



Experts Since 1923

**Central Clinic**  
Behavioral Health



## Letter from Chair of the Board and CEO

In 1923, Central Clinic Behavioral Health (CCBH) was awarded a \$30,000 grant from the Community Chest, now known as United Way. This investment launched the first mental health nonprofit serving both children and adults in the State of Ohio – our organization.

For those of you familiar with Cincinnati and its healthcare community, you will recognize the name of Dr. Emerson A. North. In 1956, the Cincinnati Sanitarium (originally established in 1873) was renamed for Emerson Arthur North, MD because he was a pioneer in clinical psychiatry at the University of Cincinnati. Dr. North was hired as the first director of CCBH, then called Central Psychiatric Clinic, and he led the agency through the initial stages of growth while holding a position as professor of psychiatry at the University of Cincinnati College of Medicine.

Gradually, Central Clinic Behavioral Health grew and five divisions were developed to meet the needs of the diverse patients/clients who wanted to improve their lives through behavioral health services. Programming continues to be developed and expanded to meet the behavioral health (mental health and substance use) needs of the community.

Most recently, the Child & Family Treatment Center increased the number of Latino families served in our community and schools. In addition, CCBH was the first behavioral health organization to provide collaborative services in support of LGBTQ+ adults. Services continue to be provided, both face-to-face and via Telehealth, depending on the needs and preferences of the children, families, and adults we serve.

Our story does not end here. After 55 years of service to the behavioral health community, award-winning President & CEO, Dr. Walter S. Smitson announced his retirement. Succeeding Dr. Smitson is Kimberly Mages, PhD, LPCC-S, who began her role on January 2, 2024. No doubt you have heard and read about this transition in local publications and online.

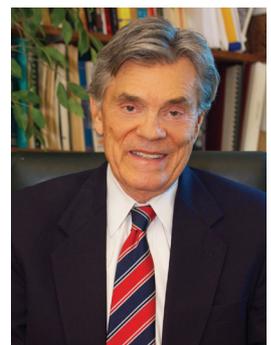
This annual report underscores our strength as a behavioral health agency. A total of 15,877 people were served in eleven locations within four counties last year. You will read more about new programming and how innovation continues to drive our critical work in the community.

All of us continue to be amazed at our donors, referral sources, community partners, personnel, and patients/clients. Everyone has always come together – in good times and bad – over the past 100 years.

Thank you for everything you have done, are doing, and will do in the next 100 years. We are grateful.



**Our Mission** To provide choices and options through a compassionate approach to behavioral health services that results in lasting recovery and resiliency for children, families, and adults.



*Walter S. Smitson*  
**Walter S. Smitson, PhD**  
President & CEO (Ret)



*Michael Chaney*  
**Michael Chaney**  
Chair of the Board



*Kimberly Mages*  
**Kimberly Mages, PhD,**  
LPCC-S  
President & CEO





## CDC Behavioral Health Services

### One Child's Story And Our Support Of The Latino Community

Our commitment to address the mental health needs of Spanish-speaking clients goes beyond linguistic considerations. Not only do we ensure that our services are available in their native language, but when we can access grant funding to cover these costs, we also strive to make them accessible at no cost for those without insurance. Consider the story of "Andrea," a 13-year-old teen from Guatemala, who embarked on a new chapter in the United States with her family three years ago.

Andrea's formative years in Guatemala were overshadowed by frequent news of street violence – reports of kidnappings and violence served as a disconcerting backdrop to her childhood. From an early age, Andrea exhibited heightened sensitivity, often seeking solace and comfort. Her paternal grandmother was a pivotal figure for her and provided the soothing presence and support that Andrea craved. The profound bond between Andrea and her grandmother was a source of joy and Andrea cherished the days she spent in her grandmother's care.

However, Andrea's life took an unforeseen turn when her parents decided to seek refuge in the United States. This decision meant bidding farewell to her grandmother, an emotional separation that proved to be permanent as a few months after their relocation, Andrea received news of her grandmother's passing. This intensified the emotional challenges confronting Andrea as she grappled with the difficulties of adapting to a new country. The language barrier posed a significant hurdle as she arrived without proficiency in English, and school life brought its own set of challenges, including bullying and difficulties in forming connections with peers. Nightmares became a regular occurrence and anxiety gradually gave way to a persistent depression.

Approximately a year ago, Andrea was referred to CDC Behavioral Health Services, where vital assistance was provided to her and her family. Due to the dedicated efforts of our Spanish-speaking team and the successful acquisition of grant funding, Andrea has been able to access mental health services. This comprehensive approach included therapy and medication services, all delivered in her native Spanish, alleviating a financial burden for her family. Andrea's journey shows the transformative impact of mental health interventions, particularly when tailored to linguistic and cultural nuances. The commitment of CDC Behavioral Health to inclusivity and accessibility stands as a beacon of hope for individuals like Andrea and their families, offering them a path towards healing and resilience in the face of adversity.

### A Safe Space Means Everything To Children

The Family Healing Center in Butler County created a safe and secure outdoor space for families to enjoy during their visit. When weather permits, the children love to run freely, play a variety of outside games, draw with chalk, play basketball, and/or have fun with water balloons with their parents. Families “soak up the sun” and experience nature, which leads to improved moods and positive interactions. This safe outdoor space is available year-round to all families in the program as involved parents work towards family reunification.

## Child & Family Treatment Center

### An Innovative Approach To Integrative Mental Health Services

Last year, the Child & Family Treatment Center received funding from the Daniel and Susan Pfau Foundation of the Greater Cincinnati Foundation to connect more children to integrative mental health services. Their investment in children came at a perfect time. Our Connections for Life program was able to provide a multi-modal approach to serve disadvantaged young children who not only have a developmental delay or disability, but also have been exposed to chronic developmental trauma. Staff was able to provide needed mental health counseling, speech therapy, and occupational therapy to children and their caregivers at the same time. This dynamic therapeutic approach helps reduce time, transportation, and cost barriers for the families we serve.

### Our Outcomes For This Program Include:

- 86% of caregivers showed an increase in their ability to support their child's development
- 78% of children served demonstrated progress in social emotional development
- 77% of the children served improved healthy behaviors

The Child & Family Treatment Center served 1,802 children and their families last year and are excited to serve more in the future.



## Adult Services

### **Innovation Lifts Up The LGBTQ+ Community**

Last year was a time of growth and innovation for the Adult Services division as we served over 1,379 individuals. One impactful program was expanded – LGBTQ+ (lesbian, gay, bisexual, transgender, and queer) to meet the needs of individuals in the community. Two-hundred and fourteen (214) adults received support through the LGBTQ+ Center.

Clinicians received training in LGBTQ+ affirming care several times a year, which greatly benefited not only personnel, but also the people enrolled in this program. In addition, program staff attended two national conferences to expand their knowledge and therapeutic skills, which were shared with the rest of the Adult Services staff. Through this education, staff designed a monthly LGBTQ+ study group covering clinical issues and therapeutic approaches in psychotherapy. Aligned with innovation and strategic goals, the clinical staff created a series of meaningful and socially-oriented workshops for the Cincinnati area LGBTQ+ community at no cost to them. The workshops fueled social connections as participants engaged activities in PRIDE celebration, sewing, make-up application, knitting, crocheting, and more.

## Central Connection

### **Strategic Partnership Leads To Improved Results**

To reduce barriers, as well as to recognize how individuals in our community experience simultaneous mental health and substance use concerns, Mental Health Access Point (MHAP) evolved to be a larger resource in our community and was rebranded “Central Connection.” After 26 years of providing “front door” services for mental health, a strategic partnership was formed with the Hamilton County Mental Health & Recovery Services Board, designed to offer substance use and mental health services to Hamilton County residents through Central Connection.

Staff will continue to support Hamilton County residents 24/7/365 through the hotline (513.558.8888), provide transitional case management, psychiatry, and connection to housing, as well as a stepping stone for people to get connected to resources and other services. We have been working hard to develop our network of support for both mental health and substance use, and we look forward to continuing our expansion of comprehensive behavioral health services in the upcoming year.

## Court Clinic

### **Southern Ohio Forensic Evaluation Services (Sofes) Enters Into An Innovative Collaboration To Change The Lives Of Hundreds Of Offenders With Mental Illness**

What began as a directive from Ohio Senate Bill 2 (SB 2) in August of 2021 resulted in a collaborative approach to benefit offenders in the judicial system. SB 2 dictated that persons convicted of a non-violent misdemeanor were not to be admitted to state hospitals for competency restoration, but instead, could be referred to local hospitals or community entities for treatment. This change in law truly benefits adults in greater Cincinnati. The passing of this legislation was the impetus for a strategic and innovative collaboration where SOFES\* and Pretrial Services developed the Prosecutorial Review process in collaboration with Hamilton County Municipal Mental Health Court Judges, Prosecutor’s Office, Public Defender’s Office, and Probate Court.

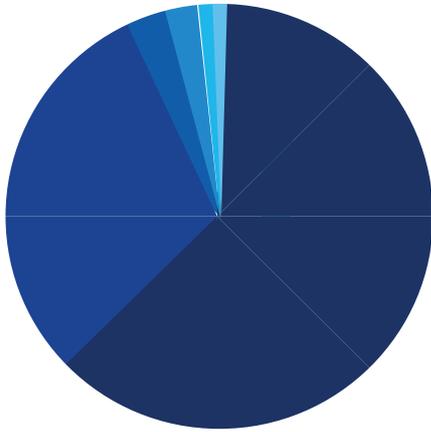
The Prosecutorial Review identifies individuals with a chronic arrest history for non-violent offenses such as trespassing, who have also had multiple competency evaluations that indicate the individual is incompetent to stand trial but unrestorable due to time limits set by law. This Prosecutorial Review process allows an alternate route for an individual to decrease time spent incarcerated by dismissing the criminal charge and referring them to Probate Court to be considered for inpatient hospitalization.

Since the program began, there have been over a hundred cases diverted because of SB 2 and our collaborative partners. This has significantly decreased the number of days an offender with mental illness is jailed and increases the ability to connect them to mental health services. This Hamilton County program has been recognized by the Ohio Department of Mental Health & Addiction Services as very impactful; other Ohio counties are looking to create similar programs statewide.

\* Southern Ohio Forensic Evaluation Services (SOFES), formerly known as Court Clinic Forensic Services

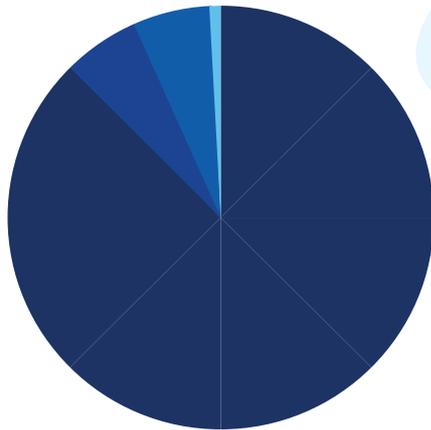
# 2022-2023 FINANCIAL OVERVIEW

July 2022 - June 2023



## REVENUE

**Government Grants: \$13,633,395 (62.4%)**  
**Medicaid \$6,763,871 (30.9%)**  
**Community Support: Grants and Contributions: \$600,399 (2.7%)**  
**Interest and Dividends: \$512,197 (2.3%)**  
**Other: Rent and Patient Fees: \$249,455 (1.1%)**  
**United Way: \$100,000 (.5%)**  
**Total: \$21,859,317 (100%)**



## EXPENSES

**Wages, Benefits, Contracted Svcs & Prof Fees: \$18,914,393 (87.2%)**  
**Supplies, Printing, Postage, Telephone, Travel, etc.: \$1,316,862 (6.1%)**  
**Rent, Repairs/Maint., Insurance: \$1,162,609 (5.4%)**  
**Depreciation: \$288,500 (1.3%)**  
**Total: \$21,682,364 (100%)**



## Measurements of Impact:

- 97% of clients report that they are satisfied with staff at Central Clinic Behavioral Health helping them to improve their life.
- 100% of clients are satisfied with Central Clinic Behavioral Health staff's respect of their race, ethnicity, religion, and/or sexual orientation and/or gender identity.
- Court Clinic Recovery Services aim to provide clients the skills necessary to cope with stressors in an effective manner. Ninety-nine percent (99%) of last year's clients secured stable housing and 75% of people secured/maintained employment or were referred to employment services.
- 97% of children/youth served in the Child & Family Treatment Center who have experienced trauma improved their health behaviors by developing positive coping skills.
- In the Adult Services division, after 12 months of treatment, 51% of clients achieved significant improvement in their overall functioning.
- Patients/clients served by CDC Behavioral Health Services significantly improved their overall functioning by 53% over a 12-month period.
- 1,692 accessed Central Connection for a standardized entry to care.

Time changes everything  
and we have a story to tell.

What began in 1923 has evolved over  
the past 100 years into an award-winning  
behavioral health services organization  
serving nearly 16,000 people per year –  
Central Clinic Behavioral Health.



NON PROFIT  
US POSTAGE  
**PAID**  
CINCINNATI, OH  
PERMIT NO. 6156



## Focus on Philanthropy

**Central Clinic Behavioral Health relies on the generosity of the greater Cincinnati community for financial support.**

Contributions received support programs and the thousands of adults, children, and families served. All donors are important to us. Due to limited space, we will salute the following foundations who invested in our mission from 7/1/2022 – 6/30/2023:

Greater Cincinnati Foundation: Daniel & Susan Pfau Foundation  
Interact for Health  
PNC Charitable Trust: Robert Reakirt Trust  
PNC Charitable Trust: Jack J. Smith Trust  
State of Ohio Department of Mental Health and Addiction Services  
United Way: Huenefeld Trust

**We are grateful to our long-term funding partners as well:**

Butler County Job and Family Services  
Clermont County Job and Family Services  
Hamilton County Job and Family Services  
Hamilton County Mental Health and Recovery Services Board  
Ohio Department of Mental Health and Addiction Services  
United Way of Greater Cincinnati.



## Community Ads and Billboards

Thank you to the Ohio Department of Mental Health & Addiction Services for awarding funds to help us reduce mental health stigma. Their generosity funded radio ads and billboards.