



***Mental Health, Alcohol &
Drug Addiction Recovery
Board of Putnam County***



**Annual Report
Fiscal Year 2008**



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***Mental Health, Alcohol
& Drug Addiction Recovery
Board of Putnam County***



A message to the Residents of Putnam County

Community Boards-Community Benefits

This past year the residents of Putnam County faced many unique challenges. The natural disasters that struck our county definitely brought out our strong community spirit. The willingness to provide for those in need was evident throughout Putnam County.

The Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County and Provider Agencies were proactive in providing necessary behavioral health services to affected individuals. This past year taught us that no other purpose in life is as important as the willingness to be of service.

The Putnam County Board is pleased to present our 2008 Annual Report. It is through hard work, loyalty, and commitment by many individuals that the Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County is capable of maintaining its own behavioral health system.

As a new year unfolds, the volunteer Board and contracting agencies will face our challenges with our mission firmly in mind. By doing so, the Board will accomplish its mission, partnership, and service.

Jennifer Horstman
Board Chair

Michael Ruhe
Executive Director



Mission Statement

The commitment of the Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County (ADAMHS) in partnership with providers, other social service organizations, the community, and our families is to provide necessary behavioral health care services. The residents of Putnam County believe in and promote strong family ties. We believe our future is dependent upon the well-being of our families. As these needs are effectively met, individuals and families will develop to their fullest potential, and the community will build on the renewed strengths of the residents.

Vision Statement

Ohioans believe in their families, children, and communities. The best hope for the future is the well-being of Ohio's families. Ohio will be a place where families can build their heritage and culture, and feel secure in the present as well as reach for the future. Families will accept responsibility for meeting their needs. Ohioans will develop to their full potential and communities will support and build upon the strengths of their residents. The Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County strives toward this vision at the local level.

Values Statement

The Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County believes in a network of care that makes a difference in peoples' lives. We believe in the honesty and integrity of our system and individuals we serve.

"Caring, Wellness, Recovery, Resilience"



Board Members

Jennifer Horstman, Chairperson

Lois Horstman, Vice Chairperson

Mary Jo Williams, Secretary/Treasurer

Ed Bratt

Joe Uphaus

Erin Hoffman

Carol Fessler

Dr. Sarah Schoonover

Helen Devitt

Joe Stechschulte

John Phillips

Maggie Rodriguez

Dr. Mandy Klass

Jeanette Meyerhoffer

Mary Arthur



Board Staff

Michael J. Ruhe, MA, Executive Director

Amy R. Hedrick, Fiscal Administrator

Community Boards

..... Community Benefits

Early Childhood

The Early Childhood Mental Health Grant provides multiple programs and resources that are available to Putnam County Residents who have or work with children ages 0-6. The activities of this grant address issues of mental health that have been identified as a need in the county.

Assessment and consultation services are available to the professionals and families of children identified with concerns. In-services are offered to professionals working with children

ages 0-6 in Putnam County on effective discipline. Parenting sessions are provided and focus on creating strong, nurturing environments and relationships with the children and learn an effective discipline program. Small groups and programming for pre-schoolers on behavior management through the use of puppets called Dinosaur School is offered as well.

In collaboration with Partnerships for Success, a chart has been created listing all of the

programs that are available in Putnam County for Improving Children's Behavior, thus the title.



Services to Seniors

Pathways Counseling Center is now in its fifth year of contracting with The Meadows of Ottawa-Glandorf Nursing Facility to provide consultation services. This service is provided by a Licensed Social Worker. Direct services of 3-4 hours is provided weekly at The Meadows. New residents are evaluated for any serious mental

health needs with referrals and linkages recommended as necessary. Additionally, residents are assisted in making the adjustment to the care facility with ongoing consultation and support available to all residents on an "as needed" basis.

This past year, Pathways also conducted a

presentation for the Alzheimer's support group for caregivers. Information on how to manage and/or reduce stress levels was related to a group of individuals devoted to the care of their loved ones.



Access to Better Care (ABC)

The Putnam County ADAMHS Board works closely with the Putnam County Family & Children First Council to plan and administer the county's Access to Better Care (ABC) allocation. The major purpose of ABC funds is to assist children and families needing intervention, treatment or other supportive services related to their children's mental health/behavioral healthcare needs.

The goals of ABC are to increase access to public behavioral healthcare services and resources within the community, reduce

o u t - o f - h o m e placements, reduce c u s t o d y relinquishments, ensure



inclusion of family in service planning and assure family voice and choice in the selection of behavioral healthcare services. ABC funds can

be used for individual c o n s u m e r expenditures or as match dollars to other federally funded programs, such as Medicaid.

In FY 08, 69% of the ABC funds are utilized for services provided to families in the W R A P A r o u n d program, and the remaining funds are used for treatment and other family supportive services. A total of 27 families from nine (9) communities in the county benefited from ABC funding this year.

Central Pharmacy

Pathways uses a few different ways in obtaining medications for patients that don't have the means or have limited resources to purchase their medications.

We, of course, utilize Central Pharmacy. We were allotted about \$24,745.00 this past fiscal year and we used \$9,021.41 more than we were allotted.

We are also using Patient Assistance Programs through the drug companies. The patient and physician fill out an application provided by the company. It is then sent in for approval by the company. The medication is usually sent to Pathways for distribution if the patient is approved.

Pathways also has sample medications

on hand to alleviate some of the cost to the patients. We encourage the Drug Representatives to visit Pathways frequently.

Clients that are on Medicaid or Medicare can usually purchase their medications without a lot of difficulty.



Prevention Services

Prevention Services at Pathways Counseling Center, Inc. are designed to empower youth to make healthy, low risk decisions, identify positive role models, and increase self-efficacy. Services include, but are not limited to, school-based programming, youth-led initiatives, and drug free alternative activities. These programs educate youth early, continue to build skills through the years, and combine a substance free environment with service oriented activities. There

has been an increase in 2007/2008 of numbers served by prevention services and also in youth-led prevention hours. We anticipate continued growth in many of our programs in the schools and in the community. The Prevention Staff will also have a more efficient way of reporting prevention services in 2008/2009 in the way of a Web Based Reporting system. This system, created and monitored by ODADAS, will track all occurrences and will report quarterly

towards performance targets. Also new in 2007/2008 was the development and implementation of the 8 Hour Alcohol/Drug Education session.

Mentionable Prevention Programs: *Diversion, FRIENDS, How To Be A Better You, JEDI and P.A.R.T.Y.*



Suicide Prevention

The Putnam County Suicide Coalition prescribes to the Ohio Suicide Prevention Foundation Philosophy. The Coalition provides the opportunity and structure for allied groups to pursue coordination strategies to educate and increase public awareness that suicide is a public health problem. The Coalition, Pathways Counseling Center, and Board are committed to reducing the stigma of depression and ultimately prevent the loss of life.



Alternative Opportunity Center (AOC)

The Alternative Opportunity Center (AOC) completed its 12th year of operation at the end of the 2007-08 school year. The AOC provides an alternative educational setting for students who have demonstrated the need for specialized educational programming in a small group setting. Many students attend in order to complete graduation requirements, improve attendance, or to avoid behaviors that would result in suspension or expulsion from school.

The AOC provides a flexible educational setting that enables students to complete current assignments, earn credits for

graduation, and work to pass the Ohio Graduation Test which is required in order to receive a diploma in the state of Ohio. Students can also work on basic study skills, behavioral issues, and social skills needed to be successful in school and work environments.

During the past school year, 73 students from Putnam County were served at the AOC. This included 39 long-term students and 34 short-term attendees. While this is fewer students total than the previous year, the average daily membership for the year was 24.8 students, almost equal to the 2006-07 school year (25.2 students) which was the highest in 12 years. Student attendance at the AOC averaged 91.9%, an

increase of 7.2% over the previous school year.

Individual and group counseling continues to be provided to all long-term students served at the AOC. Each student must undergo a diagnostic assessment, drug test, and strength and risk assessment when they enter the program. Students are assisted in developing goals to work toward throughout the year which are addressed in counseling sessions. Typical discussion issues include: team building, communication skills, death and dying, future planning (including marriage, finances, and having children), values, morals, building self-esteem, and anger management.



Intensive Outpatient Program (IOP)

This year the IOP program has continued to be refined and improved. Last year's curriculum change to the evidence based Interactive Journals has been successful. The program continues to use the 12 step model of recovery as taught in AA (Alcoholics Anonymous) and NA (Narcotics Anonymous). Participation in AA and NA continues to be a mandatory part of IOP. There has been a family/

supporter night added to the program when group members' support people and family can come learn about addiction and recovery.

The next phase of development for this program will be the



introduction of motivational incentives to encourage increased 12 step attendance and family/support person participation. Research has consistently shown that increased AA or NA attendance improves abstinence rates. Research also shows that motivational incentives work well with substance dependent populations and improve whatever target behaviors they are aimed at.

Alcohol & Drug Addiction Services/ Employee Assistance Program (EAP)

Alcohol & substance abuse treatment and prevention remain active, and the numbers are increasing. More individuals are seeking services on their own. Our intensive outpatient program, under Jennifer Schmidt, has continued to see high numbers of attendance as well as successful completion. As we move into the new year, our

community as a whole needs to be vigilant and aware of the increase of other drugs moving into our area. I would like to express our appreciation for your support and understanding as we pursue our mission in Putnam County.





Partnerships for Success



The Family & Children First Council completed the first year of its Partnerships for Success (PFS) grant on June 30, 2008. The ADAMHS Board has been a member of the core team responsible for carrying out the activities of Partnerships For Success.

Partnerships For Success is an operating system that helps communities identify and prioritize critical issues affecting child and family well-being and helps communities learn to better manage the investment of resources to address those issues. Members of the Council receive customized training and coaching to support their efforts. Partnerships for Success also helps the county reduce duplication of efforts among local agencies, make policy and program decisions that lead to better use of public dollars, evaluate the impact of investments and provide for long-term

sustainability of evidence-based programs and services.

In addition to system changes, the grant also provides funding for strategies that fill gaps in the community. In Putnam County, there were few family-centered prevention programs. Through Partnerships for Success, the Family & Children First Council implemented "The Incredible Years" parent program which teaches parents about appropriate child development and provides them with skills needed to bond, communicate, motivate, and praise their children. The program also improves parent ability to discipline and decrease aggressive behaviors of their child. Currently more than 40 people are participating in various aspects of the grant which continues until June, 2009.

Putnam

Network of Care *for Behavioral Health*

Network of Care is a resource for individuals, families, and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with behavioral health issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. This can greatly assist in our efforts to protect our greatest human asset - our beautiful minds.

Domestic Violence

Pathways Counseling Center and Crime Victim Services continue to provide an on-site therapy group for women and individual therapy for victims of crime. This program helps victims identify the “red flags” of abuse so they can learn to handle those

behaviors more appropriately and develop healthier relationships for themselves and their children. Pathways Counseling Center also provides a 26 week domestic abuse intervention program for those who batter.



Crime Victim Services

Crime Victim Services (CVS) has been assisting victims in Putnam County since 1990. Putnam County is the only county in Ohio in which one agency serves all victims at one location. In Fiscal Year 2008, the experienced CVS staff provided services to 932 primary and secondary victims of felony, misdemeanor and juvenile crimes. Staff provided crisis counseling to 102 victims while the 24-hour crisis-line answered by CVS staff and trained crisis counselors fielded 41 emergency Putnam County calls for victims of sexual assault and domestic violence.

CVS assisted 198 victims of domestic violence (97 primary and 101 secondary victims) and 68 victims of sexual assault (30 primary and 38 secondary). Victim Advocates assisted 30 victims file for Civil Protection Orders and provided packets of information to an additional 14 victims.

In cooperation with Pathways Counseling Center, on-site group and individual counseling is available to women and children who have been victims of domestic violence or sexual assault in the Crime Victim Services' office. Pathways provided group therapy to 7 women totaling 78 sessions and individual therapy to 12 women totaling 30 sessions. CVS also has a counselor on staff who provides bi-lingual counseling for sexual assault victims in Putnam County. Last year CVS provided 24 sessions to 10 primary and secondary sexual assault victims.

CVS provided 442 housing/shelter days, 136 meals, and assisted 16 families with transportation. Twenty-two families celebrated the holidays with gifts and food with the Adopt-A-Family Christmas project.

CVS is part of a six-county collaboration, called the Family

Justice Center, which seeks to provide domestic violence victims a one-stop site for their safety, healing, justice, and financial needs. The newly remodeled Family Justice Center in Putnam County is located at Crime Victim Services and includes a partner office, family room, counseling room, and a children play room complete with a variety of toys and a mural, DVD player, books and a computer with games. This past year the FJC has been used by victims for meeting with law enforcement, prosecutors, and Legal Aid attorneys as well as for group and individual counseling. Families now have a comfortable, home-like place to wait for lengthy court proceedings while able to make phone calls, eat meals, read, watch movies, play games with the kids or just relax.

WRAP Around

The Putnam County ADAMHS Board has been a key leader in the implementation and sustainability of the Putnam County WRAP Around program. The ADAMHS Board partners with the Putnam County Family & Children First Council in operating and monitoring services.

WRAP Around stands for Wellness & Recovery Action Plans. WRAP Around is an evidence-base practice that coordinates services for families with children who have multiple mental health or behavioral health needs. In Putnam County, 52 families have been referred to WRAP Around since the program began in 2005. When families enroll in the program, they help create their own WRAP Around team. The team is comprised of four to seven people who know the family and have a history of working with the family. Agency workers, teachers, principals, grandparents, neighbors, friends, and clergy have served on WRAP Around teams. It has proven beneficial for families to have a consistent group of people working with them over time. This team learns about the

strengths of each family member, learns about the family's goals and helps them resolve conflict. The family and team develop a plan of action

Around. The results are shared monthly with the Putnam County Family Coordination Team which acts as an advisory



that will help the family accomplish goals they have set for themselves. Every WRAP Around plan is individualized according to the strengths and needs of the family members. The plans ensure basic needs are being met, that mental healthcare and other resources are accessible, that a support system is identified for the family, and that family connections are strengthened in order to prevent them from escalating into further crisis.

Assessment tools are used monthly to track the progress of each family in WRAP

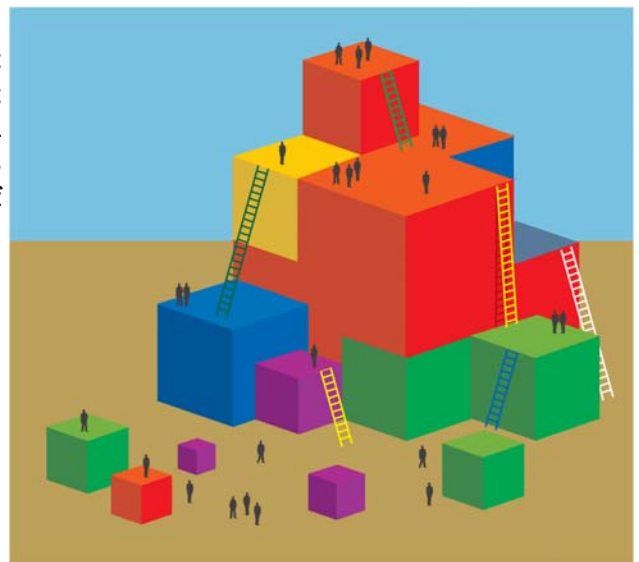
committee for the program. The family information is also entered into a web-based data collection system called EScore. This allows for tracking of demographic information, shows if what we're doing is improving quality of life for families, and shows the extent to which resources/services have been used by the family as well as measuring other outcomes.

Disaster Preparedness



This past year was a challenging time for the Putnam County community—extensive flooding and tornados dealt an emotional blow to many residents of Putnam County. The Mental Health Alcohol & Drug Addiction Board of Putnam County would like to thank all those involved in rebuilding our communities,

physically and emotionally. The Board would like to remind anyone who has survived a traumatic event that it doesn't mean your lives are over or that you don't deserve to be happy again. Return to doing things you enjoy with friends and family. Reestablish the routines of your life. Make commitments and keep them. And if you or a member of your family still has trouble coping, ask for help.



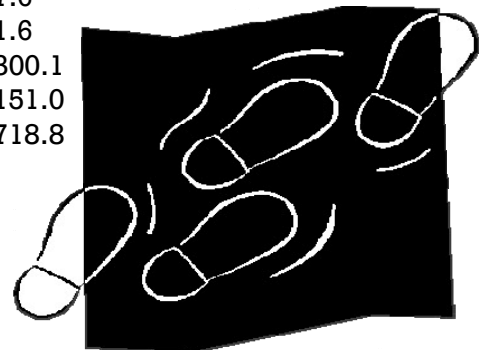
Services of Pathways

Mental Health Units

Diagnostic Assessment	749.9
Medical/Somatic	619.3
Ind. Counseling	9852.1
Group Counseling	3041.0
Ind. ISP	20468.8
Group ISP	1177.0
Residential Support	762.0
Consultation	940.4
MH Education	166.6
Crisis Intervention	60.8
Other MH Services	5102.5

Alcohol/Drug Units

Assessment	642.3
Screen Analysis	347.0
Ind. Counseling	2390.3
Group Counseling	5836.3
Case Management	7.6
Crisis Intervention	1.6
Intensive Outpatient	300.1
Residential Services	151.0
Community Services	718.8





BUSINESS NAME

Financial Statement FY 08

CASH INCOME

CASH DISBURSEMENTS

Federal Funds

Mental Health Block Grant	\$42,428.00
Alcohol & Drug Block Grant	\$105,600.00
FEMA Grant	\$29,072.67
Title XIX- Medicaid	\$275,212.13
Title XX- Social Services	<u>\$14,202.00</u>
	\$466,514.80

State Funds

505 Base	\$229,679.00
408 Funds	\$444,216.00
410 Forensic Funds	\$9,703.00
Alcohol & Drug Abuse Subsidy	\$104,822.00
Youth Led Program	\$3,556.00
FAST Grant	\$26,694.00
Early Childhood Grant	\$29,378.00
ABC Grant	\$36,842.01
Suicide Grant	\$1,930.00
505 Prevalence	\$19,606.00
505 Special	<u>\$30,000.00</u>
	\$936,426.01

Local Funds

Tax Levy	\$178,087.94
Miscellaneous	<u>\$22,451.40</u>
	\$200,539.34

TOTAL REVENUE **\$1,603,480.15**

MH Board Administration

& Special Services	\$145,120.91
Pathways MH	\$564,647.00
Pathways AD	\$207,366.00
Out of County XIX	\$88,536.13
MACSIS Expense	\$22,282.00
Crime Victim Services	\$38,500.00
Alternative Opportunities	\$84,000.00
Pharmacy	\$11,950.79
FAST 08	\$26,694.00
Early Childhood	\$36,722.00
ABC Grant	\$36,842.01
Title XX	\$14,202.00
Suicide Prevention	\$2,500.00
FEMA Grant	\$19,914.59
Pathways Medicaid	<u>\$229,600.47</u>
	\$1,528,877.90



Primary Business
Address
Your Address Line 2

Phone: 555-555-5555
Fax: 555-555-5555
E-mail:
someone@example.com



***Mental Health, Alcohol
& Drug Addiction Recovery
Board of Putnam County***



Community Boards
..... Community Benefits

We're on the Web!

<http://www.pathwaysputnam.org/ADAMHS/home.htm>

CONGRATULATIONS!

**Mike Ruhe on 30 years of service for the
Putnam County ADAMHS Board.**

