



Annual Report FY23

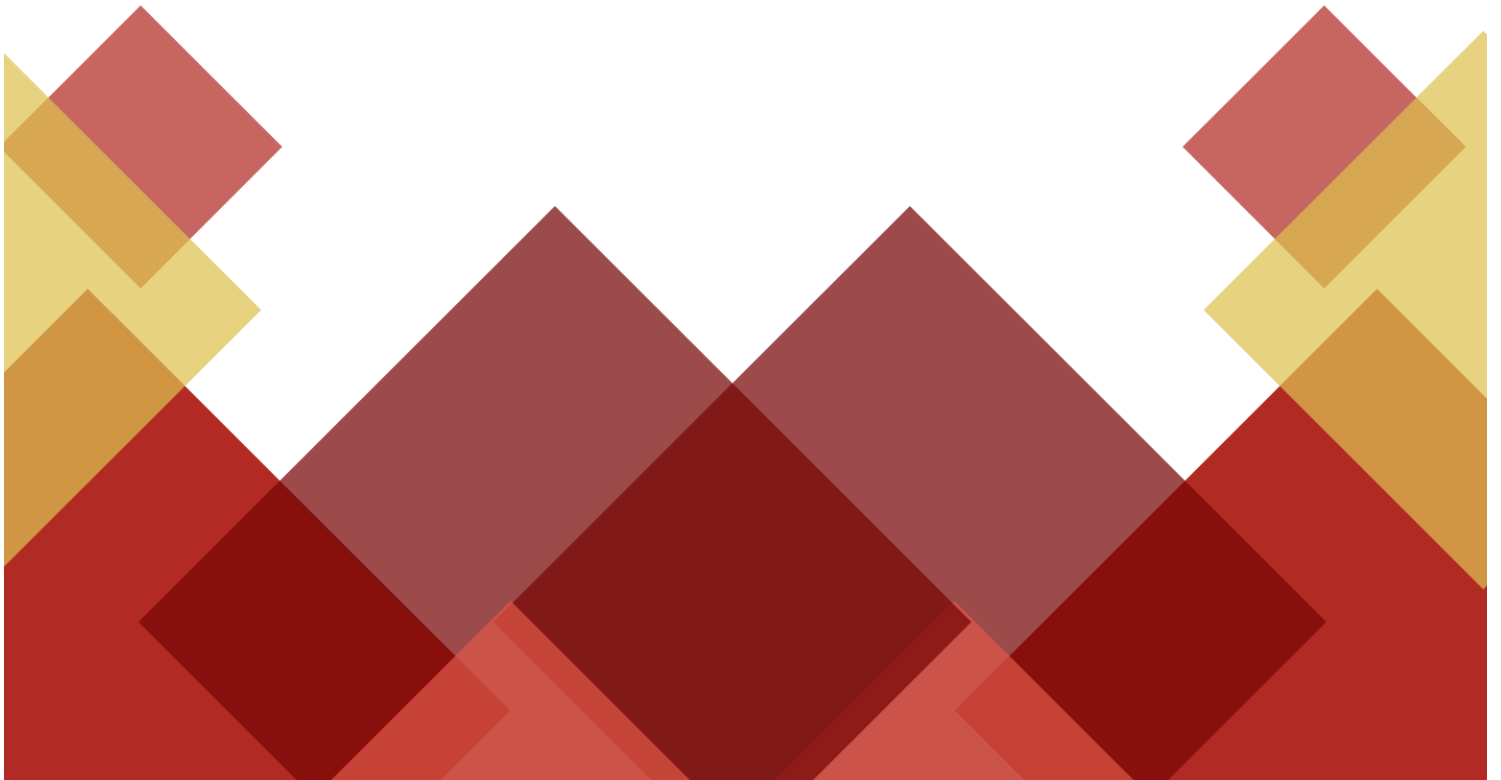
Preble County Mental Health & Recovery Board



(937) 456-6827



www.pcmhrb.org



Director's Message

I want to begin by thanking all of you who gave your resources for the health and well-being of others. Last year was a year of new beginnings. We finally saw a return to normalcy after the pandemic, but it was a new normal. The isolation, fear, and instability felt just months earlier was replaced by a new, authentic understanding of the importance of mental health.

The Preble County Mental Health & Recovery Board was excited to get back to events and outreach programs. Our annual suicide prevention fundraiser, Walk to Remember, Walk for Hope was attended by 65 community members with over \$5,000 raised for suicide prevention programming. The board and staff loved getting out to see many of you for the first time after a long season of isolation.

Preble County felt the loss of seven individuals to suicide and twelve to drug overdose with those numbers being on the rise from last year. The workforce shortage also impacted delivery of services, but our providers worked hard to make sure Preble County residents had the support they needed. Moving forward to FY24 we continue to focus on suicide and drug prevention efforts and breaking stigmas surrounding mental health and addiction.

-Executive Director Amy Raynes

Mission

To ensure that quality mental health & addiction services and supports are available to all Preble County residents.

Vision

The citizens of Preble County will be mentally healthy and addiction free.

Board Highlights

Preble County Mental Health & Recovery Board (PCMHRB) underwent many changes in fiscal year 2023.



PCMHRB moved locations to provide office space for a provider.

PCMHRB received COQ certification through the State of Ohio. This means that The Ohio Association of County Behavioral Health Authorities awarded Culture of Quality Certification to PCMHRB for demonstrating evidence of substantial conformance with the COQ standards.

Current Board Staff



Amy Raynes
Executive Director



Autumn Green
Outreach Coordinator



Sherry Hurst
Fiscal Administrator

Current Board Members



Miranda Armstead



Ashley Clark



Megan Garton



Tyessa McQueen



Landen O'Banion
Chairman



Paula Schlotterbeck



David Sizemore



Shannon Steele



Robert Wood

Not Pictured: Ian Cross

Programming in FY23

Preble County Multi-System Adult (MSA) Collaborative

The MSA Collaborative began in Preble County in July of 2022 as an opportunity for agencies to work together to ensure that the needs of individuals who are struggling with mental health, substance use disorders, or housing are being met. The collaboration meets monthly.

Quick Response Team (QRT)

The Quick Response Team is a program where team members visit the home of an individual who recently overdosed and offer supportive services to the individual and their family. QRT members will then follow up to encourage the individuals to seek treatment and help navigate obstacles to treatment. Individuals and their families rely on QRT for emotional support, information, coaching, encouragement, and resources. Preble County Quick Response Team was reestablished in May of 2023 by our Substance Abuse Prevention Partnership (S.A.P.P.).

Parent Project & Why Try

The Parent Project is a 10-week program that offers concrete, no-nonsense solutions to the toughest parenting questions. The program is designed for parents or guardians of teens ages 11-19. In FY23, PCMHRB held a Parent Project program with 11 parent participants. Why Try is a 10-week program that coincides with the Parent Project classes and answers the questions “Why should I try in school?” for teens ages 11-19. In FY23 PCMHRB held a Why Try course with 5 participants.



Programming in FY23

Mental Health First Aid Training

Mental Health First Aid Training is an opportunity to learn more about how to provide initial support for an individual who may be developing a mental health or substance use disorder and help them to get connected with the appropriate care. PCMHRB offers two different 8-hour training courses. The Youth Mental Health First Aid is specifically for identifying, understanding, and responding to signs of mental illness and substance use disorders in youth ages 6-18. The Adult Mental Health First Aid is a similar course focusing on individuals 18 and over. In FY23, PCMHRB held two training courses with a total of 34 participants.

Success Program

The Success Program provides in-school services and supports for families and students in all Preble County schools. Their mission is to remove non-cognitive barriers to learning to promote school success. The Success Program has served 527 Preble County students in FY23 while also providing programs such as Shoes for the Shoeless, Christmas for Kids, and maintaining food pantries within each school.

Hope Squads

The Hope Squads are a school-based peer-to-peer suicide prevention program. It is established in all Preble County high schools and three middle schools as of FY23. The Hope Squads work to create a positive environment in the schools that focus on the mental health and wellbeing of the students. The Hope Squads also hosted a successful Hope Fair in FY23 that raised awareness and funds for the program.



Walk to Remember, Walk for Hope-September 2022



*HOPE Squad Members & Executive Director Amy Raynes
April 2023*

Outreach FY23

Walk to Remember, Walk for Hope

PCMHRB held the 11th Annual Walk to Remember, Walk for Hope in FY23. All the proceeds for this event benefits local suicide prevention efforts in Preble County. In FY23 there were 65 community members in attendance and over \$5,000 was raised. All the proceeds for the FY23 event were donated to our Hope Squads to improve and expand the program in Preble County schools. PCMHRB would like to thank everyone involved in making the event a success.

Coffee & Conversation

In FY23, PCMHRB partnered with the Preble County District Libraries to expand the reach to all the municipalities. PCMHRB Outreach Coordinator visited all the Preble County District Libraries and provided resources to community members.

Community Events

PCMHRB participated in a number of community events in FY23. This included career fairs, community resource fairs, health fairs, Business Expo, Purple Paws, and many more.

Senior Outreach

In FY23, PCMHRB partnered with the Preble County Council on Aging for their March 4 Meals event. In an effort to reach the senior population in Preble County, PCMHRB donated 250 first aid kits & resources to be handed out to seniors who received meals on wheels.



*Mental Health Awareness Month Proclamation-
May 2023*



*Mental Health Awareness Month –
May 2023
My Neighbor's House*



Walk to Remember, Walk for Hope 2022-Hope Squad Members



Walk to Remember, Walk for Hope 2022-Participants



Coffee & Conversations at Camden Library



PCMHRB provides resources and giveaways at Preble County Business Expo-April 2023



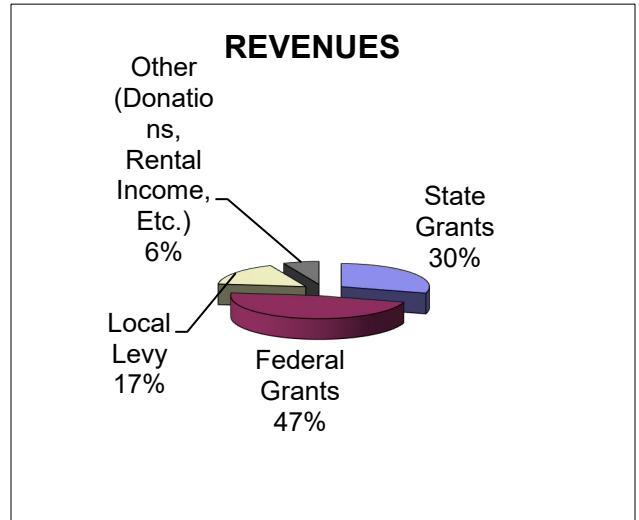
Hope Fair May 2023-PCMHRB partnered with Veteran Services, YWCA, and Preble DD to provide resources to Hope Fair participants.



PCMHRB provides resources at YWCA Purple Paws-October 2022

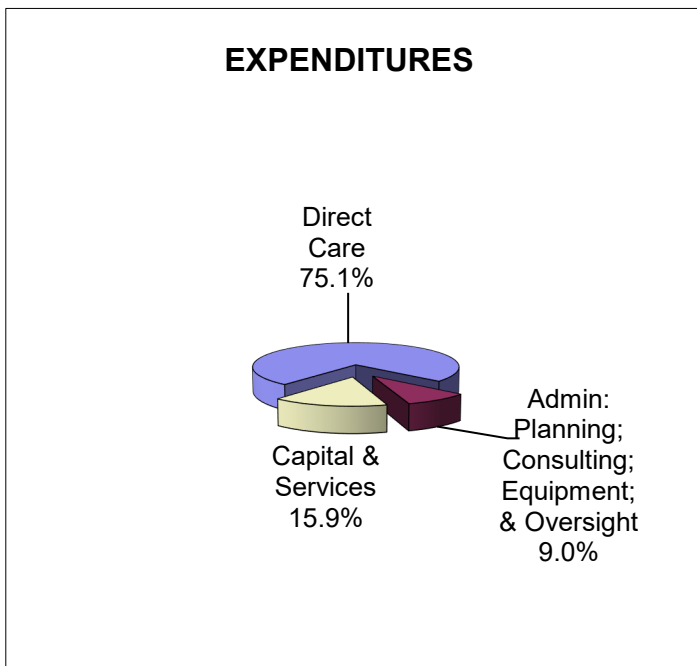
Finances FY23

State Grants	1,087,155
Federal Grants	1,737,447
Local Levy	609,745
Other (Donations, Rental Income, Etc.)	240,210
Totals	3,674,557



Revenues

PCMHRB has generated an increase of 214% in funding over the last 5 years through OhioMHAS allocations, community collaboration, and in-house specialized grant writing to secure competitive grant awards and utilize them to supplement our Federal, State, and local Levy dollars.



Expenditures

In FY23 Capital funds' investments included renovation of the 2nd floor of 120 N Cherry Street to support our drop-in recovery center (My Neighbors House), renovation of the Board's office space in the newly purchased office building at 100 E. Somers Street (purchased in FY22) and an addition of a privacy fence to one of our residential units.

In collaboration with state funding, My Neighbor's House renovations were an important capital project supporting mental health and addiction prevention, treatment, and recovery options to our community. Completion of this project allowed the center to double its capacity, making it possible for private group meetings without interruption, separate rooms for crafting, games, and a quiet space for reflection.

Renovations at our Board office included:

1. Three new A/C systems (building has a total of seven) and one new furnace. These systems were last upgraded in the early 1980's.
2. Reconfiguration of a larger space into two smaller offices for staff.
3. A much needed facelift, as the space had not been renovated since the early 1980's.
4. Added security features such as cameras and lock down doors.

Direct Care	\$2,825,212
Admin: Planning; Consulting; Equipment; & Oversight	\$ 339,955
Capital & Services	\$ 597,287
Totals	\$3,762,454

FY23 Provider Updates



Next Step Living Substance Use Recovery Housing Provider

In FY23 Next Step Living hosted a successful 2nd Annual Red White and Clean event that demonstrated that individuals in recovery can have fun and be sober. Next Step Living also updated their Recovery Barn and now have meetings 6 days a week at the farm. Next Step Living recovery houses remain full and with a waiting list.



Recovery & Wellness Centers of Midwest Ohio Mental Health & Substance Use Outpatient Services Provider

Recovery & Wellness Centers of Midwest Ohio had a successful year of outpatient services and prevention efforts. Below is one of many success stories shared by one of their clients;

A 24-year-old female came in for court ordered treatment and utilized multiple services that Recovery and Wellness offers. At completion, the client reported 3+ months clean from all substance use. 'I have gained peace of mind and self-control. I am more grateful for my time and wiser with the time I spend. Knowing all my flaws and learning how to better myself each and every day. Being more aware of how to stay sober in life'.

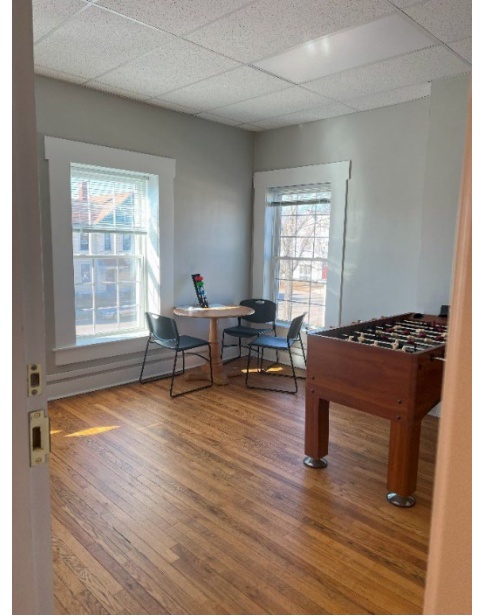


FY23 Provider Updates



My Neighbor's House Operated By Thrive Therapeutics, LLC Mental Health & Substance Use Day Services

FY23 brought many changes to My Neighbor's House. In partnership with OhioMHAS and PCMRB, My Neighbor's House was able to remodel the upstairs which has increased our ability to serve the community. After opening the new space, we have doubled our daily attendance.

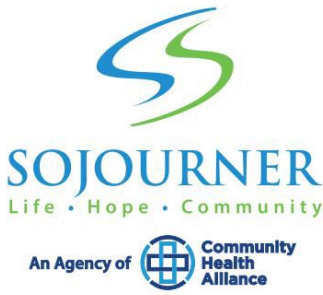


Samaritan Behavioral Health Inc. Mental Health Services Provider

In FY23, SBHI set up in their new location at 225 N. Barron Street, which provided a central location in Eaton for mental health services. Also, three therapists were certified in EMDR Therapy, which has allowed them to offer specialized therapy to the community. Finally, SBHI welcomed a new child psychiatrist, Dr. Grant, who provides services to youth in Preble County.

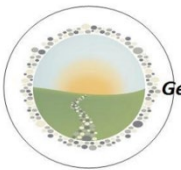


FY23 Provider Updates



Sojourner Residential Treatment Center Provider

The Preble location underwent upgrades both inside and out. Due to workforce shortages, they were unable to open the facility. From a client services perspective, Sojourner provided services to clients at other locations in both residential, outpatient and prevention services. The perinatal program continued its outreach efforts and was able to exceed targets in the number of individuals engaged during the fiscal year.



Gebhart Counseling Solutions, LLC

Gebhart Counseling Solutions, LLC Mental Health & In School Services

In FY23, Gebhart Counseling Solutions expanded Hope Squads to three middle schools in Preble County. They also hosted a successful Hope Fair and increased their presence at community events. They provided suicide prevention, stress management, and communication trainings for local businesses and schools. Moving forward they plan to continue to provide school services at four districts and the alternative school.



FY23 Community Impact

Local Crisis Services

Hotline Calls- 159 Individuals served.

Warmline Calls- 182 Individuals served.

Crisis Walkins- 40 Individuals served.

Crisis Mobile- 40 Individuals served.

Pink Slips-30 Individuals

Hospitalizations-21 Individuals

MRSS Calls- 250 Individuals served.

MRSS Services- 30 Individuals served.

Crisis Hotlines

Preble County LOCAL 24/7 Crisis Line:
1-866-532-3097

Suicide & Crisis Lifeline: Dial 988

National Crisis Line: 1-800-662-HELP (4357)

Youth Crisis Line:1-800-442-HOPE (4673)

Runaway Safeline: 1-800-RUNAWAY (786-2929)

Veteran's Crisis Line: 1-800-273-8255 (Press #1)

24/7 Domestic Violence Hotline: (937) 456-6891

24/7 Crisis Text Line: Text 4HOPE to 741741

Thank you!

The Preble County Mental Health & Recovery Board would like to thank all of our community partners, providers, and members of the community. Without your support we could not accomplish such great work.

Visit our website using the QR Code below!

