

connections

HEALTH•WELLNESS•ADVOCACY

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CEO Corner

While traveling recently, I read a magazine article that dealt with the importance of a Leader's attitude. The author's comments that stood out for me were: "...

thankfulness, I believe is one of the most underrated expressions in life. This attitude alone will help people who taste of success to remain humble. Thanksgiving is an expression of true humility." The dictionary defines humility as "modesty, lacking pretense, not believing that you are superior to others." An ancillary definition includes: "Having a lowly opinion of oneself, meekness." As part of a Leadership Training I attended in May, an article was included highlighting Humility. The author mentions a few great leaders who practice humility-based leadership. The author also references the book "Good to Great" several times, along with the idea of leaving "our egos at the door." In a "dog eats dog" world, this concept does not seem to fit, does it? But it does fit when you include a heart of gratitude. The author also notes that humility can have a secondary definition that gets a bad rap. The leader can be perceived as timid, meek and shy. These qualities would seem to not fit in a difficult competitive market. However, these are the very traits that we are encouraging at Connections.

Although we, like all organizations, have our struggles, through our strategic planning process we are fostering positive leadership throughout the organization. The volunteer core Connections Experience Team has jumped in and started the SOMO Leadership Learning Labs this month. SOMO is an intentional effort to bring the science of success, well-being, and happiness to professional and social networks around Cleveland, Ohio and beyond for building an individual's psychological, SOcial, & eMOtional muscle leading to organizational, familial, community, and ultimately city-wide optimal functioning and flourishing.

(cont'd on page 2)

Save the Date!

"Connect
with
Connections"



Save the Date
October 27, 2012 - 6:00 p.m.
Annual Dinner

Keynote Speaker
Herbert Y. Meltzer, M.D., NARSAD, IPAP
*Professor of Psychiatry and
Behavioral Sciences and Physiology*



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The Pentrum
Inn & Conference Center
Bertram Inn and Conference Center
600 North Aurora Road
Aurora, Ohio 44202

The Connections Annual Dinner event will take place on Saturday, October 27, 2012. The day will begin at 9:00 a.m. with an all day Summit for Physicians. In partnership with Jonathan Lee of Signature Health, the goal of this inaugural conference is to bring together leading experts and authorities in the mental health field to share cutting edge and innovative treatment methods, therapies, and medications that will improve health outcomes and treatment of mental health patients in Ohio. World renowned authority on schizophrenia, Dr. Herbert Y. Meltzer, M.D., NARSAD, IPAP, is the keynote speaker for the Summit and for the evening event. We are thrilled that Wayne Dawson, co-anchor of Fox 8 News in the Morning, will Emcee the evening. The evening portion will begin with a 6:00 reception followed by dinner at 7:00 p.m. After dinner and the program are completed, there will be music and dancing! We are very excited about this year's event and hope you will plan to attend!

Connections Selected as BeST Center Partner to Implement a Spectrum of CBTp Services

Between 30 to 60 percent of individuals affected by schizophrenia experience persistent psychotic symptoms, to varying degrees, despite taking their antipsychotic medications as prescribed. However, a variety of research studies indicate that when clients with persistent psychotic symptoms are treated with a form of Cognitive Behavioral Therapy that has been adapted for psychosis (CBTp), their symptoms - and their quality of life – improve.

Specifically, the use of CBTp has been associated with reduced severity of symptoms in individuals with schizophrenia spectrum disorders, improved medication adherence, increased recovery-related activities and decreased duration of hospital stays should re-hospitalization be required. These promising outcomes led the Best Practices in Schizophrenia Treatment (BeST) Center at NEOMED to select CBTp as one of its BeST practices for initial implementation.

The BeST Center and the Insight CBT Partnership are developing a spectrum of services that are based on techniques adapted from CBTp that can be implemented as part of routine care. The services range from low to high intensity, and they can be offered by all trained providers. The lower-intensity techniques are called High-Yield Cognitive behavioral techniques for psychosis – or HYCBTp.

As the result of a research and demonstration project to test if High-Yield Cognitive Behavioral techniques for psychosis delivered by case managers could improve clients' symptoms, it was concluded that clients' mood and psychotic symptoms improved significantly and meaningfully after the intervention.

The BeST Center issued a competitive Request for Partners to expand a Spectrum of Cognitive Behavioral Therapy for Persistent Psychosis Services to an additional site. Proposals were developed by a number of Northeast Ohio mental health services boards and agencies. After careful review, Connections: Health • Wellness • Advocacy was selected by the BeST Center, in collaboration with the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County, to implement a spectrum of CBTp services.

Esther Pla, President and CEO said: “Connections serves more than 1,400 individuals affected by schizophrenia. We look forward to making CBTp services available to help our clients who experience persistent psychotic symptoms.”

The BeST Center's CBTp expert, Dr. Harry Sivec, will devote 50 percent of his time for the next year to assisting with and supporting the implementation of CBTp services at Connections. He will also coordinate training and technical assistance with Insight CBT Partnership as appropriate.

Both the BeST Center and the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County are providing financial subsidy to support non-reimbursable expenses. Connections staff members participated in training for a spectrum of CBTp services during the week of July 9, with Dr. Sivec and Insight CBT Partnership's Clinical Director Jeremy Pelton leading the training. ❖

CEO Corner (cont'd from page 1)

It's leadership development and wellness at all levels. Social-Emotional Leadership (SOMO) was designed as a framework for how communities flourish by Louis Alloro, M.Ed., MAPP, as part of his graduate work in Applied Positive Psychology from the University of Pennsylvania. Our work on becoming a Center of Excellence is focused on the well-being of all staff members. To support this work, Connections is participating in a research project sponsored by George Mason University that will help us better understand how our individual actions impact others at Connections and the agency as a whole. Thank you, Team, and thank you, Adele DiMarco Kious and Louis Alloro for facilitating these labs!

I was asked by a staff person recently, “Why did I stay through all of the struggles?” I pondered the question “Why *do* I stay?” My answer is, because I believe in this organization and I am grateful for all that we have accomplished this year and how much better things are. I have hope for what will be – what you and I will accomplish together. Humbly, I know that is the only way to serve.

I consider these things as I sit here in my office. The fiscal year 2012 is now over and there have been days of weariness, worry and concern about strategy. It is comforting to have my teams walking beside me. We have had a successful year, thanks to the ongoing hard work and dedication of a fantastic staff. At all levels of the organization, we have ended the year in the positive and better than expected. I am grateful for that and humbled by the dedication that I have seen.

I would be remiss if I did not extend our sincerest gratitude, on behalf of the entire staff and Connections' Board of Directors, to the Cuyahoga County Council. The Council added additional revenue to the budget, which allowed Connections to reopen SCALE and all adult providers to reopen their doors to uninsured citizens. We

are also grateful to Chief Denihan, the Board of Governors and the staff of the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County for their endless advocacy for consumers and work to ensure funds for services. Lastly, to Governor Kasich and the state legislators for revising the Mid-Biennium Budget and adding dollars for both mental health and substance abuse treatment. These efforts were truly a collaborative advocacy effort that was done in true humility to serve and we are grateful. ❖ *Esther Pla, RN, BC, President and CEO.*

Meet our Board

Ethel Robitson, Chair Jeanette Brzoska, Vice Chair Rochelle Lipson, Treasurer Giovanni DiLalla, Secretary	
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William H. Stevens is the Vice President of Leasing at Crescendo Commercial Realty, LLC. Bill’s unique experience includes public positions as an Assistant County Planner and a Port Lease

Administrator and Economic Development Specialist in the State of Washington. Following his governmental service, Bill moved to northeastern Ohio, as a manufacturer’s representative for industrial-grade plastics and then a manufacturer of large-scale, custom-fabricated signage before embarking into the realm of commercial real estate. He is licensed to provide real estate services by the State of Ohio. Bill graduated from Washington State University with a Bachelor of Arts in Political Science with further emphases in Public Administration, History and Criminal Justice. While at WSU, Bill “served” his school as “Butch T. Cougar,” the school mascot. In addition to his position on the Board of Directors of Connections, Bill serves his community in several other ways. He cofounded and serves as Volunteer Chairman of the Cleveland Area Corrections Committee, a group focused on providing volunteers and literature to help mentor inmates currently housed in facilities throughout Northeast Ohio. Bill is a member of the Tier III Speakers Circuit for Mothers Against Drunk Driving, speaking in various communities in Greater Cleveland on behalf of the organization for its efforts to reduce recidivism. He also serves on the Property Committee for 1964 Foundation which seeks to promote the sport of rugby and good sportsmanship. He proudly resides in the Cleveland area with his wife, Jamie, and their three sons. ❖

Thank You to our Supporters

- ✚ The Eva L. and Joseph M. Bruening Foundation \$20,000 for the Northeast Ohio Behavioral Health Shared Services Organization (NOBHSSO) to contract with Open Minds to develop a governance structure for the Shared Services Organization (SSO).
- ✚ The Fred A. Lennon Charitable Trust \$25,000 for the development of the NOBHSSO.
- ✚ The Margaret Clarke Morgan Foundation \$125,000 over two years matching grant to develop an on-site primary healthcare clinic at our Beachwood location.
- ✚ The Woodruff Foundation \$7,800 for clarifying the mission and vision of the NOBHSSO.

Our Heartfelt Thanks!

Thank you to all who have given generously toward our Annual Fund this year:

- | | |
|---------------------------|----------------------|
| Don & Terry Cairns | Claudia Metz |
| Dr. Scott Dowling | Diana F. Moore |
| Mr & Mrs Sanford Friedson | Mr & Mrs Jeff Perry |
| Mr & Mrs William Gordon | Mr & Mrs Gustavo Pla |
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In Memorium

Donations were received in memory of Sanford and Anne Wieder and in honor of Mitchell Friedson. ❖

Planned Giving

Planned giving is a way to include Connections: Health•Wellness•Advocacy in your overall estate and financial plan. Depending on your giving strategy, there could be immediate or future tax benefits for you.

Planned giving options

- gifts of cash
- wills and bequests
- charitable remainder trust
- life insurance policy

Wills and bequests

Bequests can be made in a new will, or an existing will can be easily amended to include a bequest to Connections. An unrestricted bequest is one that allows Connections to direct your gift where it will have the greatest impact. A restricted bequest allows you to designate what you would like the gift to be used for.

For more information, please call 216.831.6466 ext. 241 or email iruch@connectionsleveland.org.

Note: Please note that Connections now accepts the “Discover” credit card.

Share Your Gift



You can help us provide a better life for those we serve with your gift. Your donation will help support Connections: Health•Wellness•Advocacy programs and continue to make our services available to all who need them. Simply complete the form below and mail to: Connections, Development Department, Attn: Ivette Ruch, 24200 Chagrin Blvd, Beachwood, OH 44122.

Please accept my tax deductible donation of: \$25 \$50 \$100 \$250 Other

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Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____

Please enter your method of payment:

Check (make payable to Connections: Health•Wellness•Advocacy)

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Account Number: _____ Exp. Date: _____

Signature: _____

This gift is a tribute in memory of: _____

In honor of: _____

Please send acknowledgment to:

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Thank you in advance for providing your email address for our records to save on postage.