

BAYSHORE COUNSELING SERVICES ANNUAL REPORT FISCAL YEAR 19

ACCOMPLISHMENTS

- Maintained a continuum of care in both Erie and Ottawa County jail and were part of the 21 Century Cures grant for persons struggling with Opiate addiction.
- Started a Family and Friend Support group which is free and open to any community member.
- Paid off the Sandusky office building (August).
- Increased requests for prevention services in the schools.
- Additional requests for EMDR (Eye Movement Desensitization Reprocessing) for use in individual services.
- Staff training for Problem Gambling.

CHALLENGES

- New Drug and alcohol providers in the community.
- New Prevention dollars provided to schools from the Mental Health and Recovery Board.

WHO HAVE WE SERVED

- Mental Health Adults: 834 Requests, 640 seen
- Mental Health Youth: 310 Requests, 256 seen
- Alcohol/Drug Adults: 1218 Requests, 943 seen
- Alcohol/Drug Youth: 19 Requests, 15 seen
- Prevention: We saw 4365 persons in school based prevention and in our Parenting groups

Top diagnoses for persons seeking Mental Health and Alcohol/Drug services:

Adjustment Disorders, Post-Traumatic Stress Disorder, Major Depression, Opioid Dependence, Alcohol Dependence, Cocaine, and Marijuana Dependence.

COMMENTS ABOUT BAYSHORE

“I am happy that I came here”

“I like group and I really like my therapist, group challenges me, encourages me, and helps me better recognize things within myself”

“Good info. Enjoy group, enjoy the people in my group”

Bayshore Counseling Services

Annual Report for FY16

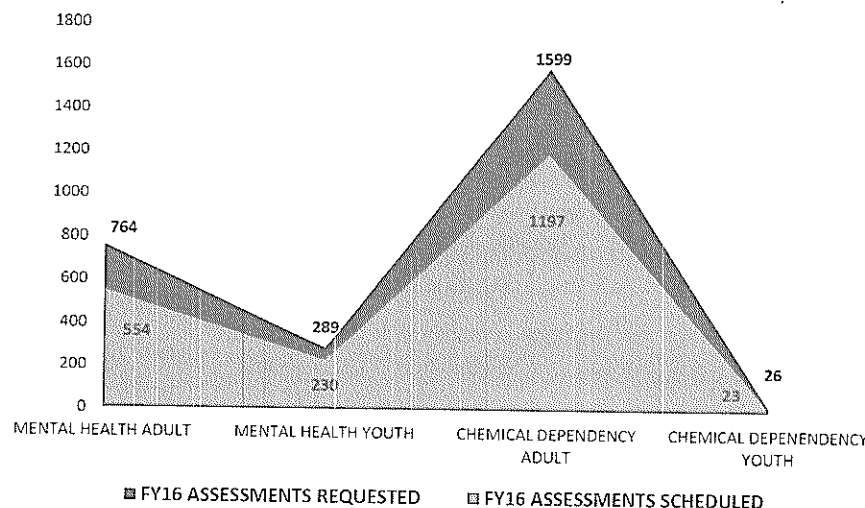
Encouraging Healthy Lifestyles

ACCOMPLISHMENTS

- Bayshore wrote and received a grant from the Ohio Mental Health and Addiction Services for Early Childhood Mental Health. With this grant, we now have two prevention staff members in two schools in Erie and Ottawa Counties.
- Bayshore received United Way funds for a Wellness Initiative Program. This group began in January 2016 and encourages the integration of physical and mental health well-being.
- Bayshore is offering services in the Erie and Ottawa County jails five days per week. Clinical staff provides assessments, group, and individual counseling.
- Bayshore has expanded the groups already offered in our outpatient office, including a dual diagnosis group and a family support group.
- Bayshore hired two peer support persons who are part of the Addiction department.

WHO WE SERVED THIS YEAR

FY16 ASSESSMENTS



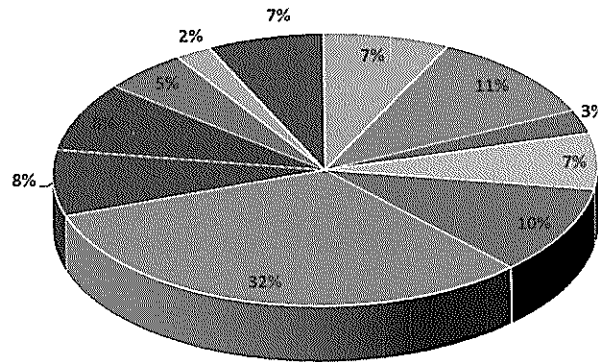
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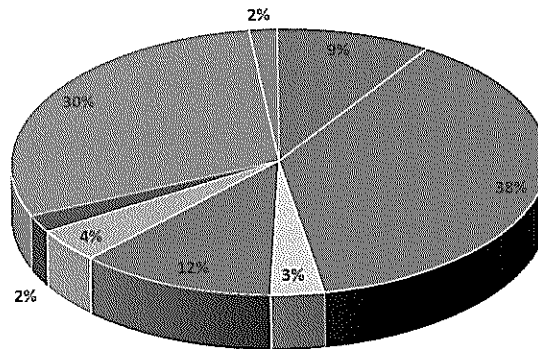
WHO WE SERVED THIS YEAR *continued*

FY16 GROUP SERVICES



- ▣ ADAPT
- ▣ AFTERNOON REC
- ▣ ANGER MGT
- ▣ CONTINUING CARE
- ▣ DUAL DIAGNOSIS
- ▣ DAILY RECOVERY
- ▣ EVENING OUTPT
- ▣ MENS
- ▣ T4C-MEN
- ▣ T4C-WOMEN
- ▣ WOMENS

FY16 PREVENTION SERVICES



- ▣ ERIE/OTTAWA COMMUNITY
- ▣ POWER PROGRAM
- ▣ PARENTING
- ▣ RTTT/WCM
- ▣ JUVENILE JUSTICE
- ▣ STACKED DECK
- ▣ DINA
- ▣ SOG/STAR

STORIES AND TESTIMONIALS

Bayshore Counseling has helped me with my sobriety because I can come to outpatient groups and still work and provide for my children. I have come a long way.

Vivitrol has been a life saver for me and the programs have been a huge help.

I found Bayshore Counseling to be a relaxed environment where I feel comfortable enough to open up and talk about my issues and struggles.

Bayshore has helped me physically and mentally in my road to recovery.

Many Thanks

We would like to thank the many individuals and families that we have served. We appreciate your trust and feedback! Thanks to our many stakeholders and referrals for their faith and belief in us. Lastly, many thanks to the hardworking staff and Board of Directors of Bayshore Counseling Services who have made our programs and services successful over the past year!