

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

FAITH-BASED OUTREACH COMMITTEE MINUTES JUNE 7, 2023

Committee Members Present: Rev. Benjamin F. Gohlstin, Sr., Committee Chair, Ashwani Bhardwaj, Patricia James-Stewart, M.Ed., LSW, Rev. Brenda Ware-Abrams, Mary R. Warr, M.Ed. / Other Board Directors: J. Robert Fowler

Absent: None

Board Staff Present: Scott Osiecki, Chief Executive Officer, Carole Ballard, Anthony Henderson, Jr., Woo Jun, Linda Lamp, Jessica Saker, Starlette Sizemore

1. **CALL TO ORDER**

Rev. Benjamin F. Gohlstin, Sr., Faith-based Outreach Committee Chair, called the meeting to order at 4:00 p.m. Ms. Mary Warr 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. **APPROVAL OF MINUTES**

The Faith-based Outreach Committee minutes of February 1, 2023 were approved as submitted.

[Ms. Patricia James-Stewart, M.Ed., LSW, and Mr. Ashwani Bhardwaj arrived.]

4. **THE IMPACT OF POLICE USE OF FORCE ON THE MENTAL HEALTH OF THE BLACK COMMUNITY UPDATE**

Ms. Shaleneh Williams, BA, MA, Community Engagement and Project Manager, Cleveland Community Police Commission reported that the Cleveland Community Police Commission (CPC) was established to provide community input on police policies to help strengthen relationships between officers and the communities they serve. Better policies will help ensure policing in Cleveland is safe, effective, and that people’s civil rights are upheld. The CPC was established in 2015 as part of the terms of the Consent Decree between the City of Cleveland and the U.S. Department of Justice (DOJ). Following an investigation, the DOJ determined there was a pattern of excessive force used by the Cleveland Division of Police (CDP). These findings were documented in the DOJ’s findings letter. The Consent Decree outlined the work that needed to be done so CDP policies, practices and procedures comply with Constitutional law.

The American Psychiatric Association (APA) recognizes the profoundly negative impact that police brutality on Black males has on their mental health, as well as the mental health of the Black community and encourages initiatives that foster direct collaboration between law enforcement and Black communities to engender trust, cooperation, and understanding. The CPC is dedicated to bringing information and education on the status of Black mental well-being and establish access to treatment and care for the mental health, bodies and souls of the Black community before, during and after traumatic police encounters. Community partners that support the event include: Cleveland City Council; National Congress of Black Women; Greater Cleveland Pastor’s Association; Fatherhood Initiative; Cleveland Municipal School District; Akron University; Cleveland State University; National Center for Urban Solutions; Spread the Love Foundation; CEO 360; Angelo Miller Foundation; African American Men’s Wellness Agency; Alpha Pi Alpha Fraternity, Delta Alpha Lambda Chapter; Project Lift; Black Lives Matter; Cuyahoga County Community College; Murtis Taylor Human Services System; WOJU 95.9 Radio; Omega Fraternity; YWCA; Ghetto Therapy; Citizens for a Safer Cleveland, and Serenity Health & Wellness Corporation. Funding is also being requested from: St. Luke’s Foundation; HealthComp; Woodruff Foundation; MetroHealth; Cleveland Foundation and the Fowler Foundation.

Sponsorship of *The Impact of Police Use of Force on the Mental Health of the Black Community* aligns with the ADAMHS Board’s faith-based and Diversity, Equity and Inclusion (DEI) initiatives and continued work with the Mental Health Response Advisory Committee (MHRAC) and law enforcement to reimagine and reshape our mental health, addiction and recovery network into an equity-based system of inclusion.

The Impact of Police Use of Force on the Mental Health of the Black Community was a series of mini conversations that were held from March through May 2023; and will culminate in a larger Community Conversation in July 2023, that is being sponsored by the Cleveland Police Commission:

- o March 23, 2023 Conversation Focus: Black Women - You Are My Sister. Hosted By: YWCA Greater Cleveland
- o April 29, 2023 Conversation Focus: Black Men - Real Men Real Talk. Hosted by: Alpha Phi Alpha Fraternity - Delta Alpha Lambda (Cleveland Chapter)
- o May 2023 Conversation Focus: Black Youth - For Our Future. Hosted by: Tri-C
- o July 2023 Combined Large Conversation - The Conversation: How Police Violence and Brutality Impacts the Black Community Conversation. Hosted by Black Lives Matter Cleveland, Citizens for a Safer Cleveland and The Angelo Miller Foundation

This series of conversations looked at the ways in which police policies and practices, including use of force, affects the mental and physical health of Black men, Black women and Black youth. These conversations have focused on presenting data, listening to attendees' lived experiences, and providing resources to develop solutions. Information gathered from these events were documented, researched and analyzed in a continuing effort to gather more evidence to help inform better police training, practices and policies in Cleveland. These efforts are also a source of information on how to connect to resources to begin building healthy Black men, and by extension, families and community including the men and women who serve as law enforcement officers. This conversation aims to look at some of the ways in which police use of force affects the mental and physical health of Black communities and especially Black men including the impact of years of life lost in the community, adverse mental health impact from direct and indirect exposure, and public "safety" as detrimental to public health.

After the Community Conversation and through August 31, 2024, attendees will be able to access mental health counseling and other support at no cost. The CPC has requested \$25,000 from the ADAMHS Board to serve as a sponsor to defray costs associated with *The Impact of Police Use of Force on the Mental Health of the Black Community*. As a sponsor, the ADAMHS Board has been identified as a sponsor on printed and digital materials, participated in the planning of the Community Conversation, and will present a break-out session during the Community Conversation. The Community Conversation is expected to attract 500 individuals and will include continental breakfast, keynote speaker, break-out sessions, lunch, a closing with a local or national talent and comments by the Cleveland CPC. The CPC will also receive \$50,000 of new pooled funding from the ADAMHS Board to be drawn down to cover the cost of mental health and other related services for attendees through August 31, 2024 – with a referral for continued services as needed. Some of the services may be billable under insurance from provider agencies, while the pooled funding would cover services for the uninsured, as well as services that are not billable under insurance.

5. FAITH-BASED OUTREACH PROGRAM 2022 YEAR-END REPORT

Ms. Starlette Sizemore, Director of Special Projects, reported that the 2022 Year-End 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.

Ms. Sizemore stated that the mission of the Faith-based outreach initiative is to recognize and advocate spirituality in the recovery process; connect the spiritual perspective with other interventions and best practices; and promote the concept that treatment works and people recover. Due to program differences and ages of program participants, several measurement instruments were used. A chart was shared that showed combined results from all providers using the same measurement tool. The grand total of individuals served for all eight faith-based providers in 2022 was 1,019; and the expected annual total was 864.

Ms. Sizemore 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), and Quizzes/Evaluation, which includes Mental Health First Aid (MHFA) and Awareness & Education. Ms. Sizemore shared that for Calendar Year (CY) 2022, the breakdown of individuals served in each of the measurement

instruments included the following: DESSA 378 individuals, DARS 382 individuals, MHFA 45 individuals, and Awareness and Education 214 individuals, for a total of 1,019 individuals.

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.

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. Ms. Sizemore highlighted that the chart provided reflected that 308 individuals completed DARS 2 and that overall, 68% to 79% of individuals showed improvement in resilience for each of the subscales; and overall, 83% showed improvement in resilience in one or more of 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; however, in the Second Quarter Far West Center had eight individuals, in the Third Quarter had 11 individuals and in the Fourth Quarter had 2 individuals and National Alliance on Mental Illness (NAMI) Greater Cleveland (GC) had 15 individuals in the Second Quarter, no individuals in the Third Quarter and 9 individuals in the Fourth Quarter.

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 GC and the Galilean Theological Center (GTC). The total number of individuals for each of the faith-based providers for CY 2022 is as follows: Far West Bridges Program 28 individuals, NAMI GC 133 individuals and GTC 53 individuals.

6. FAITH-BASED OUTREACH PROGRAM 2023 1ST QUARTER REPORT / CURRENT STATUS HIGHLIGHTS

Ms. Sizemore reported that during the First Quarter 2023 the total number of individuals served was 479, with an expected annual total of 785. She highlighted that during the First Quarter 2023, It’s Not a Moment, It’s a Movement (Institutions) served 14 individuals; with an expected annual total of 25 and It’s Not a Moment, It’s a Movement (Conversations) served two individuals; with an expected annual total of 12.

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

- **99Treasures Arts & Culture – Holistic Solutions for Holistic Problems Initiative**

Holistic Solutions for Holistic Problems initiative provides a base-strategic program and art activities that aid an intergenerational population; and provides a human-centered and spiritual approach for clients using holistic, culturally specific and interfaith services. This initiative also provides an innovative, therapeutic year-round out-of-school-time program and a summer camp.

Ms. Sizemore highlighted that 99Treasures Arts & Culture held the 50th Annual Black History Flag Raising Ceremony. The youth researched the heroes and sheroes of Black History and collaborated with the *Spot Youth Empowerment* Group for upcoming job opportunities/trainings. 99Treasures Arts & Culture is a Youth Opportunities Unlimited worksite.

▪ **GTC – Substance Use Disorders Educational & Training Program for Latinx Clergy & Church Leaders**

GTC has a Substance Use Disorders Educational and Training Program for Latinx Clergy and 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.

GTC had 48 participants for their Faith-based Program. This is a continuing cohort of pastors, so even though the program continues, there are no new pastors joining the program in later quarters. Percentages will reflect those gaining Chemical Dependency Counselor Assistant (CDCA) certifications, which will be seen as the year progresses.

▪ **It's Not A Moment, It's a Movement**

The Faith Movement provides faith leaders of all races and denominations with tools for developing Mental Health Ministries aimed at reducing the stigma of mental illness and investing in the important role of spirituality in the treatment and recovery process. It's Not A Moment, It's a Movement serves 50 faith leaders.

It's Not A Moment, It's a Movement held the following four Mentally Mangled events:

- Six-person faith leader panel discussion: Mental Health on Tuesday, February 21, 2023 at Mt. Sinai
- Health Education Training Session on Tuesday, February 28, 2023 at City of God
- One-day Summit on Tuesday, May 16, 2023
- Mental Health Bootcamp Training on Thursday, May 25, 2023.

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

Naaleh's High Risk Teen Mentorship Program provides mentorship to struggling teens in the community that are having a difficult time with substance use, mental health issues, and family dysfunction. They work on building self-esteem and self-confidence through learning life skills and physical fitness.

Naaleh Cleveland's mentees reflected an increase in peer support, self-advocacy and peer leadership. Program staff is delegating leadership roles to older group members.

▪ **NAMI GC**

NAMI GC builds relationships with faith-based organizations and increases support, education and referrals around mental health and substance abuse issues in community churches by building support groups/partnerships, and by providing an understanding of mental/behavioral health and dual diagnosis.

NAMI GC held three trainings. The first training was MHFA training with 17 participants at The Church of God in Christ. The second training was Mental Health and Judaism: Peer, Family, Clergy Perspectives with 40 participants at Suburban Temple – Kol-Ami. The third training was Understanding Mental Illness with 13 participants at St. Ambrose Church.

▪ **OhioGuidestone – Workforce 360°**

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 to prevent and mitigate mental health and substance use disorders. A Community Chaplain collaborates with staff to provide resources and support in the classroom and in situations of crisis, high emotion and life decisions.

The Workforce 360° Faith-based Program performance measure improvement scores on the DARS for 2023 Quarter I (18 individuals completed DARS 2) revealed the following:

- % of Relationships – 83% improvement
- % of Internal Beliefs – 39% improvement
- % of Initiatives – 61% improvement
- % of Self-control – 44% improvement
- % of Overall – 83% improvement

▪ **Trinity Outreach Ministries – Another Chance Of Ohio**

Inner City Youth and Families Cultural Arts Program provides prevention programs to children in the Family First Childcare Center and families and youth attending Trinity Outreach Ministries, Holy Trinity Church and the Cultural Arts Center. The program provides family fitness, music classes, facilitates spiritual and character development, cultural or performing arts classes and community outreach.

The Faith Program Whitney Young School Inspirational Choir performed at a Black History program. They also performed for the men and women from the homeless shelters.

Ms. Sizemore responded to questions from the Board Directors present. She also noted that the detailed Faith-based Outreach Program 2022 Year-end Report/Current Status Highlights can be reviewed for additional detail; and reiterated that these detailed reports are provided on the Board's website. (The PowerPoint presentation and detailed Faith-based Program 2022 Annual Report are attached to the original minutes stored in the Executive Unit.)

7. PROGRAM PROVIDER PRESENTATIONS

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

Mr. Tom Siloy, Program Manager, and Mr. Michael Kraynak, Community Chaplain and Case Manager, at OhioGuidestone, reported that Workforce 360° is paid job training programs for 18-24 year-olds in Cuyahoga County. Their mission is *“To assist students with reaching goals related to finding meaningful employment, attending additional training, and/or enrolling in post-secondary education.”* The goal for students at the end of the program is *“That students will be in a secure job that has room for growth – really a career – or furthering their education!”*

To be eligible, 18-24 year-olds living in Cuyahoga County need to meet at least one of the following:

- High school non-completer
- Parenting
- Individual with a disability
- Involved with the justice system (Adult or Juvenile)
- Foster care or aged out of foster care
- Homeless individual
- Basic skills deficient and zip code
- Incarcerated parent
- Migrant youth

OhioGuidestone offers the following programs:

- Job Readiness Training
- Construction
- Manufacturing
- Phlebotomy
- PCNA (Patient Care Nursing Assistant)
- PCA (Patient Care Assistant)
- STNA (State Tested Nursing Assistant)

The Faith-based services are supported by the ADAMHS Board, are offered in group and individual sessions and are a referral pathway to mental health services. The 2022 Outcomes shared consisted of 103 participants in the program who completed a DARS 1. 91 completed the DARS 2. Out of those 91 participants:

- 55% of the participants gained knowledge to develop healthy relationships.
- 44% of the participants learned skills to increase self-worth to enhance their internal beliefs and values.
- 46% of the participants learned strategies to develop/enhance self-motivation to increase independence. – Initiatives
- 30% of the participants learned how to self-regulate without the use of substances and negative influences. – Self-Control
- 64% of clients demonstrated an increase in Overall Score from DARS 1 to DARS 2

2022 highlights were shared and included an increased number of Enrolled Clients from 92 (2021) to 103 (2022). The Community Chaplain maintained the number of group engagements in 2021 and 2022 and provided an increased number of one-on-one expanded engagements with enrolled clients from 8 (2021) to 16 (2022). The program utilized Spiritual Care as a Bridge to Mental Health Services with 20% of enrolled clients receiving both Spiritual Care and Mental Health Services. The program utilized client input (through the DARS assessments along with group and one-on-one conversations) to continuously modify and update program content for topical relevancy with an emphasis on promoting individual resiliency.

Mr. Siloy and Mr. Kraynak responded to any questions the Board Directors had. Ms. Patricia James-Stewart also inquired about employment statistics relative to this program. Mr. Siloy and Mr. Kraynak indicated that they could obtain this information and forward to Ms. Sizemore for follow-up at the next scheduled Faith-based Outreach Committee meeting. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

▪ **NAMI GC – Faith-based Project**

Ms. Cassey Fye, LISW, CCTP, Program Director, and Mr. Matt Gesicki, Community Outreach and Education Coordinator, at NAMI GC reported that NAMI was founded in 1979 and is the largest grassroots mental health organization dedicated to building better lives for millions of individuals in North America, with affiliates in every state and in more than 500 local communities across the country. NAMI GC was founded in 2005 when two affiliates established in the 1980s consolidated operations and programs to form NAMI GC, serving all of Cuyahoga County. NAMI GC's Faith-based Program includes MHFA, Understanding Mental Illness (UMI), Faith-based Community Education and Psychoeducation and Faith-based Outreach Events.

MHFA is a 7.5 hour evidence-based training program administered by the National Council for Mental Wellbeing that teaches participants how to identify, understand, and respond to signs of mental health and substance use challenges. Faith communities trained in MHFA include Calvary Lutheran Church, The Church COGIC and The Word Church.

UMI is a 60-minute presentation that provides an overview of common mental health conditions, dismantles some of the myths and misconceptions about mental illness, and outlines strategies for communicating better with individuals with mental illness in one's personal and professional life. Faith communities educated in UMI include:

- Abundant Grace Fellowship Church
- AVIVA Church of the Nazarene
- Avon Lake UCC
- Church of the Covenant
- Hispanic Pastors Mentoring Group
- Jewish Family Services Association
- St. Ambrose Catholic Church
- St. Paul Lutheran Church

NAMI GC provides virtual education from clinical and community perspectives on special topics related to the intersections of religion, spirituality, and mental health on a quarterly basis. In CY 2022, NAMI GC served 139 individuals with faith-based community education and psychoeducation.

- Cultivating Insight: Mental Health and Zen Buddhism

- From Intercession to In-Session: Mental Health and the Catholic Church
- Have Mercy On Me: Addressing Suicide in the Black Church

In CY 2023, NAMI GC served 40 individuals at the following faith-based community education:

- Mental Health and Judaism: Peer, Family, and Clergy Perspectives

Additional topics for CY 2023 faith-based community education and psychoeducation include:

- How Faith Communities Can Support Individuals with Mental Illness
- Buddhism, Mental Health, and Trauma Healing
- Religious and Spiritual Trauma: Pathways to Healing
- A Balm for Blue Holidays: Comfort and Creativity after Life Change or Loss

Faith communities confirmed to receive UMI or MHFA in CY 2023 include:

- Abundant Grace Fellowship Church
- AVIVA Church of the Nazarene
- The Church COGIC
- St. Ambrose Church

NAMI GC was confirmed to attend the following faith-based community outreach events:

- Mental Health Wellness Fair at St. Ambrose Church on Sunday, March 12, 2023
- Mental Health Ministry Event at St. Ambrose Church on Monday, May 1, 2023
- “Mentally Mangled” Faith-Based Mental Health Conference at Mt. Sinai-Friendship United Church on Tuesday, May 16, 2023
- “A Night of Hope: Addiction and Mental Health Awareness” at Christ Church on Friday, May 19, 2023
- Mental Health Presentation and Resource Fair at AVIVA Church of the Nazarene on Sunday, June 4, 2023 and Sunday, June 11, 2023

NAMI GC is confirmed to attend the following faith-based community outreach event:

- Community Back to School Rally at Temple Baptist Church on Sunday, July 23, 2023

NAMI GC established relationships with the following faith-based communities through outreach, partnerships, collaborations, and discussions:

- Abundant Grace Fellowship Church
- AVIVA Church of the Nazarene
- Christ Church
- The Church COGIC
- Cleveland Ibn Sina Clinic
- Kingdom Talk Live
- Mt. Sinai-Friendship United Church
- New City Cleveland
- Old Stone Church
- Renew Communities
- St. Ambrose Church
- Suburban Temple – Kol Ami

Ms. Fye and Mr. Gesicki responded to any questions the Board Directors had. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

8. NEW BUSINESS

No new business was received.

9. FOLLOW-UP

Ms. Mary Warr and Rev. Gohlstin, Sr., shared concerns regarding some of the Faith-based organizations that are affiliated with the ADAMHS Board. They reported that a number of these provider organizations do not promote the ADAMHS Board's logo on any materials and/or share knowledge of this affiliation. Dr. Robert Fowler reported that Board discussion has transpired regarding the CY 2024 and CY 2025 funding process recommendation to begin the optimization of our provider network.

10. PUBLIC COMMENT PERIOD

Dr. Deborah Watson, from Trinity Outreach Ministries, reported that Trinity Outreach Ministries is proud of their affiliation with the ADAMHS Board and has always utilized the ADAMHS Board's logo on all materials relative to their Faith-based program.

11. UPCOMING JUNE AND JULY BOARD MEETINGS:

- Planning & Oversight Committee Meeting: June 14, 2023
- Finance & Operations Committee Meeting: June 21, 2023
- General Meeting: June 28, 2023 at FrontLine Service, 1744 Payne Avenue, Cleveland, Ohio 44114
- Committee of the Whole Meeting: July 19, 2023
- General Meeting: July 26, 2023

There being no further business, the meeting adjourned at 4:50 p.m.

Submitted by: Linda Lamp, Executive Assistant

Approved by: Rev. Benjamin F. Gohlstin, Sr., Faith-based Outreach Committee Chair