# OhioGuidestone

WHERE NEW PATHS BEGIN

2023 year in review

UCHLIN





Brant Russell President & CEO



Peter J. Ippelite Chairman, Board of Directors

2023 has been a year of innovation and growth. We've embarked on new models of care including our Certified Community Behavioral Health Clinics which greatly improve access to mental health and substance use disorder services.

Our new Youth Resiliency and Counseling Center in Medina introduces interactive ways of receiving care with art, music, and cooking in addition to traditional therapy. Our Psychiatry First initiative eliminates long waits for appointments to see medical professionals who can prescribe necessary medications. Our residential campus in Berea continues to grow and we are now leading the state in school services.

We know one thing for sure. People are at the heart of it all. With our NorthCoast 99 Award for Top Talent, the ripple effects of this honor have reignited our commitment to empowering people to take steps towards a healthier future.

With gratitude,

This past year, I've had the opportunity to meet some of the generous donors who have greatly impacted OhioGuidestone's ability to offer timely access to our services.

I've witnessed the impact of our advocacy efforts as we educate communities at local, state, and federal levels.

OhioGuidestone strives to be innovators, and this is what makes us truly unique and truly impactful. Many of our programs are developed here at our nationally recognized Institute of Family and Community Impact<sup>™</sup> which is committed to developing evidence-based behavioral health solutions that overcome barriers, increase access to care, and improve outcomes for our clients.

As a board member for 13 years, I am committed to our mission and encourage you to witness our success and passion to improve lives and build healthier communities.

Thank You,

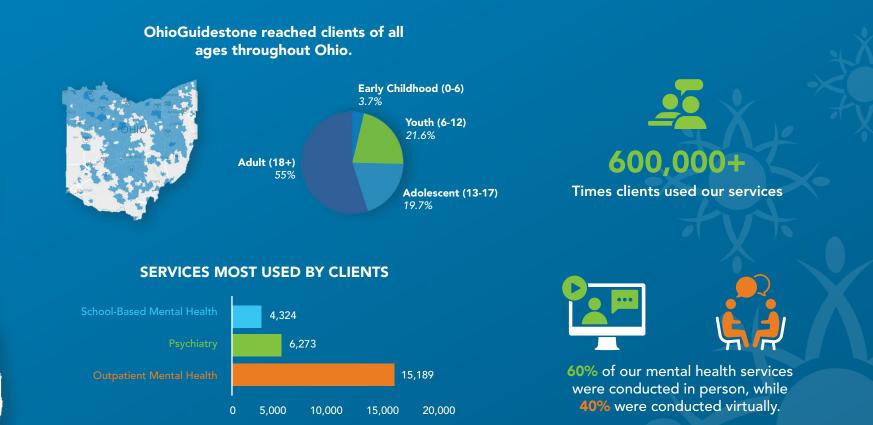


OhioGuidestone serves children and adults across the lifespan. We offer services in your home, in your communities, both office-based and virtual, meeting clients where they are so that they can take steps towards a healthier future.

Our work is multifaceted and comprehensive. We don't treat one diagnosis. We treat the whole person. In FY23, we provided 600,000 services to our clients, focusing on our commitment to person-centered care.

In FY23, we expanded our school-based services to 327 schools, leading the state in this critical service. We provided a complete continuum of prevention services, psychiatry, and mental health and substance use treatment, as well as family preservation, foster care, youth residential treatment, and workforce development services to 25,000 clients. Many of our services consist of specialty programs such as Fetal Alcohol Spectrum Disorder (FASD), Juvenile Justice and our nationally known and respected Joyful Together<sup>™</sup> play-based model developed by our Institute of Family and Community Impact<sup>™</sup>—a model that lowers parental stress and improves childhood resiliency.

We don't settle, we strive, so that our clients can see that healthier futures are in reach.



ACCESSIBILITY

### OhioGuidestone Provides Solutions to Federal Policymakers

OhioGuidestone works with policymakers at every level of government, including the federal level. So, when U.S. Representative Bill Johnson (R-Marietta) asked OhioGuidestone to identify solutions to the challenges facing community behavioral health care, we responded with a white paper that identifies six key opportunities for funding and policy revisions:

- School based behavioral health services
- Integrated behavioral and physical health care
- Federal funding restrictions and limitations
- Commercial insurance and parity
- Telemedicine for substance use treatment
- Social determinants of health

Our solutions to each are detailed in The Future of Behavioral Health Care: Behavioral Health Needs and Solutions at the Federal Level, which can be found on our website under "Publications".



### Community Coalitions Can Prevent Substance Use

OhioGuidestone's advocacy initiatives include sharing with lawmakers what we know is working. Citing the SUD (substance use disorder) crisis in Tuscarawas County, OhioGuidestone's Director of SUD Prevention Jodi Salvo made presentations this year to state and federal legislators urging them to support Community Coalitions, which have proven to decrease substance use among high school students.

"Young people are being raised by grandparents, other family, or the foster care system," Jodi said, "we must look to prevention science to guide us on how we can best protect our youth."

In addition to two state senate committees, Jodi testified in Washington D.C. about the positive outcomes of the community coalition, Empower Tusc.



"The dedicated providers of OhioGuidestone deliver critical behavioral and mental health services to those most in need through innovative programs and evidence-based research. As we fight the scourge of addiction, the people of Eastern Ohio are fortunate to have OhioGuidestone and its team of compassionate and caring professionals as a resource to help those struggling to stay on their path to recovery and wellness."

— United States Congressman Bill Johnson, OH 6th District

### Recovery Miracle

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Kerri Kostic's voice breaks when she describes her life before finding OhioGuidestone and the therapists who helped her find her way to recovery and the path she's on now. Kerri's working on a college degree she hopes will lead to a career helping others the way OhioGuidestone helped her.

Kerri took her first drink at age 14 and did not look back. She drank well into her adulthood, alienating loved ones and accumulating DUIs along the way.

She prayed that God would lead her to a new path. "God's sign was as subtle as a sledgehammer," Kerri said. "A train slammed into my car as I was crossing the tracks."

Kerri doesn't remember much about the accident, but she knows she had been drinking. The only thing left of the car was Kerri and the driver's seat she was sitting in. Her survival was a miracle.

Recovery from the accident was painful and slow, but Kerri was finally able to quit drinking. She thanked God for saving her from the accident that could have been fatal, and from the alcohol use that almost took her life.

Sadly, the pain medication that helped Kerri recover from the accident created a new, yet familiar problem. Like the alcohol when she was 14, Kerri's body responded to the pain medicine the way many people describe their first substance use.

"I felt immediate relief," she said. "The pain was gone, then a light switch in my body flipped on, and that pain medicine became all I could think about."

Several unsuccessful SUD treatment attempts, and a diagnosis of underlying trauma finally led Kerri to OhioGuidestone, where DBT (dialectical behavior therapy) combined with OhioGuidestone's SUD residential treatment and therapy put her on the path to recovery.

Kerri plans to become a counselor at OhioGuidestone and a social advocate so that others can receive the same unwavering support OhioGuidestone therapists gave to her.



# Kerri Kostic

SUD Program
Northwest Ohio

### 21,790

clients received a mental health service

### 125,407

SUD services provided

### 224

clients in adult residential treatment

### Top Talent Award for OhioGuidestone

The cornerstone of OhioGuidestone is its people, the talented and highly skilled staff who care for people during the most difficult times of their lives. This past year, OhioGuidestone was honored for its top talent with a 2023 NorthCoast 99 Award.

The award is presented by The Employers Resource Council (ERC) to honor 99 Northeast Ohio workplaces for top talent and a positive employee experience rating.

The North Coast 99 reflects the hard work and creativity of OhioGuidestone's Human Resource team who finds, recruits, and keeps the top talent who work here, and the dedication of our DEIB (diversity, equity, inclusion and belonging) champions for planting and enriching our workplace culture.

The application process required detailed information on employee well-being programs and OhioGuidestone culture.







### You Are Welcome

Ensuring our employees and clients feel like they belong is important work at OhioGuidestone, led by our Diversity, Equity, Inclusion and Belonging (DEIB) department. We've expanded the DEIB Council, which has become a space for the discussion of topics related to our individual and shared identities.

Our monthly Casual Conversations programming has unleashed valuable discussions with employees from across the agency. This forum allows participants to productively engage in conversations that may have once been uncomfortable.

Another integral part of the DEIB work is our Pathways Program. It helps staff to advance their licensure and address barriers such as Stereotype threat, cultural biases of standardized tests, and the costs of test preparation.

# Champion for Recovery

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"Jeff is a known fixture in the community. Every time I tell someone I work at OhioGuidestone, they ask me if 'Streeter' is still there," said Victoria Graham, Director of Operations in Northwest Ohio.

"Streeter" is Jeff Streeter, LSW, a Clinical Outpatient Supervisor for OhioGuidestone. His title could just as easily be "Recovery Champion" based on his mission of making substance use disorder (SUD) treatment more accessible in his community.

Jeff was named Provider of the Year by the Lucas County Mental Health and Recovery Services Board for his work in SUD recovery services.

What makes him unique is that Jeff is more than two decades in recovery himself and uses his lived experience and education to connect with others seeking help. "Having access to treatment was key in my recovery," he said, "I wouldn't be here without it."

Since 2009, Jeff has worked in multiple areas within OhioGuidestone, starting with youth outpatient and school-based services, then transitioning to work with adults. His current role with OhioGuidestone involves a mixture of connections to staff, clients and the community. In his supervisor role, Jeff manages the men's Recovery House, substance use group services and transportation services. Jeff also provides therapy and serves as the representative for OhioGuidestone for Lucas County Treatment Court.

"His respect and kindness leave a lasting impression," Victoria said, recalling an event where she heard a mother thanking Jeff for working with her son who is now in medical school.

Jeff is also an adjunct professor in social work, teaching a new generation of professionals the latest developments and treatments related to substance use, and working with nearby universities to expand OhioGuidestone's internship opportunities. Victoria says," Jeff sees Lucas County as his community and his people and it shows. He lives the mission of OhioGuidestone every day."



# Jeff Streeter

**Clinical Outpatient** Supervisor Northwest Ohio

### 79%

of adolescents SUD services reported meaningful in at least one symptom

## CCBHC — A New Model of Care

In FY23, we introduced our Certified Community Behavioral Health Clinics (CCBHC), a groundbreaking approach that reshapes care.

This innovative model ensures prompt access to integrated care services encompassing mental health, substance use, and primary care screening and monitoring needs. It enables prompt access within a critical window when someone is able and ready to be seen.

Our CCBHCs, located in Cuyahoga, and the Four County region of Defiance, Henry, Fulton, and Williams Counties expedite critical behavioral health care and eliminate barriers that previously hindered access for those in need.

This service will cultivate "a sense of vitality and stability in our clients and in the communities with service," says Larraine Stehlik, Regional Director of Adult and **Recovery Services.** 

### **Psychiatry First Shortens Wait Times**

Medication is key in some areas of behavioral health care. But you need a medical professional to prescribe medications for anxiety, depression, or substance use.

Waiting weeks for a psychiatry appointment can be agonizing and discouraging for someone who is ready to seek treatment now. Our well researched care models at OhioGuidestone aim to reduce wait times when people need immediate help.

Newly introduced in 2023, Psychiatry First was specifically designed to shorten wait times to see one of our psychiatrists, physicians, nurse practitioners, and physician assistants.

With Psychiatry First, patients receive dramatically faster access to a medical professional who can assess, diagnose, and start treatment as soon as possible, while building a client-provider relationship to monitor treatment for the diagnosis.





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INNOVATION

"Psychiatry First is so important for these patients because the timeliness of care is extremely valuable. We try to meet people where they are, when they need us."

– Dr. Lou Ralofsky, Medical Director

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Isaiah Campbell is healthy and on track to become a U.S. Marine, despite obstacles disrupting his education, his personal life, and his sobriety, including a legal problem that had loomed over most of his life.

Isaiah came to OhioGuidestone's Workforce 360° program to learn construction skills and finish his high school diploma. But the single father of a young daughter was also hoping someone could give him some legal advice.

He told Jennifer Cholley, an outreach specialist with OhioGuidestone, that he was denied a driver's license because he showed up as a defendant in 15 court cases including violations that occurred before Isaiah was even six years old, and that the State of Ohio had warrants for his arrest.

He learned that at least one person had committed a crime using his identity, and despite a letter from the Cuyahoga County Prosecutor stating his innocence, Isaiah was still facing criminal charges.

Jennifer found legal help from an OhioGuidestone donor and Isaiah was able to reclaim his identity and continue working toward meaningful employment and a diploma.

Yet another obstacle threatened Isaiah's progress when an attacker beat and robbed Isaiah, taking his only means of transportation, his bike.

Isaiah wasn't hurt badly, but losing his bike made it difficult to get to classes, therapy, and work. Yet he still found a way to get there, and when it finally came time for Isaiah to collect his high school diploma, Jennifer and the Workforce 360° team surprised him with a new bike.

Isaiah said he is beyond grateful for OhioGuidestone and Workforce 360°. "I don't know where I would be without them," he said, "I am so glad I asked for legal advice, even though it was a class on construction."

#### Just Ask Someone

Isaiah says he is teaching his daughter that it is ok to ask for help, even when you aren't sure who to ask. "Just ask SOMEONE," he said.



# Isaiah Campbell

Workforce 360° Program Northeast Ohio

### 844

WF participants served

### 79%

of WF participants received job placement

# 60%

of WF participants remained employed after 1 year

# Medina Youth Resiliency Counseling Center

At OhioGuidestone, we don't take a cookie-cutter approach to therapy.

In May of 2023, we celebrated the opening of the Medina Youth Resiliency and Counseling Center. In partnership with the Medina County ADAMH Board, OhioGuidestone provides innovative services in this newly constructed 6,000 square foot space. Clients can engage in art, music, and sand therapy along with a full kitchen where families can learn how to work together in an everyday task such as cooking and connect while doing it.

"In this building we are bringing families together to learn how to handle the stress of day-to-day life and live joyfully together. Children who come here will experience therapy in the most innovative ways possible through play, art, and movement," says Melissa Romain, Regional Director at OhioGuidestone.

The space was designed with both staff and clients in mind offering inviting rooms with bright colors, technology space and traditional talk therapy rooms.



# Institute of Family and Community Impact<sup>™</sup>

OhioGuidestone's Institute of Family and Community Impact<sup>™</sup> has had a busy year. Our evidence-based model, Joyful Together<sup>™</sup>, has trained hundreds of therapists, educators, and home visiting professionals across Ohio (and beyond) to enhance relational health and reduce stress through play. Joyful Together has now been implemented by 353 caregiver-child dads.

Ribbon cutting at Medina Youth Resiliency Counseling Center

We also launched the Maternal Vitality Study, which examines a therapeutic intervention protocol redesigned to collaboratively address the connection of mental health to Ohio's Black maternal and infant mortality and morbidity crisis. The Father's Feelings Project has now served 89 dads, raising awareness on the significance of fathers' mental health and well-being. This protocol, which includes paternal depression screening and brief intervention is being integrated into standard home-visiting programs to extend its impact on families across Ohio.

# Finding a Path Home

When Kristy Ferguson was released from the Medina County jail, she had no way to get home, no money, nowhere to stay, and no one to call for help—except OhioGuidestone. The Texas native had been on her way home from New York when a traffic stop on I-71 ended with a jail sentence and a conviction for drug possession. It would be two years before Kristy made it home, and she would arrive as a new person thanks to her time at OhioGuidestone's Discovery Recovery House in Medina.

Rebecca Emery, a Peer Recovery Supporter from OhioGuidestone came to the jail to talk about substance use disorder and the help that's available for people who want to get better.

Kristy said at first, she just wanted to get out of her cell when she went to hear Rebecca talk, not knowing Rebecca would be the lifechanging phone call Kristy made when she was released from jail.

Rebecca took Kristy to Discovery Recovery House, where Kristy received the recovery services offered there, including therapy in our Intensive Outpatient Program, peer support, Workforce 360°, and more.

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"I wanted to be a better mother, a better friend, and a trustworthy employee, Kristy said, "but I didn't know how it would be possible."

Life at the Discovery Recovery house changed everything, and Kristy quickly became a role model for the women around her.

Back home in Texas, with approval from the court, Kristy has a new job and continues to use the skills she learned at OhioGuidestone. Her family is embracing the person she is now two years after her arrest, empowered and healthy, and with a great desire to help others. Kristy said while Ohio isn't home, it will always be where her new life began, and where her OhioGuidestone friends are a phone call away.

Substance use had cost Kristy her freedom and her loved ones, and she wanted to



# Kristy Ferguson

SUD Program Northeast Ohio

### 33

Women served in our Discovery Recovery House

### 100%

completed treatment program successfully

# DONOR impac

As OhioGuidestone continuously paves the way for new beginnings, we are truly grateful for the unwavering support of our incredible donors.

Your dedication has helped us ensure that clients can access vital resources and support, fostering a sense of hope and empowerment on their journey towards a healthier future. OhioGuidestone's broad geographic footprint and easily accessible telehealth services available across the state, allow us to reach historically marginalized and under-resourced communities. Because of our size and reach, your investment directly improves Ohio's health.

During FY23, donors participated in several events including the "Expressive HeARTs" art show in the Northwest region, a holiday party for children at Stepstone Academy hosted by Blue Technologies and our Speaker Series, "Equity in Action" in Central Ohio which focused on our Pathways Program.

Through your commitment, we are able to deliver better personcentered care and make a meaningful difference in the lives of so many who are facing the most difficult times of their lives.

We extend our heartfelt gratitude. With your continued support, we can confidently continue in our mission to provide pathways for growth, achievement, and lifelong success.

#### Fiscal Year 2023\*

Year Established: 1864 Clients Served: 24,641 Total Staff: 1,272 Fiscal Year 2023 Revenue: \$85,893,474

#### Sources of Philanthropic Revenue Foundations: **41.6%** Corporations/Organizations: 24.8%

Individuals: 33.6%



## Contributions

#### \$25,000 or more

Anonymous (3) Blue Technologies\* Ms. Shirley M. Davis<sup>†</sup> Deaconess Foundation Kichler Lighting, LLC United Way of Tuscarawas County, Inc.\*

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