



Greater Cincinnati Behavioral Health Services

MINDFUL MATTERS

IN THIS ISSUE WE ARE HIGHLIGHTING OUR ADDICTION SERVICES IN HAMILTON COUNTY.

Bringing Behavioral Healthcare to Guests of St. Anthony Center in Over-the-Rhine

Greater Cincinnati Behavioral Health Services (GCBHS) launched the C.A.R.E (Collaborations for Addictions Recovery Engagement) program at St. Anthony Center in Over-the-Rhine in the spring of 2021.



Pictured is the St. Anthony Center C.A.R.E Team at a holiday event for clients at the center.

The program addresses the opioid epidemic by offering comprehensive behavioral health services to clients of the St. Anthony Center and to coordinate with other providers housed at the center to ensure that individuals are receiving appropriate services.

According to GCBHS Director of Addiction Services Julie Kubin, "The program allows for ongoing access to GCBHS substance use disorder (SUD) staff throughout the day at St. Anthony Center. Our partners at St. Seraph

Ministries created the center as a hub for people who are experiencing homelessness to eat, have their clothes washed, take a shower, access a haircut and foot care, as well as many other services."

C.A.R.E has implemented integrated behavioral health care services and supports that include evidence-based treatment and recovery services that address opioid use disorder and/or stimulant misuse and other use disorders that are often found in this population.

Says Kubin, "We are committed to serving all individuals who need behavioral health services, especially those who continue to fall through the 'cracks' of the traditional care system. The C.A.R.E Program model is one potential solution for these often underserved individuals. With an integrated care team in place to address their multiple needs in partnership with the St. Anthony team, it is anticipated that many positive outcomes will arise, both personally for the individuals served within the program and for the surrounding community as well."

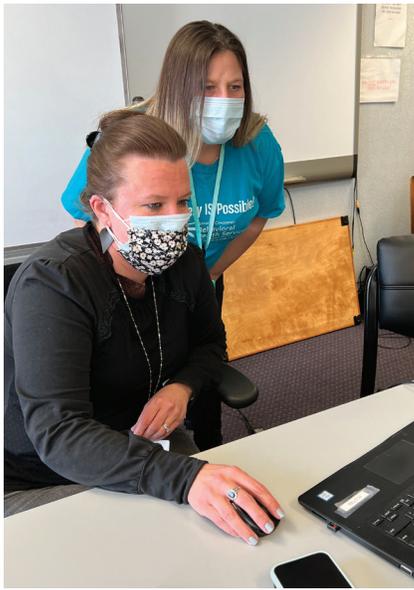
The Flying Pig is Moving Back to Spring and so is the Piggest Raffle Ever!

Online ticket sales are open until Saturday, April 30, 2022 and the drawing is Sunday, May 1, 2022 – Flying Pig Marathon weekend. For every \$5 ticket you purchase, GCBHS gets the ENTIRE \$5 purchase price (if you select us as your charity of choice). You could win \$5000!

Purchase tickets at: piggestraffleever.com



OFFICIAL PIGGY BANK OF THE FLYING PIG MARATHON

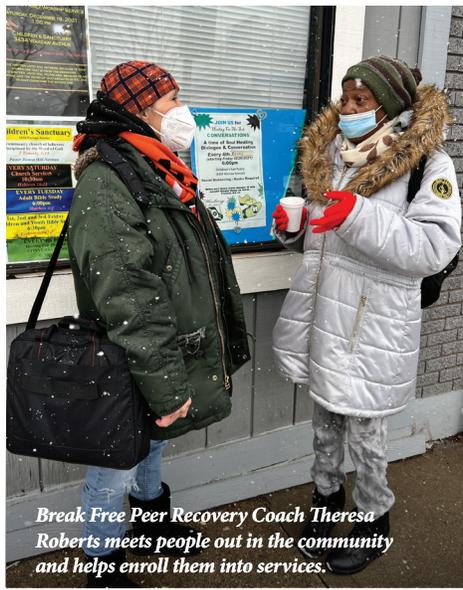


Clinical Supervisor Jessica Feldhaus meets with Engagement Specialist Tabitha Schunk.

Hamilton Co. SUD Programs Hire an Engagement Specialist

Funding from the Sutphin Family Foundation allowed GCBHS to hire an Engagement Specialist to assist our Hamilton County substance use disorder (SUD) programs. The position adds an extra layer of support for clients and staff. The Engagement Specialist will assist our Break Free Cincinnati and Open Access programs by immediately developing relationships with potential clients and supporting them during the admission process. "To qualify for Break Free," says Jessica Feldhaus, Clinical Supervisor, "clients must be experiencing homelessness as well as have a SUD diagnosis. This often makes it difficult to locate a client to connect with them on a regular basis – which is imperative to helping them on a path to recovery. They do not have an address, some don't have phones, or transportation... They are very vulnerable."

The grant support ensures that we have depth across our SUD programming in Hamilton County. The position works with clients at admission and assists them in staying connected during treatment. According to Jessica, "Having someone who can help various programs and clients is a tremendous benefit – not only to our staff but to the people who we are trying to help."



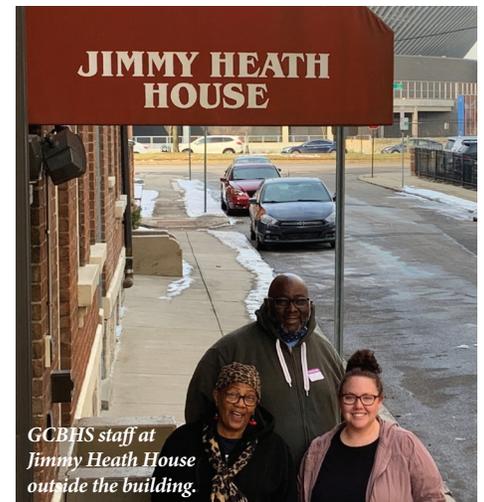
Break Free Peer Recovery Coach Theresa Roberts meets people out in the community and helps enroll them into services.

Break Free Cincinnati

Break Free Cincinnati is a program funded by a federal grant from SAMHSA. It provides targeted outreach to individuals experiencing homelessness with substance use disorders and identifies which individuals would benefit from an integrated model of care. This includes case management, housing support, peer recovery support, substance use disorder counseling and employment services. The goal of the program is for individuals to obtain permanent housing as well as receive the supportive services they need in order to enhance their success towards full recovery.

Paths to Recovery

In 2020, GCBHS celebrated 10 years of working with Over-the-Rhine Community Housing (OTRCH) at Jimmy Heath House located downtown. This program serves clients who have a chronic (long-term) alcohol or drug use disorder and is built upon the "Housing First" model – which is about harm reduction. Removing barriers to housing makes social stabilization more effective. Says program supervisor Matt Mueller, "When you don't have a safe place to live, it's difficult to deal with an addiction."



GCBHS staff at Jimmy Heath House outside the building.

16th Annual
Champions
of HOPE

SAVE
THE
DATE

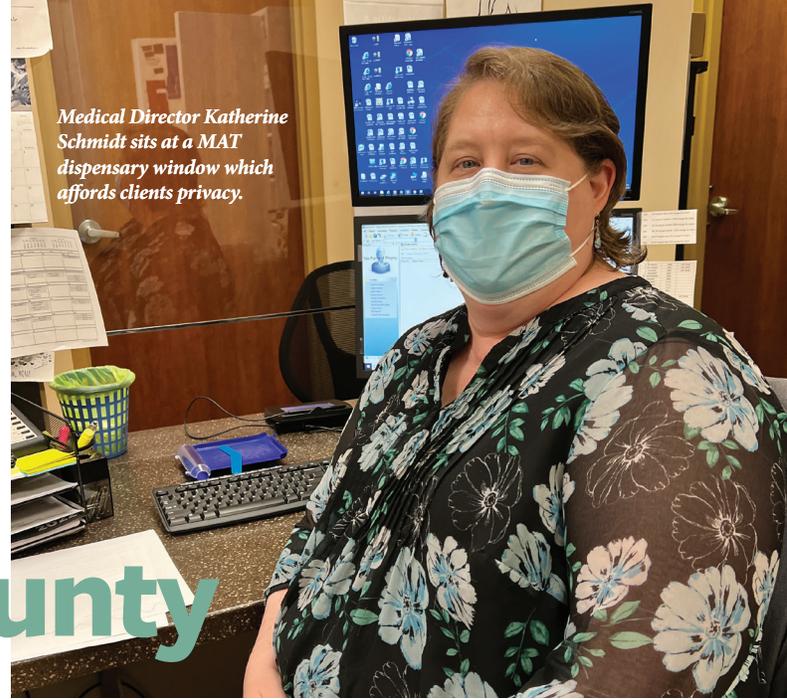
April 29, 2022

Hyatt Regency Cincinnati | 6:00 – 9:00 p.m.

Ticket and Sponsor information is available on our website: gcbhs.com

Greater Cincinnati Behavioral Health Services (GCBHS) was awarded a 2.6 million dollar grant by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Federal Grant expands access to Medication Assisted Treatment in Hamilton County



Medical Director Katherine Schmidt sits at a MAT dispensary window which affords clients privacy.

This funding will allow GCBHS to provide medication, counseling and support services to individuals who are experiencing homelessness or who have severe mental health and substance use disorders.

Located inside Shelterhouse on Gest Street, a temporary shelter for men experiencing homelessness, the program expands services to six days a week while increasing access to medication assisted treatment (MAT) to a population that tends to struggle with access to treatment. The focus will be on serving individuals with opioid use disorder who may also be experiencing co-occurring severe and persistent mental illness and/or homelessness.

The concept of being able to meet people in a space alongside other needed services

six days a week will add a higher level of intensity and flexibility for care. If clients are struggling, they can come in daily. We can concentrate on where they are struggling and provide additional supports.

The program is a partnership between GCBHS, Shelterhouse and the Cincinnati Health Network which also operates services out of Shelterhouse. GCBHS will provide medication prescribing and dispensing, case management, counseling and peer recovery support services.

According to Julie Kubin, GCBHS' Director of Addiction Services in Hamilton County, "We know from our PATH (Projects for Assistance in Transition from Homelessness) and Break Free Cincinnati programs that this population has complex needs. It is difficult

to get them to focus on treatment when they can't meet their basic needs such as housing, food, and clothing. By bringing treatment directly to them, we are hoping to overcome the barriers that can delay treatment."

Says Kubin, "When applying for the grant, we stressed the unique position of accessing treatment inside the homeless shelter. We knew from the data that clients enrolled in our Hamilton County mental health services were experiencing an extremely high rate of opioid use. The goal is to bring services directly to them and increase availability to minimize the barriers that have previously existed and support them in their recovery goals."

Interact for Health Van

One of the barriers to service for many clients is the lack of transportation. Through funding provided by Interact for Health, Greater Cincinnati Behavioral Health Services (GCBHS) was able to purchase a handicapped accessible van for Hamilton County SUD clients. This vehicle will allow peer recovery coaches to transport multiple clients at a time to their medicated assisted treatment (MAT) appointments.

At the present time GCBHS MAT services are solely provided out of our Glenway location. However, a new SAMHSA grant (you can read more in the story above) will allow us to serve additional clients from Shelterhouse on Gest Street – the men's short-term shelter, in the very near future.

Transportation and the limited availability of long-term housing continue to be problematic for many experiencing homelessness. This funding from Interact for Health (along with the federal grant) is a step in the right direction and will have a tremendous impact on our ability to offer MAT services to this population that is struggling.

INTERACT FOR HEALTH

GREATER CINCINNATI
BEHAVIORAL HEALTH SERVICES

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Checking in on

EARL



Earl is happy to be in his own place especially during the cold and snowy Cincinnati winter.

In November, we released a video telling you the story of Earl and the GCBHS staff who helped get him off the streets and into permanent housing. Earl moved into his apartment right before Thanksgiving, so we thought it would be nice to give you an update on how he's doing.

Earl loves his apartment. He even had a tiny Christmas tree to put up over the holidays. He is working part-time until his job at Great American Ballpark starts again this spring. We may not have mentioned it in the video piece but Earl worked for the Reds all of last season while he was homeless! That shows how driven he was to change his situation.

Our GCBHS Outreach workers are still in contact with him, helping him get settled and find resources to help him find things that he needs for his home. Says GCBHS Peer Support Worker Jamie Ayers, who first met Earl at St. Anthony Center, "It's hard to think about everything a person needs when they first get off the street. They have nothing. No furniture, appliances, cutlery, plates, sheets, towels, cleaning supplies, toilet paper...it can be difficult for them to "live" even after they are housed." If you would like to donate small appliances (toasters, coffee makers etc.) other kitchen or bath accessories, including toiletries, please contact Jessica Feldhaus at: jfeldhaus@gcbhs.com