



prevention
education
treatment
recovery

**1115 Gilman Avenue
Marietta, OH 45750**

www.WCBHB.org

740-374-6990

2019 Impact Report

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Karen Binkley, President (7/2018-6/2019), Board President



In February of 2017, I became the President of the Washington County (Ohio) Behavioral Health Board (BHB). At that time, the BHB did not have a levy and was struggling to provide the mandated mental health (MH) and substance use disorders (SUD) services to Washington County residents; however, with the diligent, intensive work of Behavioral Health Board members, staff, contract agencies, and widespread community support, the BHB was able to pass a mental health levy in November of 2017. The task then became to identify the most impactful prevention, treatment and recovery services and what agencies would be able to provide them.

The Washington County Behavioral Health Board is proud to welcome the following new prevention, treatment and recovery services, which are partially or completely funded by BHB levy funds:

- **Trauma Informed Schools**, in which the adults in the school community received training through Life & Purpose Behavioral Health to recognize and respond to those who have been impacted by traumatic stress.
- **REACH and in-school mental health services.** Hopewell's **REACH** program provides day-long treatment for children who have experienced severe emotional problems and having difficulty functioning successfully in schools, families and communities. Hopewell Health Center and Life & Purpose Behavioral Health also provide in-school mental health services in Washington County.
- **PAX Good Behavior Game**, a research based strategy focusing on self-regulation among students, has been implemented in Washington County Schools.
- **Oriana House** provides treatment services to adjudicated individuals who reside at the facility.
- **Rigel Recovery Services**, operated by Oriana House, is an agency providing outpatient MH and SUD services.
- **Rigel Recovery Residential Center** was established by **Oriana House** for the purpose of providing residential treatment and detox services in the county.
- **Compass Drug Court** provides an opportunity for many individuals facing drug-related charges to accept a 14-month treatment plan in lieu of incarceration.
- **Jail counseling services**, following evidence-based protocols, **are** provided upon request by Hopewell Health Centers.
- **The Washington County Crisis Response Team** was trained in early 2019 using the NOVA model of community crisis response. The team is prepared to provide services that help minimize the harmful effects of a crisis event.
- **Peer Recovery Supporters** have been trained in Washington County and are powerful advocates for recovery; having had lived experience with a mental health or substance use disorder puts them in the perfect position to help others along their recovery journey.
- **The Opioid Hub** – As mandated by the State, the BHB has collaborated with a wide cross-section of county agencies and services to develop a coalition address the opioid epidemic.
- **Recovery Day** is an event featuring games, recovery stories, live music, and informational tables, for the purpose of celebrating individuals in recovery.

Since the passage of the Mental Health Levy, the BHB continues to try to keep the public aware of already established and new services that are being offered by the Board and its agencies. I am so proud of what our staff, Board members, agencies, and community members have been able to accomplish since the Mental Health Levy passed in 11/2017. Although my term as President of the BHB is over, I continue to be a member of the Washington County Behavioral Health Board. The new President, Eric Fowler, along with other Board members and the BHB staff, continue to strive to provide the best behavioral health possible for our community!

Mission

We are responsible for:

- Planning, maintaining and reviewing mental health and addiction programs
- Coordinating services among contract agencies and other providers of care
- Administering all funds to ensure timely, cost-effective delivery of services
- Cultivating a dialog between the Board and both our clients and the larger community
- Pursuing local financial support to supplement state and federal funding

Vision

We strive:

- To provide, as our highest priority, a comprehensive continuum of care to those with severe mental health and addiction disabilities, those in crisis, and those unable to pay for necessary services
- To provide, in a manner alertly responsive to community needs, preventive, early intervention, treatment and recovery services
- To develop active partnerships with our consumers and their families in treatment and recovery processes as well as in the planning, development and evaluation of mental health and addiction services
- To apply managed care technologies to evaluate outcomes, establish best practices and promote efficient use of funding
- To ensure that services are sensitively keyed to the local culture and are delivered by a staff who understand and know how to work within that culture
- To develop ongoing educational programs promoting both public acceptance of persons with mental illness as well as public awareness of mental health and addiction issues and their impact on the community
- To acquire local financial support which permits strengthening and expanding services

Board of Directors (7/1/2018 – 6/30/2019)

Stacey Adams

Cindy Arnold

Jarrett Barnhouse

Bill Bauer

Michael Beardmore

*Karen Binkley, Ed. D.

Eric Fowler, LL. D.

Larry Hall

Eric Johnston

Brett Nicholas

Lee Ann Price

Charles Pridgeon, Ph. D.

Jim Raney, Ph. D.

Stephen Schwartz

Larry Schwendeman

Anthony Touschner, LL. D.

Jack Van Kuiken

David White

The WCBHB meets the 4th Thursday of every month at 7pm on the second floor of 1115 Gilman Avenue in Marietta.

Contract Agencies

- ▶ Life & Purpose Behavioral Health (Marietta, Belpre & Beverly, Ohio)
Mental Health Services, Drug & Addiction Services
- ▶ Rigel Recovery Services (Reno, Ohio)
Mental Health Services, Drug & Addiction Services
- ▶ Hopewell Health Center (Belpre, Ohio)
Mental Health Services, Drug & Addiction Services

We only had one Contract Agency in 2017, and now have multiple!

WALK-IN hours and an increase in the NUMBER OF locations have ENHANCED ACCESS!

Life & Purpose Behavioral Health

Hopewell Health

Rigel Recovery Services

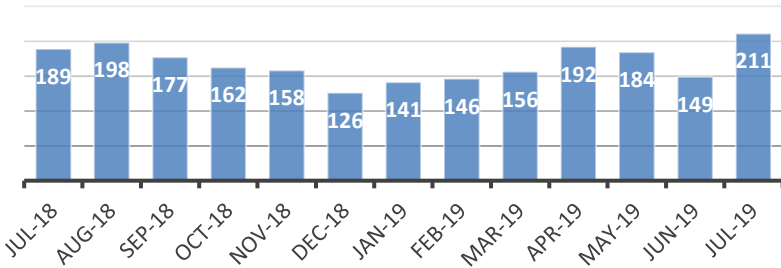
Clients without Medicaid or insurance can access funding from the Washington County Behavioral Health Board – Thanks to the passage of our levy!

PROVIDER	Substance Use Appointments	Mental Health Appointments
Life & Purpose	8,121	33,443
Hopewell Health	488	6,657
Rigel Recovery Service	216	
Rigel Recovery Residential	56	

Programs



House of Hope Participation



House of Hope, located across from the Washington County Home, is a mental health recovery resource center for adult Washington County citizens with severe and persistent mental illness. This peer-recovery organization provides services and activities that are planned, developed, administered, delivered, and evaluated by people who have lived experience with a mental health disorder. There are more than 30 members who participate in this program.

Mental Health First Aid training teaches community members how to recognize the warning signs and assist someone with a mental health crisis.



The goal of **NAMI** is to improve the quality of life and ensure dignity and respect for those who have mental illness. NAMI offers a monthly recovery support group for adults living with mental illness and a Family to Family educational course to help people understand and support their loved ones with mental illness.



Programs

The mission is to increase awareness of the impact of suicide and suicide attempts in Washington County. The Alliance will make information and resources available to the general public about suicide and suicide prevention.

Events include: A Walk to Remember (April)
Candle Light Vigil (December)



Suicide Awareness Alliance
OF WASHINGTON COUNTY



The Washington County Behavioral Health Board offers a “Recovery is Beautiful Scholarship” to support workforce development in areas with an identified shortage of highly qualified providers of behavioral health services in Washington County. Specifically, this program provides scholarships to assist students who are pursuing an undergraduate or advanced degree in Social Work, Counseling or Addiction.

Master’s Level Program – \$5,000 per year for up to two years

Bachelor’s Level Program - \$2,500 per year for up to two years

The **Washington County Crisis Response Team** consists of a diverse group of community stakeholders trained by the *National Organization of Victim Assistance* to provide group crisis intervention. This team can be deployed to respond to people after a traumatic event such as a flood, fire, shooting, etc.



Youth Programs

PAX GOOD BEHAVIOR GAME
Evidence-Based Program recognized by SAMHSA

SINCE ITS LAUNCH,

- 1,987 KIDS** have been impacted by the PAX program
- 4 OF 6 DISTRICTS PARTICIPATING** with a TOTAL of 11 PAX Active Schools
- 242 TEACHERS & STAFF** are trained to implement PAX
- MID-YEAR RESULTS 49%** average decrease in unfocused behaviors

FOR MORE INFORMATION
Tammy Harris, PAX Coordinator
Washington County Health Department
tharris@wcgov.org

April 2019

The PAX Good Behavior Game in Ohio schools is an intervention that teaches self-regulation in young people with dramatic effects on behavior, academics, and even long-term outcomes such as preventing mental health and addiction disorders. *More than 250 school personnel have been trained so far in all six school districts.*

Trauma-Informed Schools

2018-2019 – we sponsored 20 day-long trainings with over 700 teachers.

2019-2020 – we will offer 10 more trainings.

Currently, we are supporting counselors in 5 school districts who have a case load of 200+ children.

Ohio Teen Institute is a drug-free leadership conference for high school students. Through the program, youth develop the skills to become positive leaders within their schools and communities. Washington County is just beginning a Teen Institute program throughout all six school districts.



Youth Programs

The REACH Center in Barlow

A Hopewell Health Centers program, Reach Youth Treatment Centers, has set up a new facility in Barlow to help give students who need specialized help a better chance at success. (31* students; 4 have benefitted from financial assistance from WCBHB)
*highest total enrollment



Too Good for Drugs/Too Good for Violence



EVE, Incorporated seeks to prevent family violence and sexual assault through education and intervention, while providing supportive services to survivors; thereby promoting a safe and healthy community and improving the quality of life. EVE,

Inc. offers prevention programs in the schools (*Too Good for Drugs, Too Good for Violence*). Offering Supervised Visitation & the Safe Exchange Center, the program provides supervised visitation for parents to have time alone with their children.



Strengthening Families

For parents and youth, this is a family skills-building curriculum designed to prevent teen substance abuse and other behavior problems. 100% of the families who participated in 2018-2019 reported that the program had a positive effect on their family. Additionally, 95% of the parents demonstrated effective monitoring skills and 72% of the youth reported being in a more supportive family environment.



The Right Path for Washington County

In its 15th year of providing safe teen and family events, the coalition offers pro-social and community service opportunities for youth. The “I Am Enough” campaign helps teens see that they are enough, without alcohol or drugs getting in the way of their dreams. Since hunger is such a big issue, the organization conducted an event that raised over \$100,000 for local pantries.

Criminal Justice-Related Programs

Oriana House’s 14-month Diversion program is designed to provide substance abuse treatment and life-skills training.

Compass (Drug Court) Recovery Program - Oriana House, Inc.

<i>Month</i>	New Referrals	Active Participants	Closed
<i>January</i>	6	1	
<i>February</i>	7	4	
<i>March</i>	5	9	
<i>April</i>	3	11	
<i>May</i>	5	12	1
<i>June</i>	3	12	1
<i>July</i>	4	12	1
<i>August</i>	2	14	
<i>September</i>	1	14	
<i>Totals</i>	39	17	3



Hopewell Health Centers offer counseling within the **Washington County Jail** to increase access to services and help prevent recidivism.

Washington County



Recovery Engagement Team

A team consisting of trained first responders offer NARCAN and info/referral for treatment to people experiencing overdoses.

Collaborations with the Health Department

Epidemiological Study

This study is investigating suicide and overdose deaths in Washington County between the years 2013 and 2018. It also involves reaching out to loved ones of the victims to gather information to help steer WCBHB program investment.

Opioid Overdoses: There were 49 accidental opioid overdoses in Washington County between the years 2013 and 2018. Fentanyl was found in 49%.

- 69% were male and 31% were female; Highest rate of overdoses were in the age range 25-44 years
- 47% were individuals who were never married, about 27% were divorced, and about 24% were married
- 8% had a college degree, 69% had a high school diploma/GED

Suicides: There were a total of 43 suicides in Washington County between the years 2013 and 2018.

- 84% were male and 16% were female
- 29 of the suicides were completed by a gunshot wound (GSW), 11 by hanging, 2 by drowning, and 1 in the “Other” category

Just like the opioid overdoses, the majority of suicides were individuals in the 25-44 years of age range. However, unlike the opioid overdoses, 40% were individuals who were married.

- 24 of the 43 suicides in which autopsies were performed revealed substances that could be abused in the individual’s system. 12 were positive for alcohol, 8 for benzodiazepines, and 6 for THC. Opioids found included Oxycodone and Hydrocodone.

County Harm Reduction Education Program

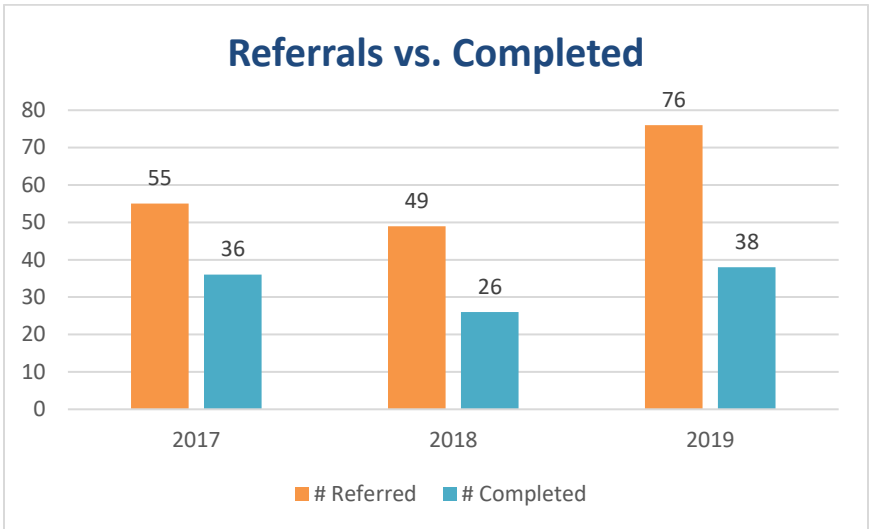
C-harm-ed is a program created and enacted by director of nursing for the Washington County Health Department, Valerie Betkoski, that allows individuals affected by drug use to be tested for hepatitis and HIV, be immunized against hepatitis A and B, get referrals to medical services, receive information on recovery services, and exchange used syringes for new, sterile ones.



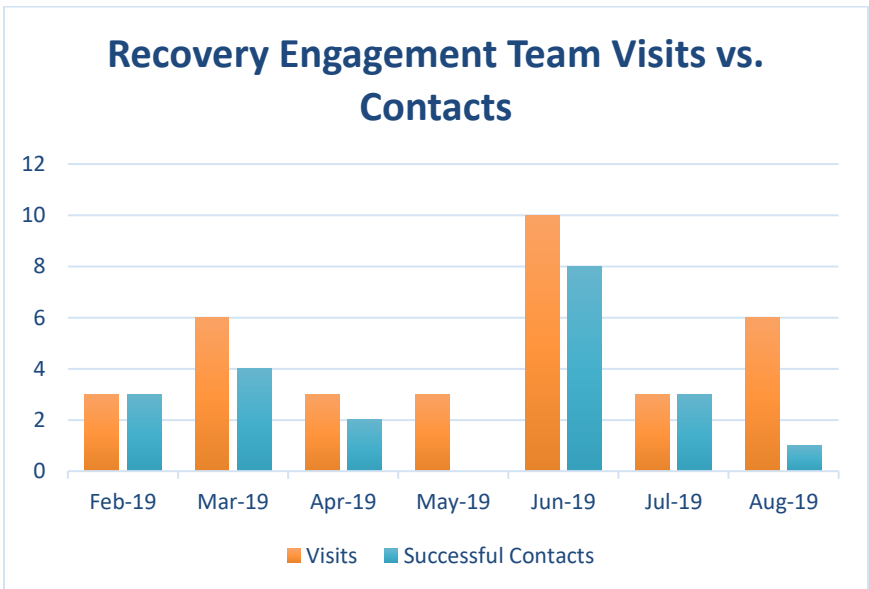
Val Betkoski

Outcomes

Municipal Court Referrals to Residential Treatment



Recovery Engagement Team



Opioid Hub

In the fall of 2017, the Ohio Legislature enacted a requirement that every county in Ohio should have a coordinated program to combat opioid addiction. The goals of this community-based initiative include: ***strengthening county and community efforts to prevent and treat addiction; educating youth and adults about the dangers of addiction and the negative effects it has on society; and promoting family building and workforce development.***



Robin Bozian (left) and Judge Welch (right)

The Washington County Behavioral Health Board was charged with the administration of this effort and began talking with other agencies and individuals throughout the county on how this could be accomplished. Judge Janet Welch, Marietta Municipal Court Judge, and Robin Bozian from Southeastern Ohio Legal Services, agreed to co-chair the effort and in July, 2018, the Washington County Hub was born!

The group, comprised of individuals representing diverse agencies, schools, and the private sector, came together to talk about our county's addiction issues and set up a plan to move forward together. The assembled members then decided to divide up the work into various sub-committees who could delve deeper into the problem by focusing on the areas of education & prevention, treatment and workforce and housing. Indeed, the Hub members realized that in order to solve our community's addiction issues, we needed an interdisciplinary approach.

The Opioid Hub Subcommittees

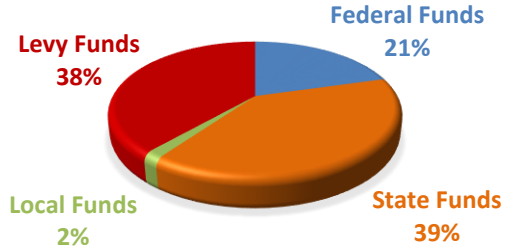
- The **Treatment and Recovery** subcommittee created a bookmark listing all of the contract behavioral health agencies in Washington County in order to help spread the word that treatment for addiction was available to everyone, regardless of income or insurance—thanks to the passage of the Washington County Mental Health levy in 2017. Moreover, out of this sub-committee came the idea for a Community Resource Center, a one-stop shop for people seeking information and advocacy. Later this fall, the Resource Center will be opening in downtown Marietta. The center will be staffed with social service agency personnel, RSVP volunteers and the Washington County homeless coalition volunteers.
- The **Education/Prevention** subcommittee has also made inroads this year as it has helped establish the “Handle with Care” program, whereby law enforcement agencies alert schools when a child has experienced a traumatic event. The committee is also looking at additional suicide prevention and self-regulation strategies that can be utilized by all the school districts and pre-school programs. Resource packets have been developed to be given to new parents, families with preschool children and other programs in Washington County that interact with pre-school age children. The committee is also reviewing additional evidence-based programming to expand prevention-based strategies to middle and high school age youth.
- The **Workforce** subcommittee has met with private employers and attended the employer Safety Council meeting to encourage employers to consider hiring individuals who are completing recovery and wanting to get into the workforce. Having identified transportation as a major stumbling block for many, plans are currently underway to obtain funding for a mobility coordinator to help build on current efforts to improve and expand transportation options. This committee is also exploring the possibility of obtaining a grant to hire a Peer Recovery specialist to provide employer retention services to assist individuals in recovery to navigate the occasional pitfalls that arise in employment.
- The **Housing** subcommittee has identified transitional housing as an area where needs are not being met and is currently exploring different housing programs offered in other communities that might provide solutions here.

Financials (7/1/2018 – 6/30/2019)

Total Revenue

Federal Funds	\$405,015
State Funds	\$773,729
Local Funds	\$31,664
Levy Funds	\$758,106
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	\$1,968,514

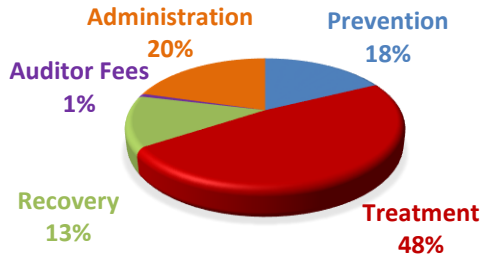
TOTAL REVENUE



Total Fund Expenditures

Prevention	\$353,796
Treatment	\$960,985
Recovery	\$260,052
Auditor Fees	\$15,396
Administration	\$409,772
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	\$2,000,001

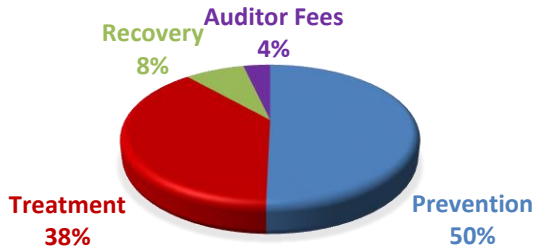
TOTAL FUND EXPENDITURES



Levy Fund Expenditures

Prevention	\$218,429
Treatment	\$165,507
Recovery	\$34,426
Auditor Fees	\$15,396
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	\$433,758

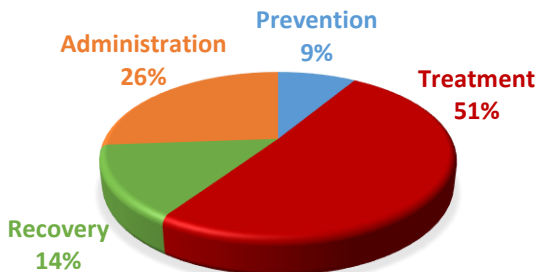
LEVY FUND EXPENDITURES



Federal/State/Local Fund Expenditures

Prevention	\$135,367
Treatment	\$795,478
Recovery	\$225,626
Administration	\$409,772
	<hr/>
	\$1,566,243

FEDERAL/STATE/LOCAL FUND EXPENDITURES



Looking Forward: Our Staff & Strategic Plan

STAFF: David Browne (Executive Director), Hilles Hughes (Deputy Director), Miriam Keith (Recovery & Prevention Advocate), Tara Plaughter (Administrative Assistant), Bill Reed (Forensic Monitor), Tammy Harris, (PAX Coordinator)

VISTAs: Michele Sturgeon and Emily Canaday

Board Operations

- ✓ Enhance public knowledge and develop a strategy to reduce stigma associated with mental illness and addiction in Washington County
- ✓ Improve external and internal collection for the purpose of managing federal, state, and local funds
- ✓ Assess physical space and staff capacity needs of the Washington County Board to support Board operations
- ✓ Develop a long-term spending plan for Federal, State and local funds with a quarterly budget review
- ✓ Conduct quarterly reviews of progress to achieve goals outlined in strategic plan
- ✓ Appoint and empower the Community Relations committee by 7/1/2019
- ✓ Educate community on roles and responsibilities of the Board
- ✓ Develop a marketing and communications plan by 10/1/2019

Improved Continuum of Care

- ✓ Assess and identify gaps in the Washington County Continuum of Care semi-annually. First completed by January 2020
- ✓ Work with providers to assess facility needs as the Board contracts for services
- ✓ Increase and improve capacity and quality of behavioral health services to meet the Washington County continuum of care needs and demands

New Committees: The Program Planning & Oversight Committee (PPOC) and the newly created Community Relations Committee (CRC) help provide additional infrastructure to the work of the WCBHB.

Hilles Hughes, Deputy Director

Advocating for better behavioral health for Washington County is my new calling—one that has personal, as well as professional, meaning for me. I am thankful for all that my previous journeys in higher education have taught me and I am eager to learn new lessons. Despite the news of opioid deaths and the rise in suicides, I stay motivated to the cause because of the patience, persistence and passion that those facing mental health and addiction issues exemplify. As my previous career taught me - colleges can change lives. As my new career teaches me daily - the health and wellness of our county is in everyone's hands. In the education arena, I used to tell my students, "Education is the only thing that cannot be taken away from you. It is our most treasured 'possession.'" In my new domain, I am often reminded of Abraham Maslow's hierarchy of needs, and the truth that for many self-actualization is an elusive dream. As one of the participants of the SAA event "Walk to Remember" wrote in chalk – NEVER GIVE UP!



What People in Recovery Are Sharing:

Most **challenging** aspects of being in recovery:

- watching others overdose
- finding a job in a drug-free workplace

Most **rewarding** aspects of being in recovery:

- being of service to others in recovery
- spending quality time with family

Most **helpful** things for recovery:

- 12 step fellowship
- support of others

"A year ago I wasn't sure if I could live a life without drugs. Now I know I can!"

"I always thought I was hopeless but I know there is light at the end of the tunnel."



**Suicide Awareness Alliance's
Walk to Remember**

**Ohio Teen Institute
Leadership Camp 2019 at
Heidelberg University**



**Washington County
Teen Institute Camp
2019**

**Our levy campaign
kicked into high gear in
2017!**



**Thank you,
Washington County,
for supporting our
levy!**

**Art Therapy Class at
House of Hope**



wcbhb

WASHINGTON COUNTY
BEHAVIORAL HEALTH BOARD

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Connect with Us!

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