

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

PLANNING & OVERSIGHT (P&O) COMMITTEE MINUTES

JUNE 11, 2014

Committee Chair, Pythias D. Jones, M.D., called the meeting to order at 4:00 p.m. Steve Killpack read aloud the Committee Mission Statement: *"The Planning and Oversight Committee, in cooperation with all partners, advocates for and monitors programs, policies and practices which are continually improved to meet the needs of consumers, their families and the community."*

Committee Members Present: Reginald C. Blue, Ph.D., Eugenia Cash, LSW, MSSA, CDCA, Richard Folbert, Pythias D. Jones, M.D., Katie Kern-Pilch, MA, ATR-BC, LPC-S, Steve Killpack, MS, Harvey A. Snider, Esq., Mary Step, Ph.D., Mary Warr, M.Ed., Anngela Williams / **Absent:** Elsie Caraballo, J. Robert Fowler, Ph.D.

Board Staff Present: William M. Denihan, C.E.O., Frank Brickner, Craig Fallon, Valeria A. Harper, Myra Henderson, Carol Krajewski, Linda Lamp, Esmat Nasr, Scott Osiecki, Laura Simmons

1. **APPROVAL OF MINUTES**

The Planning and Oversight Committee minutes of May 14, 2014, were approved as submitted.

2. **PRESENTATION: LIFE EXCHANGE CENTER**

Myra Henderson, Recovery Employment Specialist, monitors and conducts site visits at the Life Exchange Center (LEC) and also meets with its Executive Director and Board members; she was pleased to introduce Board member, Omar Brown, and Executive Director, Orlando Grant. Mr. Grant thanked the ADAMHS Board for its financial support of the Life Exchange Center and acknowledged the presence of two Board members--Board President, James Poole, and Terry Lester—who through their expertise have made valuable contributions to the people served by the Life Exchange Center. Mr. Brown and Mr. Grant used a power point presentation to acquaint committee members with the LEC. (The presentation is attached to the original minutes stored in the Executive Unit).

Mission Statement – *"The Life Exchange Center empowers its membership through peer-run services, innovative and culturally sensitive programming, bringing hope, self-achievement, to enhance quality of life for individuals recovering from severe mental illness."* Hours of operation are Monday through Friday, 8:30 AM – 3:30 PM. Current membership is 113 adults (80% men and 20% women). Continental breakfast and lunch are served daily. Group sessions were highlighted and several members of the Life Exchange Center shared how LEC has favorably impacted their recovery and lives. A promotional video entitled, "I Smile" concluded the presentation. Mr. Grant addressed questions of committee members.

Ms. Warr suggested that Mr. Grant consider touching base with the Faith-based Outreach Committee Chair to see if there is any linkage between what the committee is doing and LEC's efforts with its meditation group. She also advocated for considering fitness equipment at the LEC. Mr. Denihan noted that he is very proud of the outstanding accomplishments of the Life Exchange Center and recommended that LEC Board members consider adding "addiction services" to its mission statement. Mr. Denihan also offered to connect the LEC with organizations serving youth with mental health and addiction issues to assist with LEC's goal to welcome this age group.

3. **CLIENTS RIGHTS ORIENTATION MANUAL**

Craig Fallon, Consumer Relations Specialist, distributed copies of the updated and revised Community Client Rights Resource Manual. Originally, the manual was collaboratively developed by the Ohio Department of Mental Health and several Clients Rights Officers (CRO's) from around the state. After the consolidation of both Boards, it was thought to be a good idea to revise it to include addiction treatment and AOD prevention rights.

Mr. Fallon noted that approximately 13-14 Clients Rights Officers participated on a committee to revise the manual that will be introduced and shared with the all Clients Rights Officers in September. Clients Rights Officers meet once per month where training is offered; a monthly Clients Rights Officer Orientation Session is also held. Mr. Fallon stated that this manual will prove to be a valuable hands-on tool for agency CRO's.

4. PRESENTATION: MATT TALBOT FOR WOMEN

Ms. Harper introduced Colleen McKenna, LISW-S, LICDC-CS, Director of Matt Talbot for Women, and acknowledged the presence of Maureen Dee, Executive Director of Catholic Charities. As a result of Board member Anngela Williams' interest regarding services for women, this agenda item was scheduled for review by the P&O Committee. Ms. McKenna introduced Alcretia Hunter, LICDC, who has been with the agency for ten years and could help with answering questions.

Matt Talbot for Women is owned and operated by Catholic Charities and is part of a continuum of care which includes residential, intensive outpatient and non-intensive outpatient services for substance dependent and co-occurring adults; some additional programs are available for a youth component. The facility is a 16 bed women's residential substance abuse treatment program located at 7901 Detroit Avenue. It was established in 1999 and serves women ages 18 and older in need of this intense level of care. Lengths of stays are based upon individual need. During the past fiscal year, Matt Talbot for Women served 112 women. Of these women 48% were addicted to opiates, 53% had no income or insurance and 60% were involved with the justice system. (Specifics about the treatment program are detailed in the power point presentation attached to the original minutes stored in the Executive Unit.)

Mr. Denihan noted that he and Ms. Williams recently toured the facility to learn more about residential treatment services for women. He found that this agency is very good at what they do; its staff is able to produce favorable results with individuals that other agencies have found very difficult to serve.

5. COGNITIVE ENHANCEMENT THERAPY (CET)

Ms. Harper reported that the target group for the CET program is for transitional aged youth. As the literature states, participants in CET will increase their potential to engage in meaningful social roles and to live independent, self-determined, and satisfying lives in the community. Ms. Harper introduced Ray Gonzales, Executive Director of the Center for Cognition & Recovery, & Mark Groner, V.P. of Clinical Services & the Clinical Director at Beech Brook.

Mr. Gonzales explained that Cognitive Enhancement Therapy (CET) is a Substance Abuse and Mental Health Service Administration recognized evidence-based practice that helps people with schizophrenia and related cognitive disorders improve their processing speed, cognition (attention, memory and problem solving), and social cognition (the ability to interact wisely with others). Research strongly suggests that impairments in these mental capacities contribute to functional disability in people with schizophrenia. CET rehabilitates these capacities and, thus, maximizes success in all activities of recovery. As a result, CET participants increase their potential to engage in meaningful social roles and to live independent, self-determined, and satisfying lives in the community.

CET helps individuals enhance the mental capacities that produce awareness and wise social interactions that support them in all aspects of their treatment plans and their recovery journeys, which are lifelong and constantly changing. Ms. Harper reported that Beech Brook, in partnership with the Center for Cognition and Recovery, has requested funding in order to provide Cognitive Enhancement Therapy (CET) to transitional youth with schizophrenia and other related cognitive disorders. In addition, Beech Brook would select staff that would be trained and mentored by a CET Coach to learn CET by co-leading CET groups for the youth participants.

Mr. Folbert recommended the concept of linking graduates of the program to serve as mentors.

Motion to recommend approval of Cognitive Enhancement Therapy (CET) for Transitional Young Adults to be provided by Beech Brook to the Finance & Operations Committee. MOTION: R. Blue / SECOND: H. Snider
AYES: R. Blue, E. Cash, R. Folbert, K. Kern-Pilch, S. Killpack, H. Snider, M. Step, M. Warr, A. Williams
NAYS: None / **Motion passed.**

6. UPDATE ON SUICIDE PREVENTION POSTCARD CAMPAIGN

Mr. Osiecki reported that in April 2014, the ADAMHS Board approved a Suicide Prevention Postcard Campaign consisting of mailing postcards during May is Mental Health Month to 180,000 households. Given timelines and steps that the County Print Shop must take for approval to order the paper and contract with the mailing house, this deadline was missed. Through discussions with the Suicide Prevention Task Force, it was suggested that the postcards be mailed in early September which is National Suicide Prevention Month.

Mr. Osiecki noted that the postcard was redesigned to reflect: September as Suicide Prevention Month, the addition of Crisis Text which is now operational and the fact that 2,000 people in Cuyahoga County with suicidal thoughts sought help to continue living.

7. SHARES UPDATE (*Shared Health & Recovery Enterprise System*)

Frank Brickner noted that the SHARES project is currently in the design phase. Recent activities include designing the benefit plans to determine what eligible treatment services are offered and the specific parameters for each county (Franklin, Hamilton and Cuyahoga).

Board staff has also been giving the vendor information about all of our contract providers and what services those providers are authorized to provide. Lastly, discussions have been held about how existing data will be integrated into the product. Board staff is hoping to leave the design phase soon in order to enter the test phase which will allow for making any necessary adjustments prior to implementation. Mr. Denihan noted his sense of frustration with progress toward the timeline. While the staff is putting in a tremendous amount of time, Mr. Denihan reiterated that Executives of the three Boards need to remain firm on the implementation date of January 1, 2015.

8. FUTURE TOPICS FOR PLANNING & OVERSIGHT COMMITTEE

Dr. Jones read the list of potential future topics for the P&O Committee.

July 2014

Sober Beds

SCALE Quarterly Report

Collaboration with the Division of Children & Family Services

On-Going Updates: SHARES

Dates - To Be Determined:

- Cuyahoga County Board of Developmental Disabilities
- CMHA Collaboration
- Gambling
- SCALE Quarterly Reports – October
- Detox Policy
- Cuyahoga Employment Partnership

9. AUDIENCE INPUT

- James Poole, Board President of the Life Exchange Center, stated that offering CET training to youth will open up many new opportunities for their growth.
- Ms. Harper noted that once P&O Committee members have reviewed the Clients Rights Officer manuals, they were welcome to return them to the Board so that the manuals could be distributed to CRO's in September.

There being no further business, the meeting adjourned at 5:30 p.m.

Submitted by: Carol Krajewski, Executive Specialist

Approved by: Pythias D. Jones, M.D., Planning & Oversight Committee Chair