

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

PLANNING & OVERSIGHT (P&O) COMMITTEE MINUTES APRIL 10, 2013

Committee Chair, Pythias D. Jones, M.D., called the P&O Committee meeting to order at 4:05 p.m. Board Chair, Harvey A. Snider, Esq., 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: David E. Biegel, Ph.D., Eugenia Cash, MSSA, LSW, Elsie Caraballo, Richard Folbert, Robert Fowler, Ph.D., Pythias Jones, M.D., Harvey A. Snider, Esq., Mary Step, Ph.D., Ericka Thoms, William J. Tobin, Mary R. Warr, M.Ed. / Guest/Board member: Mary Boyle

Absent: Reginald C. Blue, Ph.D., Stephanie J. FallCreek, D.S.W., Anngela Williams

Board Staff Present: Valeria A. Harper, Frank Brickner, Ada Cancel, Danei Chavez, Christina Delos Reyes, M.D., Craig Fallon, Tami Fischer, John Garrity, Ph.D., Myra Henderson, Judy Jackson-Winston, Carol Krajewski, Linda Lamp, Michelle Myers, Esmat Nasr, Scott Osiecki, Laura Simmons, Starlette Sizemore-Rice, Leshia Yarbrough-Franklin

1. **APPROVAL OF MINUTES**

The Planning and Oversight Committee minutes of March 13, 2013, were approved as submitted.

2. **MEDICAL MARIJUANA**

Dr. Christina Delos Reyes, Chief Clinical Officer, introduced presenter, Kelly Lazar, MSSA, LISW-S, Coordinator/Director of Project CASCADE, shared that she also serves as Director of a small coalition in Brecksville and Broadview Heights called CAPA, Community Awareness and Prevention Association. The coalition received a drug-free community grant in 2008; its mission is to provide for prevention and education on alcohol and drug addiction for youth and their families.

Ms. Lazar utilized a power point presentation entitled "The Blunt Truth About Marijuana" and distributed handouts of the slide presentation (attached to the original minutes stored in the Executive Unit). The presentation addressed the concerns of marijuana on health, academics, the workplace, highway safety and the cost to society.

Questions of Board members were addressed by Ms. Lazar. She noted that California and Colorado are states that have legalized the use of marijuana; however, they did not see an impact on illegal sales. What was evident was an emphasis on marketing efforts to reach younger children. In Ohio, previous efforts were made to introduce Medical Marijuana as a House Bill. Ms. Lazar predicted that it will most likely be on the ballot in 2014; however, what is not known is whether the legislation will be based upon medical or recreational use.

3. **OPIATE/HEROIN EPIDEMIC**

Dr. Delos Reyes reported that in November 2012 Project DAWN (Deaths Avoided with Naloxone), a community-based drug overdose prevention and education project was funded by the Office of County Executive Edward FitzGerald, The MetroHealth System and the Ohio Department of Health to address the significant opiate/heroin epidemic. In Ohio, it was noted that every six hours a person dies from an overdose death.

Joan Papp, M.D. and Megan Hatta, SEP Nurse at the Free Clinic, provided an update on Project DAWN. In response to the epidemic for opioid users who are at risk of death from opioid overdose, Project DAWN was developed. Dr. Papp noted that participants receive training on:

- Recognizing the signs and symptoms of overdose
- Distinguishing between different types of overdose
- Performing rescue breathing
- Calling emergency medical services
- Administering intranasal Naloxone (also known as Narcan) to block the effects of opioids on the brain and to restore breathing within two to eight minutes for someone during an overdose.

As of 3/01/13, The Free Clinic of Greater Cleveland has walk-in hours on Fridays from 1:00 to 5:00 PM. For more information on Project DAWN in Cuyahoga County, please call The Free Clinic at (216) 721-4010 or MetroHealth at (216) 778-7878. Flyers and pamphlets about the program are available and were distributed (attached to the original minutes stored in the Executive Unit).

Questions from Board members were addressed by the presenters. With regard to issue of gender, Dr. Papp noted that typically overdoses are more prevalent with white males between the ages of 20-50 years of age; however, an increase has been seen in females as well. This new project will strive to reach out to other areas of the community. Dr. Papp noted that one barrier for opioid and heroin users is their fear regarding law enforcement; they are afraid to call 911. She noted that when a person calls 911 for someone who has stopped breathing or is unresponsive, they do not need to mention drugs but just provide basic information.

Dr. Mary Step advocated for Project DAWN to collect outcome data to be able to compare with other areas and saw the benefit of getting this information to the high schools. Dr. Papp reported that to date, 50 kits of Naloxone were distributed to participants in the program free of charge.

4. GAMBLING

Michael Doud, Adult Behavioral Health Services Administrator, welcomed back Jennifer Clegg of Recovery Resources to provide an update on gambling issues in Ohio. He reported that the Ohio Department of Alcohol and Drug Addiction Services recently sent a notice to the ADAMHS Board regarding the percentage of set-aside funds from casino revenue to be utilized for problem gambling treatment services; consequently, Board staff will meet internally to discuss plans for gambling and other addiction prevention activities and treatment.

Jennifer Clegg, MSW, LSW, Gambling Program Supervisor at Recovery Resources, utilized a power point presentation to highlight services available for problem gamblers through the agency. Gambling is "risking something of value on an event that is determined mostly by chance." A person is gambling if: he or she puts up something of value, such as money or property, the outcome has an element of chance beyond the person's control, 3) once the bet is made, it's not reversible. There are two types of gambling: Social Gamblers and Problem Gamblers.

Problem gambling warning signs:

- Spending more money than intended
- Playing for longer periods than intended
- Wanting to gamble when one knows they should be doing other things
- Not being able to stop thinking about gambling
- Being pre-occupied with gambling—frequently talking about gambling; thinking of the next gambling venture
- Lying about one's gambling
- Borrowing and stealing money from friends, family members and others in order to keep gambling.

Recovery Resources receives approximately 10 calls per week. For the first half of FY13, the agency had 55 clients. It provided prevention services to 250 consumers and screened over 550 consumers for gambling issues. (The power point presentation handout is attached to the original minutes stored in the Executive Unit.) Additional information about gambling services at Recovery Resources can be found at its Web site, www.facetheodds.org

Answers to questions of committee members:

- 1) There are only a handful of agencies that may be screening for these gambling issues.
- 2) Recovery Resources is starting to track its successes; however, it's a difficult process since the agency does not require abstinence.
- 3) Recovery Resources does follow the 12-step model and encourages people to attend meetings. Unfortunately, in NE Ohio there are only 17 meetings available.

5. PROGRAM REVIEW UPDATE

Ms. Harper, Chief Operating Officer, reported that provider agency program reviews started in January 2013. The goal for the reviews (not considered audits) is to review consumer/client files and to talk with agency staff and consumers to ensure that services, as described in the agency service plan and outlined in the ADAMHS Board's Non-Medicaid contracts, are being delivered. If requested, Board staff will also provide program/clinical technical assistance.

To date, Program Review Teams have completed 18 agency reviews and two "special" agency/fiscal reviews for Hitchcock Center for Women and ORCA House. For the adult review team, the nine SCALE partner agencies were scheduled first, and all have been reviewed. The reviews for the remaining agencies should be complete by 6/1/13.

In the child/adolescent and prevention area, school based mental health and early childhood mental health program providers have been reviewed. One school based mental health provider had to be rescheduled. There are 2 or 3 prevention programs scheduled for their review which will complete the reviews from the children's area.

Overall, the review findings have been great in that the agencies are providing the various services as outlined in their agency service plan and are consistent with their Non-Medicaid contract allocation. There were a few outliers; however, since this exercise is not an audit, the report mentions the team's findings but does not require any action or correction. The final report to Directors is anticipated in June or July and will highlight some of the agencies' premier programs and their strengths.

6. UPDATE ON HOARDING NETWORK

Co-Chairs of the Hoarding Connection of Cuyahoga County, Leshia Yarbrough-Franklin, Adult Projects Specialist, and Bert Rahl, Director of Mental Health, Eldercare Services Institute, presented an Overview of the Task Force, its Mission and Goal Statements via a power point presentation (attached to the original minutes) that included photographs of hoarding situations.

Mission: To educate the community about the need for a coordinated effort of personnel from local government, mental health and social service agencies to effectively help individuals who hoard and those working with individuals who hoard.

Goal Statement: To identify responders, resources and personnel through Cuyahoga County, and to educate and train them about the characteristics of hoarding. We promote a comprehensive approach to helping individuals who hoard, while protecting the safety of responders and the community.

Activities:

- Educational seminars to professionals (approximately 1,000) in the last two years
- Data collection project – of known cases to the Board of Health to help establish incidence & prevalence
- Day-long conference, May 23, 2013 with national hoarding expert, Randy Frost
- Educational hoarding video expected to be complete by May 2013
- Seek funding for a research grant to continue research on hoarding and hoarding behaviors

Hoarding affects about 5% of the general population. It usually starts in adolescence and progressively worsens through a person's lifespan. The illness prevents them from understanding and seeing that they have an illness.

7. SHARES UPDATE

John Garrity, Ph.D., Director of QI/Evaluation & Research, reported that the Council of Governments recently discussed the negotiation with a vendor for the production of the SHARES (Shared Health and Recovery Enterprise System). The 3 C.E.O.'s will sign a contract with the vendor very soon. Our Board authorized the Council of Governments for this arrangement and a copy of the contract will be shared with ADAMHS Board members to keep all informed. Four teams have been assembled to assist with the implementation of SHARES: (1) Clinical Outcomes (2) Finance (3) Information Technology and (4) Customer Service. Efforts will be made to standardize issues as much as possible and yet allow each of the Boards to operate with specifics as needed. It was noted that a SHARES Update will be considered a standing item for future P&O Committee meetings.

8. S.C.A.L.E. UPDATE (Screening, Centralized Assessment, Levels of Care Assignment & Engagement)

Dr. Delos Reyes highlighted the SCALE Weekly Report for the time period of 3/25/13 through 3/29/13. The current number to be added to the wait list for an assessment was 25. Total SCALE phone calls were 93; appointments scheduled for community SCALE was 105. (The SCALE Update referenced and additional handout identifying the criteria for Levels of Care are attached to the original minutes stored in the Executive Unit.)

9. FUTURE TOPICS FOR PLANNING & OVERSIGHT COMMITTEE

MAY 2013

- Veterans Administration Update
- Medicaid Expansion
- Bridgeway properties/consumers
- County Levy

Dates yet to be determined:

- CMHA Collaboration
- Defending Childhood
- Forensic/Civil Beds
- Update on Division of Children & Family Services/Team Decision Making Meetings

10. OLD/NEW BUSINESS

Ms. Harper noted that a proposal to develop crisis intervention programs for children and young adults with mental illnesses was recently released from the Ohio Department of Mental Health and the Ohio Department of Developmental Disability. Our Board is working collaboratively with the Cuyahoga County Board of Developmental Disabilities, the Lorain County Mental Health Board and the Lorain County Board of Developmental Disabilities to develop a children's mobile mental health crisis unit in Cuyahoga County, crisis stabilization beds in both counties in an effort to ensure immediate access to available respite care and to offer intensive home treatment where a child has a diagnosis of both mental illness and a developmental disability so that the child could stay in their own home. The proposal would address the needs of children and young adults up to the age of 24.

There being no further business, the meeting adjourned at 6:00 p.m.

Submitted by: Carol Krajewski, Executive Specialist

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