



**DELAWARE-MORROW MENTAL HEALTH  
& RECOVERY SERVICES BOARD**

**FISCAL YEAR 2021**

# **ANNUAL REPORT**



**A YEAR OF  
GROWTH AND  
TRANSFORMATION**

# KEY INFORMATION

## MISSION STATEMENT

The Delaware-Morrow Mental Health & Recovery Services Board promotes wellness and supports recovery by planning, funding, and monitoring public mental health and addiction services for Delaware and Morrow County.

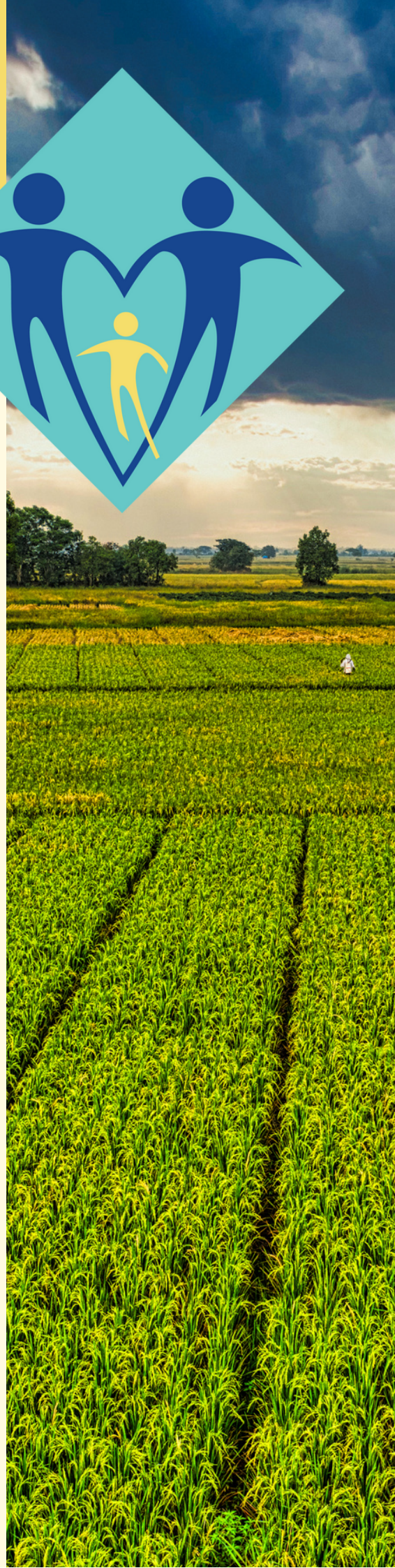
## VISION STATEMENT

The Board promotes a high-quality, readily accessible behavioral health care network that anticipates and meets the changing needs of a growing community.

## OUR CORE VALUES

In our community we will:

- **Treat others with dignity and respect**
- **Demonstrate leadership and professionalism**
- **Empower collaboration**
- **Be open to innovative solutions**
- **Actively pursue excellence**
- **Adhere to high ethical standards**
- **Be good stewards of the public's funds and trust**



# FROM THE EXECUTIVE DIRECTOR



**DEANNA BRANT, LPCC-S**

"A year of growth and transformation" is an accurate representation of our communities, our provider network, and the DMMHR SB in FY2021. We ushered in the year during a global pandemic, a public health crisis, and a period of significant transition for Delaware and Morrow County residents. While we are accustomed to dealing with crises and working in highly stressful environments, somehow this year was different. The behavioral health workforce deficit worsened, and there seemed to be no end in sight.

Despite the stressors we faced, great progress has been made. Our provider network stepped up to the plate, rapidly shifting the majority of their behavioral health services to a virtual platform and working to meet the needs of a growing population. Innovation continued in FY2021, with specific efforts by Syntero to provide intervention and support to essential workers in our community who were struggling - educators, law enforcement, first responders, healthcare personnel, and other community partners.

After several years of strategic planning, our youth prevention philosophy shifted to an integrated platform within the schools in our efforts to develop sustainable, cost effective, evidence-based prevention programs. PAX and Botvin LifeSkills were slated for introduction to school districts in the 2021-2022 school year and will bring them a prevention platform woven into the fabric of the schools in which they are adopted. The research has indicated numerous positive outcomes of these two programs, including a significant reduction in risk factors and improvement in protective factors. While this will be a long-term implementation timeline, we are excited about positive impact on our children and their resilience, risk aversity, and wellness.

Other projects that had been in prior development materialized in FY2021. In October 2020, Courage Court, a 40-unit permanent supportive housing project for our most vulnerable residents, opened in the City of Delaware. Developed by Del-Mor Dwellings Corporation with the DMMHR SB's local support as a Low Income Housing Tax Credit project, this housing project offered 40 one-bedroom apartments with significant on-site support for its residents. Filled within the first month of opening, Courage Court is the real-life embodiment of the scope, scale, and positive impact of the partnerships in our behavioral health system. Del-Mor Dwellings worked with city leaders, our Board, local law enforcement, and other community partners to bring this housing site to completion. The photo does not do these beautiful homes justice.



**COURAGE COURT**

We also want to personally thank the residents of Delaware and Morrow Counties for their support of our levy. At the time of this writing, the five-year levy was passed by a majority of the voters, and we are working hard to maintain our good stewardship of those funds. We fully recognize that with the uncertainties we all faced in FY2021, the levy was another layer of commitment. However, you chose to continue your support. We see you, we hear you, and we know that we are all in this together.

*Deanna Brant*



# OUR TEAM

## FISCAL YEAR 2021 BOARD OF DIRECTORS

Joe Gigliotti - Chair

Marnie Whaley-Buckel, LISW -  
Vice Chair

Zachary Miller - Secretary

Dr. Lynnette Cook

Dr. Annie Horstman

Tiesha Johnson, DNP

Kathleen Johnson, Esq.

Del Robeson


Steve Serio

Christopher Shamro

Carolyn Slone

Lynn Stacy

Benjamin Winkler, Esq.

 Delaware County

 Morrow County

## BOARD STAFF

- Deanna Brant, M.Ed, LPCC-S
  - Executive Director
- Rhianna Mattix, MSW, LISW-S
  - Associate Director
- Kristan Warren, MSW, LISW-S
  - Community Impact Director
- Kyle Lewis
  - Communications Director
- Beth Anderson
  - Finance Director
- Karen Mohr
  - Fiscal Specialist
- Susan Hannahs
  - Fiscal Specialist
- Kelly Wood
  - Administrative Assistant



# BY THE NUMBERS



## FISCAL YEAR 2021 REVENUE

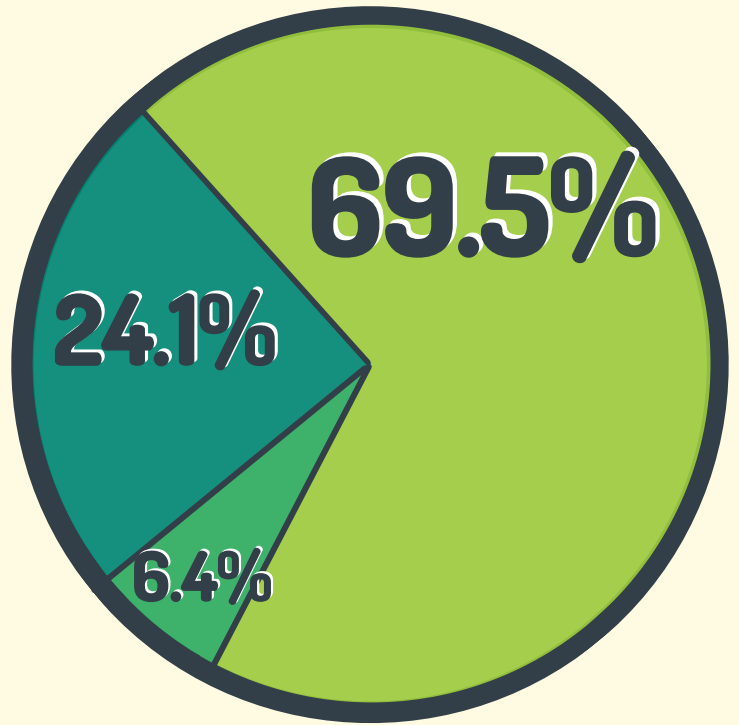
*last year's*

**Local: \$7,677,980**

**State: \$2,662,548**

**Federal: \$710,033**

**Total: \$11,050,561**

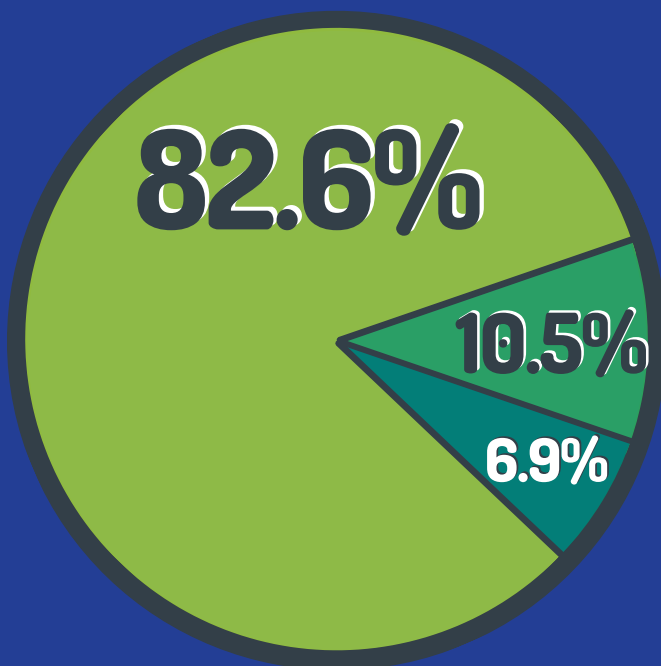


## FISCAL YEAR 2021 EXPENDITURES

**Direct Care & Provider Payment: \$10,329,591**

**Capital & Services: \$1,307,001**

**Operating Expenses: \$861,882**



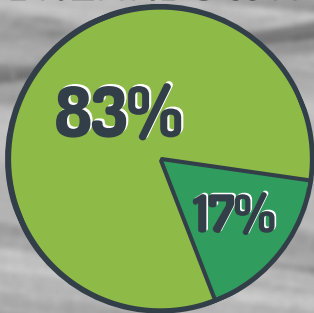
**Total: \$12,498,474**

# CONSUMER DEMOGRAPHICS

**11,965**

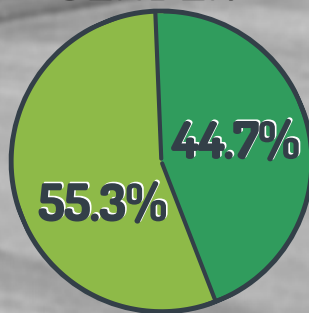
**TOTAL CLIENTS**

## COUNTY BREAKDOWN



Delaware: 9,935  
Morrow: 2,030

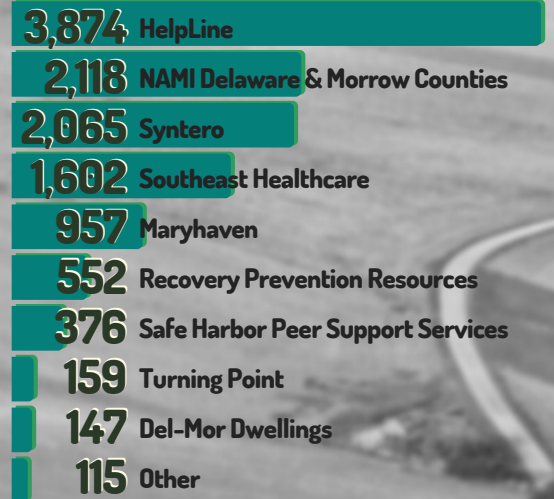
## CLIENT GENDER\*



Female: 4,353  
Male: 3,523

\*for programs that track gender

## PROVIDER BREAKDOWN



## Depressive Disorders

## Anxiety Disorders

## Alcohol Use Disorders

## Opioid Use Disorders

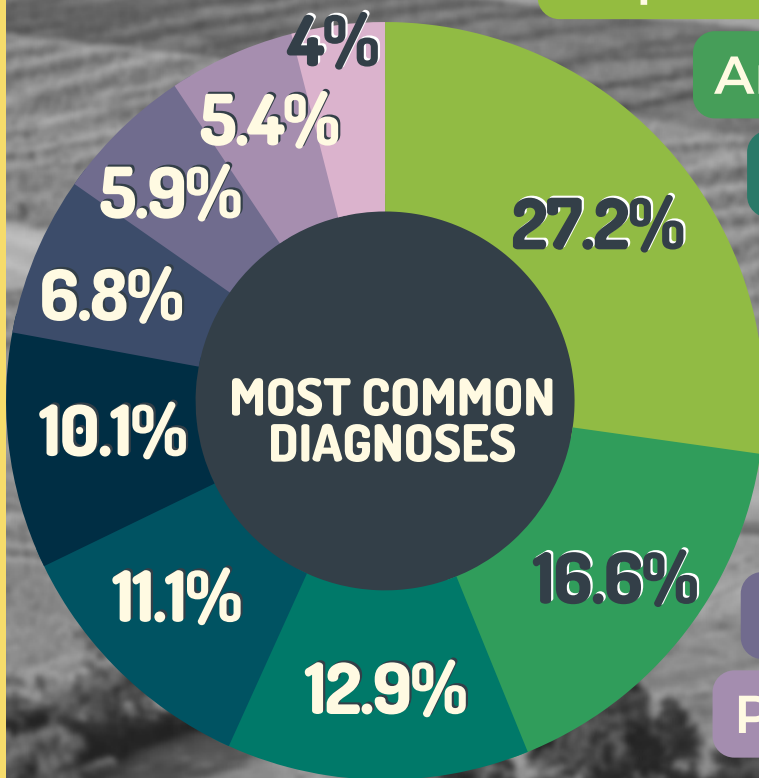
## Bipolar Disorders

## Schizophrenia/Other Psychotic Disorders

## Adjustment Disorders

## Post-Traumatic Stress Disorder

## Other Diagnosis Not Otherwise Specified



**MOST COMMON DIAGNOSES**

# FISCAL YEAR 2021 NETWORK OF CARE

TURNING  
POINT



DEL-MOR  
DWELLINGS



HELPLINE



SYNTERO



JACOBSWAY



SOUTHEAST  
HEALTHCARE



MARYHAVEN



SAFE HARBOR



RECOVERY &  
PREVENTION  
RESOURCES



PREVENTION  
AWARENESS  
SUPPORT SERVICES



NAMI DELAWARE &  
MORROW COUNTIES



For more information on our current  
network of providers, visit [DMMHRSB.org](http://DMMHRSB.org)

# IN-SCHOOL SERVICES

Schools across the country have seen the need to educate the "whole child" and give students the skills needed to succeed in the 21st century. This includes social and emotional learning, teaching empathy, violence prevention, evidence-based drug prevention, education on healthy relationships, and behavioral health crisis services.

The Delaware-Morrow Mental Health & Recovery Services Board is proud to work with educators and providers to ensure no student goes without the needed care they deserve.

The need for in-school services in Delaware and Morrow counties has never been higher. With early intervention and preventative services, students have a better chance to reach their academic potential, thrive in their communities, and begin a path toward living a mentally healthy lifestyle.

By placing programs, services, and personnel within the local public school districts, the students have immediate and safe access to life-saving behavioral healthcare. These services are free to the students and their families and are available to any student who may need them.



## School Districts Served:

### MORROW COUNTY:

Cardington-Lincoln Local School District

Highland Local School District

Mt. Gilead Exempted Village School District

Northmor Local School District

### DELAWARE COUNTY:

Delaware City School District

Big Walnut Local School District

Buckeye Valley Local School District

Olentangy Local School District

Delaware Area Career Center



# SCHOOL PROGRAMS

## IN ACTION:



### HELPLINE

Signs of Suicide: **2,097** Students Served  
Violence Prevention: **278** Students Served



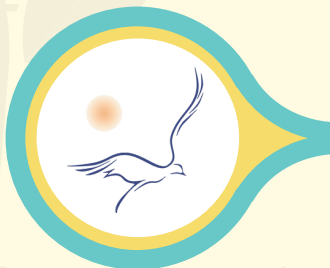
### MARYHAVEN

Reconnecting Youth: **84** Students Served  
DACC Services: **550** Students Served



### NAMI DELAWARE & MORROW COUNTIES

Ending the Silence: **392** Students Served



### RECOVERY & PREVENTION RESOURCES

Too Good for Violence: **4,306** Students Served  
Too Good for Drugs: **307** Students Served



### SYNTERO

Prevention/Crisis Services: **1,103** Students Served

# CRISIS CARE



Nobody can predict when they may need crisis services, and the stress of living through a global pandemic can increase the likelihood of this for everyone.

For this reason, the DMMHR SB prioritizes quality crisis care in our strategic plan. Through partnerships with local providers and relationships built with first responders, residents of Delaware and Morrow County now have a reliable safety net of services that are available 24/7 in their time of need.

Services range from an always-available hotline to specially-trained first responders to crisis intervention specialists, and the DMMHR SB is always looking for new ways to meet the needs of our most vulnerable residents during times of mental health or addiction crisis.



## HELPLINE

### 24/7 Hotline

The hotline is available via phone, text, or chat. Trained staff can provide timely assistance or connect callers with needed services.



## SOUTHEAST HEALTHCARE

### Crisis Services

Residents in crisis can be seen in the office, in the community, in the emergency room, or in the jails.



## Syntero

### In-School Crisis Services

Trained clinicians work within the schools to help students and staff during times of student or school crisis.



## 988

### National Mental Health Crisis Line

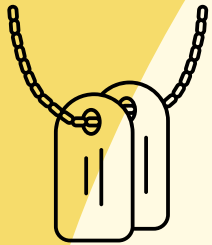
We are working with local, state, and federal officials to ensure the rollout of the national crisis line gives area residents access to 24/7 crisis services.



# CRISIS INTERVENTION TEAM



- CIT is NOT a training program - it's a partnership!
- CIT helps law enforcement, first responders, and other crisis service professionals respond with compassion and care when facing a crisis situation.
- DMMHRSB has been a leader in the state for providing CIT classes and certification.
- The program includes 40 hours of classroom instruction, roleplaying exercises, and insight from individuals and families with lived experience.



**APRIL 2022 CIT GRADUATING CLASS**

# PROGRAM SPOTLIGHT

## FIRST EPISODE PSYCHOSIS

A first psychotic episode can be frightening and incredibly traumatic for the person experiencing it and for their families as well.

*Southeast Healthcare*, in conjunction with the DMMHR SB and the Ohio State University Early Psychosis Intervention (EPI) Center, is providing needed services for those experiencing these events.



The program is now expanding into Morrow and Delaware counties, which will provide individuals and families with intense, immediate wraparound services, minimizing the long-term negative effects of psychosis. Having a mental illness does not have to control your life, and with proper care and intervention, true recovery is possible.

## CELEBRATE RECOVERY

Celebrate Recovery (CR) is a national faith-based 12-step program for adults in recovery.

The DMMHR SB saw the opportunity to support this proven and effective program and has begun funding CR services and programs through *Edison Enterprise Baptist Church*.

With expanded funding from the State Opioid Response 2.0 grant, CR has expanded to include a K-12 prevention, or "pre-recovery", program in Morrow County.



Living in recovery in a rural area can be incredibly challenging. By focusing efforts on treatment and recovery supports simultaneously, CR helps people get in treatment, get better, and stay better.



# PROGRAM SPOTLIGHT

## PAX GOOD BEHAVIOR GAME/ BOTVIN LIFE SKILLS

As part of our partnership with local schools, the DMMHRSB has begun funding new programs within our school-based services continuum.

Working with Prevention Awareness Support Services (PASS), the DMMHRSB is introducing the Pax Good Behavior Game and Botvin Life Skills programs into school districts.

Rather than taking class time to teach the programs to the students, PAX and Botvin will be taught directly to the educators, so that they can add



the tools from the program to their classroom management "toolboxes."

Both programs are evidence-based, age-appropriate, and very effective in helping bring educators and students together to create a positive classroom and school culture.



# BUILDING FOR THE FUTURE

## MEADOW CENTER - MT. GILEAD

The DMMHRSB is dedicated to providing not only programs and services within the continuum of care, but also the ability to keep those programs and services LOCAL.

We are excited to embark on a long-needed upgrade on the Meadow Center in Mt. Gilead. Working with MSA Design, we are ensuring that this renovation



project will provide office space for providers, space for counseling and recovery services, meeting space for community members, as well as security, energy efficiency, and technology upgrades.

Construction is scheduled to begin in September of 2022. Keep an eye out for our Grand Opening!

## DELAWARE SOCIAL SERVICES CAMPUS

The DMMHRSB, along with the Delaware County Board of Developmental Disabilities and Delaware County Job & Family Services, is developing a "one-stop shop" campus with Delaware County.

The campus is still in the early planning stages, but plans include meeting space, updated office facilities, and an interconnected network of services available within one facility.





**DELAWARE-MORROW MENTAL HEALTH  
& RECOVERY SERVICES BOARD**

SUPPORTING WELLNESS. BUILDING HOPE. TRANSFORMING LIVES.

# **FISCAL YEAR 2023 BOARD MEETINGS**

Visit [DMMHRSB.org](https://DMMHRSB.org) for updated schedules and meeting announcements.

**August 18, 2022 (Annual Meeting)**

**September 15, 2022**

**October 20, 2022**

**November 17, 2022**

**December 15, 2022**

**January 19, 2023**

**February 16, 2023**

**March 16, 2023**

**April 20, 2023**

**May 18, 2023**

**June 15, 2023**



# HELPFUL ADVICE

**Practice  
MINDFULNESS!!!**

**Bad mood = Use  
"HALT" Method:  
Hungry?  
Angry?  
Lonely?  
Tired?**

**Focus on your  
strengths rather  
than your so-  
called  
weaknesses**

**Make time for  
REAL self-care:  
Get rest  
Practice hygiene  
Listen to your  
favorite music  
Prioritize yourself**

**Keep a Gratitude  
Journal - write the  
things you're grateful  
for and think about  
WHY you're grateful  
for them**

**Don't avoid getting  
treatment!  
There is NOTHING  
to be ashamed of!**

**Learn how to say  
"NO" and keep  
healthy  
boundaries**

**Try to keep on a  
good schedule:  
Sleep  
Meals  
Activities  
Exercise  
Work**

**Get regular  
exercise - it  
makes your body  
AND your mind  
healthy**





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