includes an optional student screening that assesses for depression and suicide risk and identifies students to refer for professional help as indicated.



2019-2020 School Year		
County	Champaign	Logan
Total Screened	671	808
Positive Screens	119	157
School Referral	49	58
Treatment Referral	10	18
Suicide Ideation	33	47
Suicide Attempt	18	23
Screenings reduced due to CoVid 19 restrictions.		



MHDAS Board staff provide leadership to local coalitions such as the Suicide Prevention Coalition of Logan and Champaign Counties, and Community CORE Prevention Team.

Prevention events sponsored by CORE in Logan Co. include: Medication Take-Back Events, placement of five Medication Drop Boxes in the county (Sheriff’s office, Russells Point Police Dept., CVS Pharmacy, Community Market & Mary Rutan Hospital) , and distribution of 800 Detera Bags (medication deactivation bags).

CONTACT US



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Phone: 937-465-1045

Fax: 937-465-3914

24/7 Crisis Hotline: 1-800-224-0422

or 937-376-8701

Crisis Text Line:: text 4hope to 741 741

Recovery Zone Warm Peer Line: 937-210-9003



Email: info@mhdas.org

On the Web at: www.mhdas.org

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Name:

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Recovery Services
Board for Logan &
Champaign Co.**

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