

PREBLE COUNTY MENTAL HEALTH & RECOVERY BOARD

FY24 ANNUAL
REPORT



WWW.PCMHRB.ORG

(937) 456-6827

Director's Message



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.

I want to acknowledge the contributions of our board and staff, our providers, our partners, community stakeholders and most importantly, every Preble County taxpayer. As I close on my 10th year as Executive Director of the Board, I am in awe of the amazing strides made to ensure all Preble County residents have the full continuum of care for mental health and substance use treatment and supports. This work has been accomplished through a culture of collaboration, transparency, and engagement with the community. We still have work to do. We still have a lot to accomplish. It will be through our continued partnerships that we can face the challenges, remove barriers and improve on essential elements for the well-being of Preble County residents.

Amy Raynes

Executive Director

Current Board Staff



Amy Raynes
Executive Director



Autumn Green
Community Programs
Manager



Maria Morgan
Fiscal Administrator

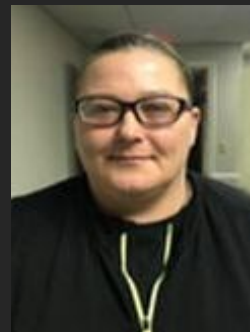
Current Board Members



Robert Wood



Miranda Armstead



Tyessa McQueen



David Sizemore



Ashley Clark



Megan Garton

Programming in FY24

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 and/or substance use disorders 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.).

Survivor Outreach Team (SOT)

The Survivor Outreach Team (SOT) supports families and loved ones in our community that have lost someone by suicide. The team consists of trained individuals with lived experience that are passionate about the work they do. SOT is supported by the Preble County Suicide Prevention Coalition.

United Front: A Multi Agency Case Manager Initiative Training

This initiative started in April of 2023 to unite the case managers of all human services agencies in Preble County. They come together twice a year for training, updates in services, and team building exercises. This has created a county-wide team with a common goal to ensure that all Preble County residents are getting the best care. In FY24 the board host the first training at The Dover in Camden, Ohio with over 50 participants and 16 participating agencies.

Crisis Intervention Team Training

Crisis Intervention Team (CIT) is a program that provides the foundation necessary to promote community and statewide solutions to assist individuals with a mental illness and/or addictions. The CIT Model reduces both stigma and the need for further involvement with the criminal justice system. In FY24 PCMHRB hosted a Full CIT training with 19 graduates.



Programming in FY24

Mental Health First Aid Training

Mental Health First Aid Training is an opportunity to learn about how to provide initial support for an individual who may be developing a mental health or substance use problem 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 FY24, PCMHRB held three training courses with a total of 25 community members trained as Mental Health First Aiders!

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 718 Preble County students in FY24 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 FY24. 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 FY24 that raised awareness and almost \$4,000 for the program.



Outreach in FY24

Walk to Remember, Walk for Hope

PCMHRB held the 12th Annual Walk to Remember, Walk for Hope in FY24. All the proceeds for this event benefits local suicide prevention efforts in Preble County. In FY24 there were 79 community members in attendance and almost \$4,000 was raised. All the proceeds for the FY24 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.



Overdose Awareness

In FY24, PCMHRB hosted its first Overdose Awareness & Remembrance Ceremony. Many community members gathered to remember those in our community we have lost by overdose. Among those were Commissioners who read a proclamation declaring August 31, 2023 Overdose Awareness Day in Preble County.

Overdose Awareness Day Testimony

“My dad died of an overdose. When I speak those words I feel small and shame hides behind them. That shame comes from the fear of judgment from others and the stigma that still exists in so many people’s minds. The overdose awareness ceremony offered a safe space where I could mourn and honor him free of shame, judgment, or stigma. My hope is with time and continuous awareness that safe space can grow throughout the county, and anyone affected by overdose can find peace in knowing that your loved one mattered no matter how their life ended. “

Community Events

PCMHRB participated in 14 community events in FY24. This included career fairs, community resource fairs, health fairs, Business Expo, Purple Paws, and many more.

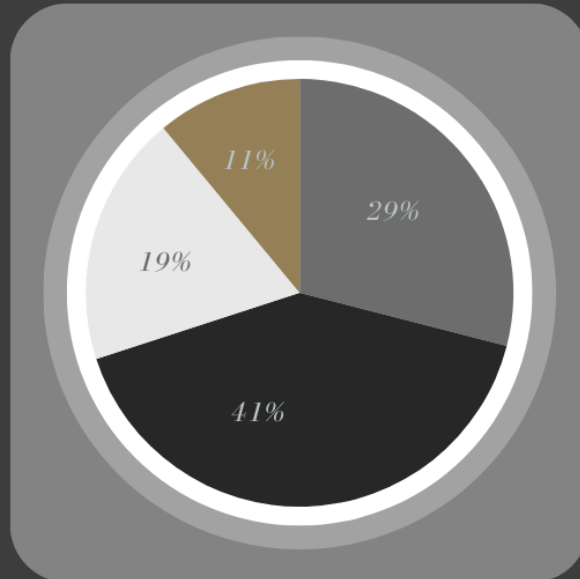




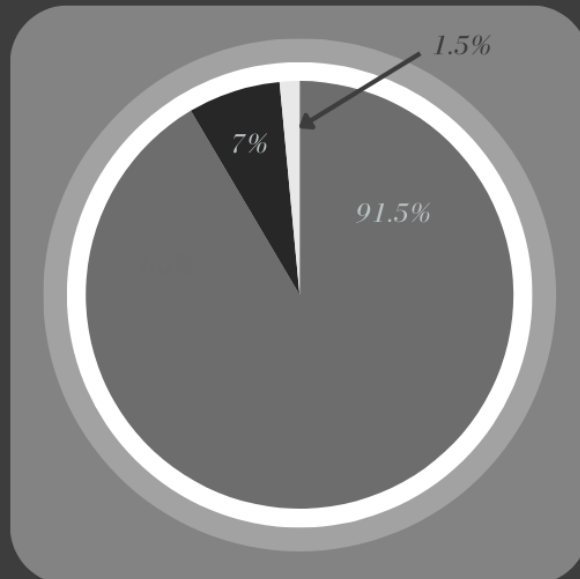
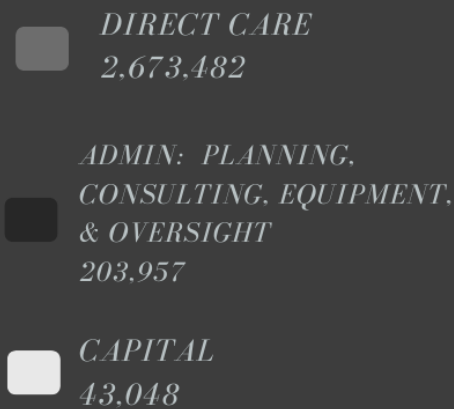
Outreach in FY24 Pictures

Fiscal Responsibility in FY24

FY24 REVENUES



FY24 EXPENDITURES



FY24 Provider Updates

Samaritan Behavioral Health Inc.

Mental Health Services Provider

SBHI added two additional full time therapists to the team helping to increase access to care. The average wait time for first appointment went from 35 to 14 days. SBHI had 327 total admissions in FY24.

SBHI was able to send three additional therapists for EMDR training. Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that is designed to alleviate the distress associated with traumatic memories. In total, SBHI have 7 therapists training in EMDR allowing SBHI to offer specialized trauma treatment.

SBHI became a certified Mobile Response and Stabilization Services (MRSS) provider for Preble County. In FY24 they had 305 referrals in quarters 2, 3, and 4. SBHI hired a new qualified behavioral health specialist, Courtney Hubbard, to work with MRSS therapist Angie Schmidt. This allows SBHI to provide more intensive and thorough MRSS services to at risk youth and families in need of additional support.

Sojourner

Residential Treatment Center Provider

The Perinatal Program achieved many successes and accomplishments during FY24. During this time Sojourner provided perinatal prevention education to approximately 300 participants in the Preble County community. Participants included pregnant women, postpartum women up to 12 months post-delivery, and their support persons/family members.

Throughout FY24, the Perinatal Nurse Educator maintained an average caseload of 16 women, both pregnant and postpartum, who received services on a weekly or biweekly basis. 3 babies from the caseload were born during this period – all 3 were born substance free. Perinatal services were provided during home visits, by Telehealth, at outreach events, and onsite at collaborating agencies. The program collaborated and partnered with many local agencies, including WIC, Early Head Start, Help Me Grow, Job and Family Services, Birthright of Eaton, and Molina Healthcare.

Through the collaborations, several outreach events were planned and held at county parks in order to reach pregnant women and their families. The Perinatal Program also participated in the Preble County Fair and provided prevention education and shared information about Perinatal services to over 100 attendees.

FY24 Provider Updates

Recovery & Wellness Center of Midwest Ohio Mental Health & Substance Use Outpatient Services & Recovery Housing

Recovery & Wellness Center of Midwest Ohio continues to stay very busy with outpatient services for mental health and substance use, TASC, jail services, court services, and recovery housing. In FY24 they had 258 new mental health clients and 1,004 substance use clients. Many clients successfully completed the treatment program like the following story.

A female client who stated she was extremely apprehensive and judgmental toward treatment at her assessment because she felt like she did not belong here like the "other" people. At our first session for her treatment plan we built rapport, and she began to open up, admitting she used substances (alcohol and marijuana) to cope with a breakup after a dysfunctional relationship. She put down the substances from the start of treatment and her levels steadily dropped until she was negative. At every session, she presented with new insight and ability to self-reflect exhibiting open mindedness and personal growth. She began looking forward to sessions and recognizing the improved quality of life both individually and in her family. She attended 12-step meetings as recommended and found a new outlet for herself, which included a connection with women she could lean on in trying times. After successfully completing treatment she expressed a mix of emotions being both sad and grateful that her time with RWC was coming to an end.

Gebhart Counseling Solutions, LLC

Mental Health & In School Services

Gebhart has added two case managers to their team. One is placed at the ESC Success Academy and the other works with office and other school clients.

They currently have 12 school based therapists and served over 564 youth in FY24.

They facilitate Hope Squads in all five high schools, three middle schools, and one elementary school this year. Hope squads continue to educate peers on depression awareness and suicide prevention and have monthly activities to promote connection and positivity.

My Neighbor's House

Mental Health & Substance Use Day Services

My Neighbor's House had a busy year with record numbers serving 148 individuals in FY24. This was an increase on 33% from FY23. The daily average was 15 people per day and about 40 people for Thanksgiving. They were able to go on many outings this year including trips to the pool, movies, and Kings Island. These outings increase the sense of community, relationship building skills, and FUN. With the help of the wonderful community, they were able to grow a larger garden. The produce was a huge help to their daily lunches.

FY24 Provider Pictures



Crisis Hotlines



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)

Local Domestic Violence Hotline: 937-456-6891

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

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