



A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER

I want to share a few comments as a result of my attendance at the recent Gains Conference in Washington, DC. Over 1000 attendees from around the country participated in this 3-day national Conference supported by the federal government through the Center for Mental Health Services (CMHS) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

The CMHS Director spoke on the need to transform the nation's mental health system into one that is recovery oriented and client centered. She also described that as many as 20% of persons in our national jails and prisons are there as a result of their illness rather than serious felony charges. Many commit minor crimes resulting from their mental illness. Workshops were offered on various forms of jail diversion programs. These projects identify persons with mental illness prior to sentencing and provide treatment rather than incarceration. Other programs, called re-entry programs, identify persons with mental illness while they are serving their sentence. These programs focus on creating a treatment, housing and vocational transition plan that will be implemented when the sentence is complete and the person returns to their community.

GCB staff member, Nikki Bisig, participated with some other local professionals including Judge Julia Stautberg in a presentation that reported on the lessons learned from the Hamilton County Mental Health Court program.

GCB is fortunate to be involved in this innovative and successful program and excited to be on the cutting-edge of prison and jail reform in our country.

Anthony Dattilo

GCB Receives Three-Year Accreditation From CARF

On February 20 – 22, 2008, surveyors from the Commission on Accreditation of Rehabilitation Facilities (CARF), the international accrediting body, came to GCB to complete a national accreditation evaluation/survey. Three members of our Board of Directors, Nick Hahn, Kenneth Myles, and Rick Wagner were also present for the survey. Since 2006, all certified mental health agencies in Ohio are required to achieve national accreditation. GCB has been awarded consecutive accreditations by CARF since the mid-1970's.

We are pleased to report that GCB has been accredited for a period of three years for the following programs: Case Management/Services Coordination; Community Housing; Community Integration; Outpatient Treatment; Employment Services: Job Development, Job Supports, Job-Site Training, Employee Development Services, Employment Planning Services, Employment Recovery Services; and Organizational Employment Services.

By pursuing and achieving accreditation, GCB demonstrated that it meets international standards for quality and is committed to pursuing excellence in the delivery of its mental health services. This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows GCB's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.

GCB received a rating of "exemplary conformance" to the standards in three areas:

- A comprehensive training program for GCB staff centralized through an e-learning system;
- The diversity teams, such as Deaf Case Management Team, Integrated Dual Diagnoses Team, Transitional Youth Team, Assertive Community Treatment (ACT) Team, and Access Team;
- Transition plans in place early in the service delivery process.

The surveyors were also extremely impressed with the quality of care provided by GCB's psychiatrists, and in particular, the unique qualities of GCB's compassionate and client centered Medical Director, Dr. Tracey Skale.

The written report released by CARF identified many of GCB's strengths, including:

- A strong leadership and management structure that evidences commitment to the mission, values, and vision of the organization;
- Clear evidence of established partnerships that have allowed GCB to become well known and viewed as a forerunner in the Greater Cincinnati community;

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About Pete Earley

An award winning and best selling author and investigative journalist, Pete Earley, will

be the featured Guest Speaker at two events presented by GCB on May 6, 2008. Pete Earley will discuss his newest book, *CRAZY: A Father's Search Through America's Mental Health Madness*, one of two finalists for the 2007 Pulitzer Prize.

CRAZY is the story of Pete Earley's personal efforts to get his college age son help after he was diagnosed with a serious mental illness. Earley will describe how his son ultimately was arrested and entered the criminal justice system. This prompted Earley to undertake a three year investigation of mental health services in our nation, including nine months that he spent inside the Miami Dade County jail where he followed several inmates with psychiatric problems through the criminal justice system and out into the community to personally observe what sort of services they received.

Earley's lecture will recount the history of how persons with mental disorders have been treated and why jails and prisons are becoming our new asylums. He will explain why this is wrong and how we can find alternatives to incarceration that can help empower persons with mental disorders and help them return to our communities. He will offer examples of what works and doesn't in helping persons with mental disorders avoid incarceration.

Workshop Featuring Pete Earley

GCB is pleased to present a workshop, lecture and panel discussion on "Mental Illness Law and Politics: The Intersection Between Justice and Behavioral Health Care." The workshop will be held on May 6, 2008 at the Cintas Center at Xavier University, 1624 Herald Ave., Cincinnati, OH. The cost is \$30 per person. Registration and Box Lunch is from 10:45 – 11:30 AM. The Program is from 11:30 AM to 1:00 PM.

Continuing Education credits are available for: The Ohio Peace Officer Training Commission; The Ohio Board of Nursing through the OBN Approver Unit at the University of Cincinnati College of Nursing, Continuing Education Program (OBN-011-93); State of Ohio Counselor and Social Worker Board; Chemical Dependency Professionals Board; Ohio Commission on Continuing Legal Education.

The featured guest speaker, Pete Earley, will recount the history of how we have treated persons with mental disorders in our nation, and alternatives to the criminalization of persons with mental problems.

The Panel Discussion will be moderated by Ken Parker, Esq., Assistant U.S. Attorney. The distinguished panel includes: **Diana McIntosh, PhD** – Vice President of Clinical Services at the Hamilton Mental Health and Recovery Services Board; **Gary Behnlein** – Involved with the NAMI Family-to-Family Program; **David Pepper** – Vice President of Hamilton County Board of Commissioners; **Gail Hellman, MD** – Medical Director of Court Clinic Forensic Services; **Judge Julia Stautberg** – Municipal Court Judge who presides over a mental health case docket.

For more information or to register, please contact Cassidy Siler at csiler@gcbhs.com or call 513-354-7039, or visit www.gcbhs.com.

Sponsored by the Health Foundation of Greater Cincinnati. In-Kind sponsor Landshark Communications, LLC.

Second Annual "Champions of Hope"



(Left to right back row: Ken Parker, Sue Dillon-Catron, Debbie Dutton-Lambert, Karen O'Callaghan, Front row: Rusty Sheehan, Pat Sweeney)

GCB invites you to join us for our second annual fundraiser, Champions of Hope, on May 6, 2008 from 6:00 PM – 9:00 PM. The event will be held at the Drees Pavilion in Devou Memorial Park in Covington, Ky. Tickets are \$75 per person. Guests will enjoy great food by Jeff Thomas Catering, wine, silent auction, and entertainment.

The featured Guest Speaker will be Pete Earley, discussing his newest book, *CRAZY: A Father's Search Through America's Mental Health Madness*, one of two finalists for the 2007 Pulitzer Prize.

Two local advocates will also be recognized for their work in mental health as Champions of Hope Honorees: Hon. Julia Stautberg, Hamilton County Municipal Court Judge; and Marcia Spaeth, retired from Tender Mercies.

For more information or to make your reservation, please contact Rusty Sheehan at rsheehan@gcbhs.com or call 513-354-7005, or visit www.gcbhs.com.

Many thanks to our **EVENT COMMITTEE**: Sue Dillon-Catron, Co-Chair, Karen O'Callaghan, Co-Chair, Donna Abbatiello, Angela Dodd, Debbie Dutton-Lambert, Patricia Sweeney, Gloria Walker, Dave Warren, Tammy York.

Many thanks to our **SPONSORS** to date: Reading Investments, LLC, PL Marketing, Barnes Dennig, National City Bank, Steve Harlamert Harlow-HRK, TSG Empire USA, Inc., USI Midwest, Clark, Schaefer, Hackett & Co., Graydon, Head & Ritchey, LUCRUM, Inc., Nick and Barb Hahn, Stevenson, The Color Company, Tom and Mary Beth Sundermann, Taft, Stettinius & Hollister, Wells Fargo Insurance Services of Ohio, LLC.

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- Adoption of a recovery model and commitment to living that model within every aspect of operations;
- A contract with an on-site pharmacy and its integration into the care and treatment of the persons served;
- A Wellness program contracted through a federally qualified health center, and an advanced practice nurse offering a comprehensive and holistic service that identifies both physical and psychiatric issues.

More information about CARF is available on its website: www.carf.org.

GCB Concludes Substance Abuse/Mental Illness Grant and Continues Best Practice Services

In 2004, GCB launched an effort to change the way it served a challenging population – homeless clients who were mentally ill and abusing substances. GCB applied for and received a grant from the Health Foundation of Greater Cincinnati that would alter services and ultimately impact the lives of its clients.

The project began in July 2005. The primary objective was to identify and serve 75 clients who were concurrently experiencing homelessness, mental illness and substance abuse. The project planned to use a best practice service model known as Integrated Dual Disorder Treatment (IDDT).

The IDDT model provides for treatment of the client's substance abuse and mental illness together with one team. This team-based approach includes access to psychiatric care, nursing, case management, housing, and vocational services as well as group and individual counseling. GCB has adopted the IDDT model as a best practice approach and used the opportunity to train 15 supervisors and specialists in addition to the IDDT team.

The IDDT model uses assessment tools to categorize a client into one of four stages. Research shows that when a client is being offered services at the right stage, there is a high rate of engagement and subsequent success.

Housing was the second critical element of this project. GCB knows that having housing is necessary in helping someone achieve stability. This grant project committed to developing 75 units of housing specifically for the IDDT team. With the additional help of the local Continuum of Care and a federal Shelter Plus Care grant, GCB brokered 35 housing subsidies. The subsidy is income based and allows for a homeless client with no income to get an independent apartment while they work on obtaining income through benefits or employment.

On December 31, 2007, GCB concluded this grant project. Highlights of the project include:

- Served 114 clients (39 above project goal)
- Developed over 75 housing units
- 97% of the clients achieved either permanent or transitional housing
- Clients showed an average increase of 16% in their quality of life score (Project goal was 10%)
- Clients showed an average decrease of 13% in their symptoms score (Project goal was 10%)
- 52% of the clients reduced their substance abuse (Project goal was 25%)

The project's focus was to serve homeless, mentally ill and substance abusing clients in a new integrated way. By implementing the IDDT service model and coupling the treatment with housing options, GCB was able to reduce homelessness, increase treatment and community stability while beginning the recovery process. GCB will continue to serve this population using its housing and treatment resources.



GCB BOARD OR DIRECTORS

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Peggy Kistner, *Human Resources Director*

Regina "Rusty" Sheehan, *Development Director*

Roy Hardiston, *Finance Director*

Tracey Skale, MD, *Chief Medical Officer*



Wish List

Greater Cincinnati Behavioral Health Services has the following projects on its "Wish List". Your contribution to our Annual Fund will help us meet these needs. You may designate your monetary gift to GCB's "Annual Fund Wish List." Please send your donation to:

GCB Development Department

1322 E. McMillan St., Cincinnati, OH 45206
or visit our secure website, www.gcbhs.com,
and donate online.

COMMUNITY LIVING SERVICES

GCB provides a comprehensive array of residential programs, support services, and housing options for its clients.

- ★ Kemper House, a halfway house for clients being released from hospitalization, needs shower stall repairs on the 3rd floor; replacement of bathroom in basement; and paint and carpet for 6 bedrooms.
- ★ The Larchwood Home, which houses all women, needs outside paint.

WELCOME CENTER

GCB offers programs providing psycho-educational groups, one-on-one coaching and peer support in an accessible, supportive setting.

- ★ A sewing machine is needed for the psychosocial program to make catnip toys for sale.
- ★ A Computer Lab with Internet access is needed for the clients. The lab would be equipped with 6 computers, 2 printers and a server with work stations and chairs.
- ★ Laughing Yoga program would be a beneficial psychosocial activity.

SUBSTANCE ABUSE/MENTAL ILLNESS PROGRAM

GCB helps adults with both severe mental illness and substance abuse problems. Over 60% of our clients have both problems.

- ★ GCB staff has received training on how to provide services but needs funding for materials. Items such as workbooks, videos, instructor guides and small graduation gifts are needed.

HOMELESS OUTREACH PROGRAM

GCB provides specialized teams who reach out to persons who are severely mentally ill and homeless. Wherever they are, we are; at drop-in centers, on street corners, on park benches, or in the woods. Through patience, persistence and skill, we engage these clients and begin to offer services.

- ★ Funding is needed for emergency housing assistance for homeless client stays. The time frame for paperwork to be completed and an apartment inspection for housing is usually about 2 weeks. Many times our clients are living outside on the streets while they wait for an apartment to be ready.
- ★ Personal items, such as food and water, blankets, socks, gloves are used by our Homeless Outreach workers to engage the Homeless and to build relationships of trust with them.

VOCATIONAL PROGRAMS

Helping persons with mental illness to gain and maintain employment is a major goal of GCB. Vocational services include job training, job placement and supervised employment programs.

- ★ 2 commercial vacuums are needed for custodial services provided by our clients.
- ★ 2 custodial floor fans

SUCCESS STORY: Teresa



Teresa

"IF YOU HAVE A CHANCE TO GO TO THE BVR, SNAG IT!"

Not so long ago, Teresa found herself in a very difficult situation. She was homeless and unemployed. She had worked for 25 years as a licensed practical nurse. In 2005, she was hospitalized 13 times for her mental illness. She can now proudly say that she has completed 7 months with no hospitalization.

With the support of GCB staff, Teresa has become stable on her medications and she has her own apartment. She is on the road to regaining her LPN license. Teresa is very excited about the help she is getting from the Bureau of Vocational Rehabilitation (BVR). She was referred to the BVR by her GCB program worker. Teresa will be receiving much needed assistance from the BVR, including a bus pass, tuition for two classes she needs to renew her nursing license, uniforms and a job coach. Teresa said, "If you have a chance to go to the BVR, snag it!" Teresa is attending a personal empowerment workshop at GCB. Teresa reports that everything seems to be going in a positive direction.

Teresa shared how important the groups at GCB's Welcome Center have been to her. She said, "I get up and come to the groups, whether I feel like it or not." Teresa's story is an inspiring tribute to her commitment to recovery.

GCBH is now accepting donations online.
Please visit www.gcbhs.com

MYTH Mental illnesses cannot affect me.

FACT Mental illnesses are surprisingly common; they affect almost every family in America. Mental illnesses do not discriminate – they can affect anyone.

SUCCESS STORY: Robert



Robert

“IT’S REALLY GREAT TO HAVE SOMEONE WAITING TO SEE ME WHEN I RETURN FROM MY JOB.”

Robert has always loved animals. As a child growing up, he always had a dog and couldn't wait to have another one when he moved into his own apartment. When he saw Molly, a Miniature Pinscher, he immediately knew this was the dog for him. After living at Kemper House, and with the assistance of GCB's Transitional Support Team, Robert recently moved into his own apartment. He credits the staff at GCB for not only providing a caring living environment, but also for assisting him in his continued recovery. Robert believes having Molly helps him maintain a positive outlook on life. He enjoys walking Molly in the park near his home. Robert said, "It is really great to have someone waiting to see me when I return from my job." Robert works part time at a downtown restaurant.

MYTH Mental illnesses are the result of a weakness of character.

FACT Mental illnesses are caused by a combination of biological, psychological, and social factors. Research has shown that genetic and biological factors are associated with schizophrenia and depression. Social influences, such as loss of a loved one or a job, can also contribute to the development of various disorders.



Volunteer Profile

Kenneth Myles

Kenneth Myles joined the GCB Board of Directors in October 2007. He currently serves as the Chairman of the Major Gifts Committee. Early in life, as the result of a personal experience, Kenneth developed a passion for helping people. Through voluntary efforts via school, church or community service, he has logged many hours in the service of helping others. Kenneth has volunteered for Habitat For Humanity, the American Red Cross and Optimist International as well as local civic organizations. He served as Pack Chair for Cub Scout Pack 720 of Framingham, Massachusetts, managed a mentoring program as a founding member of the Boys To Men Initiative – New Hope Missionary Baptist Church (Southfield, MI) and served as a volunteer to the Boston Ten Point Coalition, an organization mentoring incarcerated, at risk young men.

Kenneth was born and raised in Saginaw, Michigan. He graduated from Michigan State University with a Bachelor's degree in mechanical engineering. He has had a successful career in the field of quality assurance. With more than 20 years experience in automotive, medical and consumer products quality, he has worked with major corporations from Detroit to Boston. His career path eventually lead him to his current position at Proctor & Gamble as a Quality Assurance Manager in the Fabric Care Division. Kenneth and his family reside in Mason, Ohio. His special interests include golf, skiing, reading and travel. He is married to Sonia Jackson Myles and has two sons, Kendall (12) and Jordan (10). He strives to instill the value and importance of community service to his children. According to Kenneth, "This work can never begin too early in life."



Are you ready to help?

Please contact **Rusty Sheehan** at (513) 354-7005 to learn more about our rewarding volunteer opportunities.

HELP US CHANGE LIFE STORIES INTO SUCCESS STORIES

I would like to:

- Make a contribution.**
*Please make check payable to
Greater Cincinnati Behavioral Health Services
Your tax deductible gift will
directly support the clients of GCB.*
- Receive more information about GCB
and the work we do.**
- Learn more about Planned Giving
and lasting legacy opportunities.**
- Learn more about volunteer
opportunities with GCB.**
- Add a friend to GCB's mailing list.**

Name _____
Address _____
City _____
State _____ Zip _____
Home Phone: _____
Email: _____

MAIL TO:
Rusty Sheehan
Greater Cincinnati Behavioral Health
1322 East McMillan
Cincinnati, OH 45206

Or if seeking further information, send an e-mail to rsheehan@gcbhs.com.



Greater Cincinnati Behavioral Health Services
Our Work is Life Changing

WE HAVE 10 LOCATIONS THROUGHOUT GREATER CINCINNATI

The three non-residential office/program locations include:

East Walnut Hills

1322 East McMillan Street
Cincinnati, OH 45206
(513) 354-7000

1501 Madison Road
Cincinnati, OH 45206
(513) 354-5200

Roselawn

7162 Reading Road, Ste. 1200
Cincinnati, OH 45237
(513) 354-7200

For more information,
please visit our website at

www.gcbhs.com



GREATER CINCINNATI BEHAVIORAL HEALTH SERVICES

1322 East McMillan Street
Cincinnati, OH 45206

RETURN SERVICE REQUESTED

Our Mission

To assist persons with mental illness and related barriers lead productive and fulfilling lives.

Our Vision

To continually develop leading edge practices and treatments to assist clients with their recovery.

To be a leader and share our expertise through cost-effective, outcome-driven mental health and human services.

To expand the scope and geographic reach of our services through mutually beneficial relationships.

Our Values

We treat all clients with dignity and respect.

We value the uniqueness of every individual.

We instill dignity, responsibility and self-respect in all clients.

We understand and meet the needs of clients and their families.

We take pride in what we do.

We believe that our staff and their families are the source of our success.

We support and help our community and neighbors.

We respect and embrace the diverse cultural backgrounds, values and perspectives of our staff, clients and people with whom we come in contact.

We value collaborative relationships in delivering quality services.

We provide comprehensive, innovative and flexible services.

We provide outcome-oriented and cost-effective services.

We strive for quality and excellence in everything we do.

Accreditations

National Accreditation through CARF. Licensed and Certified by Ohio Department of Mental Health. Funded by Hamilton County Mental Health and Recovery Services Board, Ohio Rehabilitation Services Commission, Hamilton County Department of Job and Family Services, City of Cincinnati, United Way, Ohio Department of Rehabilitation & Correction, and Hamilton County Board of Mental Retardation & Developmental Disabilities.

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