

Here's The Scoop

Volume 2 Quarter 3
 2025

ON CATHOLIC CHARITIES

The Medina County Mental Health & Recovery Board (MHRB) works to meet local needs by contracting for community-based services with qualified providers.

The Medina County MHRB enters into contracts with licensed and accredited community behavioral health providers for the provision of substance use and mental health prevention and treatment services, along with recovery support. Within this contracting obligation, the MHRB is charged with considering cost-effectiveness and the quality of services and support being provided.



al, state, and local funds are effectively utilized to provide access to critical mental health and substance use disorder services. The MHRB is charged with ensuring a community-based continuum of care for mental health and substance use services that include prevention, intervention, crisis, treatment, recovery services, and support

ed. The MHRB also considers continuity of care for clients when contracting with providers. Through this contracting process the MHRB remains accountable to the public and ensures that federal,

for the citizens of Medina County, as outlined in the Ohio Revised Code (ORC) 340.032. The MHRB does not deliver direct services, it contracts with a network of providers to deliver these services across the continuum of care. It is the responsibility of the MHRB to ensure the complete continuum of care is available as each provider may not deliver every service.

As a long time partner of the Medina County Mental Health & Recovery Board, Catholic Charities Community Services of Medina County (CCCS) is a collaborative, community-oriented and family focused behavioral health agency that falls under the umbrella of the Cleveland Catholic Diocese.



Catholic Charities
 DIOCESE OF CLEVELAND

With a strong belief in the power of community and the effect of kindness, Catholic Charities has become a cornerstone of the Medina County community, dedicated to serving vulnerable populations and addressing various needs. Motivated by compassion and commitment to dignity and

(Continued on page 2)



(Continued from page 1)

equality, the organization has been strengthening Medina County for over 50 years.

In Medina County, CCCS offers several programs encompassing several service areas including childcare and education, disability services, families and children, mental health and substance use, and older adult services. These programs serve individuals of all faiths and ethnicities, and youth all the way to those individuals who are in their later stages of life. The current programming array at CCCS consists of diagnostic assessment, outpatient counseling for mental health and substance use (for individuals, couples and families), psychiatric nurse practitioner services, community psychiatric support treatment (CPST) for older adults, Help Me Grow home visiting, service coordination in the Early Intervention program for children under the age of three, ombudsman services for the developmentally disabled community, school-based counseling and support, and emergency assistance for food on a limited basis. They are also actively involved in many community collaboratives.

Catholic Charities Community Services of Medina County fills important niches in the community. They provide a series of groups for adults residing at the Medina County Home, school-based counseling services at St. Ambrose School in Brunswick, Child and Adolescent Needs and Strengths (CANS) Assessments for children and youth with behavioral health needs, and the Healthy IDEAS senior case management program.

The MHRB's strategic partnership with CCCS offers help to those in our community who face challenges and need assistance. This partnership is a vital component of the MHRB's continu-

um of care of services in Medina County, and the MHRB remains committed to this partnership. Catholic Charities is making a tangible difference in the lives of countless individuals, restoring dignity and fostering hope for a brighter future in Medina County.

Programming offered at Catholic Charities Community Services of Medina County:

Counseling Programs: These programs are professional and affordable, offering a variety of appointment options, including in-person counseling, virtual counseling, and phone consultations. The counseling staff are certified by the Ohio Chemical Dependency Professional's Board and/or the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. The professional counselors at CCCS offer hope for a variety of concerns, including anxiety, depression, obsessive-compulsive disorder, anger management, substance use counseling and more. These programs offer flexible appointment times, tailored to meet the specific needs of everyone.

Ombudsman: Through a partnership with The Society and the Medina County Board of Developmental Disabilities, the Ombudsman at Catholic Charities works to assist persons with disa-

Mental Health & Recovery Board Staff

Phillip Titterington, Executive Director

Tiffany Shelton-Kinney, Associate Director

Anna Gibson, Office Manager

Kristen Hoffert-Leja, Finance Director

(Continued on page 3)

(Continued from page 2)

bilities and their families to resolve problems and concerns. The Ombudsman works on a case-by-case basis to assist with support in many areas, including identifying service providers, obtaining an individualized education Program (IEP), and determining guardianship. They also educate residents, families, and care providers about residents' rights and quality care standards, as well as how to navigate systems and develop skills to become self-advocates.

Early Intervention Service Coordination: In Medina County, Early Intervention Service Coordination links families to the appropriate resources and services to meet their diverse needs. They act as a single point of contact, helping parents access the necessary services and support for their children. Early Intervention Service Coordination is crucial in promoting the development and well-being of young children up to the age of three with developmental delays or disabilities, providing families with the necessary support and resources to thrive. Partnered with the Medina County Board of Developmental Disabilities, Early Intervention services are funded through their local levy dollars and Family First Council, resulting in no out-of-pocket fees for families. This makes the services accessible to all families, regardless of their financial situation.

Help Me Grow Home Visiting: Catholic Charities offers this free, evidence-based home support program to pregnant women, new parents, and care-

givers within Medina County. During a home visit, parents may ask questions, share their thoughts, and receive reliable information about parenting and child development. Common topics include healthy pregnancies, baby and child health, breastfeeding, nutrition, immunizations, child growth and development, discipline, toilet training, child safety, household safety, local resources and more. Parents will receive reliable information and resources regarding parenting and child development which will empower them with skills, knowledge and confidence.

Food Shelf: A limited selection of shelf-stable food items and hygiene products are available for individuals in need of assistance, located just inside the door of the Medina location. This resource is open to anyone in need.

Senior Case Management: The Medina County Mental Health & Recovery Board provides support for Catholic Charities to provide the specialized Healthy IDEAS senior case management program which extends the reach of current community-based aging services by integrating depression awareness and self-management interventions into existing case management programs. This program helps to identify and address depression, and link primary care, mental health, and social service providers with the goal of increasing quality of life for senior residents and helping them to remain in their homes independently for longer.

Volunteer Opportunities: Catholic Charities also has a variety of volunteer opportunities within Medina County for individuals, families, and groups of all faiths and ages. To become a volunteer, visit Catholic Charities' website or contact their Medina office. They will work with volunteers to find opportunities that match their skills, talents, and interests.

Location: 4210 North Jefferson St., Medina, OH

Contact Information: (330) 723-9615 or contact form at: www.ccdocle.org/about/contact.

Website: www.ccdocle.org/counties/medina

Payment Assistance: Insurance and financial assistance may be offered based on a sliding fee scale provided by the Medina County MHRB.

MHRB Board of Directors

Terry Grice *Board Chairperson*

Melanie Kasten-Krause

Melinda Rucinski, *Vice Chairperson*

Susan Myers

Dave Oas

Beth Beal, *Committee Chairperson*

Kent Patterson

Caleb Parker

Kristine Quallich

Michele Sherrin, *Secretary / Treasurer*

Stuart Root

Jim Shields

Lou DeLoss

Matt Sturgeon

If you or someone you know is in crisis or needs behavioral health assistance, the Medina County Mental Health & Recovery Board wants to remind individuals they can contact:

**Medina County's 24/7 Crisis & Behavioral Health Helpline at
330-725-9195 or call 988**

Additionally, if you are seeking recovery support, please call the 24/7 Hope Link peer line at **330-952-3559**



Medina County

MHRB

Mental Health & Recovery Board

The Medina County Mental Health & Recovery Board's mission is to decrease stigma and provide hope for a better life by assuring the availability of high-quality services in the areas of mental health, substance use, and recovery support to all Medina County residents through planning, purchasing cost effective services to the extent resources are available, coordinating, and evaluating these services.