Don’t Lose Faith in the Recovery Process
A Faith-Based Outreach Initiative Pilot Program

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Ohio’s 2017 Behavioral Health Conference
Ohio Association of County Behavioral Health Authority
January 11, 2017
Background

- Faith-based community often contacted by individuals/families that experience difficulties involving mental health and/or substance abuse issues.
- ADAMHS Board of Cuyahoga County recognizes that spirituality plays an important role in the recovery process.
- ADAMHS Board history of holding special events for faith community.
- ADAMHS Board established a Faith-based Outreach Committee and Sub-committee in 2012 to:
  - Recognize and advocate spirituality in the recovery process.
  - Connect the spiritual perspective with other interventions and best practices.
  - Promote the concept that treatment works and people recover.
Background

Faith-based Committee Mission Statement

To recognize and advocate spirituality in the recovery process; to collaborate the spiritual perspective with other interventions and best practices; and to promote the concept that treatment works and people recover.
Background

- Sub-committee consisted of community members.
- Created an Action Plan that included the following areas:
  - Increase the awareness and understanding of mental health/addiction in the faith community and to address societal stigma surrounding the illness.
  - Prevention and Early Intervention.
  - Treatment.
  - Recovery Support.
- ADAMHS Board does not provide direct services.
- Request for Information (RFI) was approved.
What We Were Looking For…

• Contract providers and/or faith-based organizations to develop partnerships and strategies to:

  o Integrate in the overall treatment and recovery process when a client acknowledges/gesture their spirituality beliefs through assessments.

  o Provide prevention and early intervention services to youth and their families who are at risk of exposure to environments where substance abuse has been identified.

  o Increase the awareness and understanding of mental health/addiction in the faith community.
RFI Guidelines/Eligibility

• Behavioral Health Services
  o Non-profit with 501(c) (3) status.
  o Certified for the provision of MH and/or AOD services.
  o Capacity to collaborate with entities to provide faith-based/spiritual services and/or has certified staff to provide faith-based/spiritual services.

• Prevention
  o Faith-Based Organizations with Non-profit 501(c) (3) status.
    Or
  o Provider agencies in collaboration with a Faith-Based Organization.
RFI Proposal

• **Six Questions**
  - Provider agencies
  - Faith-Based organizations
  - Budget w/narrative

• **Review Process**
  - 16 Responses
  - 7 Member review team/Response score card
  - 6 Organizations chosen
    - 3 Faith-based organizations
    - 2 Providers
    - 1 Provider/faith-based organization
RFI Time Line

- Released July 8, 2015
- Pre-Bid Conference - July 20, 2015
- Submit Questions - July 22, 2015
- ADAMHS Board Respond to Questions - July 29, 2015
- RFI Submission Deadline - August 10, 2015
- October 2015- Implementation Month
- November 1, 2015 thru December 31, 2016 - Term
- 14 month Pilot
Hispanic Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP)

Together for a Common Good - Prevention - Expanding Behavioral Health
90 Adults

• Increase the counseling capacity of Miguel Prieto Treatment Center (MPTC).

• Promote spirituality in the recovery process.

• Contracted with Galilean Center of Theological (GCT) Studies to provide:
  o Spirituality training/technical assistance to staff
  o Facilitate 12 weeks of spirituality sessions to existing resident and outpatient clients
Hispanic UMADAOP
Spirituality Training Component for Staff

- The GTC conducted a total of 11 training sessions.
- There were 22 staff from Hispanic UMADAOP-MPTC.
- Staff received a total of 228 hours of training
  - Greater insight toward integrating spirituality in their recovery counseling system
  - Learned to structure counseling sessions
  - Came to term with their own assumptions, bias and/or attitudes about spirituality and religion/avoid imposing them on the individual/group
  - Recognized their role as guiding an individual/group through a journey of spiritual growth, assisting them to commit to know, accept, and develop themselves
Hispanic UMADAOP
GTC/Staff Weekly Spirituality Session component

• Resident and outpatient clients of MPTC
  o Gain valuable insight to the impact of addiction upon their spirituality
  o Connected to a greater power grounded in love and compassion
  o Developed a new perspective, meaning, and purpose to their lives

• Opportunities for treatment staff to observe:
  o Principles of spirituality
  o Sharpen their newly acquired-skills
  o Receive valuable feedback on their implementation techniques
Inner Healing Ministries

Student Training Outreach Program (S.T.O.P) - Faith-based Prevention

300 Youth/Young Adults/Families

• To increase the protective factors of youth, young adults and their families.
• Partnership w/Kingdom Developers Consulting Inc.- Prevention/Wellness.
• Collaborative partnerships with South Euclid City Officials and the Police Department.
• Educational forums/training for church leaders and peer leaders on mental health and substance abuse.
• Inform and educate the public about the S.T.O.P. initiative at community event.
• Recreational/community activities for youth and young adults to discourage drinking, drugs and criminal activities.
Inner Healing Ministries

• Church Leader Education
• Advisory Committee Education
• Church Leader Volunteers
• Community Education/Outreach
• Student Education
• Alternative Activities
• Adult Prevention Groups
• STOP Parent Education Support Group
Inner Healing Ministries

Education

- Educational forums/training for church leader, peer leaders and church volunteers specific to mental health and substance abuse.

- Leaders/volunteers develops skills to enhance interviewing skills, effective listening, supportive counseling and to making referrals.

- Church volunteers are co-facilitators to education sessions and provide assistance and support when needed.
Inner Healing Ministries

Groups

- Information/discussion about the dangers of alcohol, tobacco and other drugs.

- Prayer/bible reading, spiritual education and spiritual mentoring/support.

- Encouraged to abstain from the use of alcohol, tobacco, drugs/refrain from risky behavior.

- Connecting with God, rediscovering their faith and encouraged to include spirituality into their day-to-day living.
Inner Healing Ministries

• Persons are united or reunited with their God.

• Many returned to the Faith Community or Church life.

• Rebuilding trust in God/learning to forgive.

• Accepting Christ as his Lord and Savior.

• Incorporated faith as a vital component in their recovery, prevention, and road to mental and emotional wellness.
Spiritual Recovery & Wellness Program – Faith-based Prevention
425 Adults/Youths

• Educate and increase awareness/understanding of mental health/addiction in the Faith-based community.

• Incorporate spirituality into treatment.

• Address societal stigma surrounding mental illness.

• Partnership with Front Steps Housing Services.
Life Recovery Ministries, Inc. - Training
Mental Health First Aid/Chemical Dependency Counselor Assistant Training

• 40 hours - Chemical Dependency Counselor Assistants.
  - Addiction Knowledge
  - Treatment Knowledge
  - Documentation
  - Individual Counseling
  - Professional/Ethics
  - Evaluation
  - Service Coordination
  - Group Counseling

• 8 hours - Mental Health First Aid Certificate.
  - Depression & Anxiety
  - Suicide & Self-Injury
  - Psychosis
  - Substance Use Disorders
Life Recovery Ministries, Inc. - Training
Mental Health First Aid (MHFA)/Chemical Dependency Counselor Assistant Training

- Target - Faith leaders/committed members of the faith community.

- Educate the faith community about mental health/addiction in order to help the congregation and the overall community.

- Build the capacity of the faith community to detect and respond to behavioral health issues.
Life Recovery Ministries, Inc.
Education/Outreach

• Heart for Change Education Program
  o Incorporating spirituality as a component of treatment.
  o Partnership with Front Steps Housing Services.
  o Eight week/90-minute session per week faith-based client education series.
  o Spiritual Assessment - Acknowledges a religious/spiritual orientation.
  o Curriculum focus & addresses matters of the heart/communicates the importance of spirituality/practice of religion in recovery.
  o Encourages clients to use churches, mosques, and synagogues as resources for recovery.
Life Recovery Ministries, Inc.
Congregational Awareness Campaign/Monthly Mental Health First Aid Series

- Olivet Institutional Baptist Church’s Health Professional Ministry.
- Faith leaders/committed members from local churches, mosques, synagogues and other faith institutions and mental health and counseling professionals.
- Mental health/addiction education to increase mental health literacy.
- Depression & Anxiety/Suicide & Self-Injury/Psychosis/Substance Use Disorders.
Life Recovery Ministries, Inc.
Congregants & General Community Awareness Campaign

• Let’s Talk Mental Health - Public Awareness Campaign
  o Increase awareness and understanding of mental/addiction in the faith community/address societal stigma surrounding the illness.
  o Breaking down the “wall of silence” between the faith community/people with mental illness and substance use disorders.
  o Aim to identify/respond to misconceptions and negative attitudes related to mental illness and substance use disorders.
  o Raise awareness on the importance of reducing the stigma of mental illness/addiction.
National Alliance on Mental Illness (NAMI) Greater Cleveland

Outreach/Awareness Program - Provider Expanding Prevention

300 Children/Families

• Increase support, education and referral around mental health and substance abuse issues within the communities by connecting with individuals through their faith through:

  o Outreach/engagement
  o Training
  o Education Sessions
National Alliance on Mental Illness (NAMI) Greater Cleveland
Outreach/Engagement

- Approach/build relationships with church leaders to gain access and promote programs/services components.
  - Phone calls/discussions/meetings/visits/attend services
  - Churches are identified through previous outreach efforts & request

- Community Events
  - Mental Health Awareness Events
  - NAMI GC Conference Faith based Session
  - Churches health fair

- Sharing Hope presentation
National Alliance on Mental Illness (NAMI) Greater Cleveland Outreach/Engagement – Sharing Hope

- Brings the experience of a person living with mental illness & a family member/caregiver to congregations allowing the faith community to relate to:
  - The struggles facing this population
  - The stigma associated with mental illness that prevent many from getting help
  - Learn that recovery is possible
  - Become familiar with concept of Mind, Body, Spirit Holistic wellness
  - NAMI services in general

- Build on existing relationships to recruit volunteers to be Sharing Hope Presenters.
National Alliance on Mental Illness (NAMI) Greater Cleveland Training

• Work with church leaders to discuss needs of the congregation and to identify which services/programs would be appropriate.

• Recruit and train volunteers from within the church to help lead programs.

• Volunteers will incorporate their faith into their work on an individual basis, in the way that feels most appropriate to them.

• NAMI will provide all services in collaboration with faith leaders.
National Alliance on Mental Illness (NAMI) Greater Cleveland
Training/Education

• Support Groups Leaders
  o Coordinate with Church leaders to Identify and train support leaders

• Leadership Training
  o Current ministries that work with general public in their social welfare ministries
  o 2 day training session on how to work with persons with mental illness and substance abuse in their ministry.

• Signature Educational Courses
  o Connect members of the congregation to existing educational programming, such as:
    ▪ Family to Family Basics - parents of children and youth
    ▪ Peer to Peer - provides in-depth information about various mental illnesses.
National Alliance on Mental Illness (NAMI) Greater Cleveland
Psychoeducation Sessions

• Work with clergy/lay leaders to:
  o Identify prevention and/or early intervention education needs for adults/parents and youth 8-18 years in the congregation
  o Schedule a psycho-education session on-site conducted by a Mental Health professionals

• Sessions include signs, symptoms, treatment options and county resources.

• Specialized sessions on substance abuse, including dual diagnosis of mental health and substance abuse disorders.

• Gender/age specific sessions that assist them to cope with environments and deal with negative emotions in a positive way
OhioGuidestone

Expanding Spiritual Care Program - Provider/Faith-based – Expanding Behavioral Health 185 Youth/Families

• Providing spiritual care and support for participants in their existing Integrated Treatment Program.

• Provides spiritual care services in the community.

• Hire two additional chaplains.

• Referrals from the child/adolescent system partners and the community at large.
OhioGuidestone

  - Supports the recovery process with individual counseling, case management and crisis management services.
  - Provides individualized best practice treatment guided by evidence based assessment.
OhioGuidestone

• Chaplains
  o Board certified or actively working towards
  o Community-based – home, school, office, other community settings
  o Contact current client’s spiritual leader to create a plan of spiritual support
  o Initial source of spiritual support
  o If no connection to the faith community/encourage client to engage
  o Help client remain engaged in their faith community throughout the recovery process.
  o Provides the opportunity to find spiritual healing without having to disclose all aspects of life to their primary faith leader.
  o Provides the client appropriate spiritual care while maintaining a measure of clinical distance when exploring issues of grief, shame, guilt and spiritual isolation.
OhioGuidestone

• Religious Struggle Screening
  o Standard MH/AOD assessment
  o Identify clients who may be open to include religion and spirituality as part of treatment process
  o If not open, treatment from a therapist/related staff will exclude spirituality as a topic of treatment

• Brief Religious Coping Index
  o 14 questions
  o Measures Positive and negative coping methods
Examples of care provided:

• Teaching a client to pray as a way of coping with anxiety.

• Helping a client to acknowledge the guilt issues.

• Discussing God’s presence in the midst of broken relationships.

• Follow up with a client who has relapsed and provide continue care in rehab facility.
Trinity Outreach Ministries Another Chance of Ohio

The Inner City Life Fitness and F.A.I.T.H. Boot Camp/Faith Accountability Inspiration Teamwork Honesty and Hard Work - Faith-based Prevention

100 children/Families

- A multi-faceted and holistic faith-based approach to early intervention and prevention services.
- Inspirational activities to prevent the use or abuse of illicit drugs and alcohol.
- Help families reach a level of fitness spiritually, mentally, academically, socially and physically by redirecting people back to their faith.
- Two semester-based schedules
- Team of faith-based volunteers assisting with the activities.
Trinity Outreach Ministries Another Chance of Ohio

• Two semester-based schedules/90-Day cohort.

• Curriculum - Four Key Areas.

• Fall/Winter & Spring/Early Summer.

• Summer Activities: Lunch Program, field trips, fun with fitness and participation in community outreach activities.
Trinity Outreach Ministries Another Chance of Ohio
Curriculum - Four Key Areas

**Prayer - Fun and Hard Work with Academics** (youth ages Pre-k – Middle School)

- Education assessments and development
- Include tutoring, help with homework and fun academic incentive-based challenges.
- Incentives

**Prayer - Fun and Hard Work with Performing Arts** (children and youth ages 10 – 17)

- Variety of music, dance, and creative writing, song, and theater styles
- Planning and implementation of performances
- Recitals, drama presentations, concerts, fashion shows, marketing, ticket sales, photography & short-film
Trinity Outreach Ministries Another Chance of Ohio
Curriculum - Four Key Areas

Prayer - Fun and Hard Work with Sports and Fitness (youth and adults)
  o Highlight accountability to God/Team/family/themselves through sober living, healthy choices and fitness.
  o Baseball/Boxing/Night Basketball
  o Each session will begin with prayer

Promoting and Developing God-Centered and Sober Homes and Relationships for Adults through accountability, integrity and spiritual character building
  o Need to return to the God of their understanding/make decisions that will protect their families from the influences of drugs and crime.
  o Routine of prayer, accountability, and acts of kindness and respect to each other.
  o Adopt a mission statement of sobriety for their homes/encouraged to choose faith-based organizations to join.
Cumulative Number of Program Clients Served by Month

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<th>Month</th>
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<td>December 2015</td>
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Measuring Faith-based/Spirituality

• Demonstrates increased skills/understanding/knowledge to facilitate spiritual trainings:
  o Mid-Point and End of Training Evaluation
  o Post education discussion, question and answers
  o Participation in group discussions; self-report

• Connected with the faith community
  o Self-reported by client on a quarterly basis

• Acknowledges the importance of faith/spirituality/the practice of religion in recovery:
  o Spiritual assessment/verbal response during class participation
Measuring Prevention

• Identifies drug/alcohol free alternative activities
  o participation in workshop discussions

• Demonstrates saying no to drugs/alcohol
  o Drug free pledges read and/or signed by students and parents
  o Parents sign visitor cards to request prayer and spiritual counsel when they visit the church/worship services.

• Adopted a mission statement of sobriety for their homes
  o Signed the pledge upon enrollment

• Complete Trainings/Activities
  o Certificate of Completion
  o Attendance Sheets/verbal response/class participation
Measuring Awareness and Understanding

- **Demonstrates knowledge of substance abuse**
  - Verbal response and class participation
  - Question and answer discussion following education

- **Demonstrates knowledge of Mental Health**
  - Post education discussion, question and answers
  - Verbal response and class participation

- **Demonstrates knowledge of chemical dependency/addiction**
  - Verbal response and class participation

- **Received information on and increased understanding of mental/behavioral health and dual diagnosis causes, signs, symptoms and treatment options**
  - Evaluation and survey following community education sessions
  - Head count and sign-in sheets; # of packets distributed and Evaluation surveys
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<tr>
<th>Category</th>
<th>Hours of Activity</th>
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<td>Administration: Back-office Processes</td>
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<td>Planning: Meeting Preparation</td>
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<td>Planning: Building Relationships</td>
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<td>Training: Staff</td>
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<td>Direct Service Activities: Physical...</td>
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<td>Planning: Implementation Meetings</td>
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<td>Administration: Supervision</td>
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<td>Planning: Evaluation</td>
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Faith-based Prevention Activity Hours
November 2015 - November 2016
Communication/Monitoring

- Group meetings
- One-on-one meetings
- Conference calls
- Site Visits
- Attend Events
- Monthly Progress Reporting
- Fiscal Audits
Preparing Your Community

- Build relationships with the Faith-base community and organizations.
- Network.
- Public notice of the Request of Information release.
- Community events.
- Organization’s Website.
- Pamphlets/Flyers/Cards.
- Speaker Events.
- Forum.
- Faith-based Outreach Committee.
Obstacles

• Church Hoops: Getting past the gatekeepers.
• Making connections with Non-Christian faith leaders.
• Recruiting – grant position/background check.
• Reporting knowledge.
What We Learned

- Be Flexible - It’s a PILOT.
- Collaborate/Partnership.
- Change/Readjust Programs.
- Implementation period is needed.
- Calendar of Events/Programs overlapping.
- Communicate.
- Simplify Reporting Documents.
- Diversity.
- Monitor provider’s focus.
- Learning process for the Board.
- Don’t assume organization now…fiscal/monthly reporting.
- One program/Sub-Programs – Good Data.
- Separating RFI’s - Behavioral Health & Prevention/Intervention.
- Separate Group Meetings.
Questions

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