

Summer 2023 Report to the Community

Together.

NEWSLETTER



A PLACE FOR HEALING SINCE 1947.

*It's time to
run for
mental health!*

Mind over Miles

5k Run • 1 Mile Walk



Sunday, August 13, 2023

Black River Reservation Bur Oak
6150 Ford Rd, Elyria OH 44035

REGISTER TODAY!

www.nordcenter.org/mindovermiles



The Nord Center

Transforming Lives. Together.

Mind over Miles

5k Run • 1 Mile Walk



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Why did The Nord Center decide to hold the Mind over Miles race?

Last summer we were approached by a community member who was passionate about three causes: suicide prevention, mental health/substance abuse recovery and veterans' mental health/suicide. Bret Buike (pronounced like "Buick," also known as "Buckeye Bret") had experienced some losses of people close to him and was determined to do something that could make a difference, not only in raising awareness of these causes but also in supporting them financially.

The mechanism Bret chose was a David Goggins Challenge. This is an athletic feat in which participants run 4 miles every 4 hours over a period of 48 hours. During this event, which took place August 27 through 28, Bret and other supporters also recorded themselves doing 22 push-ups throughout the challenge to raising awareness of the distressing statistic that 22 veterans die by suicide each day.

Last year was the second year of the event, staged by Bret with the support of Bob Laughton. Both organizers have lost friends and family to these diseases, most notably, Bret's sister-in-law, Kate Holton, who died 12 years ago of an overdose. Mr. Laughton lost three long-time childhood friends.

As a result of last year's event, Bret was able to donate over \$12,900 to The Nord Center. This amount represented half the proceeds raised from 133 individual contributions. The other half of the proceeds benefitted Recovery Resources in Cleveland. More recently, we were delighted to welcome Bret to The Nord Center's Board of Directors where he can continue to inspire the organization with his zeal for creative ways of fostering community awareness and support of the causes we represent and the people we serve.

So, what's happening this year?

This year there will be three events representing a weekend of recognition of and support for mental health and recovery in Northeast Ohio. They are: Recovery Resources' Race for Recovery on Saturday, August 12 at the Cleveland Metroparks Zoo, The Nord Center's Mind over Miles on Sunday, August 13, at

Bur Oak in the Lorain Metroparks Black River Reservation and over the two days, the third annual Goggins Challenge run in conjunction with both races and, given the 48-hour nature of the Challenge, in several other locations over the weekend. Bret welcomes community members and supporters to join him on various 4-mile legs of his event—in whole or in part-- which you can keep up with by following the event on his Facebook page. Anyone may support this event by visiting the associated GoFundMe page. Proceeds collected will be donated to both Recovery Resources and to The Nord Center.



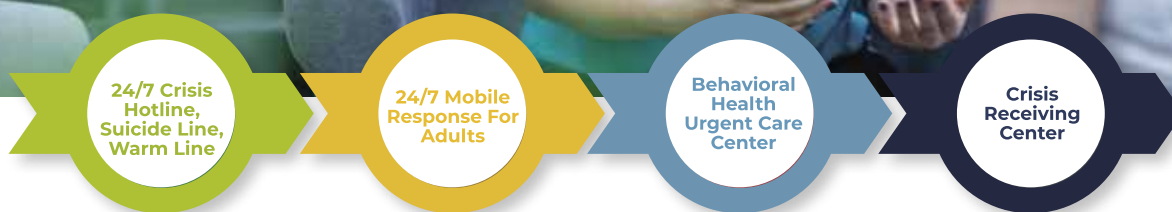
Don Schiffbauer

Bret Buike

Dana Santo

What's New? Improving Access to Care

The Nord Center Crisis System Continuum of Care



One of the most challenging aspects of providing mental health care is getting people to take advantage of it. The Nord Center has found that many barriers can get in the way of a person's accessing care. These barriers may include transportation, reluctance to self-identify as someone with a mental health concern, or cultural factors that relate to not sharing matters considered private or family-related, with a person outside the family. Thus, in planning and delivering services, finding ways to improve access is a continuing challenge.

For the past several years, mental health providers around the United States have faced workforce shortages, which have contributed to reduced access to care and longer wait times. The pandemic created an ever-greater demand for mental health care while the pace of people entering the field has not kept up with this demand. The Nord Center has found similar challenges. It has thus become increasingly important for the organization to make as full use of existing providers as possible.

One reality of providing community mental health services is that scheduling appointments for clients many weeks or months in the future contributes to a higher percentage of folks not showing up for their appointments. A person not keeping an appointment hurts both the

person who does not get care and the agency that has a provider unable to see a client during that hour.

In recent years, through the study of what works in mental health, we have learned some ways of changing our practices to take better advantage of the very scarce resource of clinician time.

In keeping with these approaches, in February 2022, The Nord Center began offering a service called Same Day Access. Same Day Access enables any adult or child accompanied by a guardian to come into the agency for a mental health assessment without making a prior appointment. The hours are currently 8AM to 2PM Monday through Thursday and 8AM to 1PM on Friday. Same Day Access allows clients to receive an immediate evaluation, to learn what services they need and what The Nord Center can offer. Following the assessment, The Nord Center will help to arrange interim steps to bridge the time until the client's next appointment. This service has been well received and used extensively in its first year.

Another tool in The Nord Center's access tool belt is the new Behavioral Health Urgent Care office. Located at the Nord Center's 2425 Detroit Road location in Sheffield, and opened in December of 2022, the BHUC provides walk-in

Behavioral Health Urgent Care services 5 days per week. Current hours are 8AM to 3:30PM Monday through Friday. This enables people who may not be able to wait until an upcoming psychiatric visit to access immediate care and, much like Same Day Access, can help clients identify what are appropriate next steps for them. The Behavioral Health Urgent Care (BHUC) model addresses community gaps in care by creating an entry point for ongoing behavioral health services, but one that clients can access immediately. The model is aimed at reducing unnecessary hospital admissions and emergency room visits by offering people a more appropriate level of care, thus not only using resources efficiently but also improving consumer outcomes.

On-site client triaging includes screening and risk assessment while at the same time addressing other presenting needs that can be resolved with crisis management, care coordination and client-centered case management services. The BHUC staff is a multidisciplinary team that includes behavioral health clinicians, nurses and a care coordinator. Through this service, the BHUC aims to address consumer needs in an integrated and coordinated way.

Questions about this program?
Call 800-888-6161.



The Nord Center 75 Years in Mental Health

In the field of mental health we are generally more conscious of the challenges in front of us than what we have accomplished. That said, the 75 years of The Nord Center's existence have seen many developments in the field of behavioral health.

In 1947, President Harry Truman signed into law the National Mental Health Act of 1946. One of the goals of the Act was to award federal grants to the states to help in setting up clinics and facilities and to fund research on the prevention, diagnosis and treatment of mental illness. This Act came in the aftermath of World War II in which 45,000,000 civilian deaths had been sustained the world over; 418,000 of which had been United States citizens. In Lorain County the return of veterans with what was then called "battle fatigue" (and is now known as Post Traumatic Stress Disorder) brought about awareness on the part of Walter Nord that not only his employees at Nordson Corporation but also the community as a whole could benefit from the availability of a psychiatrist in the County. This groundbreaking work would later result in the renaming of the agency, now called The Nord Center, in Walter G. Nord's honor.

Nationally, in the 1950s, the nation's state psychiatric hospitals reached their peak of approximately 560,000 residents. In 1963, Congress passed

and President Kennedy signed the Community Mental Health Act (CMHA), which sought to decrease the number of institutionalized individuals by supporting the development of self-sufficient, local mental health care centers. The system then saw a shift away from inpatient hospitalization to a community mental health philosophy that showed it is more beneficial and humane to treat people with mental illness in the community



where they are closer to their families, jobs, and other community supports. During this period, many people were able to move from mental hospitals to less restrictive, community-based settings. This period also saw the increasing development and use of psychiatric drugs.

In early 1977, President Jimmy Carter established the President's Commission

on Mental Health. The Commission's charge was to review the mental health needs of the nation and make recommendations to the President as to how best to meet those needs. First Lady Rosalyn Carter served as the Honorary Chair of the Commission. In 1978, The President's Commission on Mental Health submitted its final four-volume report to President Carter. In 1980, Congress passed The Mental Health Systems Act—based on recommendations of the Commission, and designed to provide improved services for persons with mental disorders.

In 1988, Ohio passed Senate Bill 156, also known as Ohio's Mental Health Act of 1988. The Act identified Local Mental Health Boards as the public entities responsible for services to adults with serious mental illness. This legislation increased the involvement of recovering people and their families in the treatment process, enhanced training for mental health professionals, strengthened licensing requirements in order to assure quality, and put into place case management as a piece of the community support system. Following this in 1989, House Bill 317 created the Ohio Department of Alcohol and Drug Addiction Services and added alcohol and drug addiction prevention, treatment, and support services to the operations of the local Boards.

The 1980s saw the beginning of broader advocacy by and on behalf of people with mental illness including the establishment of NAMI, the National Alliance on Mental Illness. Progress in the field included, for example, movement away from rigid, structured efforts at vocational rehabilitation and toward more of a supported employment model that took into account what actually produced the best outcomes in promoting recovery of people with mental illness. Alongside these developments, several psychiatric drugs became available to patients including antipsychotics. Continuing evolution of these drugs and their methods of administration has resulted in innovations such as long-acting injectable drugs that mitigate the effects of noncompliance with treatment, an issue for many patients.

However, while treatment may have become more available, access to it was often a function of what health insurance would cover. Thus, a priority for advocacy became mental health parity—ensuring that insurers and medical professionals treat mental health no worse than physical health. The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) is a federal law that generally prevents group health plans and health insurance issuers that provide mental health or substance use disorder (MH/SUD) benefits from imposing less favorable benefit limitations on those benefits than on medical/surgical benefits.

Simply put, while deinstitutionalization was clearly the correct and humane approach to caring for those with mental illness, the funds necessary to support an adequate system of community treatment across the United States never fully materialized. Thus, an unintended consequence of deinstitutionalization

was that prisons and jails eventually become—and are currently—the largest institutional framework for housing the mentally ill. Overall, an estimated 20% of inmates in jails and 15% of inmates in state prisons have a serious mental illness. Based on the total inmate population, this means approximately 383,000 individuals with severe psychiatric disease were behind bars in the United States in 2014 or nearly 10 times the number of patients in the nation's state psychiatric hospitals.

This fact and emerging models to address it are the reasons behind The Nord Center's work with the Mental Health, Addiction and Recovery Services Board and The LCADA Way to develop the

planned Crisis Receiving Center. That and the newly opened Behavioral Health Urgent Care office in Sheffield are two models promising to better serve people with behavioral health needs. The Nord Center will continue to work on effective ways of meeting the mental health needs of Lorain County.



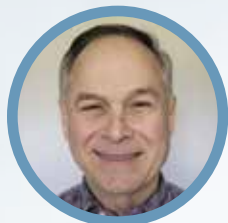
Meet a few of our Board Members.

Tell me a little bit about yourself and your background.

What inspired you to get involved as a Board member at The Nord Center?

Is there anything you think people often don't know about The Nord Center that you would like them to know?

What do you think The Nord Center should be most proud of?



Neil Lynch

I have five children—one deceased. My educational background is a Bachelor's degree in Industrial Engineering and an Associate's in Microelectronics. With respect to work, I serve as an elected member of the Amherst Township Board of Trustees. I worked for over 32 years as an engineer and engineering supervisor for medical equipment, communication and industrial corporations in Lorain County. I finished my career with two years as Deputy District Director for Congressman Jim Jordan.

A previous Nord Center Board member, Dr. Malcom "Mack" Peel, worked with Amherst Township in preparing several grant applications for park improvements in the township. During our working relationship, I learned of Mack's involvement at The Nord Center and our shared experience with family members suffering with mental health issues. Around 2007, Mack encouraged me to become involved with The Nord Center, but the time commitments of a full-time career and serving as a Township Trustee didn't leave much free time. I committed to get involved upon retiring from my full-time career.

Inability to pay for service or schedule an appointment are not barriers to receiving quality behavior health care and sexual assault services at the Nord Center. The Nord Center offers "same-day" access and will work with you to help access available public benefits including Medicaid.

A long history of serving a critical health care need in Lorain County and beyond regardless of a person's ability to pay. The Nord Center has been providing behavioral health care in Lorain County for over 75-years, and is continually improving the quality of the care provided with caring staff and upgraded facilities.



Amie Espinoza-Gonzalez

I have been involved with The Nord Center for nearly 20 years—ten as a staff member, working in and eventually overseeing the employment and residential services departments. Following my time as a Nord Center staffer I continued my nonprofit career, now serving as the Chief Operating Officer of New Avenues to Independence.

The Board President invited me to join the Board of Directors. I thought that the perspective I brought as a former staff person could be of value to and strengthen the Board.

Many people seem to know the agency by the services it provides for the severely mentally disabled population—and our services in this area are excellent. What many don't know is that that represents only about 1/3 of the people served by the agency.

The Nord Center should be proud of the comprehensiveness of its services. For example housing a sexual assault program which in many locales is a stand-alone organization. This comprehensiveness allows the agency to provide more seamless care to the people we serve.



Mike Eppley

I grew up on an 850-acre family farm just west of Elyria. I am a graduate of The Ohio State University, Bachelor's degree in Agricultural Economics and Business Administration. I worked for the Richard E. Jacobs security department and served as the Executive Director of several area non-profits for approximately 25 years. I retired in 2022 but returned to the workforce and am currently with the Cleveland Clinic.

I was at an event to recruit new Board members for the organization I was with at the time and was approached by a member of The Nord Center Board who ended up recruiting me. After my son's death in 2013 I became very interested in suicide prevention and mental health. After his death we created an endowment fund at the Community Foundation of Lorain County in his name that provides funds for programs to address the needs of youth in rural Lorain County.

I don't think people know all of the various services that The Nord Center provides. They may know about the mental health and counseling services but many are unaware of sexual assault services, crisis services, residential services, pharmacy, the new behavioral health urgent care and the soon-to-be-built Crisis Receiving Center that will be adjacent to The Nord Center.

The Nord Center has a rich history of providing mental health services to the people of Lorain County for the past 75 years. In recent years, The Nord Center has received many accolades under the leadership of Don Schiffbauer and his team who have worked hard to provide the best services to meet the needs of the residents of Lorain County.

Together.

You help us make a difference.

The Nord Center is extremely grateful for the individuals and organizations that support us. We welcome donations of any amount. You may give securely on line any time by going to our website: www.nordcenter.org, mail a check, or contact our Chief of Institutional Advancement, Betsey Kamm, if you prefer to make a credit card donation by phone. We receive many gifts in honor or memory of friends and loved ones. You can

give in various ways that may also benefit you and your family. Examples of planned giving include: gifts from your will or trust; gifts of stock or appreciated assets; charitable gift annuities or other vehicles; retirement accounts; life insurance policies. In addition, the Nord Center Mental Health Endowment Fund at the Community Foundation of Lorain County is a vehicle for supporting our agency's endowment fund.

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Thomas Clint Simpson
Lorain County JVS
Administrative Team

In Memory of
Brian Lee Slack
Grafton Township Fire
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In Memory of
Janice Smith
Todd Mackintosh

In Honor of
Jake Sustarsic
Robert Skerda





The Nord Center

The Nord Center - Lorain

6140 South Broadway
Lorain, OH 44053
Phone: 440.233.7232

The Nord Center - Sheffield Counseling

5425 Detroit Road,
Sheffield, OH 44054
Phone: 440.233.7232

The Nord Center - Norwalk

257 Benedict Avenue, Building B
Norwalk OH 44857
Hours 24/7 by appointment
Sexual Assault Services Hotline: 440-204-4359

The Nord Center - Harm Reduction Clinic

3150 Clifton Avenue
Lorain OH 44055
440-204-4318

Bridge Point Commons

338 East Bridge Street
Elyria, OH 44035



The Nord Center

Mind over Miles

5k Run • 1 Mile Walk



Sunday, August 13, 2023

**Bur Oak in the Lorain Metroparks
Black River Reservation
6150 Ford Rd, Elyria OH 44035**

**7:30 AM On-site registration/packet pick-up
9:00 AM 5K/1M walk begins**

REGISTER TODAY!

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