

# **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"**