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**LENAWEE  
COMMUNITY  
MENTAL HEALTH  
AUTHORITY**

**ANNUAL REPORT**

**2011**

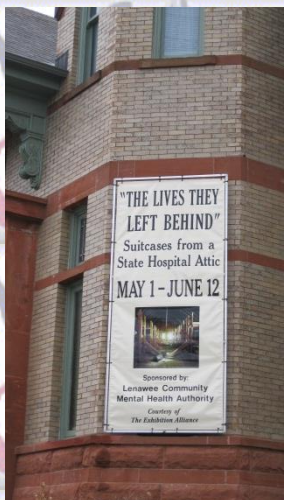
*Providing Positive Outcomes  
Through Quality Mental Health  
Services*

# FOCUS ON: PREVENTION AND EDUCATION

**In honor of Mental Health Awareness Month, in May 2011, Lenawee Community Mental Health brought the traveling suitcase exhibition “The Lives They Left Behind: Suitcases from a State Hospital Attic” to the Lenawee County Historical Museum.**

This interactive experience was hugely informative and very successful. It was attended by more than 800 community members, many school field trips; college classes and community groups.

Three speakers kicked off the event: Richard Prangley, who had been wrongly institutionalized for 15 years at Coldwater State Hospital, Fred Frese, who despite being diagnosed with schizophrenia as a young adult, went on to obtain a doctorate in psychology, and Dr. William Decker – Retired Medical Director and CEO of Kalamazoo Psychiatric Hospital.



# FOCUS ON: INTEGRATION, HEALTH & WELLNESS

**People who are living with serious mental illnesses are dying 25 years earlier than the rest of the population, in large part due to unmanaged physical health conditions. According to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), adults aged 18 and older who had any mental illness, serious mental illness, or major depressive episodes in the past year had increased rates of high blood pressure, asthma, diabetes, heart disease, and stroke.**

Additionally, the National Survey on Drug Use and Health (NSDUH) reports that alcohol dependence is four times more likely to occur among adults with mental illness than among adults who don't have mental illness (9.6% versus 2.2%). More than half of adults with co-occurring SMI and a substance use disorder received neither mental health nor specialty substance use treatment during the past year. Among adults with co-occurring disorders, 34% received mental health treatment only, 2% received specialty substance use treatment only, and 12% received both mental health and specialty substance use treatment during the past year. In Michigan, the mental health and substance abuse systems are fragmented, at best.

LCMHA is working with community partners to address these disparities through the integration of the substance use disorders system with the mental health/developmental disability system to become a comprehensive behavioral health system. Further integration is occurring at the Family Medical Center (FMC). LCMHA has positioned a Peer Support Specialist and an Access Clinician at the FMC so patients there have easier access to mental health services. This has also improved LCMHA consumers' access to medical care. This is only the beginning of exciting changes in the way we conduct business!

# FOCUS ON: COMMUNITY ENGAGEMENT

**LCMHA continues to reach out to the community to listen to their concerns, provide education and community enrichment in order to break down the barriers for persons with behavioral health conditions. In 2011 we participated in:**

A Community Forum in October

Power Day in Lansing

State and Local Walk a Mile Rallies

PATH Workshops

Mental Health First Aid Training

Car Seat Checks

Autism Spectrum Disorder Training

Seeking Safety Group

Family Medical Center

Racing for Recovery – Todd Crandall

Healing Invisible Wounds – Dr. James Henry

Meet the Candidate Forum – October 25<sup>th</sup>. LCMHA in conjunction with Lenawee Community Collaborative; Siena Heights University; Adrian College;

Adrian Area Chamber of Commerce; Lenawee RICC; and WLEN

VSU – the Lenawee County chapter of the Victims Service Unit was awarded the Unit of the Year by the Michigan Sheriff's Association.

Uniting Veterans & Families

Leaping in Lenawee

Siena Heights Health Fair

Workers on Wheels Car Show

Re-Bicycle Lenawee

YMCA Healthy Kids Day

Families United Conference



# FOCUS ON: IMMEDIATE RESPONSE

**All individuals in need of mental health services, regardless of urgency, can access services at LCMHA by walking into our offices or by calling 517.263.8905 or 1.800.644.5005. The LCMHA continuum of care includes immediate 24 hours, 7 days per week emergency and urgent care for all of the current consumers, potential consumers, and all residents of the state of Michigan.**

## **Local Outreach:**

The Victims Service Unit is a team of emergency responders who have been trained by local law enforcement to provide immediate, on-site assistance to families dealing with the aftermath of a crisis. Response teams accompany emergency personnel to the scene, to provide support and assistance to survivors, helping to connect them with the services they may need.

Seeking Safety Group serves those who have had trauma in their life, and teaches them to learn how to manage symptoms, cope with life, free themselves of abusive relationships and find ways to feel good about themselves and enjoy life.

# FOCUS ON: FAMILIES AND CHILDREN

**Children ages 0 – 17, with severe emotional disorders may receive mental health services with LCMHA Children & Families Services Department. Services range in intensity and can include: Infant Mental Health, family counseling, Wraparound, case management, home-based counseling and Parent Management Training. Case Managers join with families to establish treatment plans that are family-driven and youth-guided. Clinicians provide counseling skills using a variety of evidence based practices including trauma focused-CBT.**

LCMHA Children's Department sponsored a Community training on Trauma. 235 community members attended. TF-CBT continues to be provided to those youth who meet criteria.

Parent Management Training – Oregon Model and Parenting Through Change continue to be a part of our service continuum.

Children's staff continue to represent CMH on community boards and work groups. Including: Head Start Policy Council, Great Start Collaborative; Youth in Transition, and many affiliation work groups.

# FOCUS ON: ACCOUNTABILITY

**As a public entity, LCMHA realizes its responsibility to be accountable to the community for what we do and how we do it. We are always working to assure that we are providing the right services to the right people at the right time. We work to assure that those we serve are treated with respect. And, we work to manage our operations using financially sound strategies. With these goals in mind, below are some of the accountability measures we employ across our system to assure the highest standards of accountability:**

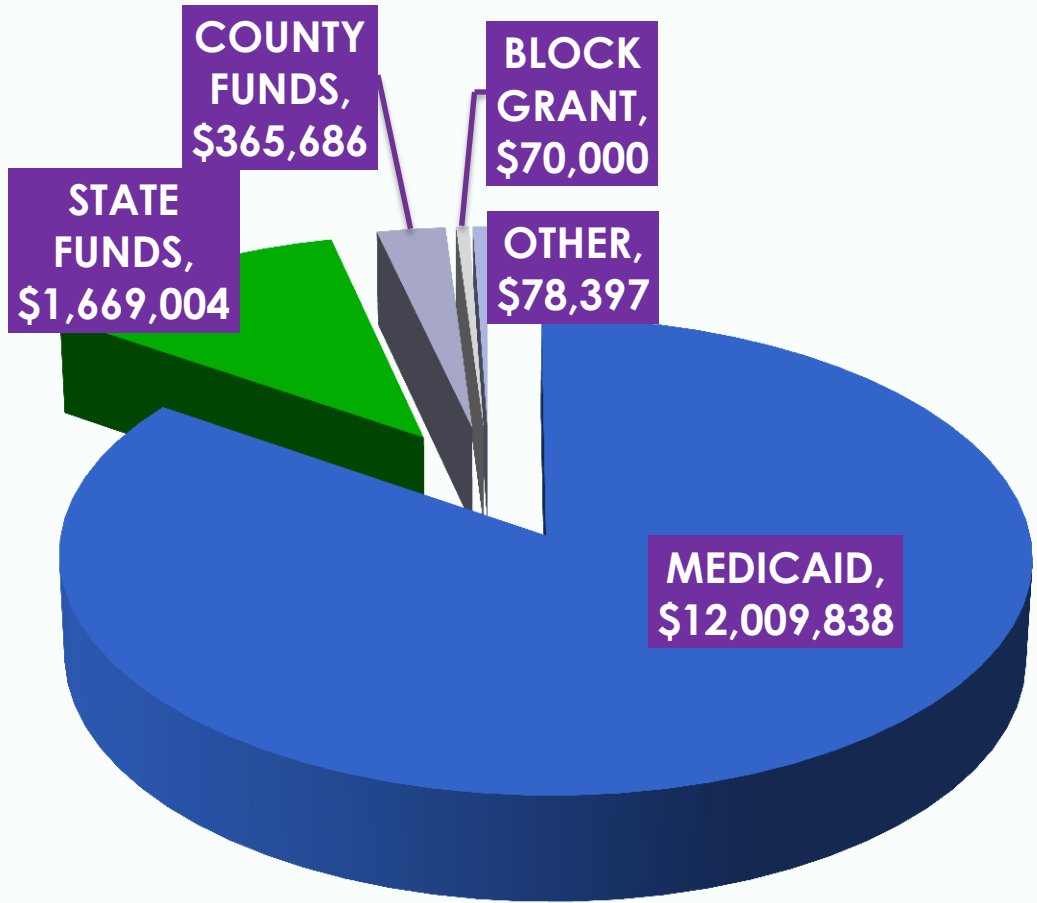
**Financial & Compliance Audit:** LCMHA contracts with an independent accounting firm – Rehmann Robson, who audit in accordance with Government Auditing Standards.

**Encouraging Access to Medicaid:** LCMHA has Peer Support Specialists on staff who are available to assist completing paperwork, and monitoring applications for those who may qualify for LCMHA services.

**The Office of Recipient Rights:** LCMHA is a member of the PIHP made up of: Washtenaw, Livingston, Monroe, Lenawee. Rights protection is provided by the PIHP. Potential rights violations, medication errors and other potential risks to consumers are identified, investigated and remedied effectively and in a timely manner. If you have questions about your rights, call the ORR, 517-263-8905 or 734-544-3000.

# REVENUE

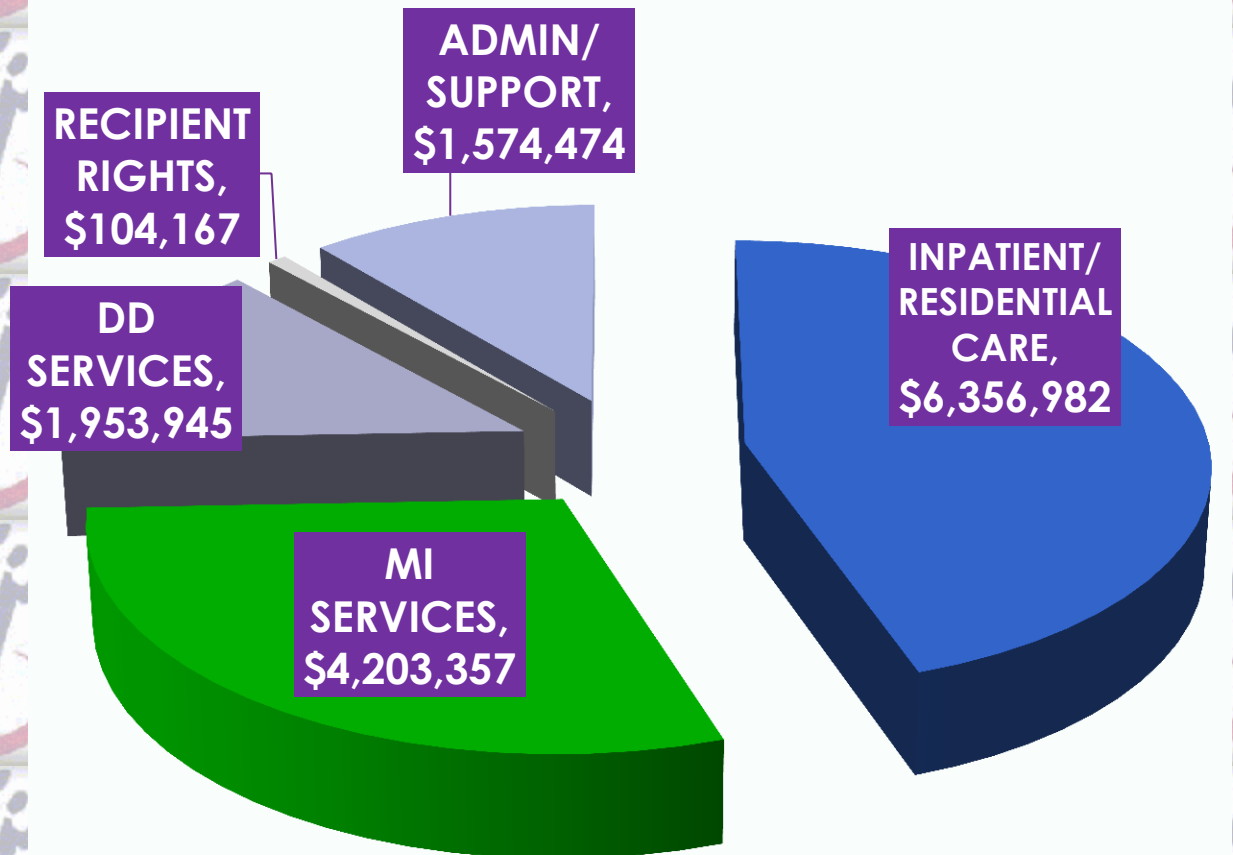
*(DCH versus State Funds)*



**TOTAL REVENUE**  
**\$14,192,925**

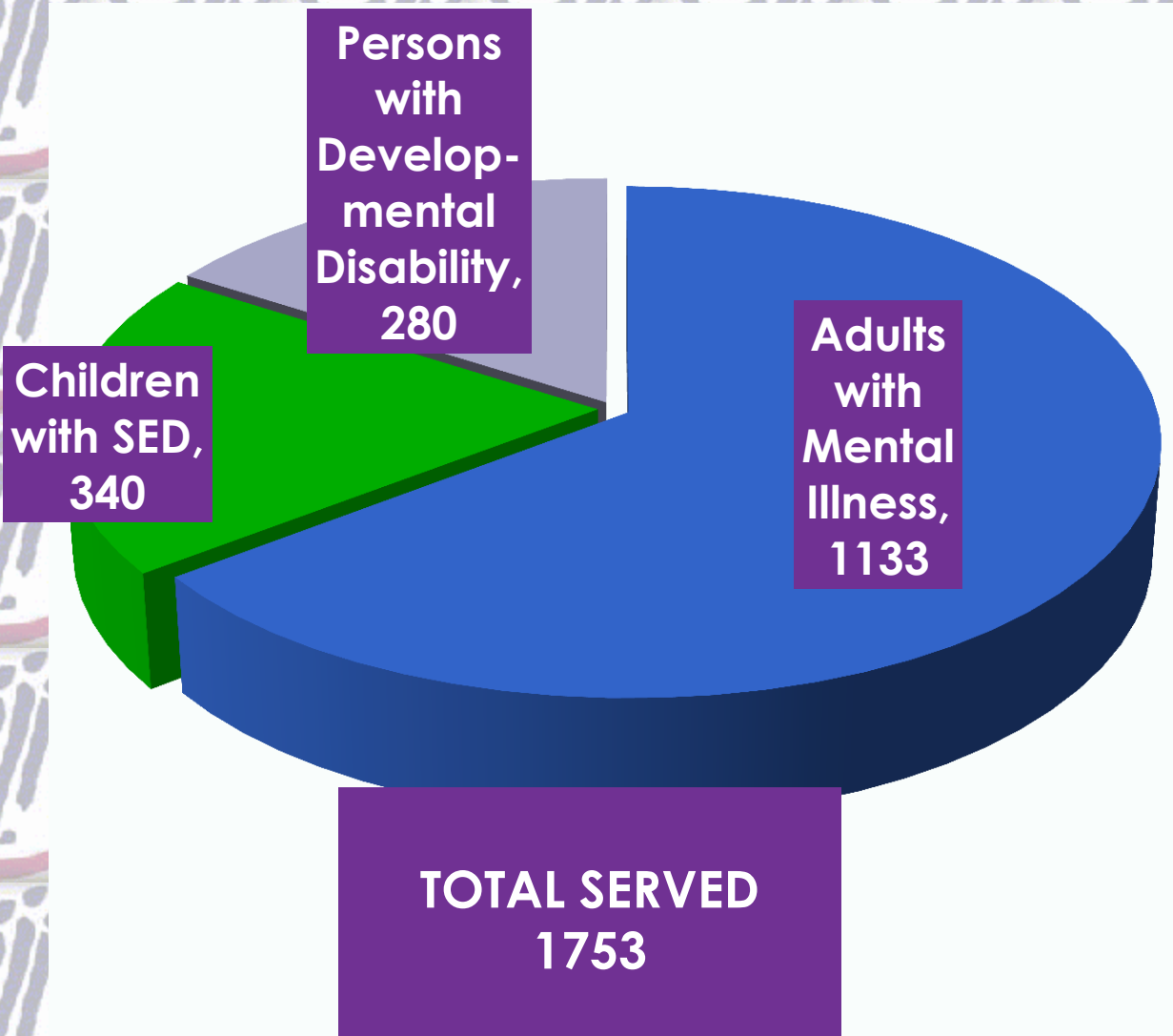


# EXPENSES



**TOTAL EXPENSES**  
**\$14,192,925**

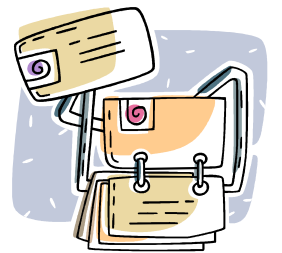
# SERVICE STATISTICS



# COMMUNITY INPATIENT UTILIZATION

	FY10	FY11
Admissions	227	205
Inpatient Days	1358	1062
Average length of stay (days)	5.98	5.18

HAS YOUR ADDRESS  
CHANGED  
RECENTLY, OR  
TELEPHONE NUMBER? IF  
SO, DON'T FORGET TO  
CONTACT CMH TO LET  
THEM KNOW.



**LENAWEE COMMUNITY  
MENTAL HEALTH AUTHORITY**  
1040 S. WINTER ST. SUITE 1022  
ADRIAN, MI 49221

CURRENT RESIDENT, OR

PRSR T STD  
U.S. POSTAGE  
PAID  
ADRIAN, MI  
PERMIT NO. 127