

GCB Staff Recognized as Best in the State



GCB Peer Support Outreach Worker, Janie Steele-Kidwell.

Current studies indicate that more than 75% of prisoners return to the system within five years of their release. "For those leaving prison after an extended period of time, re-entry into society is very much a 'sink or swim' scenario," says Janie Steele-Kidwell, Peer Support Outreach Worker at the Clermont Recovery Center (CRC), a division of Greater Cincinnati Behavioral Health (GCB.) "And while parole officers and sometimes

counselors are there to help with the transition, the expectation is that they'll fail."

But GCB's Clermont Recovery Center (CRC) is trying to change that. As a certified provider for the OH Department of Mental Health & Addiction Services, CRC facilitates the Community Transition Program, or CTP (which is funded by CareSource), by connecting inmates with critical services before leaving the prison system. The hope being that this will give them a much better chance to successfully transition into their communities.

Janie is responsible for every referral that CRC receives through the program and makes meeting clients before they are released, her top priority. "To think that they will be able to secure a job and housing plus remain drug-free all on their own, with little to no support, is unrealistic," Janie says. "That is why this program is meeting a critical need."

Since its inception, the program has maintained the highest connection rate in the state, meaning, more inmates have

GCB's Clermont Recovery Center was recently recognized by CareSource for our CTP program outcomes. In 2018 we served 75% of pre-release clients. Of these, 90% made a post-appointment with CRC, and 50% engaged in outpatient addiction services.

committed to making and keeping their post-release appointments with Janie than any other CTP provider. "Re-entry advocacy is my calling," she says.

Janie is well-versed in using her personal experiences to support individuals during times of uncertainty and anxiety. As someone in recovery, her approach as an Ohio Certified Peer Supporter is different. "The people they come into contact with in prison are authority figures telling them what they need to do and how to do it. My approach is always one of building a rapport. There is no power differential – we are on the same playing field."

Once released, the Community Transition Program offers clients assistance with transportation, securing identification, care management, employment services and substance use treatment.

"CTP is the most amazing program I've ever seen. This can be such a forgotten population. There is so much stigma. But now there's so much compassion and more resources to support people during this transition. I get to be their lifeline and provide them with resources and relief as they learn to navigate the outside world again. CTP is the path to self-sufficiency."

– Janie

GCB Training Academy is Making a Difference

Last summer, Greater Cincinnati Behavioral Health Services launched a new program – not for clients but for new staff. GCB's Training Academy is a 30-day program for new care managers. New hires are teamed with a pre-selected care manager that they shadow for the next month. When not "out in the field," they spend time in the classroom and are able to share their experiences with GCB Mental Health Services Director Jennifer Dorschug and other supervisors.

"The idea was to better prepare them for what they will face working one-on-one with people who are struggling with mental illness and may suffer from addiction," says Jennifer. "Most of our new care managers are recent college graduates. This can be a tough job and we want to make sure their first experience helping people who need them is rewarding and educational."



Pictured above is the Training Academy's latest group of graduates.

13th Annual

Champions of HOPE

Greater Cincinnati Behavioral Health Services hosted its 13th annual Champions of Hope gala at Jack Casino on April 5th. The event, which included a silent auction and dinner, raised over \$152,000 for GCB programs that serve people affected by mental illness and addiction.

The event honored Judge Lisa Allen, who presides over the Mental Health Court. Judge Allen was recognized for her support of the program and the clients it serves. She works with others in the mental health field (including GCB staff) to help people get their lives back.

Also recognized were some of our Employment Program's community partners – The Kroger Company and Fifth Third Bank. One of the highlights of the evening was when a member of GCB's Quick Response Team shared her personal story. QRT team member Kristy spoke about her own addiction problem and the path of hope that led her to sobriety and wanting to help others who are struggling with addiction.

To see additional photos from COH 2019, check out our Facebook page!



Enjoying this year's COH are Janet & Mike Johnson (left) and Susan & Bill Scherer.



Jeff O'Neil and Kristyn Hartman with award recipients Michael Peacock (The Kroger Co.) and Anne Chambers & Todd Reece (Fifth Third Bank).

Healing the Brain Through Resilience



Pictured left to right are: COH Honoree, Judge Lisa Allen, emcee Kristyn Hartman (WCPO) and GCB CEO Jeff O'Neil.



Maggie, a Care Manager with the program, spends time with her client at a local nature preserve.

People heal from trauma by building five resilience factors: positive connections with safe adults, affiliation, self-esteem, self-efficacy, and external support systems. The Resiliency Project* uses these strategies to increase resiliency in young people who have been traumatized so that they may begin the healing process.

The project came into existence when former Ohio Governor John Kasich earmarked funding to work with youth in crisis to address the growing number of school shootings in our country. Greater Cincinnati Behavioral Health Services (GCB) has been a part of the local program since 2015. More recently the agency has taken over as the fiscal agent of the grant, which supports clients who have a co-occurring diagnosis of mental illness and are developmentally disabled (MI/DD).

The program has been so successful in Hamilton and Clermont counties that the state has given us additional funding to create online materials and videos for training other mental health and DD providers state-wide. Cindi Crew, LISW-S, and Director of Integrated Counseling at Greater Cincinnati Behavioral Health Services, has been with the program since its inception in 2015. According to Cindi, "Studies show that resilience will help rebuild a traumatized brain. Our Resiliency Program works with clients who have a significant trauma history as well as a developmental disability and a mental health diagnosis. We gather all of the people who will be providing services to the client and create a trauma-informed biological timeline to help us assess what their triggers might be as well as positive responses to reinforcement. Once in the program, they receive a Care Manager who helps them to connect in the community and a therapist to begin the deep healing work. We work with them to find their passion – experiences that give them great joy and confidence."

To measure resilience, the clients that participate in the program complete a Resilience Scale which measures protective factors when they first start and again at the one year mark in the program. The results of our program have been very positive. In 2018 the average increase in resilience for clients was 4.56, which means they went from an average Resilience score of 7.44 out of 16 to an average resilience score of 12 out of 16.

It's evident that the state is also impressed with our results. Not only have they funded the online training but they've also allocated grant money for the continuation of our program through 2021.

GCB Associate VP of Integrated Counseling Services Penny Middaugh, whose staff runs the program, says, "I am extremely proud of the leadership Cindi has provided to this project. It's a shining example of how the coordination of care can provide the most effective change."

**The Resiliency Project is in collaboration with Hamilton & Clermont boards of DD, Clermont & Butler Family & Children First, Child Focus, Inc., and Families Connected of Clermont County.*



GCB Board member Fred Heyse and his wife Sherrie.

THE RESILIENCY PROJECT KEY FACTORS:

positive connections with safe adults, affiliation, self-esteem, self-efficacy and external support systems

TALK TO US!

Questions, comments, suggestions? Please contact our Community Relations Manager, Dawn Michaels at dmichaels@gcbhs.com or 513-354-7197.

Donations can be made online at www.gcbh.com or sent c/o Development to P.O. Box 6296 Cincinnati, 45206



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How GCB Has Helped Me

by Corey

GCB has helped me in so many ways. I was taught how to read and write at GCB. They also helped get me a job. Since I had problems in the past, my mother and father suggested I go here. I told my parents that GCB is the place for me. I assume responsibility for my actions. GCB has also reminded me that I can still live a good life.

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