

**ADAMH**  
2024 ANNUAL MEETING

# Resilient Futures: New Frontiers in Mental Health Prevention





# Welcome

## Donna Zuiderweg

Chair, ADAMH Board of  
Trustees



# ADAMH Board of Trustees



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Dr. Toni Johnson Liggins



Robert Morris

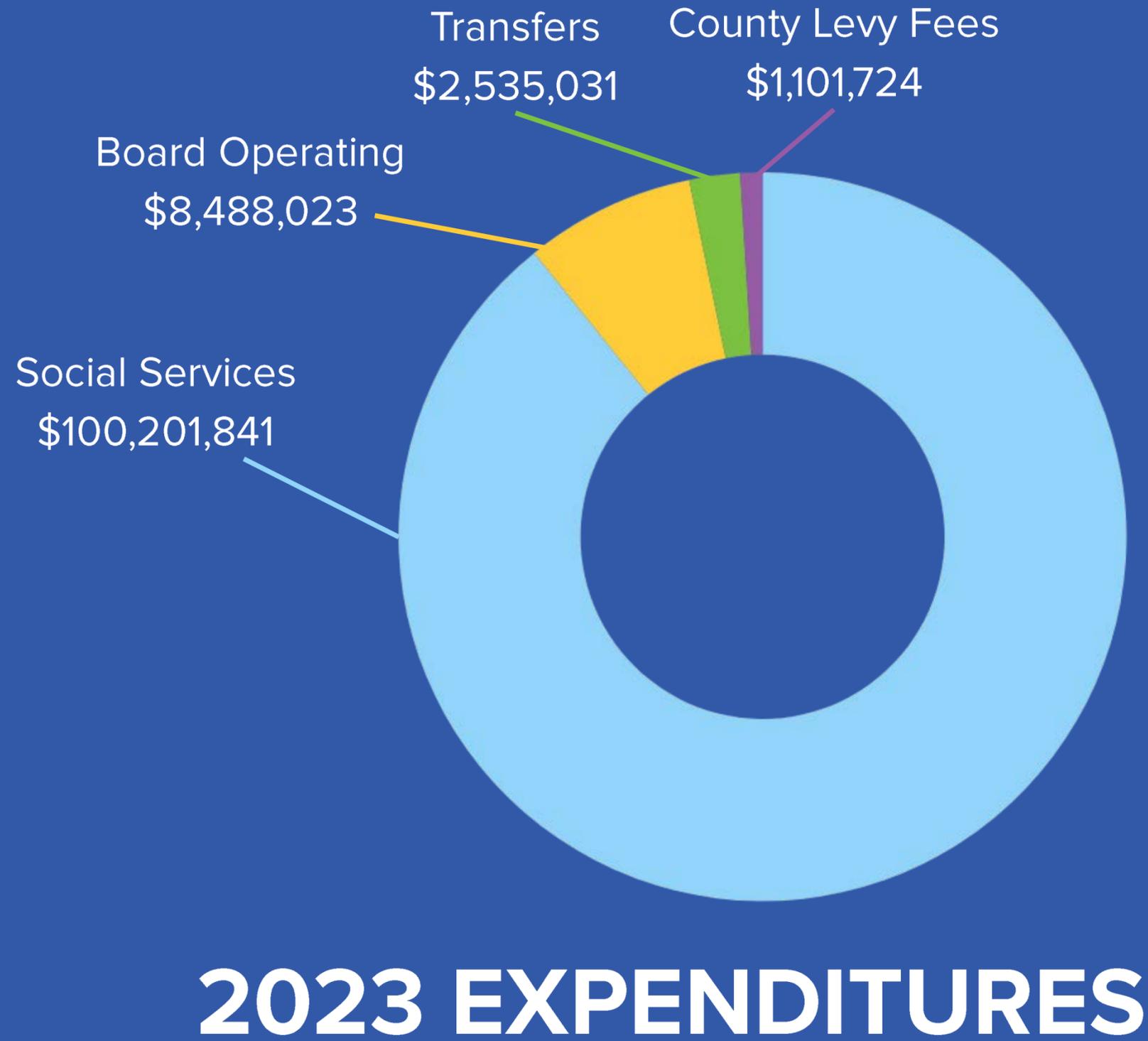
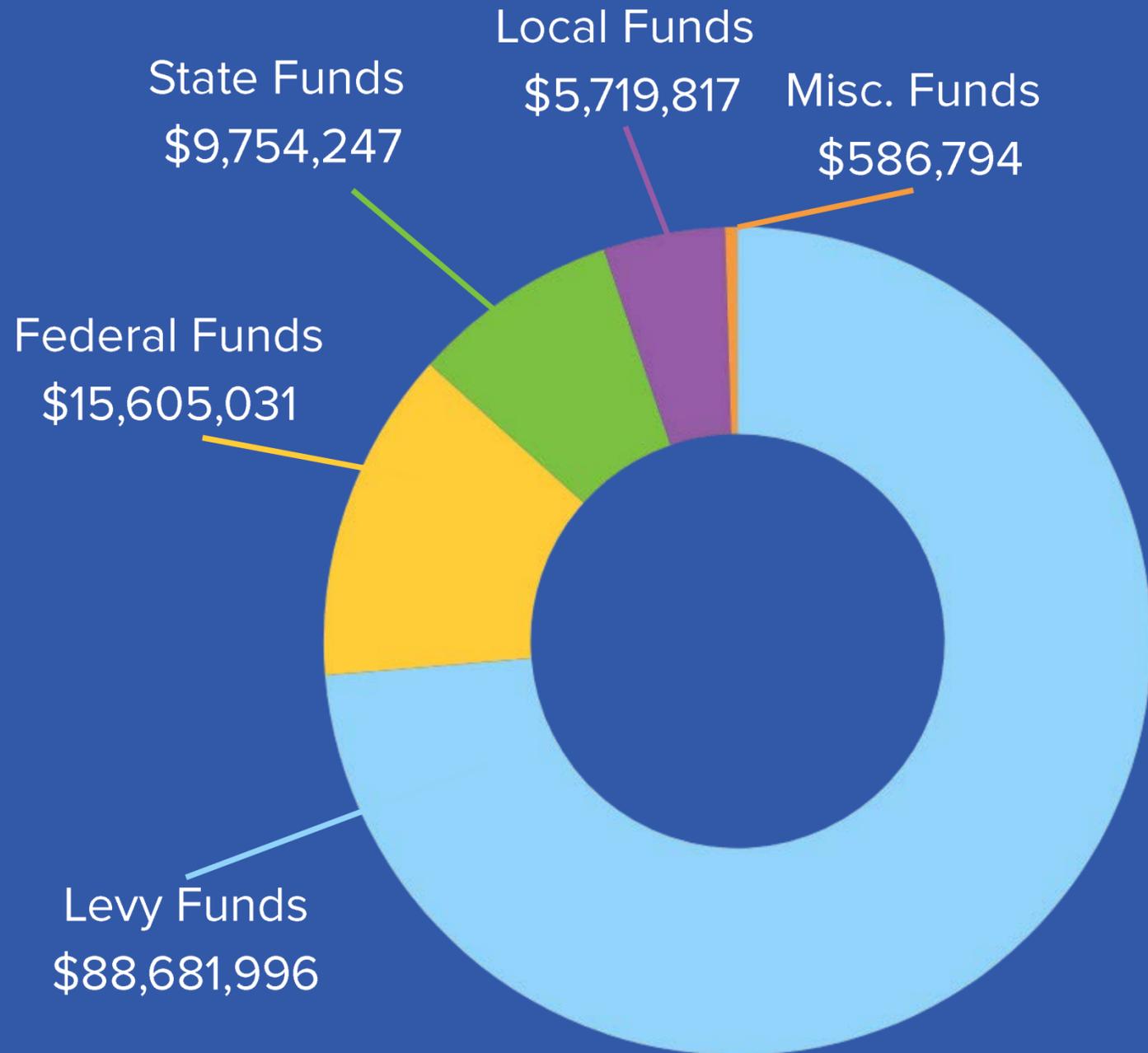


Randi Smith



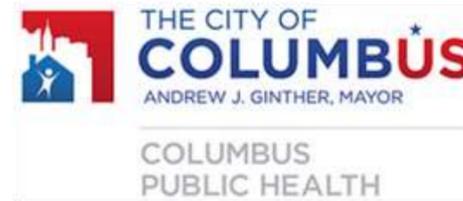
Nathan Wymer

# 2023 REVENUES



# 2023 EXPENDITURES

# ADAMH Providers





# A Veteran's Perspective on Mental Health

**Eric Sowers**

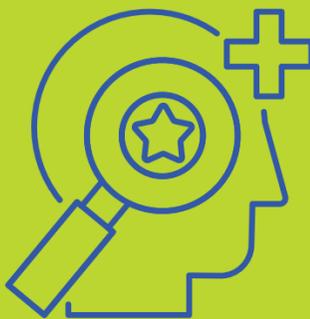
Ph.D. student, The Ohio State  
University





# Opening Remarks

**Erika Clark Jones**  
CEO, ADAMH



# John Logan

Military and Veterans Engagement Coordinator



614.222.3793



[jlogan@adamhfranklin.org](mailto:jlogan@adamhfranklin.org)





## CRISIS CARE CONTINUUM



**Someone to call**  
Call center (988)



**Someone to come**  
Mobile response



**Somewhere to go**  
Crisis care center



## PREVENTION INVESTMENT

In 2023, ADAMH invested more than **\$23.6 million** in prevention.

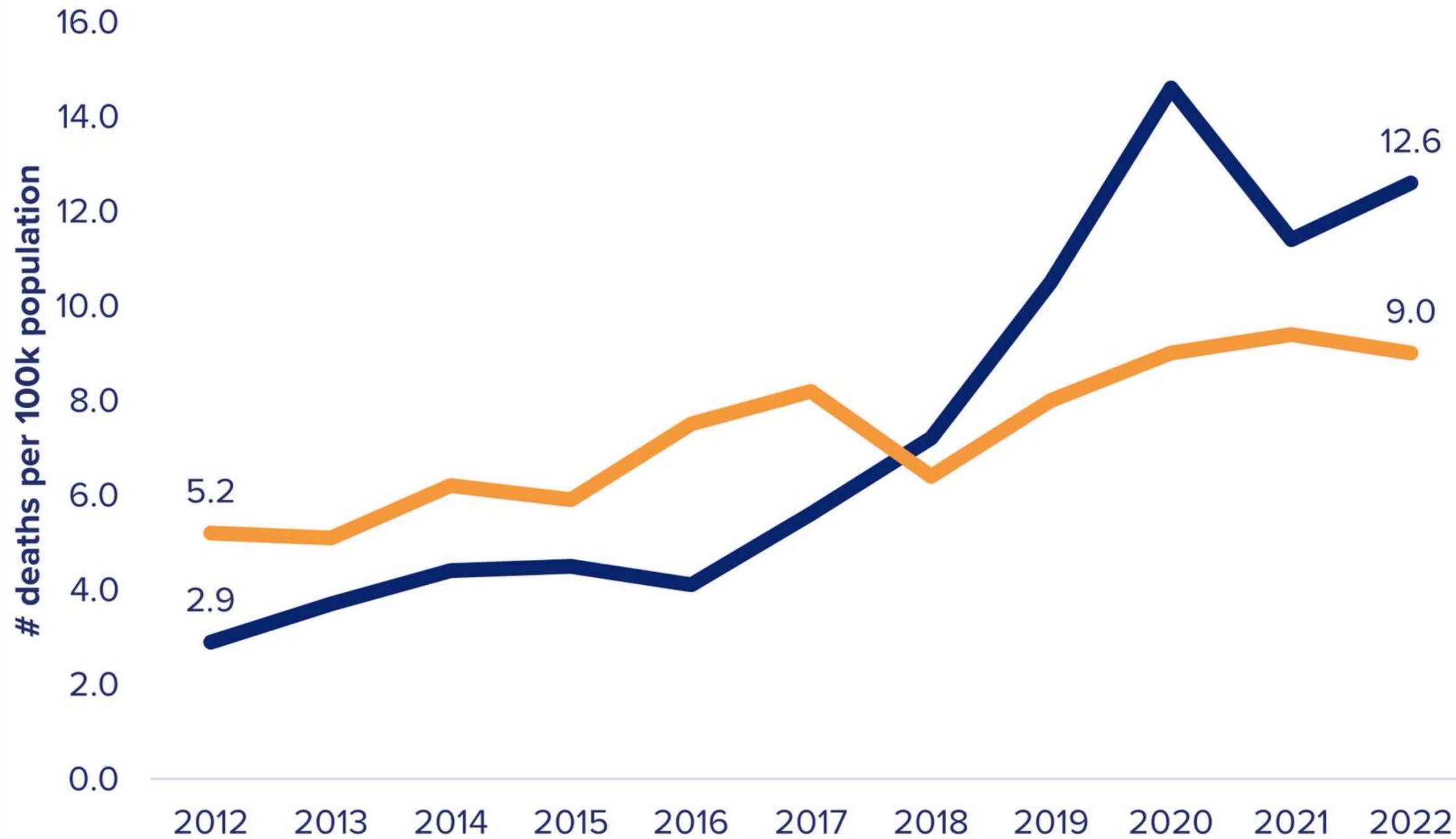


## IN FRANKLIN COUNTY...

- **8.76%** adults ages 18 and older have a substance use disorder, and of these **86%** reported that they did not receive treatment.
- **22.28%** of adults report they have a mental illness, with just **17.91%** reporting that they have received services.
- Young adults experience mental health illness and substance use issues at a higher rate than their older counterparts (26+).

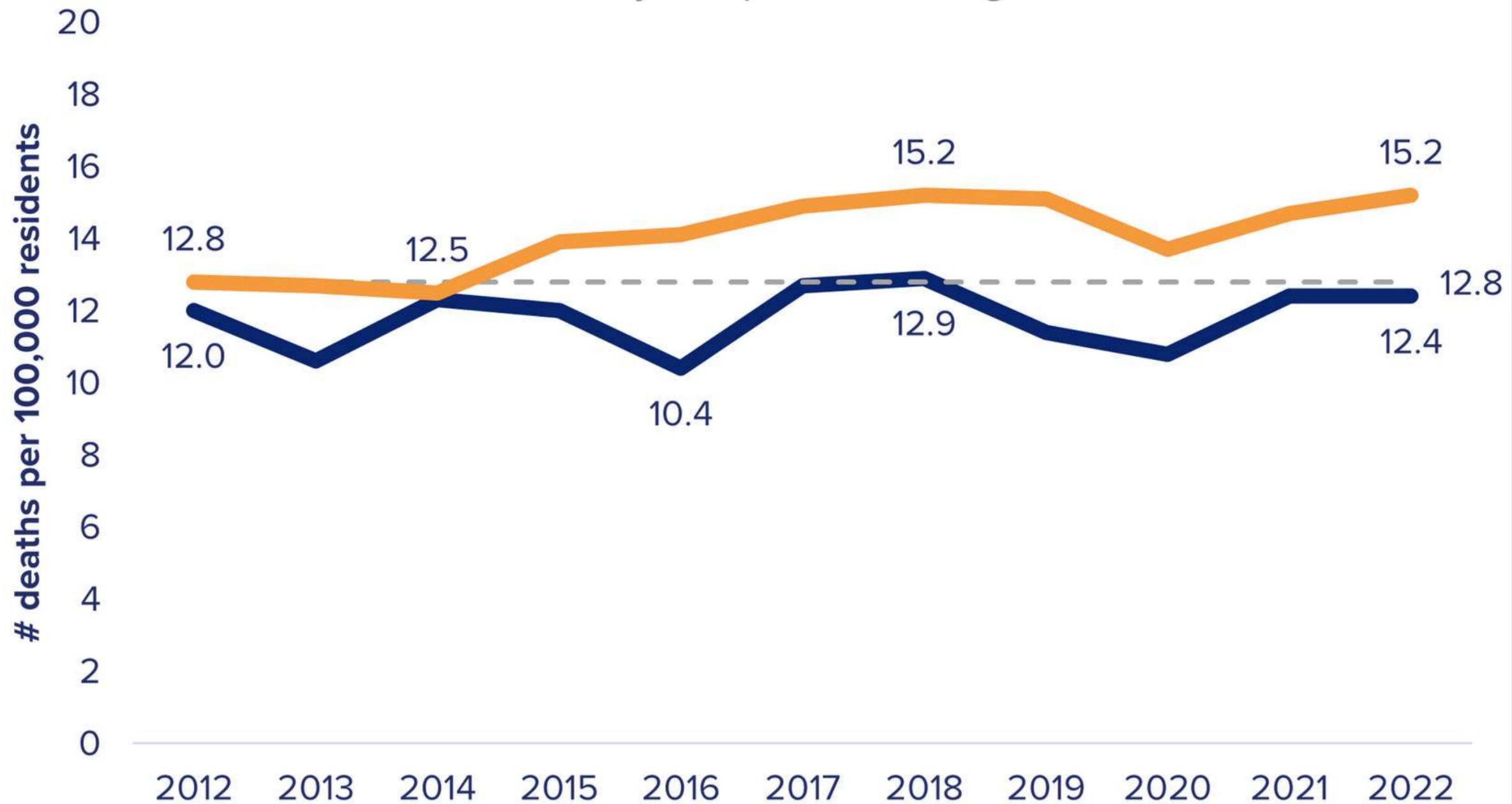
*Source: 2016-2018 National Survey on Drug Use and Health*

Alcohol-induced deaths, age-adjusted rate  
among residents of **Franklin County** and **Ohio**



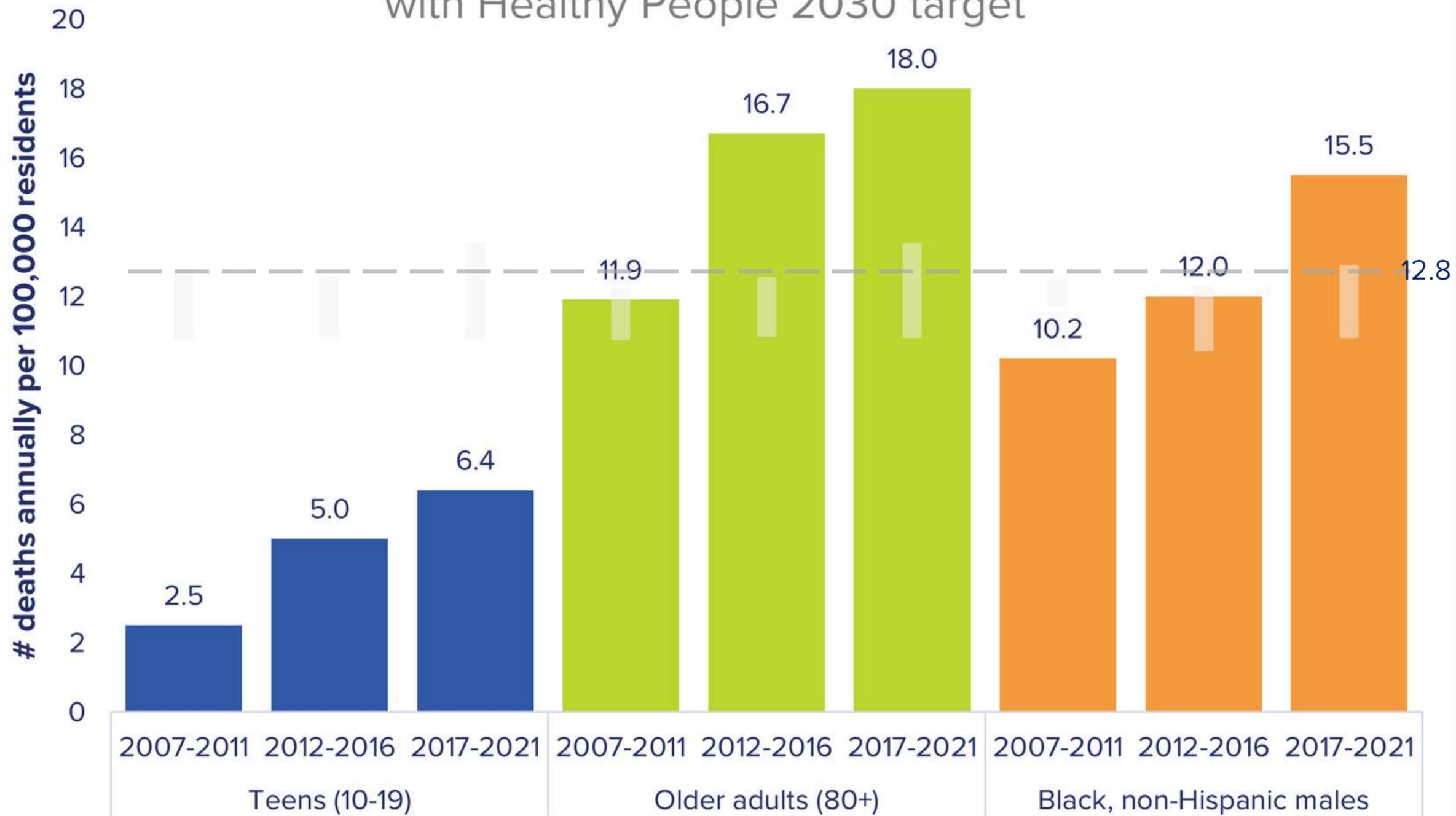
Source: Ohio Department of Health, Mortality Dataset, retrieved 10/8/2024.

Suicide deaths, age-adjusted rate  
in **Franklin County** and **Ohio**  
with Healthy People 2030 target



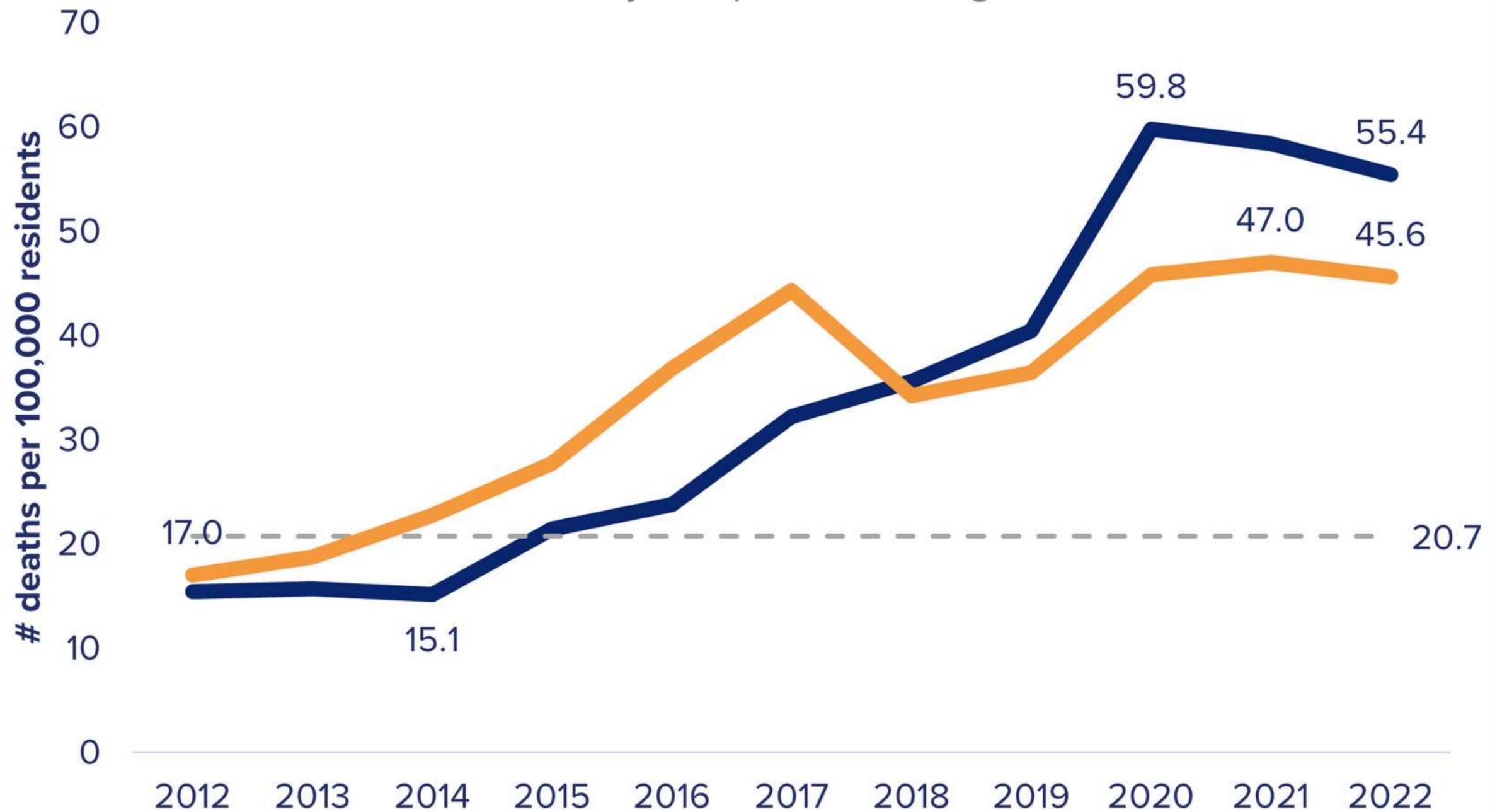
Sources: Ohio Department of Health, Mortality Dataset, retrieved 7/28/2023, and HHS Healthy People 2030.

Franklin County populations with rising suicide rates  
**Teens, older adults** and **Black, non-Hispanic males**  
 with Healthy People 2030 target



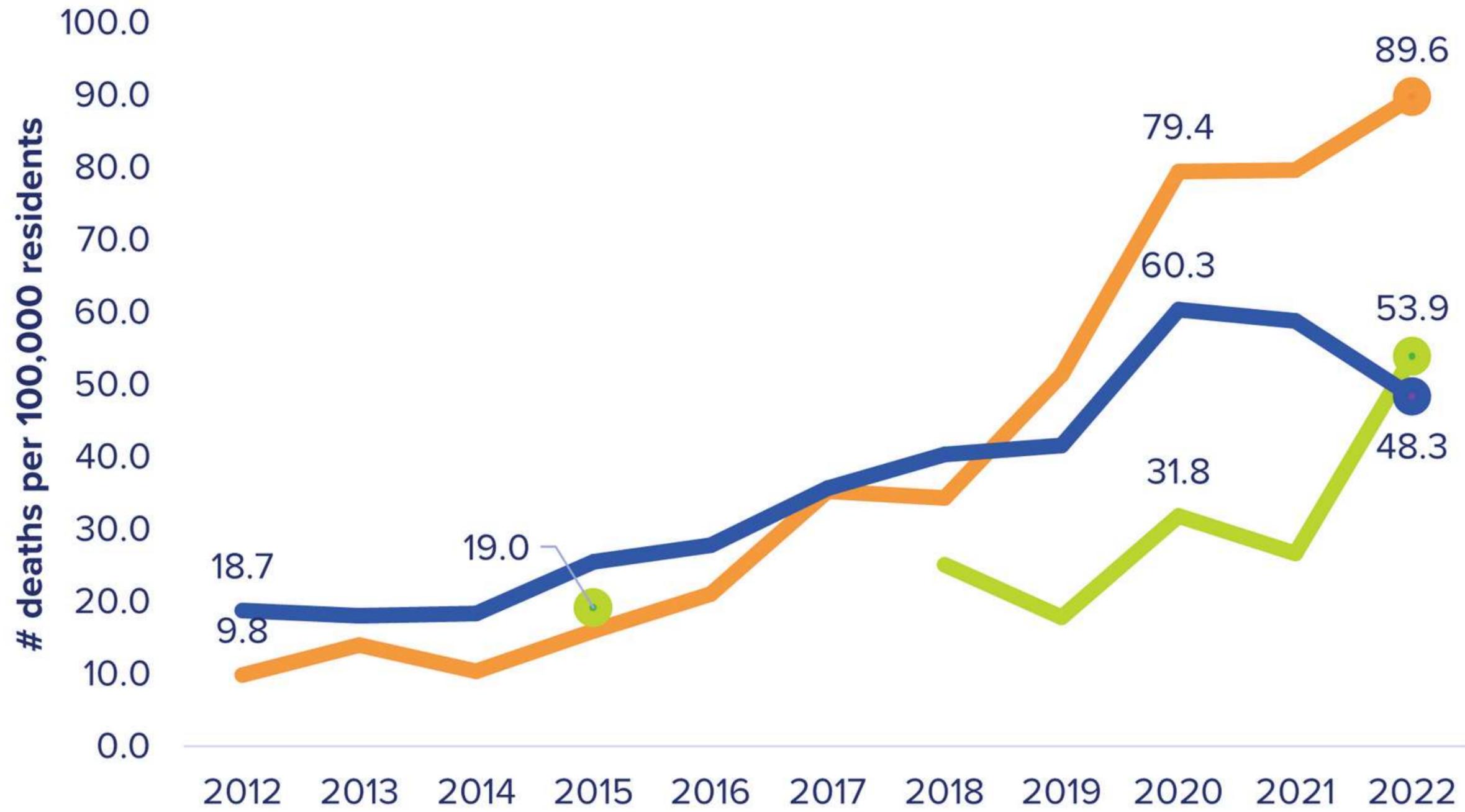
Sources: Ohio Department of Health, Mortality Dataset, retrieved 9/25/2023, and HHS Healthy People 2030.

Overdose deaths, age-adjusted rate  
in **Franklin County** and **Ohio**  
with Healthy People 2030 target



Source: Ohio Department of Health, Mortality Dataset, retrieved 7/28/2023 and HHS Healthy People 2030.

## Franklin County overdose deaths, age-adjusted rate among **Black**, **white** and **Hispanic** residents

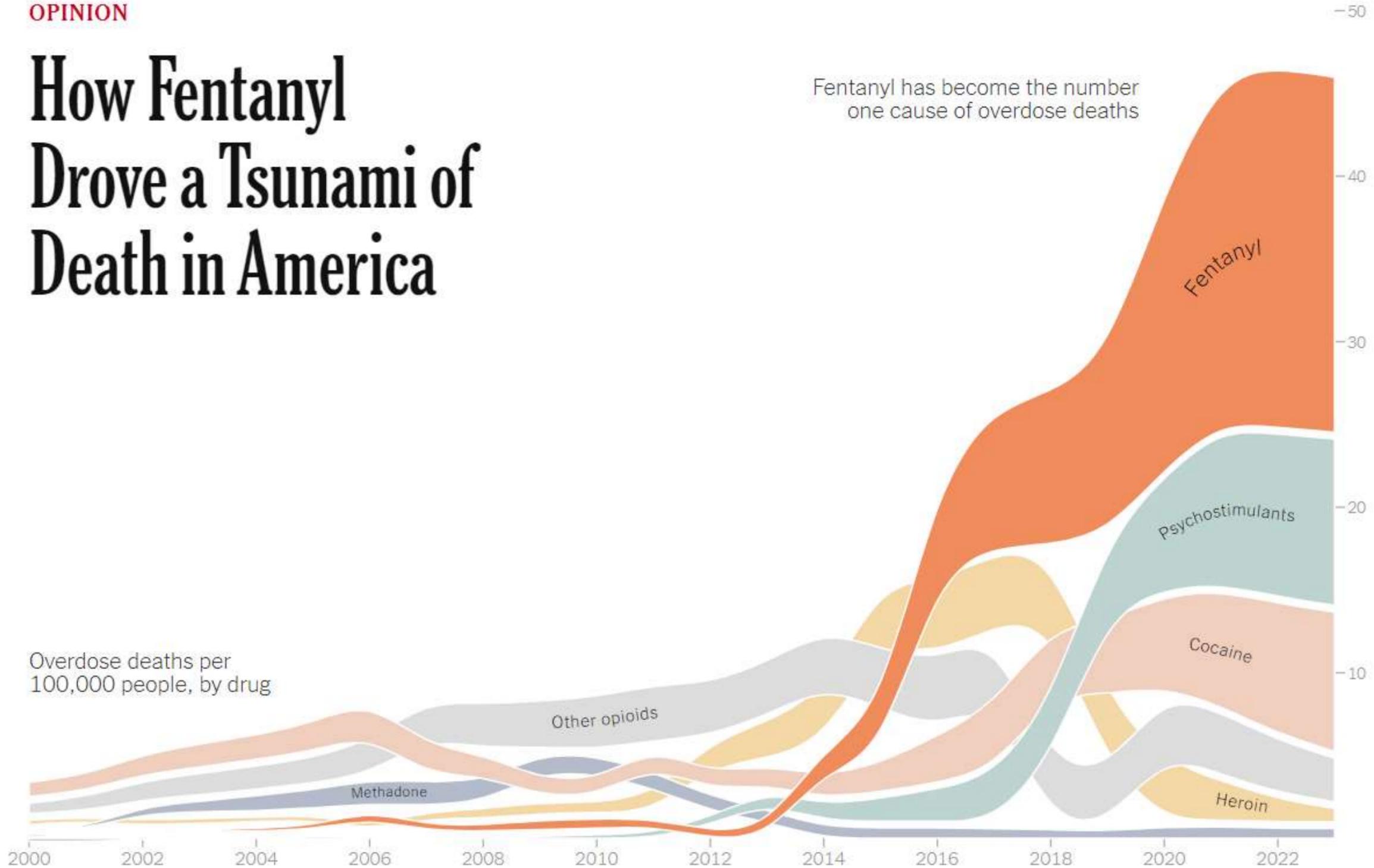


Source: Ohio Department of Health, Mortality Dataset, retrieved 7/28/2023.

OPINION

# How Fentanyl Drove a Tsunami of Death in America

Fentanyl has become the number one cause of overdose deaths



Source: Centers for Disease Control and Prevention

**SOAR**

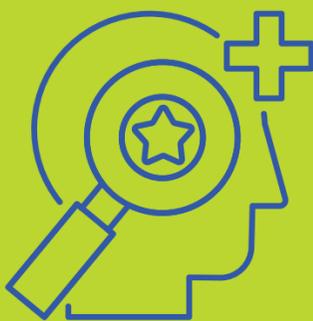
STATE OF OHIO  
ADVERSITY AND RESILIENCE



# Keynote

## Scott Langenecker

Professor and Vice Chair of Research,  
Department of Psychiatry and  
Behavioral Health, The Ohio State  
University Wexner Medical Center,  
College of Medicine



# State of Ohio Adversity and Resilience Studies

**K. Luan Phan, MD**

Professor and Schottenstein Chair of Psychiatry and Resilience

**Anthony King, PhD**

Associate Professor,  
Anne K. "Nancy" Jeffrey Endowed Professor for Mental Health Equity and Resilience

**Grace Wentzel, CCRP, CHRC**

Deputy Director of SOAR

**Scott A Langenecker, PhD**

Professor and Vice Chair of Research

**Nina Kraguljac, MD**

Professor and Vice Chair of Strategy and Innovation  
Dr. Lee E. Shackelford Professor in Psychiatry and Behavioral Health

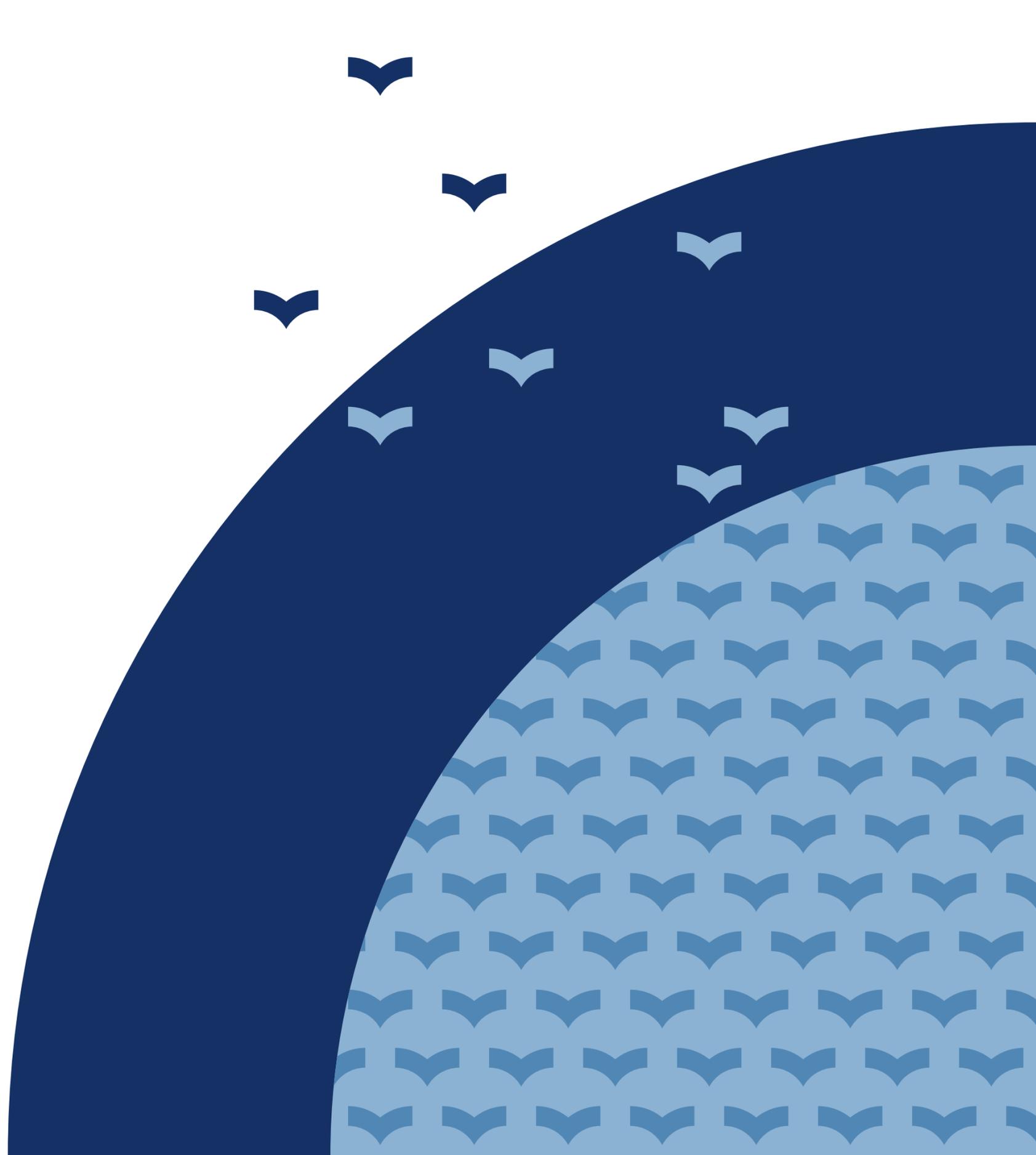
**Department of Psychiatry & Behavioral Health  
The Ohio State University Wexner Medical Center**



# SOAR

STATE OF OHIO  
ADVERSITY AND RESILIENCE

The world's best minds solving the  
mind's toughest problems



# What don't we know?

Why some individuals exposed to adversity and/or trauma go on to develop mental health and addiction illnesses?

And others do not?

Why some individuals benefit from our current treatment system?

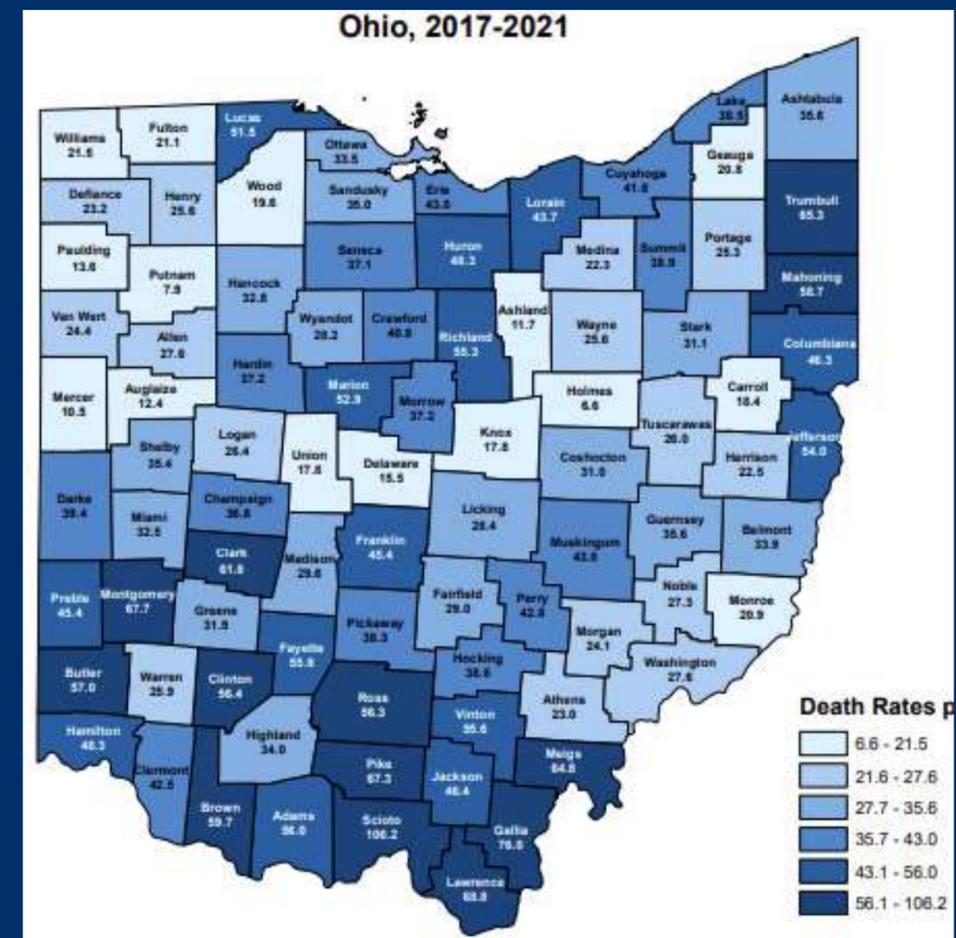
And others do not?

# What don't we know?

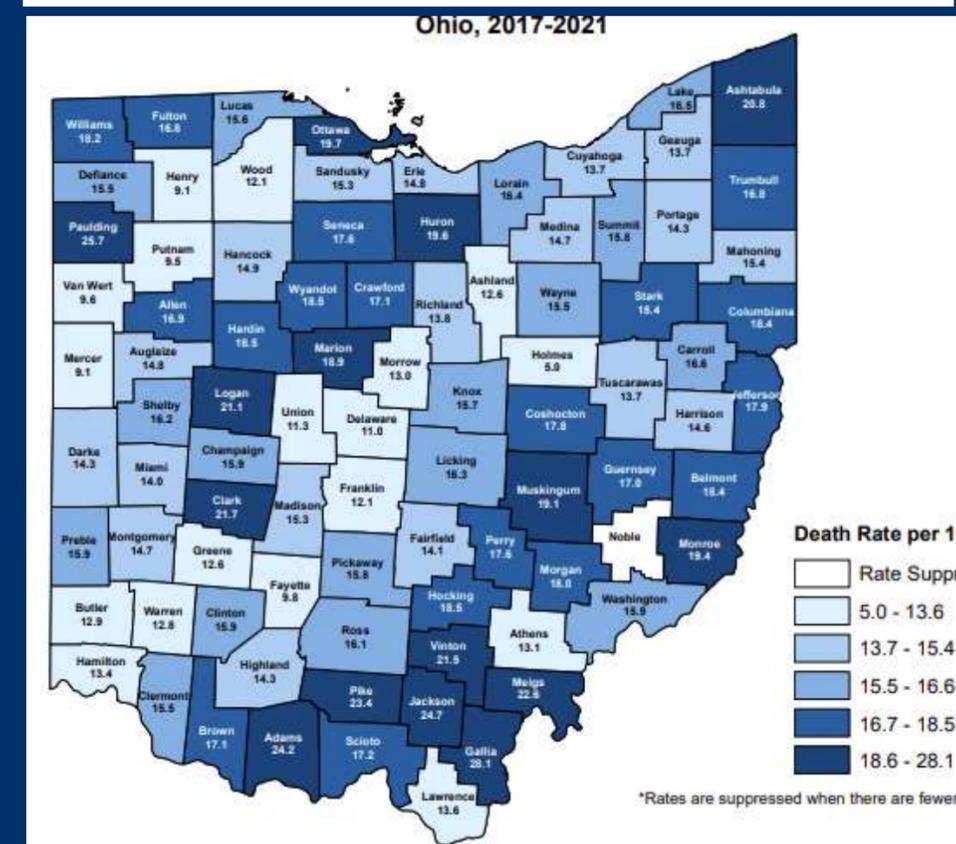
We do not fully understand  
the root causes, biology, risk, or protective factors  
to explain  
“who”, “why”, “how” and “when” of mental illness

# Why Ohio?

Ohio is at the center of the opioid addiction and mental health crises, witnessing some of the highest rates of overdose and suicide deaths in the country.



Overdose



Suicide

# **We must know.**

Because mental illness remains largely a mystery,  
we continue to see increasing rates of deaths of despair  
both nationwide (427 per day)  
and in Ohio (19 per day).

We must learn and know how to do better!



**“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in.”**

Archbishop Desmond Tutu  
(Nobel Peace Prize, 1984)

**FEELING WELL**

**LANGUISHING**

**CAUSES AND RISK FACTORS**

- Adverse Life Events
- Trauma
- Impoverished Environment
- Loneliness
- Drug Exposure
- Poor Coping Skills
- Altered Biology-Brain
- Genetic Loading

**MENTAL ILLNESSES**

- Depression
- Anxiety
- PTSD
- Addiction
- Bipolar
- Psychosis

**Suicide  
Overdose**

**Death**



## Biological

Brain Structure & Function  
Stress Biomarkers  
Physical Health  
Genes



## Psychological

Emotion  
Cognition  
Behavior  
Personality

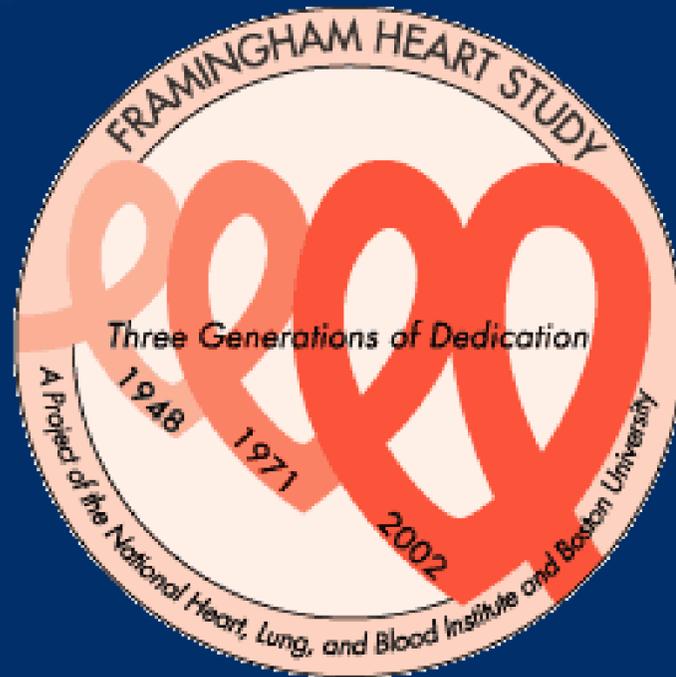


## Social

Family  
Friends  
Neighborhood  
Work

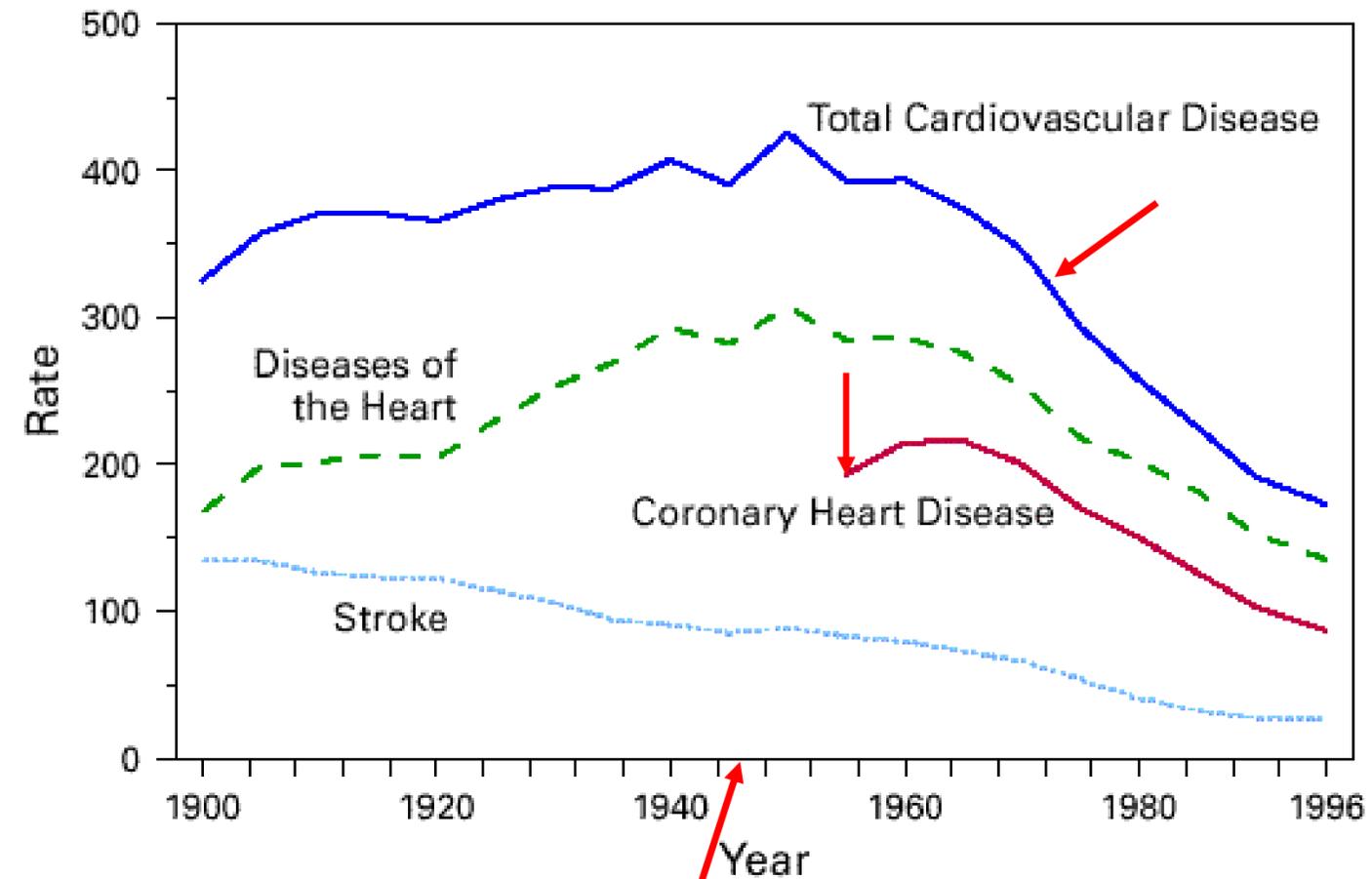
Experience & Time & Change

# We do know *how* to know.



**Framingham Heart Study**  
Multi-generational Longitudinal Study  
1948 - present

**FIGURE 1. Age-adjusted death rates\* for total cardiovascular disease, diseases of the heart, coronary heart disease, and stroke,† by year — United States, 1900–1996**



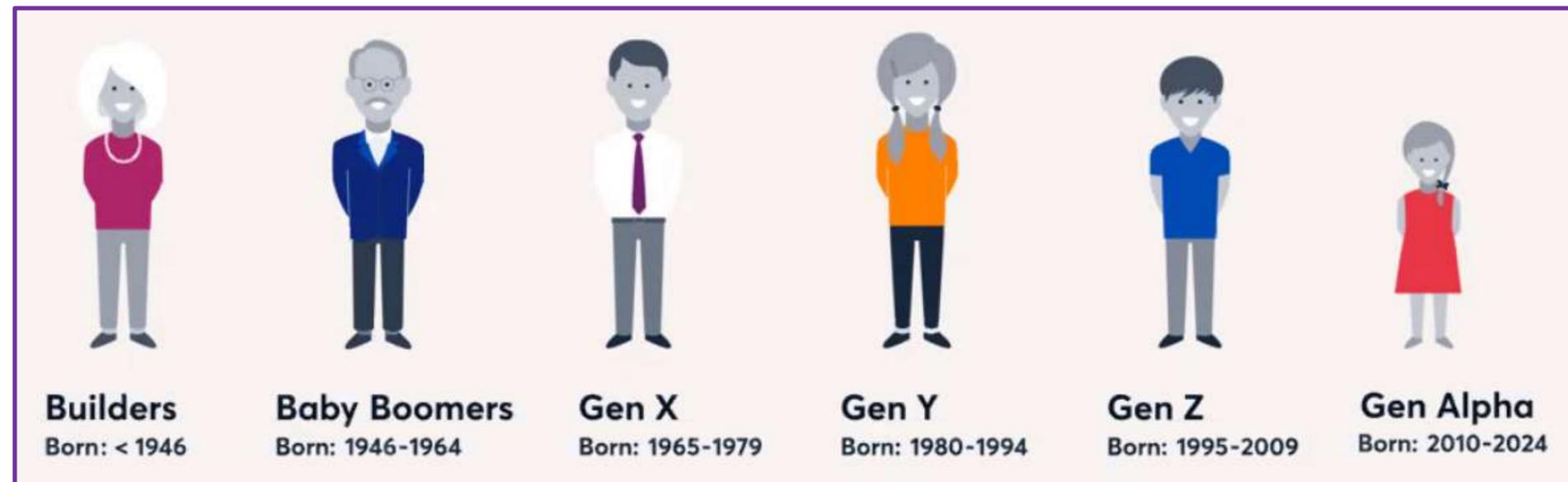
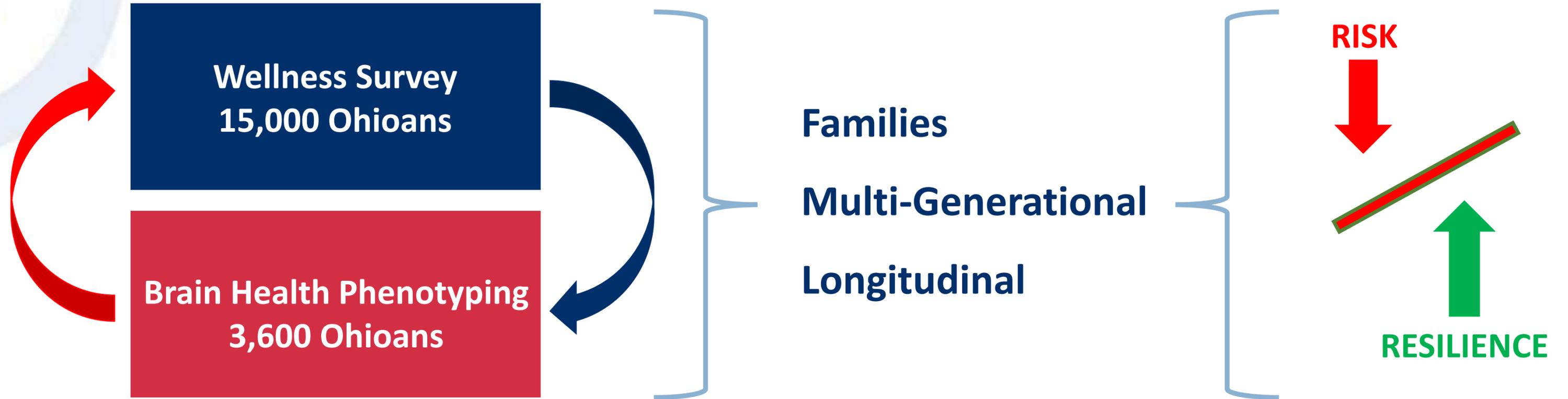
\*Per 100,000 population, standardized to the 1940 U.S. population.

†Diseases are classified according to *International Classification of Diseases (ICD)* codes in use when the deaths were reported. ICD classification revisions occurred in 1910, 1921, 1930, 1939, 1949, 1958, 1968, and 1979. Death rates before 1933 do not include all states. Comparability ratios were applied to rates for 1970 and 1975.

Source: Adapted from reference 1; data provided by the National Heart, Lung and Blood Institute, National Institutes of Health.

SOAR is an effort to accomplish for mental illness what the Framingham Heart Study did for heart disease.

# SOAR STUDY



## Science from (and for) the families of Ohio

Committed partnerships and an ecosystem of care across Ohio will be critical for success and implementation





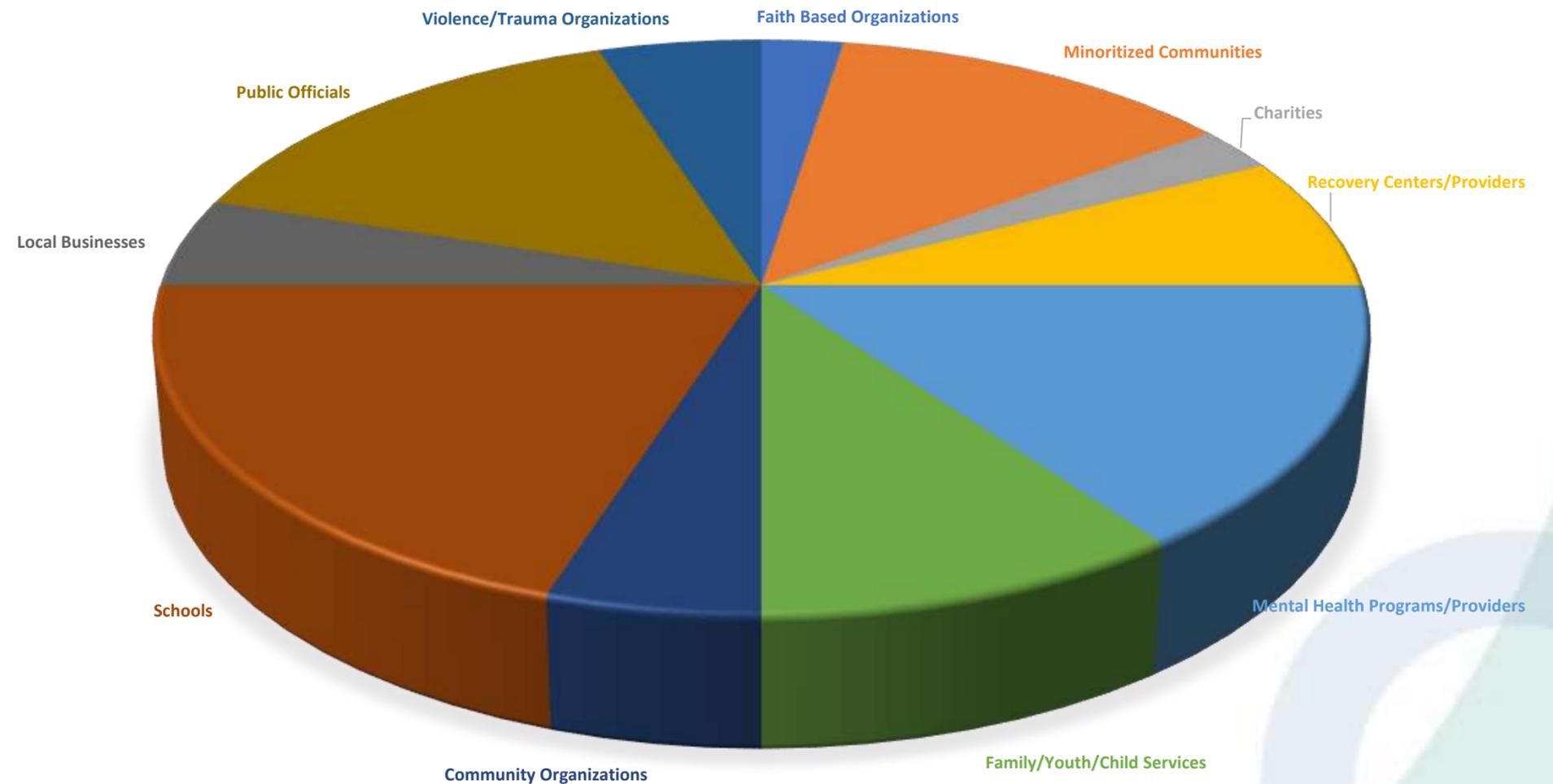
# Why Ohio?

Ohio represents a microcosm of the United States due to its geographic, social, economic, racial and ethnic diversity.



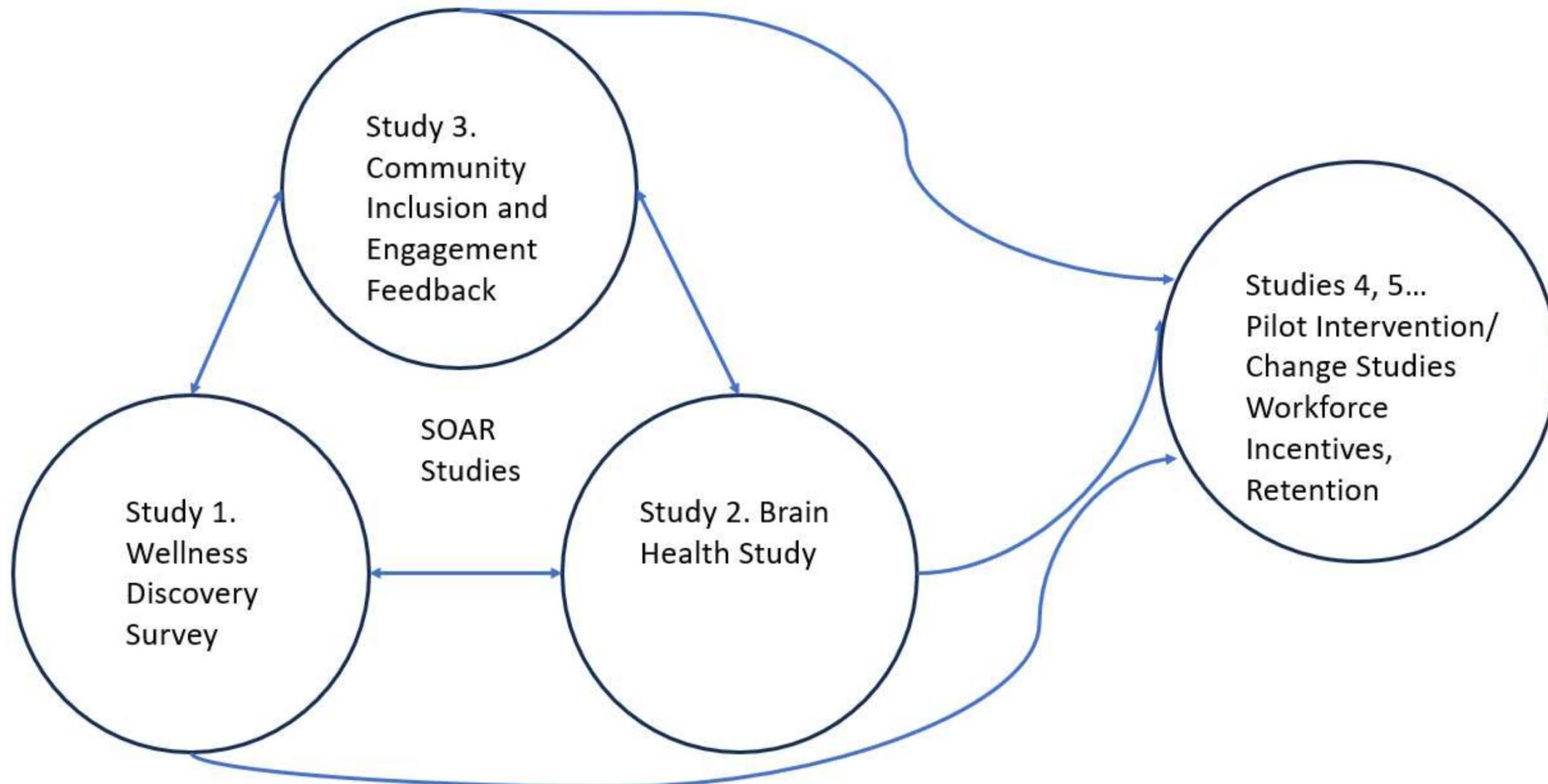
## Outreach to multiple organizations and institutions to enhance recruitment and retention of participants

- OhioMHAS and ADAMH and Recovery Boards and Coalitions
- Hospitals and Clinics
- School Systems and Parent-Teacher Organizations
- Community, Civic and Advocacy Organizations
- Recovery-based Organizations, NAMI, and others
- Churches and Faith Groups and Organizations
- Business, Corporate, Employer stakeholders



# SOAR Engage and Cultivate Communities

- Presentations to clinical, recovery, other groups
- Outreach to Faith-based organizations
- “Science Cafes”
- Wellness Forums
- Educational programs
- Information and Listening Sessions
- SOAR Ambassador Program
- SOAR Scholars
- Community Advisory Boards
- Citizen Scientist projects



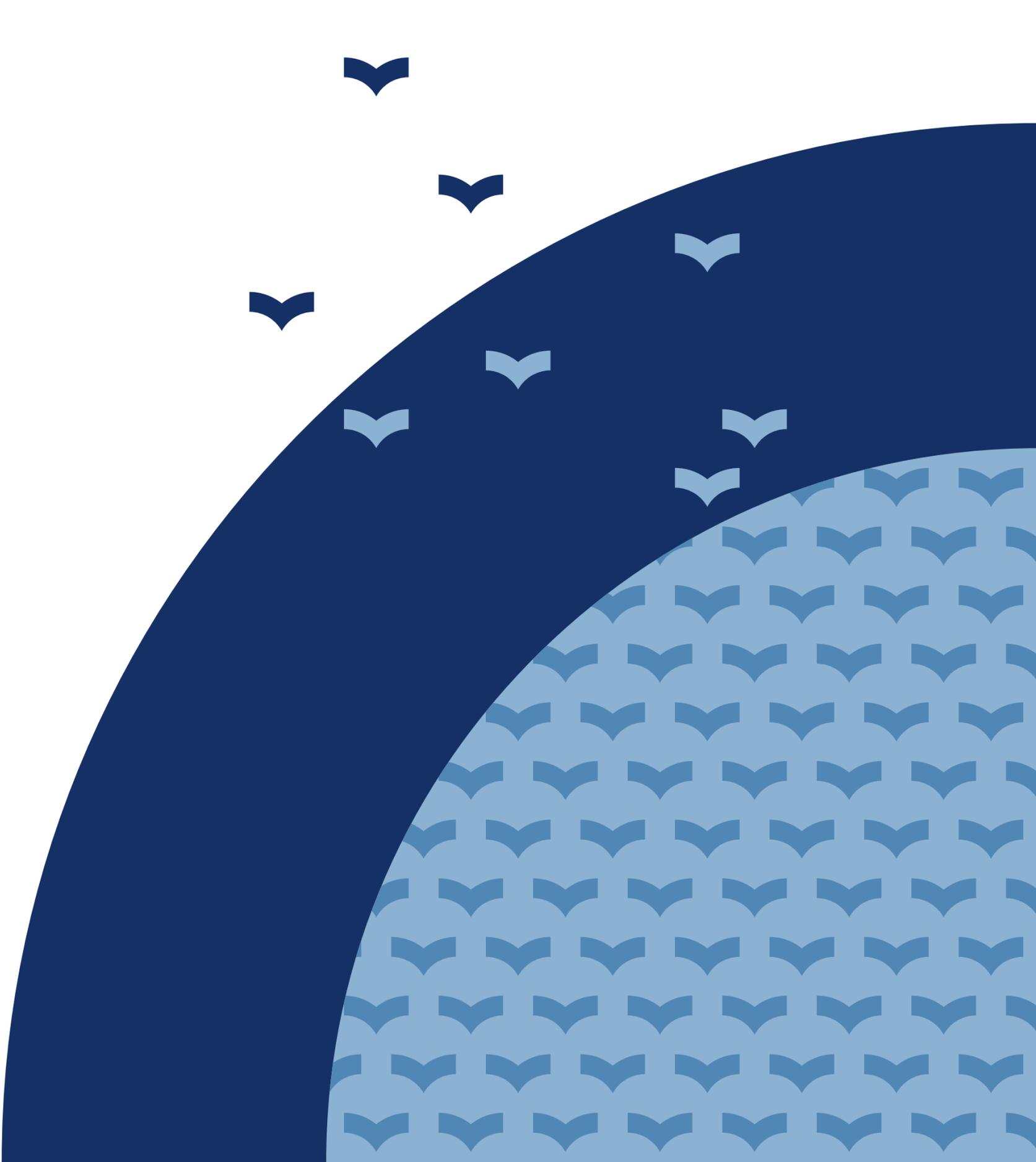
The virtuous  
cycle of  
learning and  
improvement



# **SUPPORT**

- **Mental Health Community Resources**
- **Crisis Response Planning**
- **Participant Experience Survey (Coming Soon)**

# WELLNESS DISCOVERY SURVEY, EARLY RESULTS

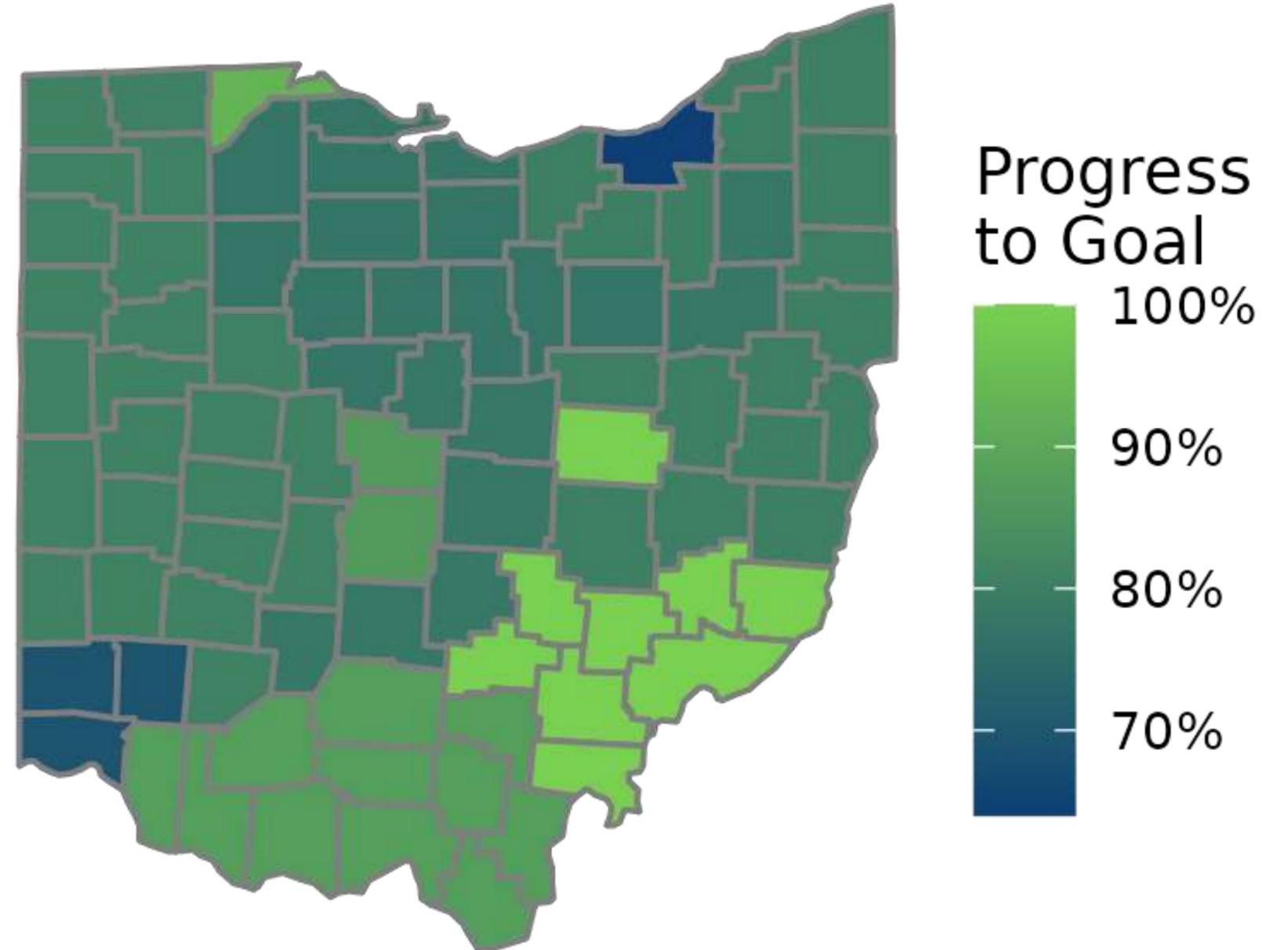
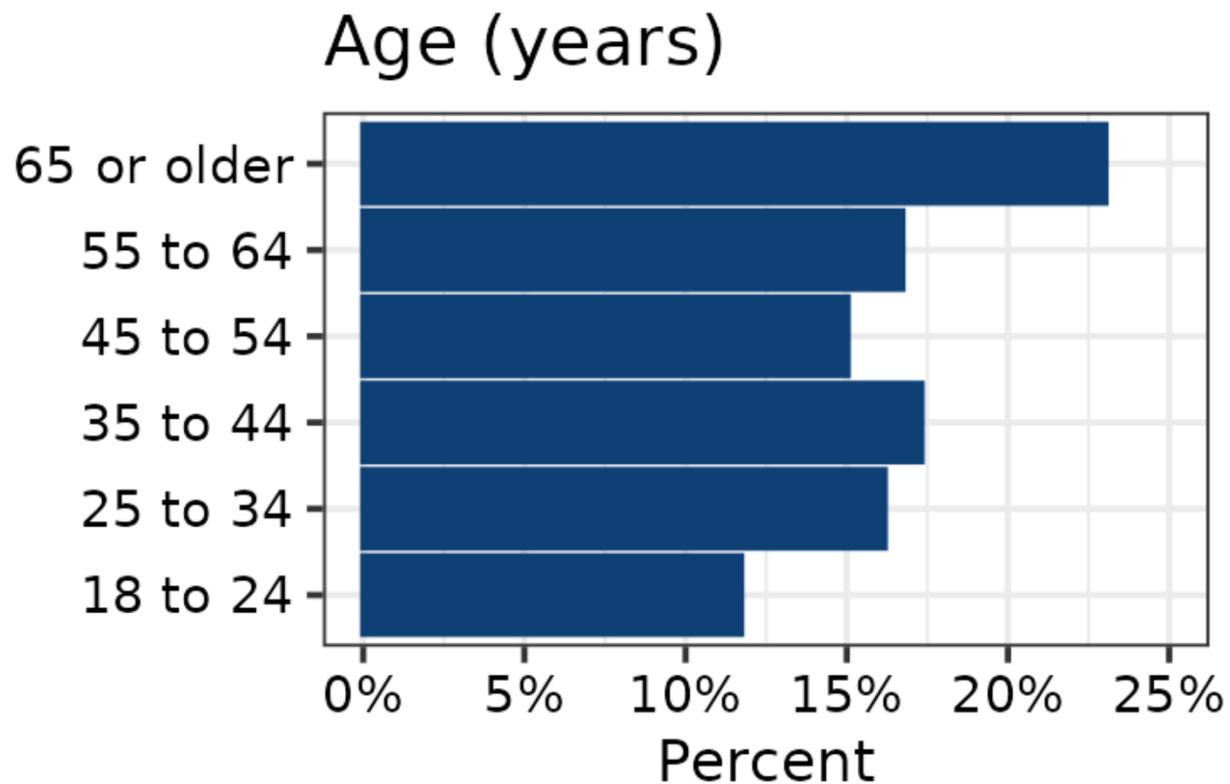


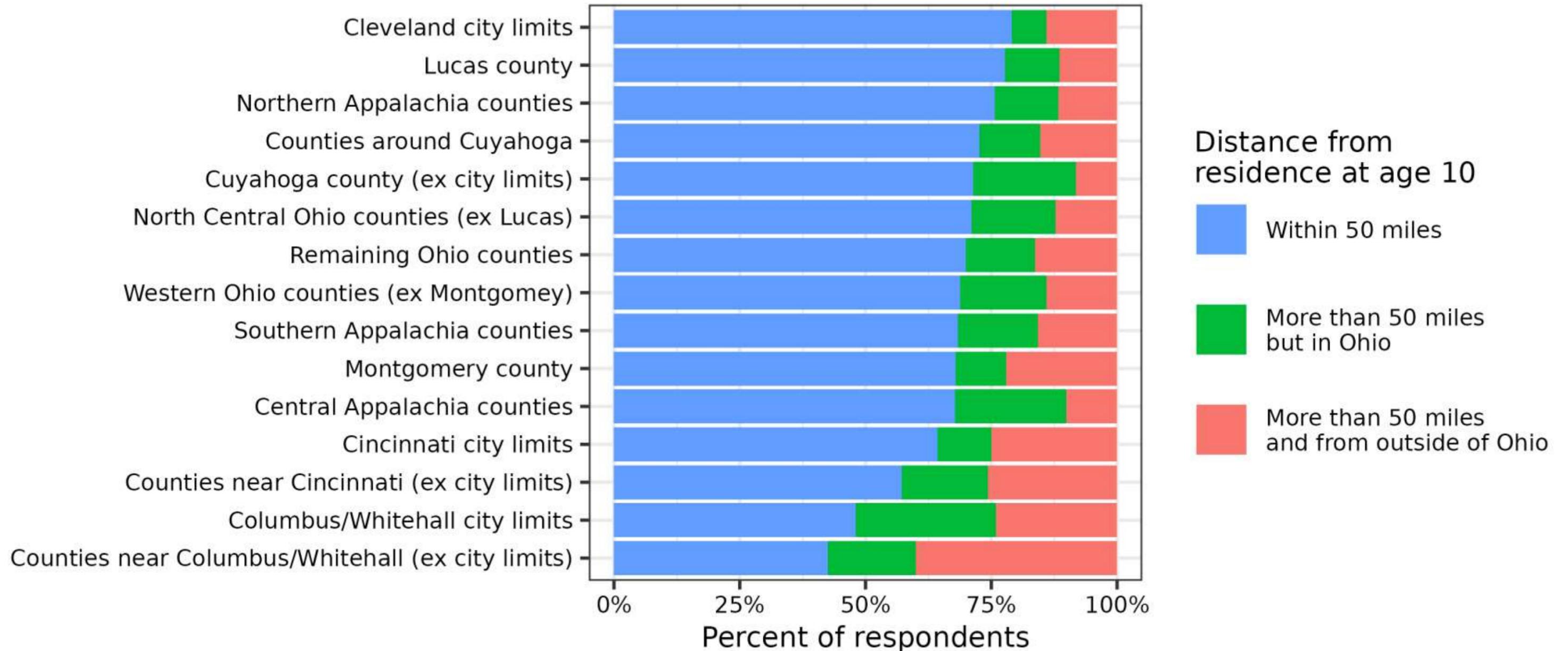


# Response Rates by Ohio Regions

## SOAR Cluster Response To date

- Grouped into 15 clusters (Regions)
- 12,028 responses, across all 88 counties
- 61% want to participate again
- Good response rates from all clusters!





# Economic Optimism by Ohio Regions

Optimism and Concern/Cynicism about Economic prospects by Cluster/Region



Location	Mean	ES diff from overall
Cuyahoga outside Cleveland city limits	7.26	0.37
Columbus and Central Ohio suburbs	7.28	0.36
Counties of North and Western Ohio (excluding Montgomery)	7.52	0.26
Counties Adjacent to Cuyahoga	7.6	0.22
Counties of North Central OH (excluding Lucas)	7.85	0.12
Transition Counties of North and Central Ohio	7.89	0.10
Counties Adjacent to Cincinnati	7.9	0.10
Lucas County	8.02	0.05
Montgomery County	8.06	0.03
Ohio (all)	8.13	0
City limits of Columbus (Franklin)	8.17	-0.02
City limits of Cincinnati (Hamilton)	8.25	-0.05
Northern Appalachia	8.42	-0.12
Southern Appalachia	8.47	-0.14
Central Appalachia	8.83	-0.30
City limits of Cleveland (Cuyahoga)	8.84	-0.30

# SOAR

**This is the turning point  
for mental health  
as we know it.**



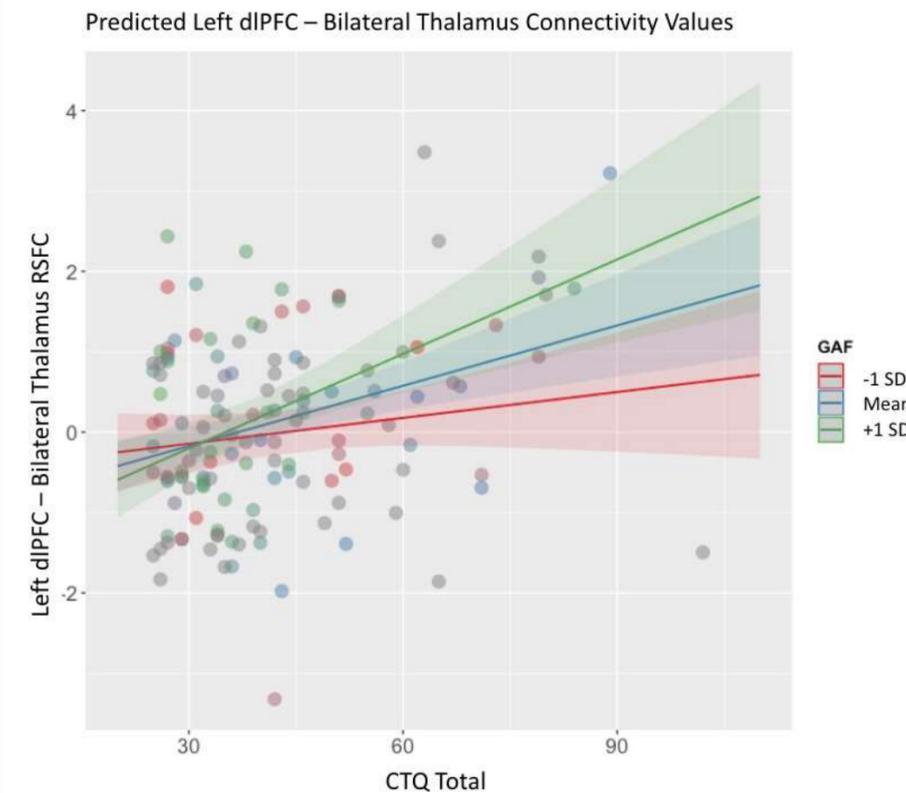
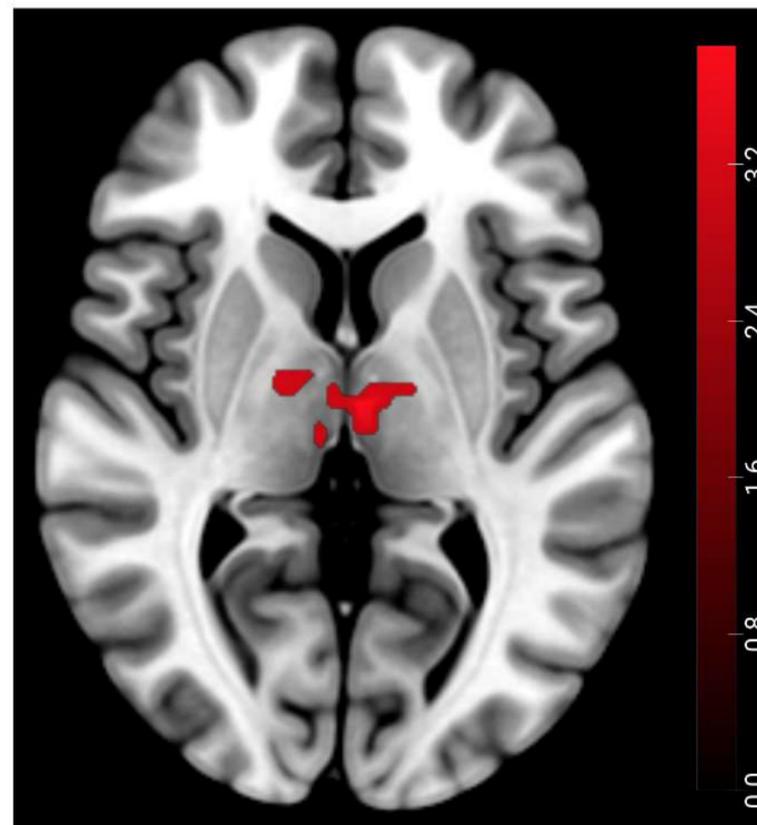


**SOAR is the biggest opportunity we've ever had to help those suffering from mental illness here and around the world.**

**What we learn here**

**Can be applied *everywhere***

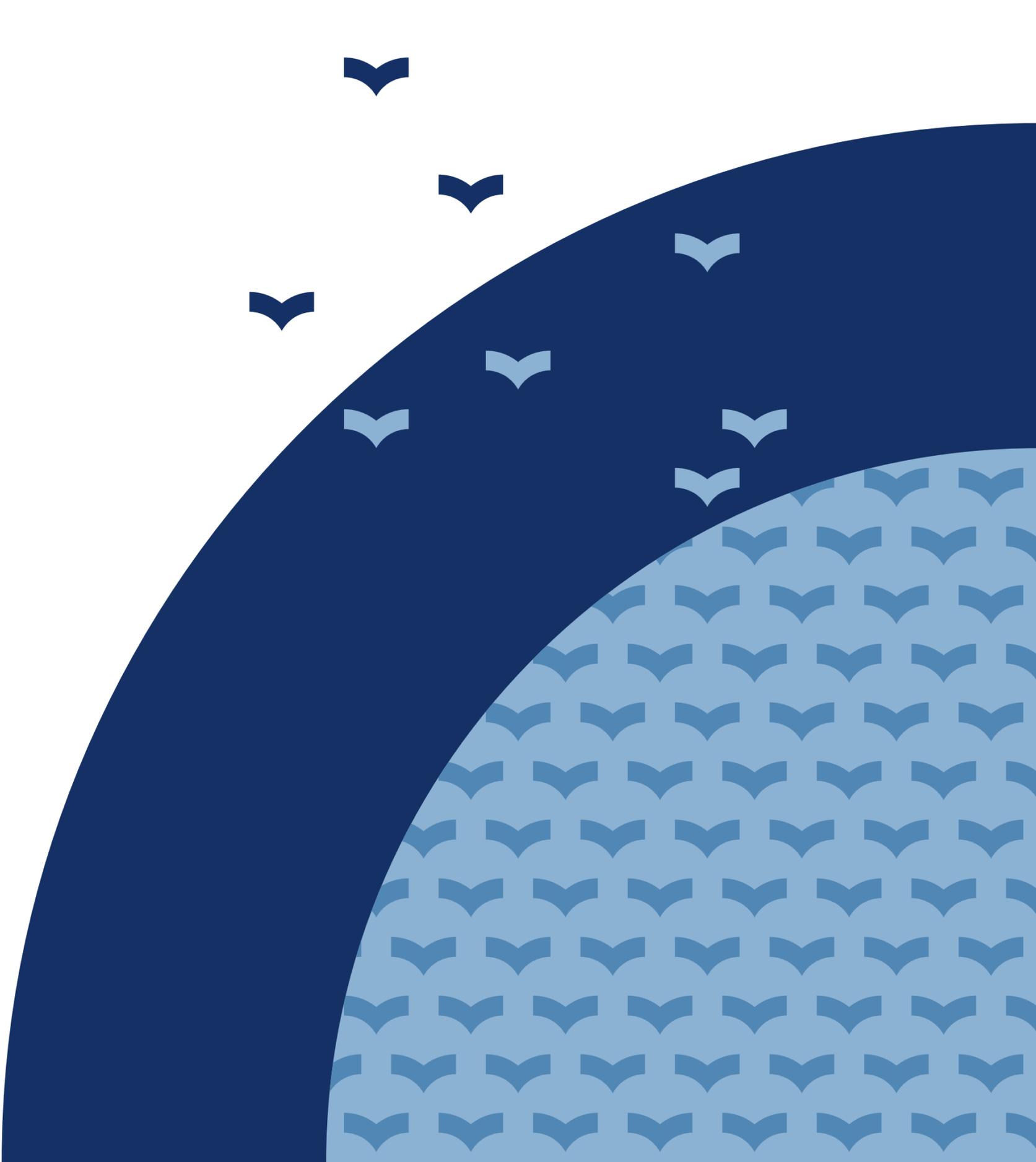
- **Cognitive Control Network (CCN) and Salience & Emotion Network (SEN) Connectivity**
  - 154 adults with history of mood disorders
    - Higher childhood trauma and **lower** functioning associated with **greater within-SEN connectivity**
    - Higher childhood trauma and **higher** functioning (emergent resilience) associated with **greater within-CCN connectivity**



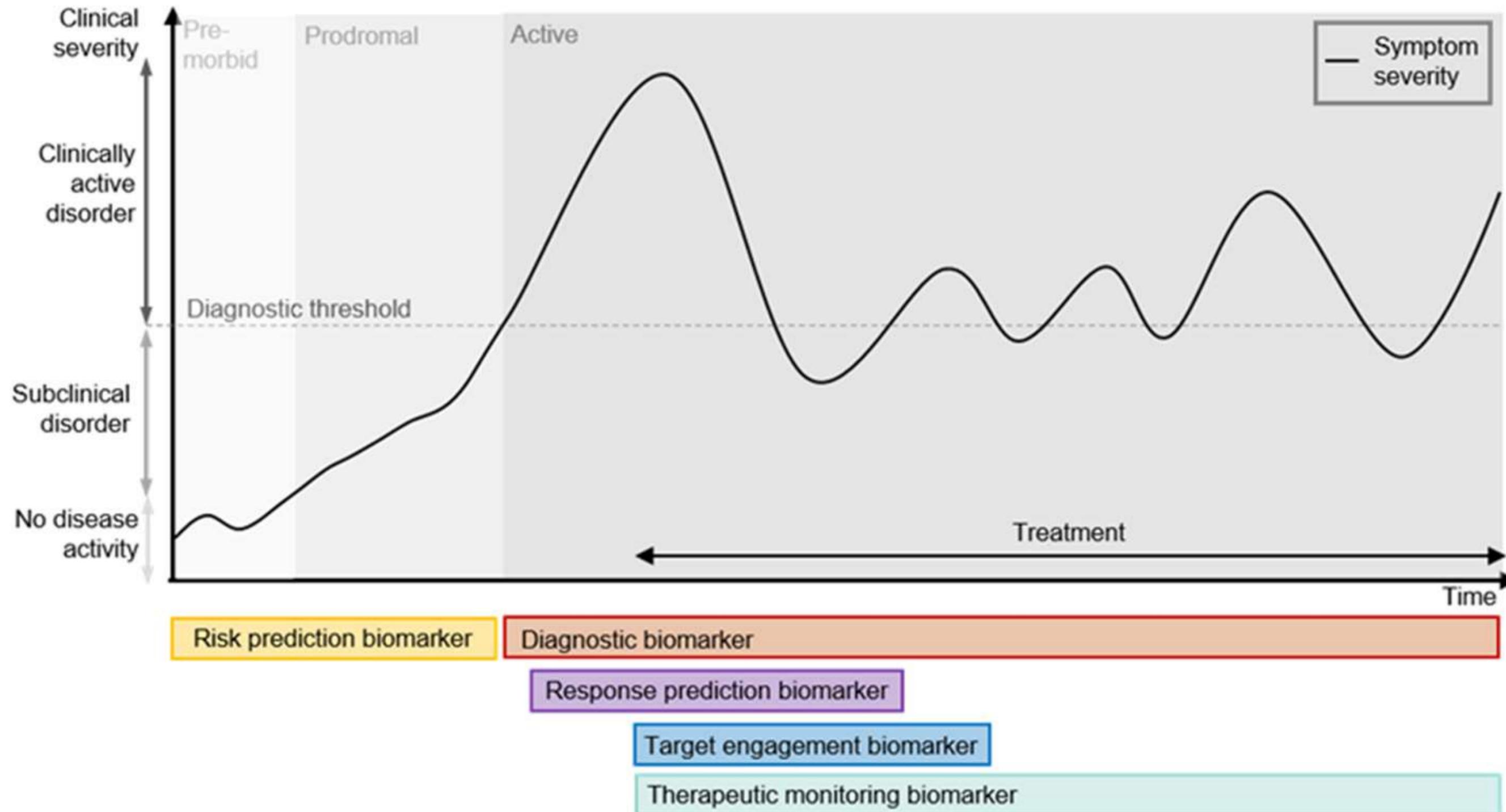
Interventions targeting **cognitive control** may be particularly helpful  
in fostering **emergent resilience**

(e.g., cognitive processing therapy, trauma-focused CBT, cognitive control training)

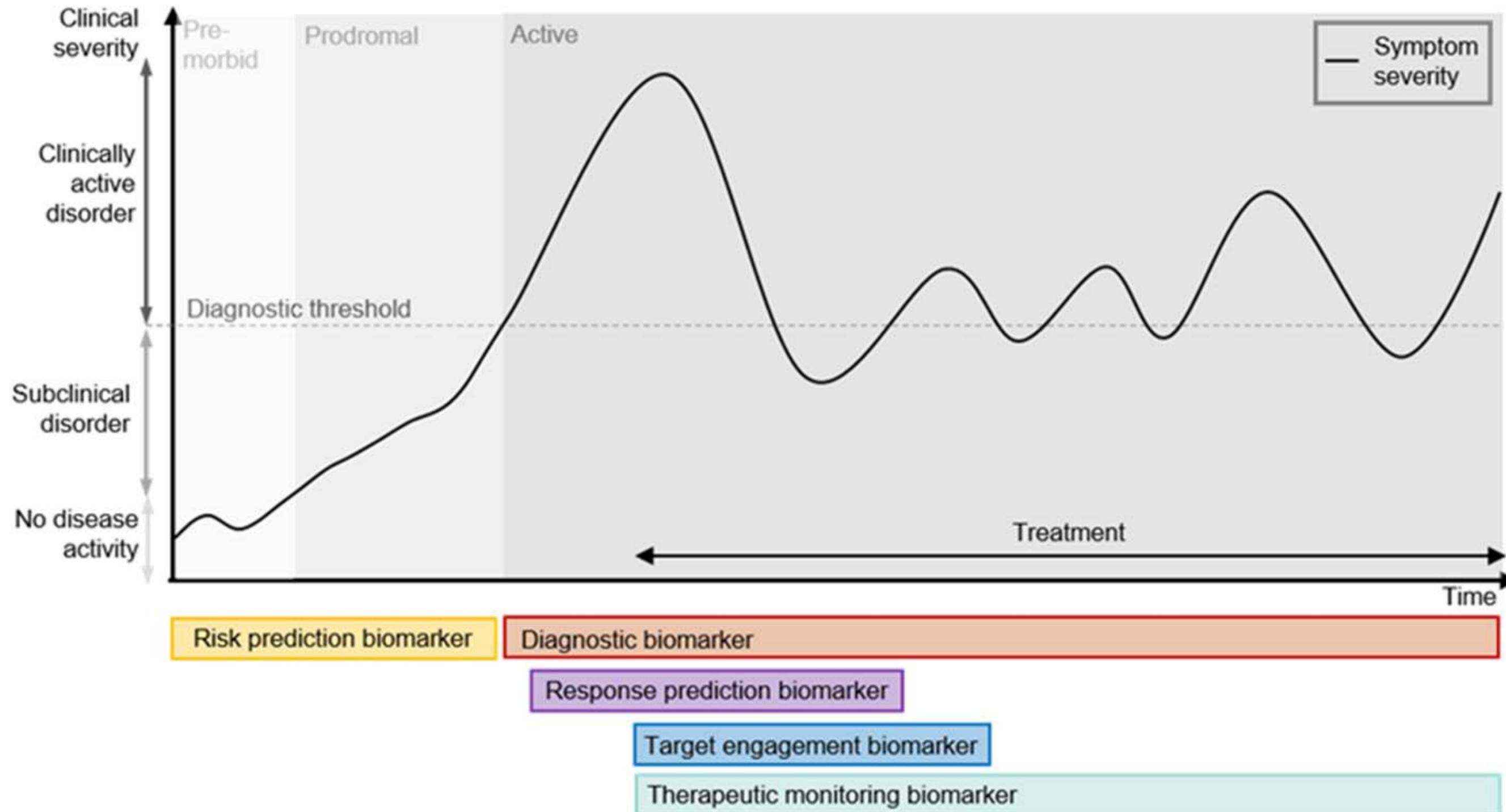
# BRAIN HEALTH & DISCOVERY



# Data informs clinical practice



# Data informs clinical practice, but not in Psychiatry...





**To be successful, SOAR needs  
support  
champions  
funding  
- to last decades.**

**State and Federal  
Business  
Philanthropic  
Academic**



**Thank You**

**Q and A**



# Introduction of Scholarships

**Linda Jakes**

Provider Leadership  
Association



# Scholarship Winners

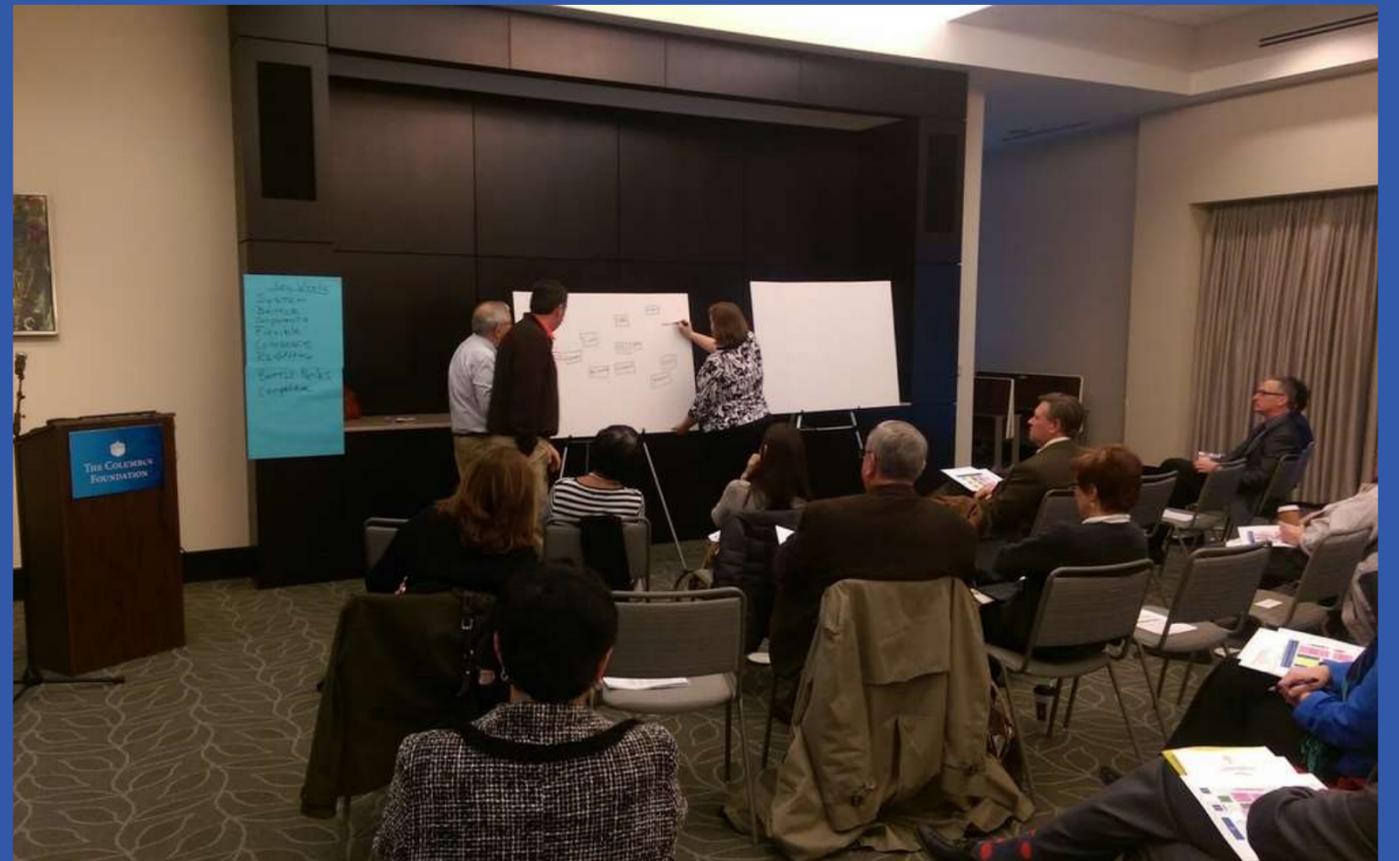
**William B. George Memorial Award:**  
*Joshua Gass* (Southeast Healthcare)

**Tom Ramseyer Memorial Award:**  
*Lena Wali* (OhioGuidestone)





**Jeff Klingler**  
President and CEO,  
Central Ohio Hospital Council







# Introduction of Annual Awards

**Tamara Porter**

Human Resources Director,  
Concord Counseling Services



**ADAMH**

**ALCOHOL, DRUG AND MENTAL HEALTH  
BOARD OF FRANKLIN COUNTY**

**2024 AWARDS**

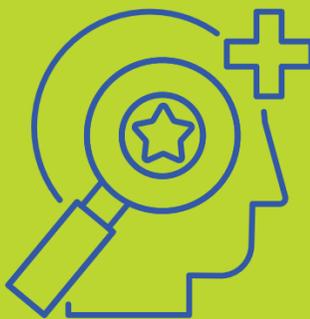
**Congratulations,  
award winners!**



# Closing Remarks

**Ameenah Kemavor**

Vice President, Advocacy &  
Engagement, ADAMH



**Thank you!**