

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES BOARD OF CUYAHOGA COUNTY

FAITH-BASED OUTREACH COMMITTEE MINUTES OCTOBER 2, 2019

Committee Members: Rev. Max M. Rodas, MA, Committee Chair, Rev. Benjamin F. Gohlstin, Sr., Gwendolyn Howard, LSW, MSSA, Eugenia Kirkland, LSW, MSSA, CDCA, Rev. Brenda Ware-Abrams

Absent: Mary R. Warr, M.Ed.

Board Staff Present: Scott Osiecki, Chief Executive Officer, Felicia Harrison, Linda Lamp, Starlette Sizemore-Rice, Larry Smith, Thomas Williams

1. CALL TO ORDER

Rev. Max Rodas called the meeting to order at 4:00 p.m. and acknowledged the Faith-based Outreach Committee's mission statement, "To recognize and advocate spirituality in the recovery process; to connect the spiritual perspective with other interventions and best practices; and to promote the concept that treatment works and people recover."

2. APPROVAL OF MINUTES

The Joint Faith-Based Outreach and Planning & Oversight Committee minutes of September 11, 2019 were approved as submitted.

3. PROVIDER PROGRAM PRESENTATIONS: STRENGTHS AND ISSUES

The ADAMHS Board's Faith-based providers reported on their respective programs by highlighting the strengths and issues of each of their unique and diverse programs.

• Student Training Outreach Prevention (STOP) Program

Ms. Nichole Cobb, Clinical Director at Inner Healing Ministries, reported that the STOP Program is a selective prevention program serving youth and their families involved in the criminal justice system to decrease the risk factors and increase protective factors. Referrals are at greater risk for behavioral health disorders as compared to the general population; and are asking for assistance with various issues ranging from housing, transportation, relationship difficulties, grief and loss, and mental health and substance abuse disorders; for which they get them appropriately linked for care.

The STOP Program utilizes the Adverse Childhood Experiences (ACEs) Overcomers Program curriculum to deliver prevention education that provides practical and faith-based strategies that are combined with brain science to help participants overcome the effects of ACEs. Participants are required to complete 10 weeks of the 12 week curriculum. Prevention strategies include education, alternatives and problem identification and referral.

At the commencement of the program, participants are requested to complete a mini ACE survey. Participants with an ACE score of four or more are four times more likely to suffer depression, 11 times more likely to become an alcoholic, 16 times more likely to inject street drugs and 19 times more like to attempt suicide.

48 participants have been served through the end of the second quarter as counted using the Devereux Adult Resilience Survey (DARS) instrument; however more participants have been served, but not counted as they pre-date the use of the DARS. 31% of the participants completed pre and post DARS instruments. Reflective of the DARS data; 60% of participants showed an increase in relationships, 60% showed an increase in internal beliefs, 73% showed an increase in initiative, 60% showed an increase in self-control and 73% showed an overall increase.

Ms. Cobb reported that the strengths of the STOP Program included the commitment of the volunteers, the utilization of the Evidence-Based curriculum, and the ability to serve across the lifespan. The issues highlighted included participants disappearance due to their involvement in multiple courts and/or multiple systems and the dedication and commitment of volunteers may be challenging at times.

Rev. Gohlstin inquired with committee members as to whether there is a possibility to include program participants prior to the onset of the DARS system. He noted that this request is not necessarily for funding purposes; but would accurately represent the number of individuals served for contract expectations. Ms. Sizemore-Rice noted that she was confident that providers have their numbers; however it is not within the Board's system. Furthermore, relative to CY2020 Funding decisions, she reported that all factors will be taken into consideration regarding a provider's inability to submit information until after their March, 2019 DARS training.

- **Life Recovery Ministries**

Rev. Karell T. McDaniel, Executive Director of Life Recovery Ministries, reported that they have four programs; one of which is the Mental Health First Aid (MHFA), which is to reduce stigma associated with mental health problems, inform participants about common mental illnesses and teach participants how to respond appropriately. Of the 400 participants that Life Recovery Ministries had anticipated training, Rev. McDaniel reported that from January through June, 2019, 477 individuals have been trained; however, these individuals are weekly participants; not individualized participants. Life Recovery Ministries had 123 individual participants, 89 completed the program. The number of individual participants exceeded the anticipated number of 120.

Rev. McDaniel reported that a second program, Open Heart Healthy Mind Support Group, provides spiritual support to assist those affected by mental health and substance use disorders. He stated that they anticipated 200 participants from January through June, 2019. 163 individuals participated on a weekly basis. 30 individual participants were involved with this program. Participants must complete 7 individual components of the program; 8 individuals completed the program; 22 individuals are still in the program.

The third program, Community Mental Health Chaplain/Recovery Church, meets the spiritual needs of individuals with apparent or diagnosed chronic life-threatening illness such as mental health and/or substance use disorders. They anticipated reaching 100 participants from January through June, 2019. 116 individuals have participated on a weekly basis. 75 of these individuals have been attending the Life Recovery Church on a regular basis. The average caseload is 30 rotating individuals. Rev. McDaniel reported that they had hoped to have access to the treatment centers to offer chaplaincy services but many of the treatment centers have not been receptive to this program.

The fourth program, Spiritual Recovery Wellness Program is to provide information which raises awareness of the impact that substance abuse has on spirituality, values and spiritual development while enhancing spiritual well-being. This program, which anticipated 24 participants, commenced in January with 30 participants; 16 men and 14 women. Upon completion of the first session, the host agency concluded the program.

- **National Alliance on Mental Illness Greater Cleveland (NAMI Greater Cleveland)**

Ms. Chris Mignogna, Executive Director at NAMI Greater Cleveland, reported that the agency's focus is to provide education and support within faith based communities for individuals with mental illness and their families. She noted that their 2019 objective was to reach 200 individuals; 104 individuals were served January 1 through June 20, 2019. Another estimated 35 clients were served July 1 through August 31, 2019. As a result of these efforts, NAMI was able to meet 52% utilization for the first half of 2019. Based on scheduled services for the second half of 2019, they are on track to meet and exceed overall objectives. Ms. Mignogna reported that their outcomes indicate that 89% of the respondents felt that the information presented was useful to their everyday lives and/or ministry. 88% understood the causes, signs, symptoms and treatment options of a mental health condition. 100% understood the effects of stigma on persons experiencing mental illness and their families.

Ms. Terri Miller, Family and Peer Program Coordinator at NAMI Greater Cleveland, noted that when a faith based organization contacts NAMI, numerous meetings transpire to build trust and a relationship to identify the organizational needs; which range from awareness and/or educating the congregation to assistance with a health fair. She noted that presently, they continue to have relationships with approximately five to seven faith based organizations. Mr. Rodas inquired as to what strategies are helpful or effective with building relationships with churches. Ms. Miller responded that usually a parish nurse or clergy will contact NAMI to meet; at which time the clergy will share what they have observed in the church.

- **OhioGuidestone**

Rev. Andrea Jacobs, Director Spiritual Care at OhioGuidestone, reported that their program utilizes spiritual care as a bridge to mental health services – incorporating a spiritual care component directly into the Workforce 360 program. As of September, they have exceeded their goal of serving 100 clients; however due to data collection challenges, they do not have outcome data for all participants. As of July 1, 2019, 44 participants in the program with a DARS 1; 8 completed a DARS 2, 25% gained knowledge to develop healthy relationships, 50% learned skills to increase self-worth to enhance their internal beliefs and values, 62.5% learned strategies to develop/enhance self-motivation to increase independence and 25% learned how to self-regulate without the use of substances/negative influences. Rev. Jacobs also noted that a Chaplain is located on campus and is able to respond to matters as they arise.

Rev. Jacobs reported that the challenges they have encountered centers on planning one on one meetings with a Chaplain; due to the individual's competing responsibilities and obligations with activities of daily living; limited resources; or their employment. She also stated that the participants present with significant trauma histories, instability in their social and family lives, and financial challenges. These stressors can impede their ability and willingness to accept services. While they believe that engaging these individuals is essential, progress can be slow. Nevertheless, the group sessions to date have been very active and engaging; participants express interest in the content, thus allowing them to be successful at identifying numerous individuals in need of mental health treatment and making connections to services.

Mr. Scott Osiecki inquired with Rev. Jacobs regarding the Chaplain's hours of availability for one on one meetings. OhioGuidestone's Chaplain responded that his hours are flexible and are typically arraigned around the hours participants are on site; however, his hours are not limited to this timeframe and can be arranged to meet with participants off site. He noted that, in the context of this program, his role as OhioGuidestone's Chaplain is to walk with the participant to assist with fostering resiliency through spirituality.

- **The FAITH Program Inner City Youth and Families Cultural Arts Performance**

Dr. Deborah Watson-Daniels, Program Operations Director/Manager at Trinity Outreach Ministries - Another Chance Ohio, stated that The FAITH Program Inner City Youth and Families Cultural Arts Performance is an afterschool and weekend prevention program that provides a holistic culturally sensitive faith-based approach to early intervention. This program strengthens resiliency with inner city youth from utilizing drugs and/or alcohol by using a variety of performing arts, cultural arts appreciation, community outreach and leadership skill-building activities to demonstrate, per the Devereux Student Strengths Assessment (DESSA) outcomes, that youth significantly improved in their social emotional learning skills; which sets the stage for academic improvement and overall success. The overall goal of the program was to reach 150 participants; 185 individuals participated. Through the DARS instruments for adults, they were able to demonstrate that adults were strengthened in their sense of hope and faith and thus reported more connectedness with others and overall like satisfaction.

Dr. Watson-Daniels stated that the biggest challenge was getting accustomed to the DESSA and DARS. She noted that she did not have trouble collecting data, but reporting the data; however after receiving technical assistance from the ADAMHS Board, she was able to report her successes.

- **Project Community Empowerment Holistic Solutions for Holistic Programs**

Khalid A. Samad, Chief Executive Officer and Co-Founder at Coalition for a Better Life dba Peace in the Hood, reported that this is a Saturday/summer program for youth and high risk youth that have had contact with the juvenile justice system and their families. They have provided 16 Family Days that integrated drug education, healing circles, art therapy, and entrepreneurship on Saturdays through May 31, 2019 and 4 sessions during the first week of summer camp, June 24 through June 27, 2019.

Mr. Samad cited various examples; one of which was the granddaughter of one of their clients that was being forced into prostitution by her mother and was a chronic run away from her grandmother, who had custody. Due to being involved in human trafficking, they worked with the grandmother and detectives from the Human Trafficking Task Force and the Renee Jones Empowerment Center to recover her and get her into the Safe Havens Program of Juvenile Court to receive inpatient counseling.

Outcomes from this program cannot be identified through the DESSA and DARS instruments. Their multifaceted program is known by word of mouth for over 30 years. Parents share their enthusiasm regarding this program as since they, too, were program recipients. Participants are treated with respect and are not judged as to how they got where they are. The program provides a wide variety of activities. Some of the participants would never have tried art prior to their participation. The program provides a safe haven for families to enjoy time together. Parents bring their children because they know they will be in a disciplining environment.

Board Member Input:

- Rev. Rodas noted that he is familiar with this program and commended their efforts.

• **Bridges Program Linking Faith and Mental Health Communities**

Mr. Bob Piovarchy, Clinical Manager at Far West Center, reported that the Bridges Program Linking Faith and Mental Health Communities is building bridges between the faith community and behavioral health providers. He reported that his background as Program Coordinator in pastoral counseling and as a lay leader in the community with 28 years in professional mental health roles is a strength.

Programming is grounded in the American Psychiatric Association Foundation's "Mental Health: A Guide for Faith Leaders" providing excellent, up-to-date information on mental health issues for faith leaders. The Bridges Program has had a very positive reception to mental health programming from clergy and churches that they have had contact with; and through a spirit of partnership and keen interest in MHFA training, registration is near/at capacity.

Outcomes from the educational program participants were reflective of informative and helpful; in which they learned about mental health problems and issues. 100% of the MHFA participants had high scores on their quizzes. They were appreciative for the information around addressing mental health issues in their daily pastoral duties and felt more informed about trauma, major depression and mood disorders, in addition to other forms of mental illness. As a result, they felt better equipped with knowledge and resources; and more confident to respond to mental health needs they encounter.

Mr. Piovarchy referenced a major outcome was a working relationship with a local congregation which culminated in a panel presentation at the parish on July 21, 2019, titled *Pathways from Darkness*; with 140 participants. The participants listened and learned about mental health. 98% of those surveyed reported the experience valuable and over half requested additional information and/or further programming.

Mr. Piovarchy reported that funding is limited regarding expanded programming or offering additional MHFA trainings to the faith community. It is at times a challenge with clergy schedules, though they are very interested in the subject matter. They are also pulled in many directions and are at times also filling pulpit vacancies while tending to their own congregation.

Mr. Osiecki inquired as to whether Far West Center charges for the MHFA training. Mr. Piovarchy responded that there is no cost incurred for participation in this 8 hour, 2 day program.

Rev. Rodas questioned whether the MHFA participant received a certificate upon training completion. Mr. Piovarchy noted that upon training completion, the participant receives a certificate of completion.

Rev. Rodas also inquired as to whether there is a version of this training in Spanish; and was informed that there is a Spanish version, however, they presently do not have a trainer.

• **High Risk Teen Mentorship Program**

Rabbi Nosson Kielski, Boy Teen Mentorship Coordinator at Naaleh Cleveland, reported on the High-Risk Teen Mentorship Program, which provides a healthy and dependable role model to a struggling teenager. He noted that Naaleh is an organization that provides referrals to mental health professionals, support groups, and education for the greater Jewish community. In 2019, through the assistance of a grant from the ADAMHS Board, they started a high-risk teen mentorship program. The goal was to provide mentorship for 20 to 25 teenagers and are now servicing an average of 40 teens per month. Program outcomes reflect 35+ teens are provided monthly mentorship, 20+ parental support interactions monthly,

15+ drug education interactions monthly, 11 one-on-one volunteer mentorship matches and 1500+ interactions and services involving teens, clergy, parent, and mental health professionals.

The program has assisted participants with graduating high school and getting Graduate Equivalency Degrees (GEDs); provided job placements and apprenticeships; taught life skills; assisted with obtaining drivers licenses; provided mental health referrals and provided drug education for teens, their parents, and their families.

Board Member Input:

- Rev. Rodas provided accolades to Rev. Gohlstin, Board Chair, for his efforts with ensuring that Faith-based organizations have the ability to provide outreach services to their communities.

4. UPDATE

• **CY2020 Faith-based Provider Funding Request Applications**

Ms. Starlette Sizemore-Rice, Director of Special Projects, reported on the CY2020 contract review process. She stated that providers received an email indicating the ADAMHS Board of Cuyahoga County's CY2020 contract application process. For consideration as a CY2020 Faith-based provider, organizations needed to complete the application process for submission prior to the stated deadline of September 18, 2019, 5:00 P.M. All providers submitted applications for funding requests. ADAMHS Board staff is presently in the process of reviewing these applications for CY2020 funding. Ms. Sizemore-Rice noted that staff will be taking into consideration that the CY2019 Faith-based providers transitioned from one outcome tool to another, in addition to the CY2019 contracts being late forthcoming. She also reported that in the Faith-based provider proposals that were submitted for CY2019 funding, identified numbers served were based on the prevention workbook; however, during this timeframe, they are transitioning to the DESSA and DARS format.

5. OLD/NEW BUSINESS

Rev. Gohlstin stated that on Tuesday, October 1, 2019, 100 clergy handbooks; 50 clergy handbooks for mental health and 50 clergy handbooks for alcohol and drug problems, were disseminated to the clergy of United Pastors in Mission. He reported that the Archbishop of the Ecclesiastical Alliance Province; while being in town for another event, attended the United Pastors in Mission meeting, was excited to receive these handbooks and will likely contact him to discuss this matter in greater detail.

Rev. Gohlstin reported that the clergy handbooks will be disseminated to all clergy groups in the near future; and with over 2,000 churches in Cuyahoga County, the goal is to reach 10% of this population.

Mr. Osiecki noted that Rev. Gohlstin and he will be meeting with the various clergy groups to discuss addiction and mental health, provide clergy handbooks and continue relationships going forward.

Rev. Rodas reported that MHFA is a great tool to make available to congregations. Mr. Osiecki stated that 2 staff members were recently trained to provide MHFA.

Dr. Deborah Watson-Daniels reported that the documentary *Faith Works!* will be completed by October 15, 2019. A red carpet Premier of the film will be held in early November at the Underground.

Rev. McDaniel stated that he would like to strongly encourage the committee to consider adding a component to the biopsychosocial assessment that providers are doing; such as the hope spiritual assessment tool, to give more specific outcomes that are relevant to the faith-based committee. This tool was developed by Brown University for the medical community and is often used by the Chaplains of the hospital. He noted that one of the questions would need to be adjusted to accommodate the mental health and substance abuse issues and that he forwarded the proposed scope of practice to Ms. Sizemore-Rice for further committee review and discussion.

6. MEETING DATE – February 5, 2020 at 4:00 p.m.

There being no further business, the meeting adjourned at 4:51 p.m.

Submitted by: Linda Lamp, Executive Assistant

Approved by: Rev. Max M. Rodas, Faith-Based Outreach Committee Chair