



RED OAK
BEHAVIORAL HEALTH

Where the Acorn Grows

Winter 2021 Edition

**Connect.
Grow.
Thrive.**



In This Issue

A Note on Grit & Grace

It's OK to Not Be OK

Trauma-Informed Care

Evolutions in Care: Health & Wellness

Meet Our New Medical Staff

Where Love Grows Annual Gala

Client and Stakeholder Satisfaction

Measuring Success

Building Relationship: iC.A.R.E. Mentoring®

A Note on Grit & Grace

What a year we have been through together.

2020 was a year for the record books in so many ways. It was a year of discord, a year of isolation, and a year of significant unrest and upheaval. But it was also a year of innovation, resilience, and reexamining our priorities to focus on what matters most. 2020 was a year that reminded us that we can do hard things when we put our mind to it - and that regardless of who we are, where we're from, or what we know, we are all interconnected.

Nowhere has this been more true than at Red Oak. Revenues have been down, stress has been high, schools have been opened and closed, and we've all been running on a bit of an empty tank. Yet over and over again, our team has risen to the occasion to rebuild our framework in this "new normal". They innovated in their work, provided support and encouragement to one another, and doubled down in their commitment to the clients who count on us for care. They delivered 10,000 meals to homebound clients in our care, and led Google Classroom trainings for their clients and their peers. They facilitated therapy sessions in parks and through porch screen doors. They practiced coping skills using virtual cooking demos, and held masked sessions with kids and families on living room rugs. In the midst of 2020's collective trauma, they were the embodiment of resilience and grace.

As we round the corner into 2021, I hope that you find yourself a bit stronger and wiser. That you breathe a little bit deeper, hug those you love a little bit tighter, and feel a greater sense of purpose in this work than ever before. The road before us remains riddled with challenges and opportunities. Thank you for your partnership and for all you do to keep hope alive and make the world a better place. We are truly grateful for you!

-M

It's OK to Not Be OK!

As we continue to redefine our normal in the midst of a worldwide pandemic and navigate this collective trauma together, remember...**we are in this together!** If you or someone you know is struggling with anxiety, depression, or any other mental health concern, we are here to help. Call us at 330-996-4600 to schedule a visit.



Red Oak Behavioral Health's Vision: Behavioral Healthcare that meets you where you are.

Our Pursuit of Trauma-Informed Care Designation



Red Oak Behavioral Health continues to move forward on its path to achieve official trauma-informed care designation thanks to the work of the CIT (Core Implementation Team). The twelve members of the CIT (including two consumers and a broad cross section of Red Oak staff) meet twice a month and have established an agency-wide TIC vision statement:

*"At Red Oak it is safe to share your story.
We believe in you and join you
on your journey to heal and grow."*

The CIT continues to analyze and implement various trauma-informed approaches in all aspects of our work, including the addition of standardized trauma screens as part of our intake and assessment process. All Red Oak therapists were trained in Trauma-Focused CBT in 2020, and we will begin training all staff in Motivational Interviewing in 2021. Red Oak was also awarded funding to train an initial cohort of therapists in Dialectical Behavioral Therapy (a trauma-informed evidence-based practice) in 2021, and will expand this team in 2022.

For more information about Red Oak's Trauma-informed, resilience-oriented care journey, contact Ann Robson, Director of Clinical Services, at arobson@redoakbh.org.



Live less out
of **habit**
and more out
of **intent**.

Evolutions in Care: Our Health & Wellness Coordinators in Brecksville-Broadview Heights

Red Oak recently promoted two outstanding team members, Jordon Sampson and Dylana Gut, to serve as the Health & Wellness Coordinators for the Brecksville-Broadview Heights City School District.

Jordon and Dylana are implementing Zones of Regulation® and increasing awareness of mental health needs that exist in the school setting by providing training and education for teachers and support staff, ensuring mental health screening and data is readily available, and supporting healthy self-care strategies across the district.

To learn more about how the Brecksville-Broadview Heights City Schools are working to transform their social emotional learning model, or to bring services like these to your own school or district, contact Ann Robson at arobson@redoakbh.org.





The habit of giving
only enhances the
desire to give.

- Walt Whitman -



*Where
Love Grows*
An Annual Benefit
To Support
Red Oak Behavioral Health

Save the Date:

Thursday, March 18, 2021

Red Oak's Annual Benefit Goes Virtual!

If you'd like to sponsor or attend
our annual benefit please contact
Stacey Giammarco at
sgiammarco@redoakbh.org, or
330-284-8520

Red Oak's Barbara M. Vassel Center Welcomes Two New Psychiatrists



Dr. Gurkiran (Kiran) Gill joined the Red Oak team on November 11, 2020. She completed her child/adolescent fellowship at Akron Children's Hospital in 2015, and brings a wide range of experience in child, adolescent and adult psychiatric care across outpatient and residential settings.

Dr. Vashaun Williams joined the Red Oak team on January 13, 2021. With a doctorate from Morehouse School of Medicine, he is board certified in child, adolescent, and adult psychiatry. In addition to his work in behavioral health, he enjoys mentoring and coaching youth.



Dr. Gill and Dr. Williams join our two Nurse Practitioners (Sarah Wise, FNP and Kelly Fusco, PMHNP), providing exceptional psychiatric care that meets you where you are.

Psychiatrist Hours**:

Wednesday: 1:00 - 6:00 p.m. Dr. Gill

Wednesday: 8:00 a.m. to 5:00 p.m., Dr. Williams

Thursday: Noon to 5:00 p.m., Dr. Gill

Our psychiatric nurse practitioners are available
Monday through Friday during business hours
to offer either in-person or telehealth services

****both psychiatrists will be providing services via telehealth**

Red Oak Behavioral Health's Mission:
To change lives by partnering with the community
and those in need of behavioral health services.





**"Life doesn't get easier or more forgiving;
We get stronger and more resilient."**

-Steve Maraboli -

Measuring Success : The DLA-20

Tracking outcome measures in healthcare is critical, since those outcome measures reflect the impact of the service or intervention that someone receives. Red Oak Behavioral Health uses the DLA-20 as our primary outcomes measure in order to help us objectively assess the impact we are having on the clients that we serve.

The DLA-20 was developed by a team of clinicians from MTM Services and the National Council for Behavioral Health, and is a reliable and valid measure that is used nationwide. Administered by trained clinicians, the DLA-20 evaluates behaviors and functioning using a 7-point scale across 20 distinct daily living activities (i.e. problem solving, relationships, communication, time management, and safety). Not only does it provide a snapshot of a client's functioning at a specific point in time, it also provides a summary of a client's strengths and needs to help drive the treatment plan. At Red Oak, we complete the DLA-20 at assessment to get a baseline score, and then at designated times throughout the client's treatment to assess progress towards goals and improvements in daily functioning.

We include the client every step of the way, looking at progress together to determine where we are and we want to go next. Our goal with our is to discharge clients at a higher DLA-20 score than when they entered services.

For more information about how we measure success at Red Oak, contact Jennifer Puglia, Director of Continuous Quality Improvement, at jpuglia@redoakbh.org.



**"The goal is to
transform data
into information
and information
into insight."**

-carly fiorina-

At the end of each fiscal year, Red Oak distributes satisfaction surveys to our clients, families, and stakeholders and uses this data to help inform our practice moving forward. Below are some highlights from FY20.

School-Based Clients - 98% reported that they felt their Red Oak services are helpful, 83% indicated that they would encourage a friend who needed help to come to Red Oak, and 60% said they were satisfied with the telehealth services they received during the pandemic.

Parents - 91% reported feeling that Red Oak was helping their child to get better and 94% said they would recommend Red Oak services to someone in need of MH support.

Outpatient - 93% reported feeling they were getting better in Red Oak's care and 98% said they were driving their treatment plan goals

School staff - 88% reported Red Oak meets or exceeds their expectations, 90% said Red Oak staff were a key part of their school community, 90% indicated that our services were resulting in noted improvements for their students.

To learn more about our satisfaction surveys, please contact nziemnik@redoakbh.org





National Mentoring Month: iC.A.R.E. Mentoring® Community Update

According to the National Mentoring Partnership, mentoring at its core guarantees young people have someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. By preparing young people for college and careers, mentoring also helps develop the future workplace talent pipeline. Mentors can help prepare their mentees for professional careers and assist with their workplace skills. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity.

Yet one in three young people will grow up without this critical asset and youth with disabilities tend to have even fewer mentoring opportunities.

To affirm the importance of mentoring, every president since 1990 has proclaimed January to be **National Mentoring Month**. This January, we are counting on you to bring awareness to the need and help us recruit new mentors for the iC.A.R.E. Mentoring® program in Norton City Schools and Tallmadge City Schools. 50 mentors (25 in Norton and 25 in Tallmadge) will be needed to ensure that recommended children are matched with a caring adult mentor they can count on and build a positive, purposeful, and powerful relationship with.

School-based mentoring programs like iC.A.R.E. help young people develop the skills they need to pursue promising and productive futures. By teaming up with Red Oak Behavioral Health to recruit mentors, you are making an investment in the local workforce, helping to build a better, more prosperous community for all.

Maybe this call is for you, someone you know, or the company you work for. We need your help to accomplish our goal. All mentoring takes place over a virtual platform, so it is safe, secure, and effective in engagement. Our staff will train and support you throughout your mentoring experience to ensure you and your mentee get off to a great start and continue to build an impactful relationship throughout the years.

Please consider signing up or referring an interested party to mentor with us. If you are interested in the Norton iC.A.R.E. Project, contact us at: 330-815-6802 or mentor@redoakbh.org. If you are interested in the Tallmadge iC.A.R.E. Project, contact us at: 330-815-2403 or mentor@redoakbh.org.



Red Oak Behavioral Health
611 W. Market Street
Akron, Ohio 44303
330.996.4600
www.redoakbh.org