

**Portage County  
Community Health Improvement Plan  
Progress Report**

**Increase Mental Health Services**

Action Step	Responsible Person/Agency	Timeline	Progress
<b>Increase awareness and accessibility of available mental health services</b>			
<p><b>Year 1:</b> Educate school personnel and social workers in at least three local school districts on the availability of mental health services</p> <p>Create a presentation on available mental health services and present to Portage County area churches, Law Enforcement, Chamber of Commerce, City Councils, Portage College students majoring in social work, etc.</p> <p>Support and disseminate an informational brochure that highlights all organizations in Portage County that provide mental health services.</p>	<p>Karyn Hall, Mental Health &amp; Recovery Board of Portage County</p>	<p>October 1, 2017</p>	
<p><b>Year 2:</b> Educate school personnel and social workers in all local school districts on the availability of mental health services.</p> <p>Continue presentations on available mental health services to Portage County groups.</p>		<p>October 1, 2018</p>	<p><b>1-17-18:</b> Karyn: Held Crisis Team Intervention training for Portage County police officers. 11 officers completed the 40-hour training.</p> <p>Held the "International Survivors of Suicide Loss" Day event on November 18. Four community members attended. (Low turnout---thinking due to Stow having an event the same day.)</p> <p>Are advertising services and the crisis line regularly in the Record Courier and through social media.</p> <p><b>4-18-18:</b> Karyn: Continue routinely advertising services and crisis lines in Record Courier and on social media. Crisis text line allows individuals to text 741741 and (in Ohio) text "for hope" to connect with assistance. Have received positive feedback from individuals who have used it. This line will contact local 911 directly if text is suicide focused.</p> <p>Dr. D'Abreau (KSU) indicated that she will include this crisis text line information in revised University materials.</p> <p>*See addendum with a listing of mental health &amp; addiction/substance abuse community outreach events and presentations</p> <p>Jean (United Way) passed out to the group a Community Impact Health dashboard, developed in alignment with the CHIP activities to guide agencies and others in the community of relevant priorities, indicators, and outcomes for proposed projects submitted to United Way requesting funding.</p> <p><b>7-18-18:</b> Karyn: Increased mental health awareness advertising in May for Mental Health Month – eblasts, newspapers, social media.</p> <p>Interviewed by WKYC in April about mental health issues in children and resources, following local tragedy.</p> <p>Had a Mental Health Month display focusing on children, at the Streetsboro Library during May.</p> <p>*See addendum with a listing of mental health &amp; addiction/substance abuse community outreach events and presentations</p>
<p><b>Year 3:</b> Continue efforts of years 1 and 2 and expand outreach</p>		<p>October 1, 2019</p>	

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<b>Increase the number of primary care physicians screening for depression during office visits</b>			
<p><b>Year 1:</b> Collect baseline data on the number of primary care physicians that currently screen for depression during office visits.</p> <p>Research screening tool with other 4 priorities.</p>	<p>Paul Dages, Suicide Prevention Coalition and Joel Mowrey, Mental Health &amp; Recovery Board of Portage County</p>	<p>October 1, 2017</p>	
<p><b>Year 2:</b> Investigate collaborative opportunities for system solutions with the three major health systems.</p> <ul style="list-style-type: none"> <li>• Identify people in each system that can share the screening tools; ascertain if EMRs from each system can be collected/shared.</li> <li>• Investigate what primary care providers are screening for in offices (including mental health, substance abuse, and obesity).</li> <li>• Obtain EMR <b>required</b> questions from all the health care systems.</li> <li>• Determine PCP assessment criteria and follow up/referral protocols.</li> </ul>	<p>Joseph Diorio, and Mark Arrendondo Portage County Combined General Health District and Kirk Stiffler, Kent City Health Department</p>	<p>October 1, 2018</p>	<p><b>1-17-18:</b> Joe (Becky): Starting from square one in this second year, looking at having the medical directors from both health departments reach out to the medical community to determine what questions are being asked to patients in the community on their EMRs related to mental health. (Have identified that at least 3 different systems are currently being used throughout providers in the county.) Also seeking to learn what they are doing to refer people to resources. This same concept spills over into substance abuse and nutrition/physical activity, with oversight/direction led by the access to healthcare coalition.</p> <p><b>4-18-18:</b> Kevin (Joe): Dr. Arrendondo and Dr. Stiffler have been working with two physicians to gain information on their EMR questions and protocols (related to all relevant CHIP priorities.) Will have additional info to report next quarter.</p> <p>Dr. D'Abreau (KSU) shared that KSU used to use the PRQ3 but stopped doing so because they didn't have the time/resources to handle the answers at the time of the visit.</p> <p>Renee (UH Portage): Working with UH Institute to implement a screening tool with physicians for substance abuse and mental health, which will be connected with the UH EMR. If concerns are identified, the patient will be referred to the appropriate services. Aiming to work with Coleman and Townhall II counselors, implementing their services into the physicians' offices.</p> <p>Wendy (KSU College of Nursing): shared info about a student project done in another county, where nursing staff conducted the screenings and were trained to score the responses. The score was then shared with the physician to handle the referral process. SAMSA has good guidance available on how to integrate services into physician offices.</p> <p><b>7-18-18:</b> Joe: Through the 2 medical directors, have received info from one identified physician, and need to reach out again to the other. Dr. Crystal Mosca is a UH affiliated ambulatory physician, and provided the info. The EMR system she utilizes is Allscripts Touchworks, which was indicated to be used by the majority of outpatient UH providers, with exception of hematology/oncology. There are no required questions within the EMR, with exception of the Adult Risk Screen questions which providers and staff are educated are required, yet the system will not stop if not completed. Often time constraints and discomfort with certain questions and how to follow up are limiting for individual providers in</p>

			screening with certain questions. Physicians routinely focus the attention and questions asked on the specific reason the patient came in for. Well visits or new patient visits typically allow for the greatest opportunity for discussion of broader issues. Dr. Mosca indicated that attempts have been made to code depression screening in notes and forms, to enable pulling additional information from the EMR reports.
<b>Year 3:</b> Increase the number of primary care physicians using the screening tool by 25% from baseline.		October 1, 2019	
<b>Expand evidence-based suicide prevention and bullying programs targeting youth and families</b>			
<b>Year 1:</b> Research Life Skills, QPR, ROX, Strengthening Families, and the Incredible Years programs.  Continue the implementation of Red Flags to the Portage County School Districts.	Karyn Hall, Mental Health & Recovery Board of Portage County	October 1, 2017	
<b>Year 2:</b> Increase awareness and participation of available programs. (Red Flags, Life Skills, PBIS, and Start with Hello.)  Continue researching the PAX program.  Collect data on Red Flags and other programs being utilized.  Implement at least 1 of the programs in 1 new location or school and/or in additional grade levels.		October 1, 2018	<p><b>1-17-18:</b> Karyn: Distributed crisis text line and mental health resource material to Kent City Schools following a student death by suicide.</p> <p>Lots of planning going on for this next quarter.</p> <p><b>4-18-18:</b> Karyn: A Mental Health Roundtable for school counselors and administrators was held on 2/6/18. Had 31 attendees, with 19 school employees representing every district in Portage County. Were two presentations -one on Red Flags by founder Penny Frese, and one on Actively Caring for People by Streetsboro counselor Ira Campbell. Following the presentations was a group discussion to share ideas, with discussion notes as follows: <u>Program ideas:</u></p> <ul style="list-style-type: none"> <li>• Actively Caring 4 People (Streetsboro)</li> <li>• Start with Hello (Streetsboro, Rootstown)</li> <li>• "Mix it up" day – during lunch period (Kent, Streetsboro)</li> <li>• Project Love (Streetsboro)</li> <li>• Re-entry process for suspensions/hospitalizations (Kent)</li> <li>• Christopher Mylo (speaker) (Field)</li> <li>• Positive Pals – tootsie roll idea (Rootstown)</li> <li>• Stick Together</li> <li>• Mission Impossible (Aurora)</li> <li>• PRIDE program (Aurora)</li> <li>• Positive Behavioral Intervention Strategies (PBIS)</li> <li>• Small groups w/ teacher involvement (Aurora)</li> <li>• Positive post-it notes on lockers (Streetsboro)</li> <li>• Compliment cards to staff / teachers (Ravenna)</li> <li>• "Happy" letters home – from children to family members (Ravenna)</li> <li>• Train the trainer – trauma-informed care (Crestwood)</li> <li>• Self-care programs for teachers (Crestwood)</li> <li>• Crisis Intervention Training (CIT) Education Collaborative being held July 16-20, 2018</li> </ul> <p><u>Challenges:</u></p> <ul style="list-style-type: none"> <li>• Academic emphasis</li> <li>• Resistance to "mix it up" day</li> <li>• No direct lines to consult personnel at CA</li> <li>• Teacher attitudes about mental health</li> <li>• How do we get the word out on trainings, especially in schools?</li> </ul> <p>The committee would like to plan another Roundtable in the fall at a larger venue.</p> <p>Teachers have concerns with taking kids out of the classroom, given limited time and resources.</p> <p>Had 2 completed suicides of children under 18 in 2017. This was rare for Portage County. (Had a total of 13 completed suicides in 2017 across all ages.)</p>

			<p>Discussed potential addition of programs focused on LGBTQ/sexuality stigma training and education.</p> <p><b>7-18-18:</b> Karyn: Presented information on mental health programs and resources available to the school districts at the April Superintendent meeting (MHRB, Coleman, Children's Advantage, Townhall II). Provided a listing of the presentations offered for school staff training. Goal is to train more staff to know warning signs and resources. Several superintendents expressed interest.</p> <p>Presented similar information to the Crestwood School Staff administrator meeting in May. After the meeting, the school district scheduled an all-staff training for this August. Crestwood Schools also signed up for student school programming.</p> <p>The Portage County Commissioners approved funding from the sales and use tax for two programs: drug prevention education services provided by Townhall II for two additional prevention specialists, and six case managers through Children's Advantage to be shared among the 11 school districts and Maplewood Career Center.</p> <p>Discussion was held regarding concern over Portage County experiencing an increase in suicides by individuals under the age of 18.</p>
<p><b>Year 3:</b> Continue efforts to implement the program(s) in at least one grade level in each school district</p>		<p>October 1, 2019</p>	

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<b>Provide mental health first aid trainings</b>			
<p><b>Year 1:</b> Obtain baseline data on the number of trainings that have taken place.</p> <p>Market the training to Portage County area churches, schools, Rotary Clubs, Law Enforcement, Chamber of Commerce, City Councils, Kent State University students majoring in social work/mental health, Coleman services, non-clinician departments and organizations, etc.</p> <p>Provide at least 2 trainings</p>	<p>Karyn Hall, Mental Health &amp; Recovery Board of Portage County</p>	<p>October 1, 2017</p>	
<p><b>Year 2:</b> Provide 2 additional trainings and continue marketing efforts to expand reach of trainings through community partners.</p>		<p>October 1, 2018</p>	<p><b>1-17-18:</b> Karyn: Mental Health First Aid class held in November by Coleman Professional Services and the MHRB. Was first class open to the public. 11 community members attended. Another class is scheduled for March 5<sup>th</sup> and 6<sup>th</sup>. Will begin advertising for it soon.</p> <p>KSU also does Mental Health First Aid training.</p> <p><b>4-18-18:</b> Karyn: Mental Health First Aid class held in March with Coleman Professional Services and the MHRB. 13 community members attended.</p> <p>KSU held a class in January and trained 17 people.</p> <p>AI (PSACC): Kent Rotary has its annual auction coming in May, hoping to raise \$30,000 to support Coleman-provided mental health first aid training for Kent City Schools teachers.</p> <p><b>7-18-18:</b> Karyn: A Mental Health First Aid class was held and open to the public in June with Coleman Professional Services and the Mental Health &amp; Recovery Board. 20 community members attended. Next training open to the public will be in September.</p> <p>Hiram College (with Coleman) held a Mental Health First Aid training in April with 21 people.</p> <p>Kent State University held one class in June and trained 18 people.</p> <p>The aim of these programs is to train people to effectively offer "CPR" for mental health issues.</p>
<p><b>Year 3:</b> Continue efforts from year 2.</p>		<p>October 1, 2019</p>	

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<b>Increase awareness of trauma informed care</b>			
<p><b>Year 1:</b> Continue community trainings on trauma informed care and adverse childhood experiences (ACEs). Continue to train clinicians on evidence-based trauma programs.</p>	<p>Joel Mowrey and Karyn Hall, Mental Health &amp; Recovery Board of Portage County</p>	<p>October 1, 2017</p>	
<p><b>Year 2:</b> Continue efforts of year 1. Provide agency clinician training on Eye Movement Desensitization and Reprogramming psychotherapy treatment in spring 2018.</p>		<p>October 1, 2018</p>	<p><b>1-17-18:</b> Karyn: Dr. Jamie Marich spoke on the relationship between trauma and addiction at the Portage Opiate Conference held October 31 to over 225 attendees.</p> <p>Trainings are being scheduled for the agency counselors in Eye Movement Desensitization and Reprocessing (EMDR) for March 2018.</p> <p>Dr. D'Abreau (KSU): From Coleman, Dr. Pacer is now at KSU ½ day per week, and Heather Shehan is now at KSU one day per week. All psychologists are becoming trained in trauma informed care.</p> <p><b>4-18-18:</b> Karyn: 29 of agency counselors were trained in EMDR at a 3-day training in March, funded by MHRB. They will receive the second part of the training in the fall.</p> <p>Dr D'Abreau (KSU): Doing a group webinar today on Victim Services through the Trauma Informed Lens at the KSU Women's Center, focused on multi-discipline sexual assault response services.</p> <p>Gave a brief presentation on trauma informed care to their clinicians, focused on how to not re-traumatize patients in pursuit of answers.</p> <p><b>7-18-18:</b> Karyn: A trauma presentation was included among the presentations given at the Family Conference on Addiction in April.</p> <p>Becky (PCHD): PCHD sent Kim Plough (health educator) to a 3-day Trauma Informed Yoga training held in Kent in June. This allowed Kim to be trained on different strategies to offer those who have experienced trauma in her Yoga is For Everyone classes that she holds at Safer Futures and Miller House. Discussion has begun to include this programming at Children's Advantage during their group classes.</p>
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>		<p>October 1, 2019</p>	

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<b>Establish a youth-focused community center at the former Mantua Center School</b>			
<p><b>Year 1:</b> Explore options, community partnerships, and funding sources for renovation and development of the former Mantua Center School into a "Center Café" community center offering teens and young adults a healthy community space to build positive peer and mentor relationships and explore new opportunities, hobbies, and career paths</p>	<p>Jeff Jackson, Hilltop Christian Church – Mantua and Chad Delaney, Mantua Center Christian Church</p>	<p>October 1, 2017</p>	
<p><b>Year 2:</b> Identify location for after-school program for 7<sup>th</sup> and 8<sup>th</sup> graders,</p> <p>Identify advisory board and volunteer coordinator</p> <p>Implement a 3-week trial after-school program for target age group at location in the first quarter of 2018.</p> <p>Plan for full program implementation in the fall of 2018 (to include snacks, homework assistance, leisure activities, and drug prevention education.)</p>	<p>Chad Delaney, Mantua Center Christian Church and Chris McCreight, Hiram Christian Church</p>	<p>October 1, 2018</p>	<p><b>1-17-18:</b> Chad: Hiram College and its Educational Dept. are not able to take on the after-school program due to liability insurance coverage issues. FCS was then asked and interested, but were also unable to support the insurance requirements. The church could house it, but is not an ideal location. Crestwood middle school has offered a room to covert for the program. This would reduce the transportation barriers. Hoping to pilot the program there. Aim to include fun as well as educational (especially drug prevention) components. Possibly also bring in speakers for career path discussions, etc. Hiram College still wants to be involved with student volunteers, etc.</p> <p>Mantua Center School task force is meeting with county and township officials and lawyers to gain a 10 year lease on the building, which would allow the Board under the task force to make decisions as needed.</p> <p>Holding an event (Sweetheart Cookie Walk and Art Auction) on 2/10 in the Mantua Center School building to serve as an intro to the building in the community (as long as the contract goes through in time). Hope to host a tutoring program here in the future as well.</p> <p><b>4-18-18:</b> Chad: The after-school program for youth will be held at Crestwood Middle School. Have 2 empty class rooms and the library available for use. 1 teacher, Hiram College staff, and church members are on board. Plan to hold Monday-Thursday after school. Goal is to set up room/s before this school year ends, to be ready to implement the program in the fall, for the entire school year. Targeting 7<sup>th</sup> and 8<sup>th</sup> graders. Capacity will be around 30 students. Would like a gaming room (TV, couches, pool/ping pong tables) and have Hiram College educational department students and staff assist with homework. Need to form a leadership team with youth to help set things up.</p> <p>Becky (PCHD) suggested looking to Hiram and/or KSU students in the grant writing class(es) for assistance with grant fund seeking and writing.</p> <p>Chad: Still in conversation with lawyers to acquire a 3-year lease for the former Mantua Center School building, to then be able to move forward there.</p> <p>Disciples Churches are also sponsoring an "After Purity" program event on April 24<sup>th</sup> at Hiram College. The speaker is poet/lecturer Emily Joy. The event is free and open to the public, with donations welcome. It focuses on the 90's-fueled stigma around sexuality and the resultant trauma suffered, includes acknowledgement of the role faith-based</p>

			<p>institutions play, and aims at empowering people suffering from this type of trauma.</p> <p><b>7-18-18:</b> No updates at this time.</p>
<p><b>Year 3:</b> Expand programming</p> <p>Establish a community meeting room and offer additional community-wide programming including all CHIP priorities</p> <p>Incorporate a Social Enterprise Incubator</p>		<p>October 1, 2019</p>	

**CHIP Report – Karyn Hall, Mental Health & Recovery Board**  
**Mental Health & Addiction/Substance Abuse Community Outreach Events/Presentations**  
**2018**

<b>Date</b>	<b>Event</b>	<b>Agency</b>	<b>Attendees</b>
1/10	NEOMED Community Awareness day table	Townhall II	
1/25	Nursing Presentation on Addiction Services Oncology room	UH Portage	17
1/29	Addiction Services Presentation Portage Judges Meeting	UH Portage	10
2/6	Mental Health Roundtable for School Counselors & Administrators	MHRB, Coleman, Children's Adv, Townhall II	30
2/9	Mental Health Health Class Presentation Streetsboro High School	Coleman	85
2/10	21 <sup>st</sup> Century/Brown Middle School Parent and Student presentation on addiction	Townhall II	
2/15	Opiate Presentation for Health Class Streetsboro High School	MHRB	85
2/16	Waterloo School Staff presentation Addiction	Townhall II	
2/16	Ravenna School Staff presentation Mindfulness and Child Abuse	Coleman & Townhall II	
2/20	Kent State presentation	UH Portage	65
2/28	Prevention Service & Programming in the Community presentation KSU Professional Development Class	Townhall II	
3/1	Leadership Portage County Health Day Presentation	UH Portage	25
3/5	Mental Health First Aid	Coleman & MHRB	13
3/6	Mental Health First Aid	Coleman & MHRB	13
3/7	Youth Leadership Fair	MHRB & Children's Advantage	500
3/10	Community Awareness on Addiction with Project DAWN Mantua Center Christian Church	MHRB, Townhall II, Health District, Start Talking Portage	25
3/13	Aurora Women's Wellness Fair	MHRB	25
3/15	Opiate Presentation for Health Class Windham High School	MHRB	30
3/16	Operation Street Smart	Kent State	50
3/17	NEOMED Body and Beyond Health Fair	Townhall II	
3/17	Kent Chamber of Commerce Expo	Townhall II	
4/11	Addiction presentation – Aurora Chamber luncheon	UH Portage	75-100
4/11	Mental Health & Addiction discussion United Church of Christ Women's Fellowship	MHRB	15-20
4/11	Community Safety Meeting – Windham Schools	Children's Advantage	
4/12	Mental Health & Addiction presentation Kent Chamber Luncheon	MHRB	50
4/12	Mental Health & Addiction signs & symptoms, resources KSU Class presentation	Townhall II, Children's Advantage	
4/17	None for Under 21 high school senior presentation	Safe Communities, UH Portage	1800
4/19	Care Coalition Panel on Addiction	UH Portage, Townhall II, PCHD	30
4/19	Aurora High School Staff Training on mental health	Children's Advantage	
4/20	Portage Superintendent presentation on services	MHRB, Children's Advantage, Coleman, Townhall II	12
4/20	Skeels Community Health Fair	MHRB, PCHD	30
4/21	Family Conference on Addiction	MHRB, PCHD, Townhall II	75-100

<b>Date</b>	<b>Event</b>	<b>Agency</b>	<b>Attendees</b>
4/26	Recovery Awareness Walk	MHRB, Townhall II	30
5/2	Windham Resource Fair	MHRB, Townhall II	75-100
5/2	Portage Senior Center Addiction Presentation	Townhall II	30-50
5/16	Maplewood Staff Training	Children's Advantage, Townhall II	75-100
5/17	Portage Learning Center Superhero event	Townhall II	
5/19	Steps of Change	MHRB, Townhall II	150-200
5/30	Crestwood Administrator presentation on services	MHRB & Children's Advantage	15
6/14	Community Awareness	MHRB, Townhall II, Health District	20
6/22	Workplace Health & Safety Expo	MHRB, Townhall II, PCHD	100
6/26	Mental health & addiction issues & resources KSU Medical Student class	MHRB	35
6/28	Senior Forum	MHRB, Townhall II, PCHD	100+
6/30	Kent Heritage Festival	MHRB	500+