

PAUL KOMAREK

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PROFILE

Paul Komarek is a consultant, author, and educator. His work is focused on the social aspects of “biopsychosocial” problems like addiction, mental illness, violence, and suicide. He has four decades of experience working with public systems, treatment systems, businesses, educational institutions, faith-based programs, government agencies, and community groups. He has developed and led training programs for adult learners throughout his career.

EDUCATION

J.D. cum laude, Chase College of Law, Northern Kentucky University. Ranked second in graduating class. (May 1986)

B.S. Interdisciplinary Studies in East Asia, with Honors in International Studies, American University School of International Service. Fletcher Scholar Award. (May 1977)

Extensive continuing education, including X-LAB (Xavier University’s Entrepreneurship Laboratory); Civic Engagement Intensive Workshops with Peter Block; CoreChange Appreciative Inquiry Summit with Peter Senge and David Cooperrider; Restorative Circle Process with Dominic Barter; Innovation Engineering with Doug Hall; GrassRoots Leadership Academy; Beech Acres Mediation Training; FBI Citizens Academy; Collaborative Law Institute; Criminal Justice/Mental Health Institute. Many other continuing education conferences and workshops.

EMPLOYMENT

SELF-EMPLOYED 1995 – PRESENT

HUMAN INTERVENTION LLC
CONSULTING AND COMMUNICATIONS
4335 Pitts Ave. Cincinnati OH 45223

Full-time consulting practice. Mission is “to take on tough problems and help people make progress in their lives.” Major practice areas include Program Startups and Support; Community Engagement and Policy Advocacy; and Writing and Editorial.

PROGRAM STARTUPS AND SUPPORT

Work with organization founders, administrators, funders, regulatory authorities, accrediting organizations, and clinicians. Support client efforts to design, start, accredit, and sustain small businesses and social service programs in highly regulated settings (mental health, substance abuse treatment, early childhood education, foster care). Coordinate agency accreditation, licensure, quality improvement and compliance efforts. Write standard operating procedures for all aspects of operations, including client records, client rights, grievance procedures, program quality improvement, and technology. Design and monitor quality improvement systems. Report program outcomes to funders and other stakeholders. Develop and implement training programs for staff. Produce communication products (e.g. websites, videos, grant proposals, white papers).

Major projects of this type:

- **My Brother's Keeper.** Supported successful CARF accreditation effort for foster care group home, now certified as a Qualified Residential Treatment Program serving multisystem youth (mental health, developmental disabilities, criminal justice, foster care). Ongoing quality improvement work. July 2020 – present.
- **Neighborhood Allies.** Supported leadership of nonprofit case management agency startup seeking state certification. Reviewed project status, contacted state officials, assisted agency leadership with strategy for managing certification process issues arising during COVID emergency. The agency has now obtained full certification and Medicaid credentialing. Introduced agency leadership to local Mental Health and Recovery Services Board officials. Connected organization with local food pantry, where the organization now meets local residents weekly and provides a systems navigation and support resource. April 2020 – present.
- **Friends of the African Union.** Support leadership of community organization focused on creating opportunities for African American communities and small businesses. Assist with policy initiatives around the Community Reinvestment Act, including coalition building to develop community benefit agreements. Support effort to engage with United Nations forums on persons of African descent, indigenous persons, and persons with disabilities. April 2016 – present.
- **CASH Community Development.** Support leadership of Tribal nonprofit organization serving Native communities across the United States. Support development of business opportunities, enroll organization in federal business database systems. April 2016 – present.
- **MAT Support Community.** Produced corporate formation documents and developed program design documentation for community nonprofit startup offering support groups for people using Medication Assisted Treatment for opiate use disorder. February 2019 – August 2019.
- **Poetry for Personal Power.** Worked with consumer-operated mental health nonprofit to develop communication products that better demonstrated the value of the organization's approach to mental health recovery support. Co-wrote grant proposals to secure SAMHSA consumer support network grant awards for Kansas and Missouri and a major Patient Centered Outcomes Research Initiative (PCORI) grant award. Co-developed *HealthFuturism*, a conference focused on business building for people with mental health

concerns, which took place in Kansas City in 2017 and 2018. Wrote white paper “Realms of Peer Support” for SAMHSA Bringing Recovery Supports to Scale (BRSS-TACS) project. Met with Colorado Healthcare Foundation field team to support funding requests. Wrote white papers for Kansas mental health advocacy coalition. April 2012 – November 2018.

- **Cincinnati Preschool Academy.** Supported successful state licensing process for nonprofit childcare center located in a charter school. Developed policy manual and parent handbook. Ongoing consultation. October 2010 – June 2013.
- **HOPE4CHANGE.** Program design, program manual development, consultation and training for for-profit program serving high-risk multisystem adults (developmental disabilities, substance use, mental health, criminal justice). Developed and implemented a continuous violence de-escalation approach that significantly reduced violent incidents among a population with significant trauma exposure and long histories of difficulties in residential placements. May 2011 – January 2017.
- **Envision Learning Center.** Fundraising, program design, website design, and grant proposal writing for nonprofit Supplemental Education Services provider serving low-income students in urban and suburban schools. February 2011 – March 2016.
- **MBHS Inc.** Secure state certification for for-profit mental health and substance use treatment organization with youth mentoring program. Supported successful CARF accreditation efforts (initial and renewal). Ongoing consultation. June 2003 – December 2007.
- **YMCA Childcare Network.** Provide independent consultation to the YMCA of Greater Cincinnati Child Development Services branch which serves 400 children in eight award winning locations in Cincinnati’s inner city. Review current practices of child assessment and related work for 21 early education classrooms. Identify systems that work, and develop solutions for systems requiring improvement. Developed data-collection model to support reporting of United Way outcomes. April 2005 – April 2010.
- **Recovery Resource Center Inc.** Secure state certification for nonprofit substance use treatment program and community hub for Women for Sobriety, LifeRing Secular Recovery, and Rational Recovery programming. Write business plan. January 2004 – August 2005. Served as the agency’s Executive Director, January 2008 – September 2008.
- **Winton Place Youth Center.** Program design, fundraising, and grant proposal writing for nonprofit urban neighborhood afterschool program serving children ages 6 to 18. Secured ongoing City of Cincinnati Human Services funding. January 2004 – June 2008.
- **New Directions Treatment Services.** Support successful state certification process for for-profit substance use treatment program. January 2005 – October 2005 (dates approximate).
- **Joseph House for Homeless Veterans.** Support successful state certification effort for nonprofit substance use treatment program. Assist with VA grant proposal writing. Ongoing consultation. January 2001 – June 2003 (dates approximate).

COMMUNITY ENGAGEMENT AND POLICY ADVOCACY

Collaborate with advocates, service system users, experts, and other allies to intervene in service systems and generate transformative change. Design and implement community engagement strategies for multi-sector collaborative efforts. Research best practices, design program models, and author business plans that incorporate best practices and are sustainable. Produce communications products (print, electronic, video etc.) to support project goals. Design websites incorporating social media, video, e-commerce, text messaging and database-driven features. Produce public events. Secure venues and permits. Develop publicity. Manage teams of volunteers, organize media outreach, manage talent, ensure safety and security.

Major projects of this type:

- **Anti-Overdose Community Engagement and Advocacy, Northern Kentucky.** Work alongside Dr. Jeremy Engel, a family physician in Northern Kentucky, and with community advocates, to generate solutions to the region's ongoing drug overdose epidemic. Participated on Heroin Impact Response Team. Researched best practice solutions. Supported the development of advocacy groups. Developed advocacy platforms, position papers, and messaging around naloxone distribution, harm reduction strategies, sober housing, and community recovery supports. Visited treatment programs to analyze clinical processes. Developed templates around necessary community infrastructure to ensure individuals have a path to recovery. Wrote a book, *SHARP Stop Heroin and Rescue People*, as an advocacy tool to influence and inform policy makers and community leaders. Developed demonstration project templates, white papers, and websites. Presented at community events, at statewide peer support conferences in Kentucky and Missouri, and at the 2017 Midwest Conference on Hospitals and Healthcare Systems. Developed 12-hour basic training for Kentucky targeted case management service. This program prepares case managers to deliver person-centered, strength-based, and trauma-informed service to people enrolled in service systems. May 2013 to present.
- **Longest Walk 5.** Worked with Dennis Banks, founder of the American Indian Movement, and with his family and colleagues following his death. Developed fundraising strategy, white paper, case for support, website for three Walks Across America focused on domestic violence, drug use, suicide and other effects of trauma in Native communities and communities throughout the US. Organized community events. Produced two major public events (from permitting to day of event) at the Lincoln Memorial on the National Mall. Arranged meetings between Walk leadership and NAMI national Executive Director in 2016, and with behavioral health leadership at Indian Health Service in 2017. May 2015 to present.
- **My Neighbor's Place.** Work with persons served by faith-based nonprofit supported by a group of local churches that operates a food pantry, clothing closet, NA groups, and other community service programs. Provide practical system navigation and support (e.g. restoring electrical service, connecting people to COVID relief funds, applying for Social Security, SNAP, and Medicaid). Developed a pilot wraparound funding program covering urgent, emergent and ongoing financial needs of persons served (e.g. rent deposits, appliance repairs, bus passes, medication co-pays). Many of the persons served have existing relationships with behavioral health and primary care case management

agencies, yet have many practical issues that go unaddressed. Develop sustainable solutions to recurring problems, for example, linkages with local primary healthcare practices, and embedding grassroots-serving nonprofits that can mediate or expedite connection to resources and supports at the program site. Initiatives in development include seeking funding for a larger-scale demonstration project for community wraparound, and developing housing opportunities for low-income individuals using Community Reinvestment Act funds. June 2021 – present.

- **Kentucky Criminal Justice Forum.** Served on leadership team of project sponsored by a statewide coalition of community groups seeking to improve Kentucky’s criminal justice system. KCJF organized two live and two Zoom based events that brought together Kentucky legislators, people who work in prison and reentry programs, people who have experienced incarceration, and family members to discuss opportunities for reform. Developed agendas, identified potential participants, hosted breakout sessions. One practical outcome from these sessions: Kentucky prison officials have implemented a new policy of providing proper identification and facilitating health insurance enrollment at time of release. June 2018 to present.
- **CoreChange.** Worked with Dr. Victor Garcia of Cincinnati Children’s Hospital on community engagement project seeking solutions to violence in local communities. Organized community forums around community asset-building and solutions to violence. Researched strength-based methodologies (e.g. VIA Strengths Survey). Worked with system transformation experts Peter Senge, Adam Kahane, and Peter Block. 2012 – 2014.
- **Cincinnati Mediation Project.** Developed business plan for Ohio State Bar Foundation-funded effort to bring volunteer-delivered community-based mediation services to Hamilton County. Researched best practice solutions. Developed project publications and white papers. Worked with community groups, residents, law enforcement, government officials, church groups and local funders. April 2010 – February 2011.
- **NAMI Affiliates.** Developed the first websites for five NAMI local affiliates in Ohio and Pennsylvania. Produced some of the first online videos of NAMI information meetings. Supported fundraising walks and advocacy efforts. January 2000 – July 2008 (dates approximate).
- **NAMI Kentucky.** Implemented a mental health training curriculum for courts and jails as part of a state-funded initiative to reduce jail suicide. Piloted the curriculum in Lexington, KY, detention center. January 2002 to July 2002 (dates approximate).
- **NAMI Ohio.** Developed and authored Ohio’s first mental health training curriculum for courts and jails, “Working with People with Mental Illnesses in the Criminal Justice System: Training for Jail and Court Personnel,” and piloted the curriculum in courts and jails across the state. Presented the curriculum at NAMI National Convention and NAMI Kansas state convention. Wrote NAMI Ohio’s white paper on the Olmstead decision. Developed and authored NAMI Guardianship Initiative, a program to improve the lives of individuals with severe mental illness who have guardians or need guardianship. Wrote “You are Not Alone,” a guide for consumers and families affected by severe mental illness. February 2000 – November 2004 (dates approximate).

WRITING AND EDITORIAL

- **Grant proposal writing.** Developed winning competitive grant proposals funded by Health Foundation of Greater Cincinnati, City of Cincinnati, State of Ohio, US Department of Justice, Robert Wood Johnson Foundation, Greater Cincinnati Foundation, Council on Aging, Ohio Department of Mental Health, and other public and private funding sources. Developed and wrote winning proposal for Cincinnati State Workforce Development Center to deliver career development training in business, management, accounting and safe workplace practices for Cincinnati Water Works. 1995 – present.
- **Book publishing.** Editorial work, cover design, and formatting for books on schizophrenia by Milt Greek. Titles include *Schizophrenia, a Blueprint for Recovery*. (1st edition 2010, 2nd edition 2012). *Delusions, Meaning and Transformation* (2014). *Source for Sensitive People* (2018).

CINCINNATI STATE TECHNICAL AND COMMUNITY COLLEGE

January 2003 – May 2014 (dates approximate)

ADJUNCT INSTRUCTOR

Selected courses: Planning and Developing Proposals (Center for Innovative Technologies); Principles of Early Childhood Education, Parents and Families, Nutrition and Health, Exceptional Children, Observations (Humanities and Sciences). Developed Mental Health Crisis Response course proposal for Division of Health and Public Safety.

URBAN LEAGUE OF GREATER CINCINNATI

April 2009 – February 2010 (dates approximate)

GRANTS MANAGER

Develop, coordinate and deliver complex, collaborative, competitive grant proposals. Analyze current and emerging trends in funding for mission-related programs. Manage agency grant reporting. Develop agency procedures. Develop program budgets. Design and implement new agency web site, email marketing system, social networking strategies and related media products. Secured federal, state government, local government, and philanthropic funding for Community-Police Partnering Center, Small Business Development Center, workforce development programs, and youth service programs. Connected health initiatives leadership with key disability advocacy and mental health support organizations (NAMI, UMADOP).

CATHOLIC SOCIAL SERVICES OF SOUTHWESTERN OHIO

April 1996 – June 2001 (dates approximate)

PROGRAM DIRECTOR / RESOURCE DEVELOPER

Design and implement programs to support family caregivers and older adults. Manage outcomes. Develop funding for new programs. Communicate with funders. Support volunteers. Develop surveys, marketing plans and strategic plans. Plan and coordinate multi-agency conferences. Assist with agency's national accreditation process (Council on Accreditation). Assist with compliance and quality improvement processes. Design agency client service database application. Develop and deliver training programs for professional audiences,

volunteers and the general public. Obtain provider certifications and course approvals for continuing education units for nursing home administrators, social workers, nurses. Develop communications products in multiple formats: print, website, video.

PRACTICE OF LAW

November 1986 – May 1995

Practice included Social Security, Medicaid, bankruptcy, commercial litigation, employment discrimination, criminal defense, complex white collar fraud investigation and litigation. Supervise clerical employees and paraprofessional staff. Develop and deliver continuing education programs for legal professionals.

SOCIAL SECURITY ADMINISTRATION

January 1978 – November 1986.

CLAIMS REPRESENTATIVE – TRAINING INSTRUCTOR

Assist clients from all walks of life. Interview clients; adjudicate claims for retirement, disability, SSI, Black Lung and Holocaust Survivor benefits. Investigate financial fraud and program abuse cases. Conducted field investigations to support rights of persons with developmental disabilities being placed in community group homes. Speak to community groups. Deliver multi-week training classes for agency staff. Union leadership. Negotiated the first nationwide collective bargaining agreement for Social Security workers.

SELECTED PUBLICATIONS

SHARP Stop Heroin and Rescue People: A Workbook for Communities, 2nd Edition, Facing Fentanyl. Church Basement Press, 2022.

Realms of Peer Support: Ordinary People and the Future of Health (2016). SAMHSA BRSS-TACS.

SHARP Stop Heroin and Rescue People: A Workbook for Communities. Church Basement Press, 2014.

“Alcoholism: Effects on Families.” *SAGE Encyclopedia of Alcohol*, Scott C. Martin, Ed. Sage Publications, 2015.

Defying Mental Illness: Finding Recovery with Community Resources and Family Support . Church Basement Press, 2011. Revised 2012, 2013.

Articles “Patient Advocacy,” “Deinstitutionalization,” “Involuntary Treatment,” “Disability,” “Medicare and Medicaid,” and “Social Security” in *Cultural Sociology of Mental Illness* (Sage Publications, 2014).

Redesigning Mental Illness (blog) www.redesigningmentalillness.net 2012 -present

Schizophrenia: A Blueprint for Recovery by Milt Greek (editorial and design work). Published 2011, revised 2012.

Delusions, Meaning and Transformation by Milt Greek (editorial and design work). 2014.

You Are Not Alone: NAMI Ohio Family and Consumer Resource Guide. NAMI (National Alliance for the Mentally Ill) Ohio 2004.

Guardianship Initiative Toolkit. NAMI Ohio 2003.

“The Olmstead Decision and Ohio’s Community Mental Health Crisis.” NAMI Ohio News Briefs, Winter 2002.

“Focus on Caregiving,” Family Information Services, January 2001.

“Handicap Discrimination Law” (chapter) in P. Tobias *Litigating Wrongful Discharge Claims*, 1986.

SELECTED WORKSHOPS AND PRESENTATIONS

“Poverty and Community.” Westwood United Methodist Church. April 2022.

“Solutions to Heroin.” Midwest Forum on Hospitals, Healthcare Systems and Population Health, December 2017. Kentucky Peer Support Conference, Missouri Statewide Peer Support Conference, Summer 2017.

“Supporting Success.” 12-hour basic training for Kentucky targeted case management service. This program prepares case managers to deliver person-centered, strength-based, and trauma-informed service to people enrolled in service systems.

“Creating a Personal Recovery Strategy” “Designing Fundable Programs.” Kentucky State Peer Support Conference, May 2015.

“From Heroin to Health.” Northern Kentucky University Scripps Center, September 2014.

“Confronting Mental Illness,” Kentucky Civic Engagement Conference, Richmond KY, November 2013.

“Personal Recovery and Social Innovation in New Dust Bowl Times,” B2B Cincinnati, August 2013

“Redesigning Mental Illness,” Mental Health Association Cincinnati, June 2012.

“Defying Mental Illness,” Northern Kentucky Counselors Association, December 2011.

“Face-to-Face with Conflict and Violence,” Cincinnati Peace and Justice Forum, October 2011

“Restoring Order, Restorative Justice” August 2011.

“Propagating Community-Based Mediation Services in Greater Cincinnati” Greater Cincinnati Mediation Council, November 2010.

“Crisis De-Escalation” and “Working Through the Culture of Poverty” Recovery Resource Center, April 2008.

“Fundraising for Prevention: Strategies for Sustainability,” Learning Initiative for Prevention Education, Substance Abuse Prevention Specialist Credentialing Course, Cincinnati, OH, August 2005.

“Finding Appropriate Services for Persons with Mental Illness and Substance Abuse Problems.” Cincinnati Metropolitan Housing Authority, April 2004.

“Advocacy for Social Change.” NAMI Kansas annual meeting. Topeka, October 2002.

SERVICE ON COMMUNITY BOARDS

HAMILTON COUNTY DEMOCRATIC PARTY

2006 – PRESENT

Executive Committee member. Cincinnati School Board Candidate Screening Committee.
Campaign Treasurer for Judges Nadine Allen and Ted Berry.

APPALACHIAN STUDIES ASSOCIATION

2017-2018

Assist with organizing the 2018 Appalachian Studies Association National Conference

WINTON HILLS OPPORTUNITY CONNECTION

2011 – 2014

Governance of community organization focused on education, workforce development and violence reduction.

WEST END HEALTH CENTER INC.

2008 – 2015

Governance of Community Health Center (Federally Qualified Health Center). Chair of Program Quality Improvement Committee.

SOUTHWEST OHIO GANG INITIATIVE PROJECT

2006 – 2007

Member, Prevention Working Group, 2006-07. Collaborate with FBI, law enforcement and community groups to develop strategies to confront, reduce and prevent gang violence.

MENTAL HEALTH WORKS

2001 – 2005

Leadership team member. Plan and implement successful mental health levy campaigns.

HAMILTON COUNTY SAMI INITIATIVE

2001 – 2004

Leadership team member. Multi-agency mental health, substance abuse, county corrections initiative to develop an integrated system of care for persons with co-occurring mental health and

addiction disorders. Develop diversion and treatment programs within Hamilton County Justice Center.

GREATER CINCINNATI COMMUNITY SHARES

2002 – 2003

Fundraising and board work

NAMI OHIO, NAMI HAMILTON COUNTY

1999 – 2002

Board of Trustees member. Forensic, Housing, Children's' Committee member President of local affiliate. Leadership of grassroots nonprofit advocacy group. Develop and design programming. Coordinate volunteers. Supervise delivery of educational programs. Develop programming for community settings and within Summit Behavioral Healthcare (a state psychiatric hospital).