

# RECOVERY STARTS HERE



**“Life for recovered mentally ill persons must be viewed as an adventure and a challenge. We need to work together on how we are going to go about changing the world. We can do it.”**

**- Dr. Fred Frese**



# TABLE OF CONTENTS

---

**02**

**Executive Summary**

**03**

**Overview**

**05**

**The Frese Center**

**08**

**Additional Information**



# EXECUTIVE SUMMARY

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The Frese Residential Step-Down Center (The Frese Center) is a 16-bed residential step-down center situated next to the grounds of Northcoast Behavioral Healthcare, which is adjacent to the Cuyahoga Valley National Park. This facility serves as transitional housing for individuals departing from inpatient psychiatric hospitalization with an average stay of 60-90 days.

The Frese Residential Step-Down Center is designed to provide a comprehensive array of clinical and supportive services aimed at facilitating a smooth transition back into the community. The project, made possible through a strategic partnership between the County of Summit ADM Board and the State of Ohio, addresses the need for additional mental health resources for inpatient clients as they transition from the hospital back to the community.

With a population of over 535,000 residents, Summit County ranks as the 4th largest county in Ohio, and it has experienced decreased inpatient psychiatric hospital bed capacity over the last 2 years. The Frese Residential Step-Down Center will help support more residents and fill some of the current gaps.



**ADM BOARD**  
**COUNTY OF SUMMIT**



# OVERVIEW



The County of Summit Alcohol, Drug Addiction, and Mental Health Services (ADM) Board is a governmental entity responsible for planning, funding, monitoring, and evaluating services for residents of Summit County in Ohio. The ADM Board assesses community needs and develops comprehensive plans to address mental health and substance use disorders and allocates funds to various service providers who specialize in mental health and substance abuse services.

The ADM Board also monitors and evaluates services to ensure that they meet established standards and are effective in addressing community needs. The County of Summit ADM Board plays a critical role in improving the quality of life for Summit County residents by ensuring that they have access to mental health and addiction services. Its efforts contribute to reducing the stigma associated with mental illness and addiction, promoting recovery, and enhancing the overall well-being of the local community.

Named in honor of Dr. Fred Frese, an internationally renowned advocate for individuals with severe mental illness, the Frese Center embodies his legacy of resilience and hope. The Frese Center will act as a critical resource in Summit County's mental health landscape. By addressing the holistic needs of its residents, the Frese Center aims to foster recovery, independence, and community reintegration. In sharing Dr. Frese's legacy, the center was designed to be a sanctuary of hope and healing where individuals find refuge, support, and the promise of a better future.

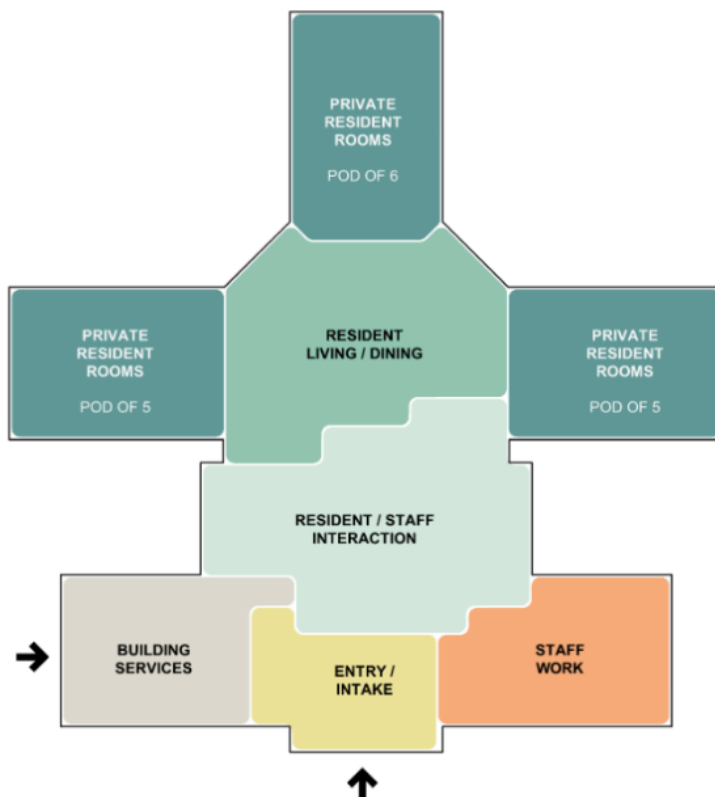


# OVERVIEW (CONTINUED)

The Frese Center will offer a comprehensive suite of services, including

- Clinical Assistance
- Medical Resources
- Case Management
- Daily Living Skills
- Arts
- Physical Wellness
- Employment
- Housing
- Peer Support Resources

Basic Layout of Frese Center



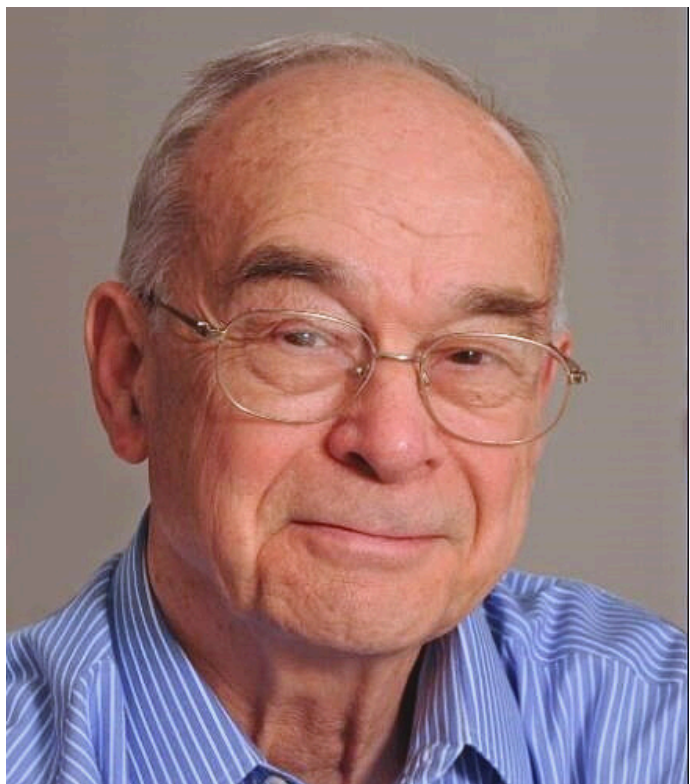


# THE FRESE RESIDENTIAL STEP-DOWN CENTER

Beginning with his diagnosis in 1968, Dr. Frese's personal journey with schizophrenia shaped his understanding of the challenges faced by those living with mental health conditions. Despite enduring 10 involuntary institutionalizations over the course of a decade, Dr. Frese persevered, emerging as a beacon of hope and resilience for others who struggled.

In 1980, Dr. Frese achieved a milestone in his career when he was appointed as the Director of Psychology at Ohio's largest psychiatric hospital—a position that underscored his professional competence and unwavering dedication to the field. However, what set Dr. Frese apart was not just his professional achievements but also his courage to publicly disclose his own diagnosis of schizophrenia. In sharing his story, he shattered stigma and misconceptions surrounding mental illness, paving the way for greater understanding and acceptance. As a pioneering figure in the advocacy realm, Dr. Frese tirelessly fought for the rights of individuals with serious mental illness, championing initiatives aimed at promoting inclusion, access to quality care, and societal acceptance.

It is a true honor for the County of Summit ADM Board to add Dr. Frese's name to this critical community resource, and it is in the spirit of his legacy that this center aims to help our residents.



**Dr. Fred Frese (1940-2018), esteemed psychologist and fierce advocate for individuals grappling with mental illness.**



# THE FRESE CENTER (CONTINUED)

Exterior Rendering  
(Front Yard)



- Covered entry
- Staff entry
- Parking
- Basketball court

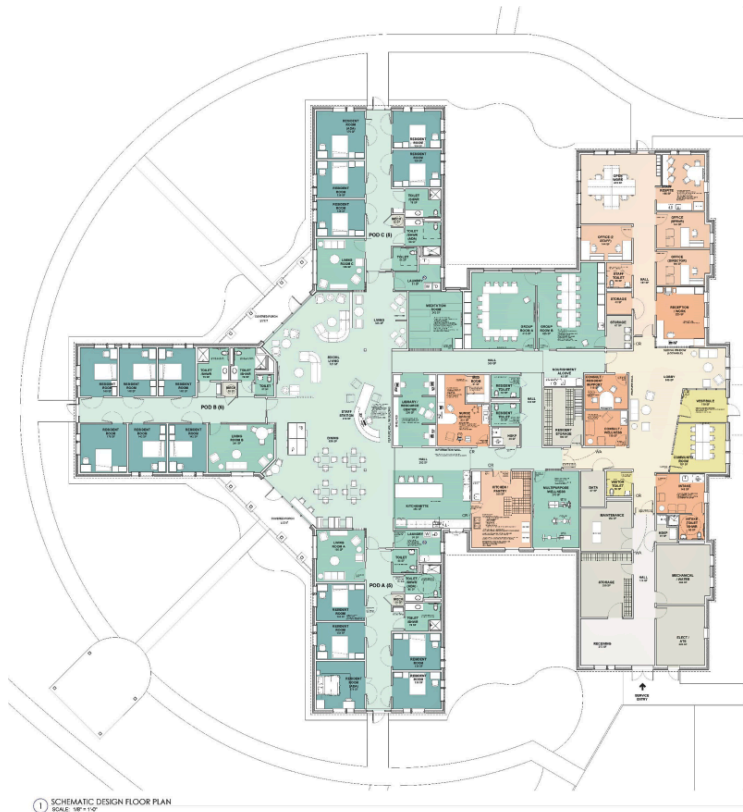
Exterior Rendering  
(Back Yard)



- Pavilion
- Courtyard
- Raised planters
- Walking path



# THE FRESE CENTER (CONTINUED)

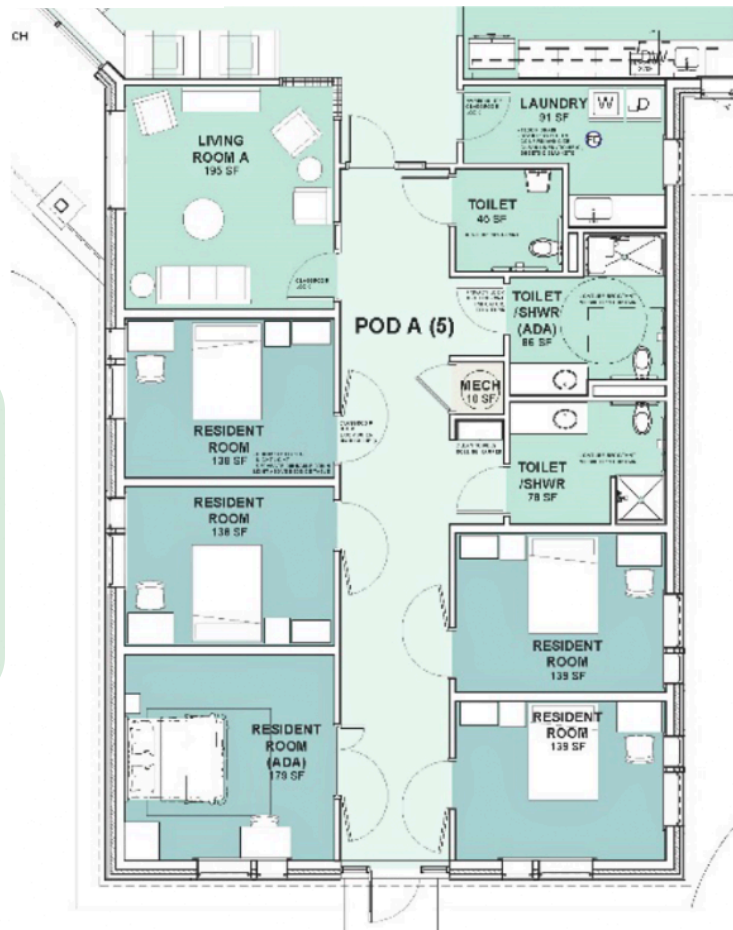


## Floor Plan

- 16-bed residential facility (5-6 rooms per pod)
- Includes spaces to promote physical & mental wellness, peer support, and skill building
- Central living & dining

## Patient Wing (Pod A)

- 5-6 room pods
- 3 toilet rooms (2 with showers)
- Separated living room





# ADDITIONAL INFORMATION

For anyone who would like additional information regarding the Frese Residential Step-Down Center or who may need mental health and/or substance use disorder resources or support, contact the County of Summit ADM Board at the following:

- Call [330-762-3500](tel:330-762-3500)
- Email [adm@admboard.org](mailto:adm@admboard.org)
- Visit [admboard.org](http://admboard.org)

Recovery is possible, and it starts here.

## Additional Resources

- **988 Suicide and Crisis Lifeline: 9-8-8**
- **Crisis Text Line: Text 4HOPE to 741741**
- **Mental Health Crisis: 330-434-9144**
- **Akron Children's Hospital Psychiatric Intake Response Center:  
330-543-7472 or 866-443-7472**
- **Addiction Helpline: 330-940-1133**



**Join the ADM Board and our partners  
in our**

