

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES BOARD OF CUYAHOGA COUNTY
FINANCE & OVERSIGHT COMMITTEE MINUTES
APRIL 10, 2024

PRESENT: Katie Kern-Pilch, MA, ATR-BC, LPC-S, Committee Vice Chair, James T. Dixon, J. Robert Fowler, Ph.D., Sadigoh C. Galloway, MSW, LSW, LICDC-CS, Patricia James-Stewart, M.Ed., LSW, Steve Killpack, MS, Harvey A. Snider, Esq.

ABSENT: Bishara W. Addison, Ashwani Bhardwaj, Reginald C. Blue, Ph.D., Gregory X. Boehm, M.D., Erskine Cade, MBA, Rev. Benjamin F. Gohlstin, Sr.

BOARD STAFF PRESENT: Danielle Clark, Vince Crowe, Erin DiVincenzo, Felicia Harrison, Myra Henderson, Ian Jameson, Woo Jun, Britany King, Leslie Koblentz, Linda Lamp, Mark Onusko, Clare Rosser, Jessica Saker, Allison Schaefer, Maggie Tolbert

1. CALL TO ORDER

Ms. Katie Kern-Pilch, MA, ATR-BC, LPC-S, Finance & Oversight Committee Vice Chair, called the meeting to order at 4:02 p.m. Mr. Harvey A. Snider, Esq., read into the record the Committee Mission Statement: *“To ensure the community behavioral health system in Cuyahoga County has effective allocation of resources, transparent financial practices, and well monitored delivery of high-quality mental health, addiction, prevention, treatment and recovery support services that are responsive to the diverse needs of clients, their families, and the community.”*

2. PUBLIC COMMENT ON AGENDA ITEMS

No public comment on agenda items was received.

3. APPROVAL OF MINUTES

The Finance & Oversight Committee minutes of March 20, 2024 were approved as submitted.

Ms. Kern-Pilch expressed gratitude to Ms. Linda Lamp, Executive Assistant, for her efforts relative to the Finance & Oversight Committee meeting minutes.

[Sadigoh C. Galloway, MSW, LSW, LICDC-CS, arrived.]

4. PRESENTATION

▪ **Behavioral Wellness. Education. Screening and Fitness Training (B.E.S.T. Me)**

Mr. Mark Onusko, Behavioral Health Prevention Specialist, introduced Ms. Donna L. Butler, B.E.S.T. Me Case Manager/Education Facilitator, and Mr. Sam Dickerson, B.E.S.T. Me Fitness Facilitator, at Northeast Ohio Neighborhood Services, Inc. (NEON). Ms. Butler shared that B.E.S.T. Me is a children’s mental health prevention program that combines education, screening, and fitness training as a means to improve emotional regulation and body confidence. The goal is to teach skills, facilitate self-awareness of emotions and confidence, promote new behaviors and demonstrate how to effectively deal with issues that life presents. Founded in 1967, NEON is a Federally Qualified Health Center (FQHC) network of community health centers dedicated to improving access to health care and reducing health disparities in Greater Cleveland. NEON’s mission is to provide quality, personalized and family-oriented comprehensive health care services to Northeast Ohio residents at a reasonable cost, with professional, dedicated employees, while employing the most current health care practices that are responsive to community needs for prevention and treatment of disease.

Ms. Butler stated that her first statement with working with children is “if you want to find happiness, find gratitude!” By learning gratitude, this helps the children appreciate the little things in life and lead them away from negativity and stress. She shared that a lot of the children they work with have a lot of negativity and stress and are told that their “mind is like a parachute; it works best when it’s open”. Ms. Butler reported that their education piece is broken down into three cohorts, Cohort A: Ages 5-9, Cohort B: Ages 10-13 and Cohort C: Ages 14-17 and include the following:

Cohort A:

- Feelings and their purpose
- Emotions can be hard to manage

- Self-esteem
- Feeling overwhelmed
- Loving kindness
- Connecting the mind and body

Cohort B:

- Self-awareness
- Anger management
- Feeling overwhelmed
- ANTS (automatic negative thoughts)
- Gratitude
- Connecting the mind and body

Cohort C:

- Emotional regulation
- Self esteem
- Interpersonal effectiveness and self-respect
- Feeling overwhelmed
- Mindfulness
- Gratitude

Ms. Butler shared that in Cohort B, youth make glitter jars/calming jars; and highlighted that glitter represents thoughts, and when they have big emotions, they need to shake the jar and watch it settle to refocus their thoughts and refresh their mind.

Mr. Dickerson shared that the B.E.S.T. Me program ensures that all activities are age-appropriate and safe. It is also important for them to encourage participants to have fun and explore different activities to find what they enjoy most. Additionally, they rotate between activities to include a combination of aerobic, strength, flexibility, and coordination exercises that are beneficial for overall physical development; and is accomplished through fitness training.

The benefits of fitness include the following:

- Physical health: Regular physical activity in children fosters strong bones, muscles, cardiovascular health, and overall physical fitness, reducing the risk of obesity, type 2 diabetes, and chronic diseases.
- Growth and development: Exercise promotes healthy growth and development in children by enhancing coordination, balance, and motor skills, crucial for activities like running, jumping and playing sports.
- Mental health: Physical activity boost children's mental health by reducing stress and anxiety and improving mood and psychological well-being by releasing endorphins, which promote happiness and reduce feelings of pain.
- Cognitive development: Research suggests that regular physical activity can improve cognitive function and academic performance in children. Exercise increases blood flow to the brain, which can enhance memory, concentration, and learning abilities.
- Social skills: Participating in sports and other physical activities provides children with opportunities to develop important social skills. They learn how to work as part of a team, communicate effectively, resolve conflicts, and develop leadership skills.
- Healthy habits: Encouraging children to be physically active from a young age helps establish lifelong habits of exercise and physical fitness. Children who engage in regular physical activity are more likely to continue being active as adults, reducing their risk of chronic diseases and promoting overall health and well-being throughout their lives.
- Quality sleep: Regular exercise can improve the quality of children's sleep. Physical activity helps regulate sleep patterns, promotes deeper sleep, and reduces the risk of sleep disorders.

Mr. Dickerson stated that staff need to get creative with participants through outdoor games and indoor gym activities, which include:

- Outdoor games:
 - Tag

- Zig Zag Freeze Tag
- Obstacle Course
- Four Corners
- Jump rope
- Football
- Soccer
- Gym activities:
 - Coach Sam Says
 - Physical exercise (Jumping Jacks, push Ups)
 - Creative movement activities (Hip Hop dance)
 - Tricycle Basketball
 - Hula Hoop
 - Basketball
 - Yoga
 - Relay Races

Ms. Butler shared the pre and post screens as follows:

- PHQ-2: Screen for Depression
- Body Confidence Rating Scale
- S2B1: Use of Alcohol, Tobacco and Other Drugs
- ACE-Q: Adverse Childhood Experiences (ACEs)

Ms. Butler reported on statistics relative that the PHQ-2 Screen for Depression. She shared that in 2023, they serviced 176 youth. Ten reported depression during the pre-screen. 100% reported improvement by the post-screen completion. 80% of the youth served reported no issues with body confidence (140). 20% (33) that reported issues, (4 or lower), reported improvement by the post-screen, (6 or higher). The variety of fitness routines assisted with this improvement as many youth never tried physical fitness because they did not want to be teased and did not understand that physical fitness was not just athletic activities.

ACEs have been associated with lower school attendance/higher absenteeism, poorer academic skills, learning disorders and lower school achievement. Children's behavior and mental health can be negatively affected by experiences of adversity. Examples include increases in anti-social and violent behavior, internalizing and externalizing behavior issues, and poorer childhood mental health amongst those who have experienced adversity. Those with an ACEs score of four or more were 33 times more likely to have learning or behavior disorders and miss more than 20 days of school, than those with no ACEs.

Ms. Butler shared the ACE-Q findings in B.E.S.T. Me communities. Of the 176 youth that were served in 2023, and the 66 youth 2024, ALL had an ACEs score of at least six:

- Parents or guardians were separated or divorced
- Heard or saw violence in the neighborhood
- More than once, went without food, clothing or a place to live or had no one to protect them
- Child lived with someone that had been to jail
- Child saw or heard household members hurt or threaten each other
- Child lived with someone who had a problem with drinking or using drugs

Other facts included:

- 12 of the 66 students that they have worked with in 2024 are homeless.
- All 66 have heard or witnessed serious violence in the neighborhood (shooting, car thefts, police chases).
- 51 of the 66 have been suspended in 2024.
- 51 of the 66 have been in fights with other students and teachers in some cases, this year.
- Of the 51 students that began working with B.E.S.T. Me in February 2024, only six have been suspended or gotten into any substantial trouble since first meeting.

Initially, they worked with various community partners, i.e., City of Cleveland recreation centers, daycares, summer camps and Cleveland Metropolitan School District (CMSD) schools; and found that the schools worked better. Ms. Butler shared that the pros included the following:

- Children of all ages use the recreation center.
- Children are present daily at the recreation centers.
- Daycares and summer camps have consistent attendance.
- Schools are able to assist with the identification of students that would benefit from B.E.S.T Me.
- Schools are able to assist with the permission slips and screen completion.

The cons included the following:

- Attendance was not consistent in recreation centers.
- Children attended the recreation centers after school and were not interested in another school-like program.
- Permission slips and screens were not returned consistently.

In April 2023, B.E.S.T. Me 2.0 began a partnership with a Cleveland Public School, Franklin D. Roosevelt (FDR) Academy, in the Glenville Neighborhood. The target audience included students with minor behavior problems and attendance issues, ages 5-13. They serviced over 100 students while at FDR. The curriculum was tailored to accommodate the school community. All the children had experienced hearing gunshots; knowing someone in jail or that had been to jail; and knew someone that used drugs. Shockingly, one witnessed suicide of a sibling; another had a sibling that committed murder and several witnessed parents being arrested.

Overall, the youth enjoyed the program and the activities. Many of the youth were comfortable enough to share experiences and apply new learned behavior in order to regulate their emotions, with less fighting. The majority of the youth improved after working with B.E.S.T Me. (90%) Several never wanted to end the program and participated regularly. B.E.S.T. Me staff worked with several families during some of the more stressful situations. The youth would seek one of the B.E.S.T. Me facilitators when they were unable to handle a situation and wanted to learn another approach. They also provided students with coats, hats, mittens and socks, school supplies and personal care supplies.

Presently, they have added another CMSD school to their program, Paul L. Dunbar in Ohio City; and are spending one month per location. The target audience is class disrupters, ages 5-13. Ms. Butler and Mr. Dickerson responded to questions from the Board Directors. Ms. Patricia James-Stewart expressed gratitude to the presenters for their dedication and commended them for their hard work. Ms. Kern-Pilch praised their efforts in establishing trust with the youth and fostering relationships with their parents. Ms. Sadigoh C. Gallaway highlighted their distinctive approach with the youth and emphasized their proactive approach in addressing concerns before they transition into adulthood, which was supported by the Board Directors. Additionally, Ms. Kern-Pilch conveyed appreciation for Ms. Butler and Mr. Dickerson's presentation, and lauded the commitment of the B.E.S.T. Me staff to the program. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

5. FINANCE REPORTS

Ms. Felicia Harrison, Chief Executive Officer, stated that the Administrative Budget approved for Calendar Year (CY) 2024 is \$8,388,412. For February Actual Year to Date (YTD) 2024, administrative expenses totaled \$1,162,908.17, approximately 14% of the total Administrative Budget. She pointed out that the expenditures listed in the Board Voucher Report were routine expenses.

The Funding Source Budget to Actual YTD, February 2024, displays the Board's total revenue budget for administrative operations and grants. The total revenue expected to be received from Federal, State and local levy funds is \$72,706,483; and through the end of February 2024, the Board has received \$8,807,839.10. Ms. Harrison reported that through the end of February 2024, 12% of the budget has been received.

The Revenues By Source By Month report reflect that in February 2024, the Board received revenues of \$2,152,986.94.

The ADAMHS Board Budget vs. Actual Expenses 2024 YTD reflect that February YTD Actuals is \$14,129,065.82, that is roughly 16% of the Board's anticipated expenditures for the calendar year.

The Revenue and Expenditures All Accounting Units By Month reflect that the total expenditures in February 2024 is \$6,809,410.22; bringing the total expenditures through the end of February 2024 to \$14,129,065.82.

The Revenues and Expenditures Grants YTD, February 2024 YTD reflects the Grant Accounting Units that include the ADAMHS Department of Justice (DOJ) Grants, Opportunities for Ohioans with Disabilities (OOD) Grant and State Opioid Response (SOR) Grant. The total revenue for grants YTD is \$624,757.37; and total expenditures for grants YTD is \$923,084.38. The variance observed is a result of timing discrepancies. Expenses incurred in February and posted in the same month are not requested for reimbursement until a later period.

The Diversion Center Revenues and Expenditures YTD February 2024 YTD reflects a total of \$19,394.97.

The Cash Flow Report February 2024 shows the 2022 Actual, 2023 Actual and YTD thru February 2024. This report shows a comparison of the available beginning balance, total available resources, expenditures and available ending balance. The available ending balance through February 2024 is \$34,052,120.83.

Motion to recommend approval of the Board Voucher and Expenditure Reports for February 2024 to the full Board.

MOTION: S. Galloway / SECOND: S. Killpack / AYES: J. Dixon, R. Fowler, S. Galloway, P. James-Stewart, S. Killpack, H. Snider / NAYS: None / ABSTAIN: None / **Motion passed.**

6. CONTRACTS

ADAMHS Board staff highlighted agenda process sheets for agreements listed below, answered questions and provided clarification for Board Directors.

- a) Ohio Department of Mental Health and Addiction Services (OhioMHAS): Landlord Incentive Funding
 - Emerald Development and Economic Network (EDEN), Inc. - \$37,000

Ms. Allison Schaefer, Director of Adult Behavioral Health Programs, reported that in SFY2024, OhioMHAS is making \$1 million available to Boards statewide for this landlord incentive program. Funds may only be expended with landlords who are not currently working with behavioral health agencies to serve clients. Unexpended funds may be carried over to SFY2025.

Funds will be used to increase the number of landlords willing to rent to individuals with a criminal record, those who are being discharged from a hospital, or those who experience mental illness and/or substance use disorders. Participating boards will receive a lump sum allocation to provide upfront payments to eligible landlords. The maximum payment would be \$2,000 per new individual placement. The Board will contract with EDEN to identify landlords and clients and complete all programmatic reporting.

Funding will provide up to \$2,000 per client to landlords new to EDEN to: hold a unit until tenant is available (30-60 days maximum); additional security deposits; pet deposits; Housing Quality Standards (HQS) inspections, small repairs in rental units to comply with U.S. Department of Housing and Urban Development quality standards; rent reporting services to improve tenant credit scores; and additional insurance coverage for landlords. Board staff is recommending that the Board Directors accept funding from OhioMHAS and approve a contract with EDEN for \$37,000 for the term of April 1, 2024 through June 30, 2024. Ms. Emma Petrie Barcelona, Chief Operating Officer, and Mr. Khaz Ra'el, Director of Housing Location, Quality and Stabilization, were present to respond to questions from the Board Directors.

- b) OhioMHAS: Recovery Housing Funding – \$517,300
 - Cleveland Treatment Center (CTC) - \$267,300
 - Stella Maris - \$250,000

Ms. Schaefer reported that the Ohio Department of Development partnered with OhioMHAS to offer rental subsidies for individuals in recovery from substance use disorders residing in Ohio Recovery Housing (ORH) certified recovery homes. OhioMHAS is partnering with ADAMH Boards to oversee the implementation of the rental assistance program.

Funding originates from the U.S. Department of Housing and Urban Development, Recovery Housing Program. Funding is expected to be carried over to SFY2025.

The Recovery Housing Network, (administered by CTC and Stella Maris) is a program of the ADAMHS Board to fund individuals in need of safe, sober housing through referral to a select network of ORH certified sober housing providers in Cuyahoga County. Funds are available for time-limited housing subsidies, not to exceed two years, to low-income individuals who reside in recovery housing residences that meet level I, II, or III in accordance with National Alliance for Recovery Residences (NARR) standards. Funds will be allocated to CTC and Stella Maris to increase the length of stay in certified recovery residences, from 90 days to 180 days for residents in need of additional time in this service. Board staff is recommending that the Board Directors accept \$517,300 from OhioMHAS and approve contracts with CTC for \$267,300 and Stella Maris for \$250,000 for the term of April 1, 2024 through June 30, 2024. Ms. Carol Martin, Director of Finance, and Ms. Christine Robinson, Chief Operating Officer, were present from Stella Maris; and Mr. Joel Nacion, Finance Director, was present from CTC to respond to questions from the Board Directors. Ms. Galloway praised all involved for their compliance with the NARR standards.

Motion to recommend approval of Contracts (as listed above) to the full Board. MOTION: S. Galloway / SECOND: H. Snider / AYES: J. Dixon, R. Fowler, S. Galloway, P. James-Stewart, S. Killpack, H. Snider / NAYS: None / ABSTAIN: None / **Motion passed.**

7. CONTRACT AMENDMENTS

- a) Amendment to Resolution No. 22-10-03, U.S. Department of Justice (DOJ), Bureau of Justice Assistance (BJA) Comprehensive Opioid, Stimulant, and Substance Abuse Site-Based Program (COSSAP), Enhanced Data for Improved Substance Use Surveillance, Prevention, and Recovery on Reentry in Cuyahoga – \$1,568,760 (No new funding but reallocating \$97,500 from the ADAMHS Board to Erin Scott)
 - Case Western Reserve University (CWRU) - \$735,000
 - Thrive Behavioral Health Center, Inc. - \$451,599
 - Cuyahoga County Board of Health - \$108,450
 - Erin Mahon Scott - not to exceed \$97,500

Ms. Harrison reported that Cuyahoga County has one of the highest overdose death rates in the country (per 100,000) with 675 overdose deaths in 2021. COSSAP provides resources to respond to illicit substance use and misuse; reduce overdose deaths; promote public safety; and support access to prevention, harm-reduction, treatment, and recovery services in the community and justice system. In 2018, the Board received funding from BJA for the Northern District of Ohio Opioid Data Sharing Action Plan, a Comprehensive Opioid Abuse Site-Based Program (COAP), in partnership with CWRU and this grant funding will expand on COAP.

Instead of providing project management in house, the Board will contract with Ms. Erin Mahon Scott for the term of April 1, 2024 through September 30, 2025 to serve as the Project Manager of the COSSAP grant for \$50 per hour, up to 25 hours per week, in an amount not to exceed \$97,500. Ms. Scott is a part-time instructor with Cleveland State University and holds a master's degree in Applied Social Research. The Board was awarded a three-year grant totaling \$1,568,760 from the U.S. DOJ, BJA, as a part of its COSSAP. The Board is using this grant funding in partnership with the Begun Center at CWRU, Thrive Behavioral Health Center, and the Cuyahoga County Board of Health (CCBH) to:

- o Expand comprehensive, regional information gathering, analysis, and dissemination to promote the use of real-time data collection for both comprehensive planning and response to overdose incidents and emerging drug trends through the Cuyahoga County Multijurisdictional (CCMJ) Overdose Surveillance Program and the United States Attorney's Office-Northern District of Ohio (USAO-NDOH) Data Subcommittee.
 - Expand the membership roster of the Data Subcommittee to include more culturally specific, faith-based, and citizen action organizations.
 - Pilot and evaluate a peer recovery support (PRS) program for criminal-justice involved non-Hispanic Black and Hispanic persons.

Board staff is recommending that the Board Directors amend Resolution No. 22-10-03 to reallocate \$97,500 from the Board to Ms. Erin Mahon Scott and enter into a contract with Ms. Scott in the amount not to exceed \$97,500 for the term of April 1, 2024 through September 30, 2025.

- b) Amendment to Resolution No. 23-04-02, Chief Clinical Officer Consultant
 - Leslie M. Koblentz, M.D., J.D., M.S. - \$154.35 per hour, not to exceed \$172,872 (\$12,438 new funding)

The Chief Clinical Officer function is required under the Ohio Revised Code (ORC) for the mental health component of the funds rendered to the Board by OhioMHAS. The Board transformed the position of Chief Clinical Officer from a staff position to an independent contractor position in January 2009. Dr. Koblentz is a psychiatrist with extensive experience in clinical and administrative areas. She brings a unique perspective to the Board, being both a physician and a lawyer. With over 24 years of experience, Dr. Koblentz has dedicated her career to the public mental health system and has collaborated with various systems to ensure that people living with mental illness and substance use disorders receive the best treatment and recovery supports available. Dr. Koblentz has been the Chief Clinical Officer Consultant since May 1, 2019.

Amendment to Resolution No. 23-04-02 is amending the contract with Dr. Leslie M. Koblentz to extend the term of the contract by one month through May 31, 2024 and adding new funding in the amount of \$12,438 for a total not to exceed \$172,872. Dr. Koblentz serves as the Chief Clinical Officer Consultant for the Board for up to twenty hours per week and represents the ADAMHS Board on administrative clinical issues, clinical services and inpatient care services. Board staff is recommending that the Board Directors amend Resolution No. 23-04-02 to extend the term of the contract with Dr. Koblentz by one month through May 31, 2024 and add funding in the amount of \$12,438 for a total not to exceed \$172,872. Dr. Koblentz was present to respond to questions from the Board Directors.

Motion to recommend approval of Contract Amendments (as listed above) to the full Board. MOTION: P. James-Stewart / SECOND: S. Galloway / AYES: J. Dixon, R. Fowler, S. Galloway, P. James-Stewart, S. Killpack, H. Snider / NAYS: None / ABSTAIN: None / **Motion passed.**

8. IDENTIFY CONSENT AGENDA

Ms. Kern-Pilch recommended including the February Board Voucher and Expenditure Reports (Finance Reports), Contracts and Contract Amendments be included in the Consent Agenda for recommendation to the full Board.

9. BEHAVIORAL HEALTH CRISIS CENTER UPDATE

Mr. Woo Jun, Chief Operating Officer, provided an update on the capital status of the Behavioral Health Crisis Center, slated for The MetroHealth System's main campus on West 25th Street in Cleveland, Ohio. He mentioned ongoing discussions between Board staff and The MetroHealth System, emphasizing the importance of aligning the program with the new location adjacent to the main campus. Mr. Jun highlighted the diligent efforts via Zoom and telephone calls to ensure progress, mentioning The MetroHealth System's engagement of an architect and a design plan meeting held on Thursday, March 28, 2024. He also indicated the necessity of securing a contractor for construction by the end of August 2024, with plans to initially open the Psychiatric Emergency Department (PED) in Cleveland Heights.

Ms. Maggie Tolbert, Assistant Chief Clinical Officer, delivered a report on the services offered at the PED. She outlined that intake and crisis stabilization services will be housed there, all of which will be fully certified by OhioMHAS. Ms. Tolbert indicated that discussions have taken place with OhioMHAS representatives, who are fully informed about this process and endorse it. Mr. Jun and Ms. Tolbert responded to questions from the Board Directors. Ms. Tolbert conveyed that the PED in Cleveland Heights will continue to operate; however, the Board will discontinue funding for this location upon the opening of the Behavioral Health Crisis Center on West 25th Street in Cleveland, Ohio.

10. NEW BUSINESS

No new business was received.

11. FOLLOW-UP

No follow-up was received.

12. PUBLIC COMMENT PERIOD

No public comment was received.

13. UPCOMING APRIL AND MAY BOARD MEETINGS:

- General Meeting: April 17, 2024 at Northern Ohio Recovery Association (NORA), 1400 E 55th Street, Cleveland, Ohio 44103
- Community Relations & Advocacy Committee Meeting: May 1, 2024
- Annual Meeting Brunch, Awards Ceremony and Client Art Show: May 13, 2024
- Nominating Committee Meeting: May 15, 2024
- Finance & Oversight Committee Meeting: May 15, 2024
- General Meeting: May 22, 2024

There being no further business, the meeting adjourned at 4:55 p.m.

Submitted by: Linda Lamp, Executive Assistant

Approved by: Katie Kern-Pilch, MA, ATR-BC, LPC-S, Finance & Oversight Committee Vice Chair