



ADAMH PAINT VALLEY ADAMH BOARD

Annual Report 2004

*Serving Fayette,
Highland, Pickaway,
Pike and Ross Counties
since 1967*

Our Mission Statement:

Our mission is to meet the recovery needs of our community by providing access to quality and integrated services, empowering consumers and supporting innovative and evidence-based approaches to treatment.

ADAMH Board Receives Health Foundation Grant

The Health Foundation of Greater Cincinnati has awarded a \$277,065 grant over three years to the Paint Valley Alcohol, Drug Addiction and Mental Health Services (ADAMH) Board to design and implement a strategic plan that increases access to mental and behavioral health services for school-age children.

The grant will support a staff position to assess the mental health needs of school-age children, assess the current capacity of the system to meet identified needs, assess the funding resources, develop a strategic plan that bridges the gap between identified needs and current

services and pilot implementation for school-based treatment and intervention.

“There are limited behavioral health services available in rural areas,” said Kate Keller, Program Officer of the Health Foundation. “Paint Valley will be able to determine the greatest needs in the area to concentrate resources and help the children who need it most.”

There are 38,000 school-age children in the five county service district. These children attend 23 school districts, 3 vocational schools and 8 private schools.

“Mental health providers and alcohol and other drug

treatment providers currently work with some of the school districts to provide limited prevention programming,” said D. June Frey, ADAMH Associate Director. “We want to be sure that the services are allocated where they are needed.”

For more information about the Paint Valley ADAMH System, call 740-773-2283. For more information about The Health Foundation of Greater Cincinnati, please visit their website at www.healthfoundation.org.



Suicide – “A Permanent Solution to a Temporary Problem,”

Ellen Anderson, PhD

More than 1,200 Ohioans die by their own hand every year. The impact of suicide does not stop with lost lives. For every suicide, it is estimated that six individuals will be profoundly affected for the rest of their lives. These deaths and their effects are even more tragic because suicide is largely preventable. (Ohio’s Suicide Prevention Plan)

Information in the accompanying graph shows suicides per 100,000 persons. This graph shows that as a

whole, the risk of suicide crests at an age range of 35 - 44 years and then increases dramatically for those age 75 and over.

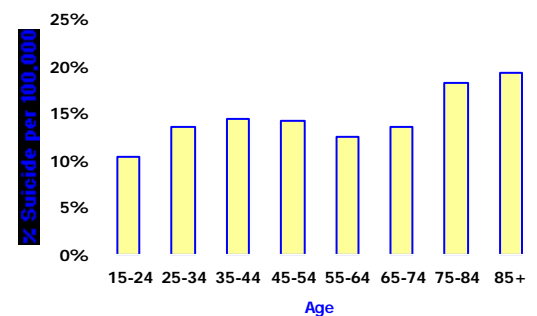
The underlying factor in any suicide attempt is depression. Depression is caused by a chemical imbalance in the brain that leaves a person feeling hopeless. Depression is a treatable condition.

The Paint Valley ADAMH Board received a grant from the Ohio Department of

Mental Health to create suicide prevention coalitions in each county. The goals of the coalitions are to increase awareness of suicide prevention and to increase the ability of the community to intervene and prevent suicide attempts.

If you are interested in joining the suicide prevention coalition in your

county, contact the ADAMH Board at (740) 773-2283.



ADAMH Strives to Ensure Compliance with HIPAA

On April 14, 2003 the Privacy Rule section of the Health Care Insurance Portability and Accountability Act (HIPAA) was implemented. Part of the Act requires the ADAMH Board to adopt security standards for the security of electronic protected health information.

The rule mandates that the Board:

1. Maintain reasonable and appropriate administrative, physical and technical safeguards to ensure the integrity and confidentiality of the information and to protect against any reasonable anticipated threats or hazards to the security or integrity of the information and its unauthorized use or disclosure. These safeguards must also otherwise ensure compliance with the statute by the officers and employees of ADAMH.
2. Assess potential risks and vulnerabilities to such information in its possession in electronic form, and

develop, implement, and maintain appropriate security measures to protect that information.

To meet these requirements as well as evolving technology challenges, the Board established the Director of Information Management (MIS) position. This position is responsible for maintenance of the Board's computerized MIS and is the designated HIPAA Security Officer.

The most significant change in technology operations is that the Board recently upgraded its capabilities and is now fully self-reliant with respect to the Multi-Agency Community Services Information System (MACSIS) and its relationship to the Ohio Departments of Mental Health and Alcohol & Drug Ad-

diction Services. This move has necessitated various computer upgrades and the adoption of additional security policies.

The ADAMH Board is committed to assuring the security of all individually identifiable health information records and has adopted appropriate policies and procedures to address this important issue. For more information, please call the Board's Security Officer at (740) 773-2283.



ADAMH Staff Participate in Continuing Education

The mission of the ADAMH Board is "to meet the recovery needs of our community by providing access to quality and integrated services, empowering consumers and supporting innovative and evidence based approaches to treatment." In support of this mission, several trainings were provided board staff to better understand these needs.

In the spring of 2004, Rosemary Hill-Moran and Ralph Minter facilitated a Family-to-Family training. This 12-week course provided a better under-

standing of the many aspects of mental illnesses and the daily barriers faced by consumers.

In February, Andy Solovey, Associate Director of Clinical Services at the Scioto Paint Valley Mental Health Center, provided training on evidence-based best practices in community mental health. This training included an explanation of the PACT Model (Program of Assertive Community Treatment) for persons with serious and persistent mental illnesses and IDDT (Intensive Dual-Diagnosis

Treatment) for persons with co-occurring mental health and substance abuse disorders.

In June, Landa Dorris, Substance Abuse Coordinator at the Scioto Paint Valley Mental Health Center, presented a training on substance abuse treatment. This training provided an overview of substance abuse treatment, including stage-based interventions, and the biopsychosocial understanding of addiction.

SIG Grant

In June 2003, the ADAMH Board (for Ross County) was awarded a State Incentive Grant (SIG) from the Ohio Department of Alcohol and Drug Addiction Services (ODADAS). SIG grants represent federal dollars and are designed to help communities across Ohio protect youth ages 12-25 from the dangers of alcohol and other drug abuse and addiction.

Ross County was one of only five Appalachian counties in the state to receive such an award. The ADAMH Board will receive \$115,000 a year over three years to implement evidence-based prevention programs in local schools.

“Young people are at the core of the drug issue,” said ODADAS Director Gary Tester. “Research has shown that if we can help young people resist

alcohol, tobacco and other drugs, they are likely to never use these substances as adults. By investing this federal grant money in localized planning and programming, we are investing in Ohio’s future.”

After consultation with community partners, the ADAMH Board contracted with Big Brothers/Big Sisters of South Central Ohio to begin offering the *Lifeskills* program in area schools. *Lifeskills Training* is a three-year program designed to prevent and reduce the use of “gateway” drugs such as alcohol, tobacco and marijuana.

This year three school districts were added to the program, Zane Trace, Southeastern, and Paint Valley. The program is in the second year of operation for sixth and seventh grade class-

rooms at Adena and the Chillicothe City Schools.

School administrators and teachers agree that *Lifeskills* has been an effective program focusing on a variety of topics that impact students’ lives. Of particular interest to many students are the topics: *How to address your parents about getting them to stop smoking, self-esteem, how to overcome shyness, and how to control your anger.* According to teachers, the students looked forward to the days that the SIG Program Coordinators came to present to them, and were disappointed on those days the schedule had to be altered.



Mental Health Center Obtains CARF Accreditation

The Commission on Accreditation of Rehabilitation Facilities (CARF) announced in a press release that the Scioto Paint Valley Mental Health Center had received a three year accreditation for its mental health and substance abuse services and programs. According to the press release, “this accreditation outcome represents the highest level of accreditation that can be awarded to an organization. An organization receiving a Three-Year Accreditation has demonstrated to a team of surveyors that its services and programs are of the highest quality, measurable, and accountable.”

Accreditation requires an organization to meet the legal licensure and certification requirements of the county, state, province, or territory in which it operates -- and much more. Accreditation is awarded only when the service provider can show a proven record of meeting international business practice standards for delivering quality services. The provider must be able to demonstrate conformance to CARF standards for quality to a survey team of peers. The basis of accreditation is to determine if the processes and procedures of the provider are directed to producing positive outcomes (the results of services) in the lives of the per-

sons whom the organization serves. An accredited service provider should also be a positive influence in the community. Accredited organizations also demonstrate a strategically planned and ethical sense of business practices.

Congratulations to the staff of the Scioto Paint Valley Mental Health Center for a job well-done!



CIT Training

On September 27, 2004 the first crisis intervention team (CIT) training opened in our area. CIT training provides instruction to police officers for more effectively intervening with people who are experiencing a mental health crisis. The training became a reality due to the perseverance and diligent work of a committee of local mental health and law enforcement personnel as well as consumers and family members. Kudos to those who provided tireless planning and training efforts. Many thanks also to the Ross County Sheriff's Department for providing lunches and CIT pins, and for the dedication to making the training a reality.

Chief Deputy Terry Morris of the Ross

County Sheriff's Department introduced the training and welcomed participants. The training was provided by staff from the Scioto Paint Valley Mental Health Center including medical director Dr. Mark Hamill, Andy Solovey, Associate Director for Clinical Services, Laura Perrott, Coordinator of Emergency Services, Ray Platt, substance counselor, Kathleen Pallotta, Director of the Martha Cottrill Clinic, Mary Preston, Transitional Services Coordinator, Heather Cowman, Community Support Team Leader, Pam Moody, Information and Referral and Marcia Greathouse, Adult Sex Offender Treatment in Jails.

Other guest speakers included Judy Burns, Behavioral Support Services for

the Ross County MR/DD Board and Mark Munetz, MD, Chief Clinical Officer of the Summit County ADAMH Board. Also included in the training was a roundtable discussion provided by a group of consumers and family members.

Five officers completed the 40 hours of instruction and became CIT graduates. They included Nicholas Oyer, Greenfield Police Department, Ernest Jackson, Jr., Fayette County Sheriff's Department, John Branham, Ross County Sheriff's Department, David Roosa and Tracy Evans of the Waverly Police Department.

Congratulations to these officers and their departments!

Mental Health Day



Mental Health Day 2004 was deemed a success by a majority of participants according to survey results. More than 120 people attended the May 4th event at the Christopher Conference Center in Chillicothe.

The day's focus was Wellness Recovery Action Planning (WRAP) based on the book by Mary Ellen Copeland, noted primarily for her work with depression. WRAP is a structured system for monitoring uncom-

fortable or dangerous symptoms and, through planned responses, reducing, modifying or eliminating those symptoms. Included in the WRAP guide is information on developing a support system, using peer counseling, focusing, creative activities, diet, exercise and journaling.

We were fortunate to have as facilitators two master trainers, Walter Hudson and Carol Bailey Floyd, both of whom were trained by Mary Ellen in Vermont. Mike Witsky, Executive Director of Mental

Health and Recovery Board of Union County presented an overview of WRAP and introduced the trainers.

At the end of the day, participants possessed the skills to develop their individual WRAP plan or wellness toolbox, record important self-information through journaling, and had access to mental health resources contained in their packets.

Stigma Buster!

Stigma: n. the shame or disgrace attached to something regarded as socially unacceptable.

Sherry Angel, Individual and Family Advocate for the ADAMH Board, was one of eight recipients in Ohio to receive a Mental Health Stigma Buster Award from the National Alliance for

the Mentally Ill (NAMI Ohio). Sherry received the award at the NAMI state conference in Columbus on May 22nd.

Sherry's primary responsibilities are to improve access, treatment and supports for consumers in our five-county area. She also shares her personal re-

covery so that others may gain hope. Congratulations, Sherry!

If you or a family member needs assistance, please call Sherry at (740) 773-2283.

Financials Calendar Year 2004

Revenue:

Federal	\$ 7,549,288.24
State	\$ 7,746,516.62
Local/Levy	\$ 2,248,163.08
Grants	\$ 112,334.67
TOTAL REVENUE:	\$ 17,656,302.61

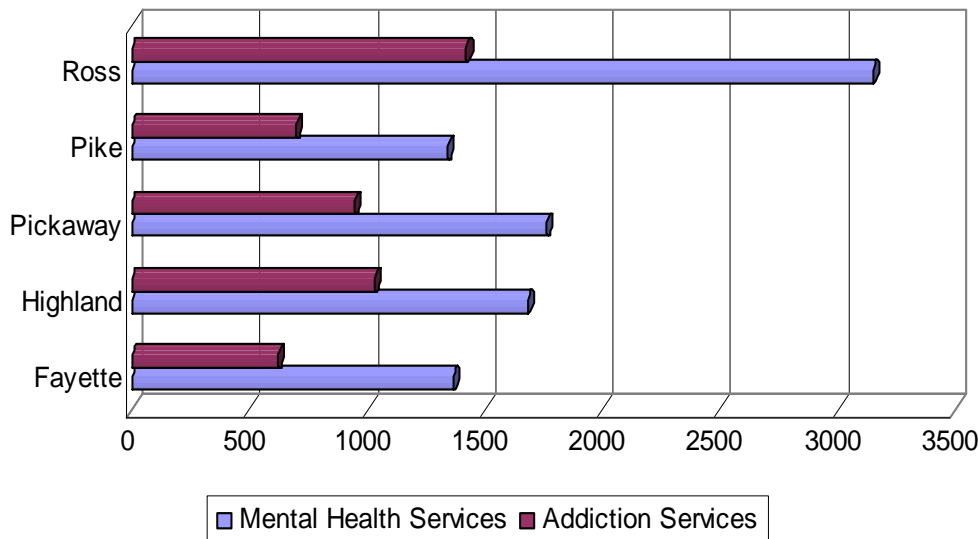
Expenditures:

Board Administration	\$ 941,642.56
Consumer Support	\$ 175,319.40
Big Brothers Big Sisters	\$ 316,419.74
Family Recovery Services	\$ 322,481.04
ISS/Roweton	\$ 531,400.03
Pickaway Area Recovery	\$ 633,974.37
Pike County Recovery	\$ 356,878.52
Paintcreek Youth	\$ 12,999.62
Scioto Paint Valley	\$ 12,247,618.49
Out of County Agencies	\$ 854,710.15
TOTAL EXPENDITURES:	\$ 16,393,443.92

Fund Balance:

Beginning Balance:	\$ 3,545,070.79
Ending Balance:	\$ 4,807,929.48

Calendar Year 2004 Persons Served



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Penny Dehner
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 Management

Cindy Garrison
 Executive Secretary

Sharon Knab
 Business Operations
 Manager

Tammy Salley
 Accountant

Melinda Sheets
 Enrollment Specialist

Paint Valley ADAMH Board Members

Citizens representing the five county service area of the Paint Valley ADAMH Board are appointed by County Commissioners, Ohio Department of Alcohol and Drug Addiction Services, and Ohio Department of Mental Health. Board members serving in Fiscal Year 2004 were:

James Hopkins
Chairperson
Highland County

Glen Peden
Vice-Chairperson
Pickaway County

Sherry Morrison
Secretary/Treasurer
Highland County

Stephanie Bevins
Pike County

Catherine Bishop, D.O.
Ross County

Don Chilcote
Pickaway County

Kevin (Jack) Clark
Pickaway County

Monica Draves
Fayette County

Joan Pelfrey
Ross County

Mattie Richardson
Ross County

Arminta Torbett
Fayette County

Martha Whitley
Fayette County

Richard Whitney
Ross County

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