

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

FAITH-BASED OUTREACH COMMITTEE MINUTES FEBRUARY 7, 2024

Committee Members Present: Rev. Benjamin F. Gohlstin, Sr., Committee Chair, Patricia James-Stewart, M.Ed., LSW, Mary R. Warr, M.Ed.

Absent: Ashwani Bhardwaj, Rev. Brenda Ware-Abrams

Board Staff Present: Scott Osiecki, Chief Executive Officer, Sarah Adkins, Linda Lamp, Clare Rosser, Jessica Saker, Starlette Sizemore, Nick Weaver, Joiceelyn Weems

1. **CALL TO ORDER**

Rev. Benjamin F. Gohlstin, Sr., Faith-based Outreach Committee Chair, called the meeting to order at 4:02 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 October 4, 2023 were approved as submitted.

4. **FAITH-BASED COMMUNITY DISTRIBUTION PROJECT**

Rev. Gohlstin expressed that the Board, in collaboration with the faith-based community, is assembling 150 resource bags to aid faith leaders and 150 resource bags to aid their congregations in assisting individuals facing behavioral health crises. These bags will contain various items, such as a clergy handbook and a mental health guide tailored for faith leaders, as well as supplies for harm reduction to mitigate overdoses. Additionally, they will include information on the 988 crisis hotline and resources to support children and youth experiencing crises. He stated that the distribution will encompass all religious denominations or operate on a nonsectarian basis.

Ms. Mary Warr praised everyone who contributed to putting together the resource bags and asked for a status update on how these resources are being distributed. Rev. Gohlstin mentioned that as of now, United Pastors in Mission, The Baptist Pastors Council, The Baptist Ministers Conference, and Greater Cleveland Congregations plan to place the resource bags in easily noticeable areas for their congregants to access as required. However, the information provided in the resource bags for faith leaders will be tailored to their specific needs.

5. **FAITH-BASED OUTREACH PROGRAM 2023 1-3 QUARTER REPORT / CURRENT STATUS HIGHLIGHTS**

Ms. Starlette Sizemore, Director of Special Projects, reported that the 2023 1-3 Quarter Report contains 11 pages of in-depth analysis of information that includes measurements for all seven 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 seven faith-based providers year to date was 857; and the expected annual total was 785. Discussion was had regarding the objectives concerning the number of people served, and Rev. Gohlstin praised the excellent work of faith-based providers, noting a significant increase in community needs.

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. 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 the total DARS administered through the 3rd Quarter 2023. The aggregate improvement on DARS scores for all providers was 266 individuals for the first time, and 248 individuals for the second time. This allowed for the analysis of outcomes from this tool. Overall, 90% of clients assessed at Board providers improved in at least one aspect of the DARS assessment (in comparison to their first assessment). Further, 83% improved in relationship scores, 77% improved in internal belief scores, 82% improved in initiative scores, and 79% improved in self-control scores.

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 80% 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 82% during the First Quarter of 2023. No one participated in a MHFA program during the Second and Third Quarters of 2023.

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 National Alliance on Mental Illness (NAMI) Greater Cleveland (GC) and It's Not a Moment, It's a Movement (INAMIAM).

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 41 youth and adults maintained their sobriety; participants visited the Cleveland Museum of Art, particularly to see selected pieces of artwork that were created by artists of color; and participants attended a program at the Sears Think Box to see a young artist that works with metal to create original pieces.

▪ **Galilean Theological Center (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 held *Spiritual Caregiving to Help Addicted Persons and Families*; with 52 registrants and 43 successfully completed this component. Credentialing and Certification had 43 participants that met the requirement for licensure and certification. They also held *Integrated Management of Psychological Trauma & Interpersonal*; and 43 participants successfully completed this component.

▪ **INAMIAM**

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. INAMIAM serves 50 faith leaders.

INAMIAM held the following events:

- Trainings impacted several institutions of faith and 90 plus individuals.
- Several referrals for behavioral health services.
- Mental Health Educational Sessions.
- *Mentally Mangled Mental Health Tour*.
- Collaborated with community partners and organizations.

▪ **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 provided peer support and mentoring, schoolwork and understanding the utility of coping with emotions, employment and becoming more independent and General Educational Development (GED) test and requirements for high school.

▪ **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 Understanding Mental Illness with 16 participants at Abundant Grace Fellowship Church, located at 5780 Dunham Road, Maple Heights, Ohio 44137. The second training was a webinar titled *Religious and Spiritual Trauma: Pathways to Healing* with 42 participants. The third training was Mental Health First Aid with 19 participants at AVIVA Church, 4840 State Road, Cleveland, Ohio 44109.

▪ **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.

Utilizing Spiritual Care as a Bridge to Mental Health Services reported the following:

- # newly accessed mental health services – 1 individual this month, 20 individuals in total
- # received mental health services and spiritual services – 20 individuals
- # only received spiritual services – 71 individuals
- # enrolled – 91 individuals in total
- Expanded Chaplain engagements – 1 individual this month, 16 individuals in total

▪ **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 created opportunities to strengthen connections to positive individuals and to be more assertive and courageous, participated in successful *Hours of Power* throughout the month and participated in a fashion show with close to 200 in attendance.

Ms. Sizemore responded to questions from the Board Directors present. She also noted that the detailed Faith-based Outreach Program 2023 1-3 Quarter 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 Outreach Program 2023 1-3 Quarter Report are attached to the original minutes stored in the Executive Unit.)

Rev. Gohlstin mentioned his recent involvement in a Cleveland State University group, where he had a minor role in a movie alongside a 10-year-old African-American male from Chicago. Additionally, he highlighted DJ Lily Jade, a 9-year-old from South Euclid, who has hosted a radio show on 95.9 FM WOJU Radio for the past six years, airing on Saturday mornings from 11:00 a.m. to 12:00 p.m. These instances demonstrate the valuable contributions of our youth, suggesting potential partnerships to amplify their voices further. Mr. Osiecki suggested that these individuals would make ideal candidates to support the Board's youth group, YouthMOVE (Motivate Others through Voices of Experience).

6. PROGRAM PROVIDER PRESENTATIONS

▪ **Naaleh Cleveland High Risk Mentorship Program**

Mr. Daniel Solganik, who serves as the Director of Behavioral Health Services at Naaleh Cleveland, provided insights into the Teen At Risk Mentorship (T.A.R.M.) Program. He conveyed that Naaleh Cleveland is dedicated to addressing community needs by developing tailored behavioral health programs. Unfortunately, there was a need in their community for an T.A.R.M. Program, which was started a number of years ago; and every year it is a slightly different group, and the needs are slightly different.

Naaleh is a non-profit organization whose mission is to strengthen the mental and emotional health of the community. They recognize the explosion of unmet mental health needs in their community, the opioid addiction crisis in their region and the alarming rates of children not completing high school in greater Cleveland. Mr. Solganik also noted that extensive data shows that mentorship is one of the most impactful interventions for teenagers struggling with mental and emotional health.

Program goals include the following:

- Network – with community schools to identify kids in greatest need of help.
- Build Skills – ensure GED or high school graduation.
- Mentorship – provide quality mentorship.
- Mental Health – connect teens with professional and rehabilitation centers.

The mentees of Naaleh's teen mentorship program have individualized goals related to improving their mental, emotional and physical health. During the fall and winter, Naaleh provides the opportunity to achieve their educational and personalized goals. An impressive number of boys have completed their GEDs this year. Goals chosen by mentees include: Education, Physical Health, Mental Health, Social Skills, Jobs and Religious Growth; and 80% reached their overall goal for the year.

Mr. Solganik presented an overview of Naaleh's referral hotline, along with emphasizing Rabbi Kielski's Teen Camp, where participants enjoy their summer while learning valuable vocational skills like painting, carpentry, and landscaping. Additionally, he shared testimonials from the summer teen program to provide feedback.

A new preventative approach for the school year 2023-2024 includes two case managers serving five schools and includes:

- Student planning – create student plans to improve behavior and functioning in the classroom.
- Collaboration – serve as point men ensuring cohesive collaboration between parents, students, principals and teachers to ensure an all-team, multi-directional approach to maximize each student's potential.
- Advocate – case managers advocate for parent's and student's needs and serve as the parent's liaison to the school.
- Referrals – provide referrals based on student needs.

Mr. Solganik addressed inquiries from the Board of Directors. Ms. Warr inquired about signage at each site, discovering that Naaleh oversees its own referral network. Mr. Solganik mentioned Naaleh's two locations: the Teen Risk Mentorship Program, also known as the Living Room Program, situated at the intersection of Warrensville and Mayfield, with the main office nearby at the intersection of Richmond and Mayfield. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

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

Dr. Deborah Watson-Daniels, Program Operations Director/Manager at Trinity Outreach Ministries, conveyed that the organization cultivates a culture of family, hope, restoration, and worship by fostering Godly living, exchanging ideals, and fostering goodwill among members. She noted that their faith-based program, supported by the ADAMHS Board for over a decade, has become integral to the community. Their main location is situated on Woodland, but they also offer services at a site on Ashbury, a location that was recently renamed in honor of Dr. Watson-Daniel's father, reflecting their deep connections to the Glenville neighborhood.

Dr. Watson-Daniels showcased their accomplishments and underscored their objectives for the forthcoming year. She mentioned that one of the programs they've undertaken is called The Village, which supports children who have been removed from their homes while awaiting foster care placement. Dr. Watson-Daniels also shared that The FAITH Program Inner City Youth and Families Cultural Arts Performance Program is an after school and weekend prevention program that provides a holistic culturally sensitive faith-based approach to early intervention serving 150 youth and families. Through various theater and fashion activities, they were able to achieve the following outcomes:

- Increased self-esteem.
- Increased interest in learning more.
- Youth involved in back stage activities include makeup, costume and wardrobe.
- Over 200 impacted.

The Cultural Arts and Youth Club has virtual and in person activities to facilitate spiritual and character development and positive peer group interactions. Outcomes included:

- Over 40 sessions in 2023.
- Youth reported having fun and feeling closer to God and to each other.
- Youth and families adopted the Sobriety Pledge.
- Youth learned and practiced weekly the craft of sound, lights and television productions.

By incorporating supplementary endeavors such as music and voice lessons, as well as Spiritual Development for Families and Youth, Dr. Watson-Daniels effectively illustrated the outcomes of each program and expressed satisfaction with the response to the services and the positive impact they have had on families and the community. Finally, she expressed gratitude to the ADAMHS Board for granting them the opportunity to continue making a positive impact in the County in 2024; and responded to questions from the Board Directors. (The PowerPoint presentation is attached to the original minutes stored in the Executive Unit.)

7. PREVENTION RULES FOR FAITH-BASED PROVIDERS

Mr. Woo Jun, Chief Operating Officer, reported on the Prevention Rules for Faith Based Providers – Ohio Administrative Code (OAC) 5122-29. He shared that the general rule is that a provider that seeks government funding for prevention services, the provider must be certified. However, a faith-based provider is exempt from this rule but have to partner with a certified prevention provider and verified by writing to provide prevention services. Board staff reviewed the faith-based providers and identified two providers who would be affected by this rule, Trinity Outreach Ministries and INAMIAM. Both providers are in compliance with this new prevention rule as they have partnered with certified prevention providers and

submitted the necessary documentation to the Board. Discussion arose concerning the interpretation of different segments within the ORC.

8. NEW BUSINESS

Rev. Gohlstin shared that Impacted Families USA will be hosting their first national convention at the Cleveland Public Auditorium from June 21 through June 23, 2024. Impacted Families is a coalition of impacted family members who have lost a loved one during an interaction with law enforcement; and together they are working toward advancing meaningful legislative change.

Ms. Sizemore-Rice expressed her gratitude to Mr. Nick Weaver, Evaluation and Research Officer, for his help in collecting and evaluating the faith-based data.

9. FOLLOW-UP

No follow-up was received.

10. PUBLIC COMMENT PERIOD

No public comment was received.

11. UPCOMING FEBRUARY AND MARCH BOARD MEETINGS:

- Finance & Oversight Committee Meeting: February 21, 2024
- General Meeting: February 28, 2024
- Community Relations & Advocacy Committee Meeting: March 6, 2024
- Nominating Committee Meeting: March 20, 2024
- Finance & Oversight Committee Meeting: March 20, 2024
- General Meeting: March 27, 2024

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

Submitted by: Linda Lamp, Executive Assistant

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