



Greater Cincinnati Behavioral Health Services

MINDFUL MATTERS



We are excited to announce

that for the **12th year in a row** Greater Cincinnati Behavioral Health Services (GCBHS) has been awarded the **Top Workplaces Award** by The Cincinnati Enquirer.

With the past year and a half looking different, our organization's mission is more important than ever. We are incredibly honored to know that our committed staff continues to value their workplace so highly.

The award is based on employee feedback gathered through an anonymous comprehensive third-party survey. Staff ranked GCBHS high in several areas, including positive coworker relationships,

flexibility between work and personal life, and fair and constructive management. Many employees also stated that they love their work at GCBHS due to its fulfilling and meaningful nature.

When asked what they find the most meaningful about their work at GCBHS two of our staff members said, "Being able to bring about positive change and make a direct difference in the community," and

"Connecting with clients and being able to see their progress is amazing. It makes it all worth it." Each member of our staff brings their own individual strengths that they can share with our clients. It's inspiring to see such empathetic individuals use this personal motivation to serve our community.

Thank you to our hard-working and dedicated staff!

IT'S BACK! The Flying Pig Marathon raffle or the "Piggest Raffle Ever" benefits local Cincinnati non-profits. Adopt a pig online until the drawing on October 31st. For every \$5 ticket you purchase, GCBHS receives the entire \$5 as a donation!

One lucky winner will receive \$5,000 and the organization selected, receives \$5,000! Purchase an entry at www.piggestraffle.com and choose Greater Cincinnati Behavioral Health Services as your charity. Last year we received over \$4,300 because of YOUR generosity!



Why I am Grateful to Mental Health Court and the Team who Helped me **SUCCEED**

Kristina is a patient of Greater Cincinnati Behavioral Health Services (GCBHS). She was introduced to GCBHS through our partnership with the Mental Health Court program in Hamilton County. When Kristina had her first psychotic "break" she turned to drugs in an effort to stop the hallucinations she was having and dull the voices she was hearing in her head. In order to support her habit, she committed a crime which landed her in Felony Mental Health Court and eventually to the wrap-around services that the MHC team provides. She shares her experiences in her own words...

In the beginning I thought it was a punishment. I felt forced into it. I was also scared. I thought, 'What if I can't make it?' Then I was introduced to my team at GCB (HS). They came out and saw my living situation. They wanted to be sure I was okay. I didn't realize how involved they would be in my recovery. They helped me set goals for the next year, such as stabilizing my mental health, focusing on sobriety and graduating mental health court.

With their help, I did it! I honestly don't know if I would have been able to make it without their support. I gained SO much strength because I knew I had the team behind me. They helped me into safe housing and introduced me to Dr. Jones (Dr. Logan Jones is the GCBHS psychiatrist assigned to work with patients in the program).

When I first met Dr. Jones I was really nervous to tell him about what was going on with me. No one else had believed me – why should he? But he genuinely cared about everything that was going on inside my brain – what is happening when I'm hearing things and what I'm hearing. I don't meet very many people who believe me when I say I have a schizoaffective disorder, so that was HUGE for me.

He worked with me on medications until we found the right ones. It's not an easy process but he was very patient and so was I. And most importantly when another doctor, not connected with the program told me that I would always hear voices – that there was no cure, Dr. Jones told me he could help me. He gave me hope that I wouldn't have to suffer, like I had been, for the rest of my life. He brought angels into my life. It's true.

Dr. Jones was also concerned about my physical health. Even now, after three years as a patient, if I need him, he's there. During the pandemic he would call me outside of our regular appointments just to check on me. I've never had a doctor do that before. He's very special.

The most important thing I want to share, is that the people who work at GCB(HS) do not do this job for the money. They do it because they care about people and they really, truly want to help people succeed. If you are struggling with your mental health and sobriety, coming to Greater Cincinnati Behavioral Health Services is the best decision you can make in your life. These people will not fail you."



Kristina (left) with Dr. Jones and her care manager Brandi after a recent appointment.

"I honestly don't know if I would have been able to make it without their support. With them behind me, I gained SO much strength. They helped me get safe housing and they introduced me to Dr. Jones."

- Kristina

DID YOU KNOW?

Felony Mental Health Court has produced over **140 successful graduates** since the program's inception.

Dr. Logan Jones is Awarded Educator of the Year

Medical students who choose to become psychiatrists go through a four year residency program after graduating medical school. Afterwards, they can choose to spend an additional year, or longer, training in a specific area of psychiatry. The training could be in Addiction Medicine, Child and Adolescent Psychiatry, Geriatrics, or Forensic Psychiatry.

Greater Cincinnati Behavioral Health Services (GCBHS) collaborates with the University of Cincinnati (UC) on their Forensic Psychiatry Fellowship. The one year program focuses on the interface between psychiatry and the law. Forensic psychiatrists evaluate individuals for commitment to hospitals, questions of criminal responsibility, competency to stand trial, and guardianship.

The UC Forensic Fellows spend time working with clients in the municipal or felony mental health courts in Hamilton County. Every other week the Fellows meet with Psychiatrist Dr. Logan Jones who works with our clients assigned to both mental health courts.



Dr. Jones meets with UC Fellow Dr. John Henning.

Dr. Jones says he helps the Fellows, "get acclimated to GCBHS and how we do things. We talk about patients. I do some teaching on different topics that I feel will be helpful to them. They may have learned it during their residency but we go over it again. I also just want to find out in general, how they are doing."

For his work with the Fellowship program, Dr. Jones was awarded the Educator of the Year Award from the University Of Cincinnati Division Of Forensic Psychiatry. "The Fellows nominate faculty which made the award even more special," says Dr. Jones. "It made my week and then some!"



Felony Mental Health Court: Helping people with mental illness avoid felony convictions.

Non-violent, low level felons are given the option of participating in Greater Cincinnati Behavioral Health Services' (GCBHS) Felony Mental Health Court (MHC) program when the Hamilton County Court determines that there are mental health and substance use disorder diagnosis' that need to be addressed.

This special Assertive Community Treatment (ACT) team consists of a diagnostician, a counselor, a court liaison, a nurse and a hospital specialist as well as staff who focus on substance use disorders, housing, benefits, and employment. The goal is to offer

wrap-around services to address all of a client's needs. This allows them to focus on "getting better" instead of on the chaos that may be surrounding them and inhibiting their progress.

The Felony MHC team works in tandem with a GCBHS Psychiatrist (Dr. Jones or one of the UC Fellows assigned to him) and makes sure the client receives any additional services as requested by the doctor. These can range from primary care visits to counseling or anything else the psychiatrist would like to address prior to their next appointment. The Felony

MHC team members coordinate with the psychiatrists to keep them abreast of what's going on or if any issues arise.

The Felony Mental Health Court team is also responsible for making sure clients in the program comply with probation and get to their court appearances. Graduation from the program takes an average of 18 months depending on the client and their specific needs. The program gives clients the opportunity to learn new skills, move forward on future goals, and most importantly, provides hope.

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Take A Stand for Mental Health!

A Campaign for people with mental
illness, addiction and related
challenges



Greater Cincinnati Behavioral Health Services (GCBHS) has seen a tremendous increase in the number of clients we serve. On average there are 600-700 new clients seeking our help each month and this number is expected to increase due to the adverse and lasting impact of the pandemic. According to Jeff O'Neil, President and CEO of GCBHS, "There is no doubt that this crisis has had a disproportionate impact on people with mental illness and addiction. In order for GCBHS to keep up with this increased need for services, facility improvements and modifications are urgently needed."

Planned projects include upgrading and renovating our technology needs, improving site security, and addressing our client housing and transportation needs. Additionally, facility improvements are needed to support easier access and provide a more welcoming environment for clients and their families.

Please consider standing with us and show the Greater Cincinnati Community that you care about behavioral health and recognize the importance of the work we do. To support the **Take A Stand for Mental Health Campaign** please go to our website at www.gcbhs.com or contact Ron Cropper, Director of Development at rcropper@gcbhs.com or 513-354-7054.