

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

FAITH-BASED OUTREACH COMMITTEE MINUTES JUNE 1, 2022

Committee Members Present: Gwendolyn A. Howard, LSW, MSSA, Committee Chair, Ashwani Bhardwaj, Rev. Benjamin F. Gohlstin, Sr., Patricia James-Stewart, M.Ed., LSW, Rev. Max M. Rodas, MA, Mary R. Warr, M.Ed.

Absent: Rev. Brenda Ware-Abrams

Board Staff Present: Scott Osiecki, Chief Executive Officer, Olivia Abdrasul, Carole Ballard, Christina Bohuslawsky-Brown, Danielle Clark, Tami Fischer, Cheryl Fratalone, Felicia Harrison, Bill Hebble, Anthony Henderson, Woo Jun, Linda Lamp, Samantha Maloy, Tawanna Pryor, Clare Rosser, Starlette Sizemore, Thomas Williams, Nakia Yukas, Beth Zietlow-DeJesus

1. CALL TO ORDER

Ms. Gwendolyn Howard, Faith-based Outreach Committee Chair, called the meeting to order at 4:00 p.m. Rev. Max Rodas read into the record the Committee 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. PUBLIC COMMENT ON AGENDA ITEMS

No public comment on agenda items was received.

3. BOARD MEMBER ATTENDANCE ROLL CALL

Due to the current public health orders surrounding COVID-19, and the Board’s commitment to ensuring the health and safety of our Board members, staff, partners, and stakeholders, the Faith-based Outreach Committee was held via a Zoom meeting. To assure a quorum, Ms. Linda Lamp, Executive Assistant, completed the committee member attendance roll call.

4. APPROVAL OF MINUTES

The Faith-based Outreach Committee minutes of April 6, 2022 were approved as submitted.

5. DIVERSITY, EQUITY AND INCLUSION (DEI) IN BEHAVIORAL HEALTH CARE UPDATE

Mr. Scott Osiecki, Chief Executive Officer, provided an update on the Diversity, Equity and Inclusion (DEI) Strategic Planning process. He reported that Rice Education Consulting, LLC (REdCon) is making last minutes changes to the final plan, which is expected by the end of this week. Once received, staff will be presenting this plan during each committee meeting for final approval at the June 22, 2022 General Meeting.

6. FAITH-BASED OUTREACH PROGRAM PROGRESS REPORT

Ms. Starlette Sizemore, Director of Special Projects, reported that the First Quarter Report contains 11 pages of in-depth analysis of information that includes measurements for all eight providers individually, plus combined data; along with observations about outcomes. The full report is available on the ADAMHS Board’s website.

Mr. Thomas Williams, Evaluation and Research Officer, stated that this report included cumulative data trends and provider program highlights spanning the First Quarter 2022. He reported that there is a variety of providers that worked with the Board over the past year on the faith-based initiative; and due to the program differences and ages of program participants, several measurement instruments were utilized. Through various charts, Mr. Williams revealed combined results from all providers using the same measurement tool.

Mr. Williams highlighted that there are various means for measuring the effectiveness of these programs through three measurement instruments: Devereux Student Strengths Assessment (DESSA) Outcomes, Devereux Adult Resilience Survey (DARS) Outcomes and Quizzes/Evaluation, which includes Mental Health First Aid (MHFA) and Awareness & Education.

The faith-based programming for children in grades K-12th is measured through the DESSA instrument by comparing a Pre assessment with a Post assessment. The DESSA web-based system is designed to help school and after-school program staff promote the healthy social-emotional development of all children. As there are differences between younger children and high school age children, two separate instruments have been developed for children in grades K-8 and the high school grades. The DESSA is a thorough assessment of the following social-emotional competencies: Self-awareness; Social-awareness; Self-management; Relationship Skills; Goal Directed Behavior; Personal Responsibility; Decision Making Skills; and Optimistic Thinking, which translates to a score and is categorized through a numerical value. 60 and above indicate social and emotional “Strengths” showing children doing well; 40-59 indicate “Typical” positive behaviors for children; and 40 and below indicate “Need for Instruction” to further develop social and emotional skills. 99Treasures Arts & Culture had 36 DESSA initial counts, Naaleh Cleveland had 32 DESSA initial counts and Trinity Outreach Ministries had 53 DESSA initial counts during 2022 Q1.

The faith-based program for adults demonstrates resiliency measured as Always (A), Sometimes (S), or Not Yet (N) through the DARS instrument that promotes self-awareness regarding personal strengths to enhance creativity and the ability to set limits to cope with adversity and stress measured through the following areas: Will gain knowledge to develop healthy relationships; Will learn skills to increase self-worth to enhance internal beliefs and values; Will learn strategies to develop/enhance self-motivation to increase independence; and Will learn to self-regulate and control without the use of substance and negative influences. Mr. Williams highlighted that the number of individuals first time served was 86; and the chart provided reflected that 59% to 76% of individuals showed improvement in resilience for each of the subscales; and overall, 83% showed improvement in resilience in one or more the subscales.

MHFA is designed to teach individuals how to spot the signs and symptoms of mental illness and provide help on a first aid basis. Individuals who are participating in a MHFA training provided by a faith-based program provider are expected to successfully complete the course evaluation/quiz and score at least 60% based on the following topics: Helpful Things to Say; Myths and Facts-Suicide and Self-Injury; Suicidal Thoughts and Behaviors; Panic Attacks; Traumatic Events; Auditory Hallucinations; Psychosis; and Substance Use Disorders. Participants demonstrated on a quiz a passing level of competence of 100%. No one participated in a MHFA program during the first Quarter of 2022.

The Awareness & Education programs are designed to present a variety of mental health and substance use knowledge to raise their level of education and awareness. These programs are being done by the Far West Bridges Program, NAMI Greater Cleveland/Naaleh Cleveland, NAMI Greater Cleveland and the Galilean Theological Center (GTC). Presently, there are no new clients for 2022.

Ms. Sizemore reported on a variety of current highlights from each the eight faith-based providers, which included the following:

- **99Treasures Arts & Culture – Community Empowerment**

The Community Empowerment Program serves youth and families with out-of-school programming that is trauma-informed, intergenerational, and culturally specific, including wraparound services for families, mentoring, and substance misuse education.

Ms. Sizemore highlighted that 99Treasures Arts & Culture have ten pieces of original art on display at the Mt. Pleasant Library. Integrity Construction Company held a science, technology, engineering, art and math (STEAM) class on how to use a measuring tape. Youth and adults assisted with the calculations and hanging the artwork on display. Staff have also finalized plans for the 25th Anniversary of Peace Camp; and assisted youth with completing their applications for Youth Opportunities Unlimited.

- **Far West Center – Bridges**

Far West Center’s Bridge Program – Builds collaborative relationships between the faith community and Far West Center for improving the emotional and spiritual health and well-being of congregations.

The Bridge Program is participating in a community Carnival for Christ this August – a collaborative art therapy mural will be part of the festivities. They have loaded food donations destined for the Redeemer Crisis Food Bank, assisted

both pastor and congregation members in coping with multiple losses of congregants since the new year, and talked about emotions during a Sunday school class through education and crafts.

- **Galilean Theological Center – Substance Use Disorders Educational & Training Program for Latinx Clergy & Church Leaders**

The Galilean Theological Center (GTC) has a Substance Use Disorders Educational & Training Program for Latinx Clergy & Church Leaders that addresses disparities and develops equity for the Latinx community of Northeast Ohio as it relates to substance use disorders and mental health challenges.

On Saturday, April 16, 2022, GTC launched Component I – Spiritual Caregiving to Help Addicted Persons and Families. GTC registered 47 pastors and church leaders for the program. Component II – Chemical Dependency Counselor Assistant (CDCA) Credentialing and Certification is scheduled to be on Saturday, June 11, 2022.

- **Kingdom Developers Consulting STOP Program – Strength to Obtain Purpose (STOP)**

The STOP Program assists individuals in overcoming adversity experienced in early life. This program reduces risk taking behaviors including the use of alcohol and other drugs, criminal activity and engaging in any behavior that could jeopardize one's future; and serves at-risk youth in grades K-12, families and adults involved with the criminal justice system.

The STOP Program is working to increase referrals. They have reached out and shared program information with community schools/court systems. STOP Program staff have shared program information with the Shaker Heights Court and was invited to a Faith-based partner event in a South Euclid School. A STOP Program presentation is scheduled for June with Northeast Ohio Probation Officers; and they are currently providing the STOP Program in Invictus High School.

- **Naaleh Cleveland – High Risk Mentorship Program**

Naaleh's High Risk Teen Mentorship Program provides mentorship to struggling teens in our community that are having a difficult time with substance use, mental health issues and family dysfunction.

Program participants work together. A program participant struggled with sustaining his medication, attending therapy and dealing with family dysfunction. Due to a group of program participants using their friendship and teambuilding activities, they were able to build the fellow participant's self-esteem and self-worth; and decrease his depressive symptoms. Participants are assisting local community members with landscaping and gardening tasks, which have resulted in a sense of accomplishment and self-worth. They have also developed job skills and self-advocacy skills that have resulted in several youth voicing a desire to create a business and become more independent. Due to youth encouragement and staff motivation, youth wanting to continue pursuing their academics in a more serious way, resulted in one youth signing up for classes at Cuyahoga Community College.

- **National Alliance on Mental Illness (NAMI) Greater Cleveland – Faith-based Project**

NAMI Greater Cleveland reaches out to a broad, diverse range of faith-based institutions, including churches, temples, mosques, synagogues, and other places of worship in the Greater Cleveland community. They Build relationships and encourage inclusion of families and persons with mental illness within their ministries, share information about mental illness and community resources and decrease stigma.

NAMI Greater Cleveland hosted a faith-based event titled *Mental Health in Buddhism* with close to 70 individuals in attendance. During this event, a presentation was had from a leader in Zen Buddhism; and there was also panel discussion with two additional Zen Buddhism leaders. NAMI Greater Cleveland continues to operate one in-person support group at Bay Village Presbyterian Church; and the Hispanic Coordinator continues to engage in outreach to Spanish-speaking congregations.

- **OhioGuidestone – Workforce 360° – Faith-based Services Program**

The Workforce 360° Faith-based Services Program utilizes spiritual care as a bridge to mental health services and uses both group and individual sessions to promote resiliency, supportive relationships, and healthy coping mechanisms for individuals between 18 to 24 years.

The Workforce 360° Faith-based Services Program currently has 27 clients enrolled/ten new clients – all completed the 1st assessment. They have also experienced an increase in expanded Chaplain Engagements, which consist of individual support in addition to the group/cohort setting.

▪ **Trinity Outreach Ministries – Inner City Youth and Families Cultural Arts**

Trinity Outreach Ministries' Inner City Youth and Families Cultural Arts Performance is an after school and weekend prevention program that provides a holistic culturally sensitive faith-based approach to early intervention. The aim is to strengthen the protective and resiliency factors in inner city at-risk families that are pertinent to delaying, offsetting, or arresting the use and abuse of illicit drugs and alcohol.

The Inner City Youth and Families Cultural Arts has 11 new families that have made commitments to live clean/sober lifestyles and encourage their children to connect with faith and hope. A total of 21 individuals from the community have made public statements via Baptism to have a closer walk with the faith community; and ask for help and accept leadership/encouragement from leaders in the faith community. Also 12 new families in Kenya and Uganda connected to the Faith Program virtually. Lastly, Trinity Outreach Ministries has examined additional funding possibilities via the Greater Cleveland Interfaith Alliance.

Ms. Sizemore and representatives from the various faith-based programs responded to questions from the Board of Directors present. Ms. Sizemore also noted that a detailed Quarter 1 Report and Program Progress Report can be reviewed for additional detail. Ms. Howard commended Mr. Williams and Ms. Sizemore for their work with the various Faith-based organizations; and reported that although two providers have been lost, the Faith-based Committee is thankful for the eight that remain. She also highlighted that the detailed Faith-based Reports are provided on the Board's website.

Rev. Rodas asked for clarification regarding the two providers that are no longer providing ADAMHS Board funded faith-based services to the community. Ms. Sizemore reported that Faith Community Services and Brenda Glass Multipurpose Trauma Center no longer provide ADAMHS Board funded faith-based services to the community. Ms. Mary Warr encouraged the Board and the Faith-based Committee to ensure that existing providers and/or additional providers can be utilized to fill any gaps in services.

7. PROGRAM PROVIDER PRESENTATIONS

- 99Treasures Arts & Culture – Project Community Empowerment Holistic Solutions for Holistic Programs

Representatives of 99Treasures Arts & Culture, Mr. Khalid Samad, Chief Executive Officer/Co-founder, Ms. Raj Roberson, Project Director, and Ms. Ruth Standiford, Staff Social Worker, presented on Project Community Empowerment Holistic Solutions for Holistic Programs. Ms. Standiford reported that 99Treasures Arts & Culture specializes in art projects such as the curation of corporate office spaces, Arts4Peace Gallery Walls, and unique art for the home. Artwork is produced by youth and a professional artist. She reported that this art program helps youth deal with challenges; and in the last two weeks, they have had serious challenges. Ms. Standiford noted that several of the youth have participated in active shooter drills in their respective schools; and Mr. Samad and herself were first responders at the SuccessTech Academy shooting. As a result, their purpose is to use art to help heal without words, to help heal the trauma and help individuals maintain sobriety.

Mr. Samad emphasized that, first and foremost, they are extremely thankful for this program. He noted that they have also taken on the responsibility of a program that teaches individuals how to get in charge of themselves by using spirituality through a saying – If your mind can see it, your will can achieve it. He also shared that they encourage youth to use their empowerment, not in a specific physical way but in a spiritual way to accomplish some of their established goals.

Ms. Roberson shared that all aspects of their curriculum include STEAM: the arts, humanities, language arts, dance, drama, music, visual arts, design and new media. Additionally, this year will mark their 25th anniversary for hosting Summer Camp and out of school programming on a continuous basis. Ms. Roberson reported that presently, they have approximately 50 pieces of art in the library and are incorporating reading into everything the youth do within the program. Ms. Roberson indicated that Mr. Samad and herself provide services at two Housing and Urban Development (HUD) estates twice a month to provide drug, crime/violence and alcohol education; in addition to arts and crafts. Starting this Summer, they have also decided to provide youth with an educational field trip on Wednesdays. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

- Far West Center (FWC) – Bridges Program

Mr. Bob Piovarchy, Clinical Manager of Far West Center, reported that the Bridges Program is a way of bridging clergy and congregations to mental health awareness. Various ways to bridge spirituality and mental health include, but are not limited to, developing relationships with clergy as well as congregations, providing mental health awareness through a four session educational program and providing mental health awareness through the provision of MHFA sessions. He reported that the Bridges Program has had the following accomplishments:

- Developed relationships with four congregations and one faith-based senior adult residence.
- Assisted adapting to various changes and challenges brought on by the pandemic.
- Served as referral, support and confidant to clergy, church staff and congregational councils.
- Served as a connection for clergy and individuals and families served to community resources.
- Assisted in campus spiritual life including leading worship at the faith-based residence.
- Relationship with a Parish Nurse program at a local congregation.
- One completed MHFA session and four more to go – all with full registration.
- Served as a link to assist pastors to link congregants to Mental Health Services and FWC programs i.e., Individual counseling, FWC Bridges and FWC Senior Strong.

Mr. Piovarchy shared that the Bridges Program worked very hard to overcome the following challenges through adaptation:

- Building relationships using varied formats.
- Clergy and staffing shortages at churches.
- Varied formats churches are using (live, virtual and hybrid gatherings).
- The challenge of getting congregations back to live worship and activity in their buildings.
- Dealing with changes and adaptations while maintaining safety.
- Assisting to alleviate clergy burnout as they face the grief affiliated with loss and change in their congregations.

Lastly, Mr. Piovarchy referenced the following lessons learned:

- Adaptability and flexibility are the foundation of Mental Health.
- Spirituality is a component of our wellness. Faith yields hope which enables us to carry on and face life circumstances.
- Our life and faith walk are a journey filled with challenges and discoveries. Time and endurance are part of the process.
- Grief comes with changes and loss of any kind and needs to be addressed.
- Do not be afraid to schedule activities, but recognize cancellation is an option.
- We face the sacred as we serve others.
- We are all called to be a community.
- We are more than conquerors through faith – nothing can separate us from the love of God. (Romans 8).

(The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

Committee Member Input:

- Ms. Howard shared her appreciation for the reports provided by Ms. Sizemore and Mr. Williams and commended the partnering faith-based organizations for their creativity with providing services.

8. COMMUNITY NON-BOARD MEMBER DISCUSSION

Mr. Osiecki reported that, per the ADAMHS Board bylaws, the Faith-based Outreach Committee and the Planning & Oversight Committee may consist of both board members and not more than two residents of the service district who are not members of the Board but who are qualified to serve as members of the Board. These two Non-board Members shall be appointed by the Board to four-year terms of office as committee members and may be reappointed to not more than one subsequent term of office. These two Non-board Members have a right to vote on matters presented to the Faith-based Outreach Committee and Planning & Oversight Committee; however, they do not have a right to vote at any general meetings of the full Board.

The two current Community Non-board Members serving on the Faith-based Outreach Committee and their terms are listed below:

- Rev. Brenda M. Ware-Abrams, 4-year term, November 2016 through October 2020.
- Ms. Mary Warr, 4 year-term, February 2018 through January 2022.

Although, the terms of Rev. Ware-Abrams and Ms. Warr have expired, they continued to remain as Non-board Members. They are both eligible for the completion of a second four-year term from the date that their terms expired, and both have expressed interest in continuing as Non-board Members. Once reappointed, their terms would be as follows:

- Rev. Brenda M. Ware-Abrams for a term, November 1, 2020 through October 31, 2024.
- Ms. Mary R. Warr for a term, February 1, 2022 through January 31, 2026.

Ms. Warr stated that she participated as an ADAMHS Board member for approximately 16 years and stepped down due to family obligations. Presently, she is eager to continue in the role of advocating for the Faith-based Outreach Committee's mission statement. Mr. Osiecki highlighted that Ms. Warr was one of the founding members of the Faith-based Outreach Committee.

Motion to recommend Rev. Brenda M. Ware-Abrams and Ms. Mary R. Warr for their second four-year terms as Non-board Members of the Faith-based Outreach Committee (as identified above) to the full Board. MOTION: M. Rodas / SECOND: B. Gohlstin / AYES: A. Bhardwaj, B. Gohlstin, P. James-Stewart, M. Rodas, M. Warr / NAYS: None / ABSTAIN: None / **Motion passed.**

[Rev. Max M. Rodas, MA, left the Zoom meeting.]

9. NEW BUSINESS

Rev. Benjamin Gohlstin inquired with the Faith-based Outreach Committee as to whether they could encourage and/or maybe underwrite some of the Board's Latinx providers, either physically or digitally, to provide the residents of Uvalde, Texas with spiritually based services and clinical counseling services. Mr. Osiecki stated that this is a very compassionate and thoughtful idea, however, the Board's funding is for the residents of Cuyahoga County. He also reported that if anyone is struggling in Cuyahoga County, they are encouraged to reach out to the 24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline operated by FrontLine Service: (216) 623-6888. Clients may also reach out to the Cuyahoga County Mental Health Warmline: (440) 886-5950.

10. PUBLIC COMMENT PERIOD

Dr. Deborah Watson shared that she is honored to participate in the Board's Faith-based Outreach program and thanked the presenters for increasing an awareness and understanding of mental health/addiction in the faith community. She also congratulated Rev. Ware-Abrams and Ms. Warr on their appointments as Non-board Members to the Faith-based Outreach Committee.

Ms. Watson shared that the Board may consider providing a statement of support/concern to the residents of Uvalde, Texas to show that the Board is connected to them. Rev. Gohlstin emphasized that this statement should also include the residents of Buffalo, New York and the residents of Cuyahoga County. Ms. Beth Zietlow-DeJesus, Director of External Affairs, reported that although the Board did not send out a statement, staff sent out, via email, some resources for mass/school shootings. The mass/school shootings that occurred in Buffalo and in Uvalde have created a need for additional education, understanding and information. After a brief discussion of providing an additional statement to the community, the Board of Directors determined that, at this point in time, (and to not be misunderstood) stay with the resources that have been provided.

Ms. Standiford reported that they have a collaborating partner, an organization called God Before Guns, which is a multi-faith coalition of individuals and faith communities working to reduce gun injuries and deaths. She noted God Before Guns will be having an event at a Church in Euclid on Saturday, June 11, 2022, whereby a gun buyback will transpire – and be melted down – to turn swords to plowshares, which is a concept in which military weapons or technologies are converted for peaceful civilian applications to be melted down into. Ms. Standiford shared that she would forward the flyer to Ms. Sizemore's attention for dissemination.

11. UPCOMING JUNE AND JULY BOARD MEETINGS:

- Nominating Committee Meeting: June 8, 2022
- Planning & Oversight Committee Meeting: June 8, 2022
- Finance & Operations Committee Meeting: June 15, 2022
- General Meeting: June 22, 2022
- Committee of the Whole Meeting: July 20, 2022
- General Meeting: July 27, 2022

There being no further business, the meeting adjourned at 5:13 p.m.

Submitted by: Linda Lamp, Executive Assistant

Approved by: Gwendolyn A. Howard, LSW, MSSA, Faith-based Outreach Committee Chair