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**LENAWEE
COMMUNITY
MENTAL HEALTH
AUTHORITY**

ANNUAL REPORT

2012



*Providing Positive Outcomes by
Creating a Path to Resilience,
Recovery, Wellness and
Self-Determination*

FOCUS ON: INTEGRATION, HEALTH & WELLNESS

In 2011, ProMedica Bixby Hospital applied for and was awarded an \$85,000 Rural Health Network Development Planning Grant. The purpose of this grant was to organize a community network to conduct a county wide health assessment. As part of our goal of integrating primary health with behavioral health, LCMHA joined the Lenawee Health Network (LHN) and, in fact, has been an active part of the Leadership Team. The LHN released the results of the county wide health assessment on April 20, 2012. The results of the assessment have determined the mission, purpose and goals in the LHN strategic plan. Details of the Lenawee County Health Assessment can be found on LCMHA's website www.lcmha.org under "Resources." Information on the assessment and LHN strategic plan follows:

The **mission** of the Lenawee Health Network is to improve the health and well-being of the community.

Purpose: The LHN is a group of community organizations working collaboratively to improve the quality of health in our community.

Overall Goal: Increase by one-third the number of youth and adults who are healthy and avoiding risky behaviors.

The LHN identified three focus areas in an effort to achieve this goal. They are:

Focus Area 1: Healthy Eating & Physical Activity – A nutritious diet and regular physical activity are essential to good health. Goal: Reduce the obesity rate of the residents of Lenawee County to be at or below the state average.

Focus Area 2: Supporting Healthy Choices (Prevention) – Making healthy choices possibly increases the odds that people will preserve or increase their health and wellness. Goal: Decrease by 2% the number of Lenawee residents engaging in risk behaviors.

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FOCUS ON: INTEGRATION, HEALTH & WELLNESS contd/....

Focus Area 3: Access to Healthcare (Treatment) – Individuals must have access to necessary health care services, including those for preventative, mental, dental, pharmaceutical, vision, or other, provided in a coordinated way that will produce the best health results. Goal: Increase the number of Lenawee residents reporting access to healthcare at or above the state average.

In 2012, the Lenawee County Board of Commissioners requested the change in Coordinating Agency designation to align with the Washtenaw County Health Organization. This alignment will allow for the effective and efficient integration of substance abuse and mental health into a behavioral health system that is no longer fragmented. This integration will enhance local control, ensure access to care for all individuals and in particular will reduce barriers to care for individuals who have both substance use and mental health issues.

In addition to a focus on overall health, LCMHA, together with many community partners, has been working to develop a county wide Recovery Oriented System of Care (ROSC). A group of community organizations and members began meeting monthly to identify the needs of individuals who are affected by substance use and abuse. A system has been developed to begin October 1, 2012 to address the needs of persons with substance use disorder and their family members, with a continuum of support and treatment. For more information call Customer Services at 517.263.8905.

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 2012 we participated in:

Path to Health & Wellness Conference
State and Local Walk a Mile Rallies
Mental Health First Aid Training
Gentle Teaching
Car Seat Checks
Seeking Safety Group
Family Medical Center
Leaping in Lenawee
Siena Heights Health Fair
Yellow Ribbon Training – at SHU
Yellow Ribbon Training - all Tecumseh High School Students, and grades 6, 7 & 8
Victims Service Unit
Domestic Violence Task Force
Anti-Bullying Task Force
Sobriety Court
Lenawee Substance Abuse Prevention Coalition
Basic Needs Task Force
Recovery Oriented System of Care (ROSC)
Speech Class – 5 people graduated
Continuum of Care
Associated Charities Board
Art-a-Licious Festival
DHS/CMH Brown Bag Lunches
Continuum of Care - Point in Time Count
Ross Foundation Conference for Direct Care Staff
Trauma Focused Therapy Training
Support groups started: Diabetes, Smoking Cessation
Integrated Health Care Training
Lenawee Health Network – Health Assessment
Great Start Collaborative
Head Start Policy Council
Wraparound Gatekeeping

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.

LCMHA Children's Department continues to conduct Trauma-Informed community trainings; including Early Head Start, DHS foster parents, and Lenawee Child Care providers. This Evidence Based Practice provides information about the impact of trauma on child development and how care providers can help children achieve success at home, in the community and at school. All four of the LCMHA clinicians are certified in delivering this evidence based therapy.

Parent Management Training-Oregon model continues to be available to families with children aged 5 – 14. This is an evidence based treatment that helps empower parents to encourage, set limits, and be positively involved with their children. Three of the four clinicians have been certified in PMTO with one pending. In addition, PMTO can be provided in a group format (Parenting Through Change). Two PTC groups were conducted in 2012. Two of the four clinicians have been certified in PTC facilitation with one pending.

Two clinicians have achieved Infant Mental Health-Level II endorsement to work with moms and children ages 0 – 3. Focus is on helping mom and child bond, provide information on development and milestone achievement, and promote healthy family relationships.

Wraparound facilitation remains part of the service continuum. Staff is trained on facilitation as well as implementation. Several families continue to benefit from this service. Referrals can be accepted via the LISD, Juvenile Court, DHS and from LCMHA.

All LCMHA Children's staff continue to implement a family-driven, youth-guided plan of treatment. Staff encourages all families to be part of each step of treatment, express their goals and wishes for healthy living, and has incorporated the physical well being of each youth into individual treatment planning. Wellness and substance abuse issues are part of the overall treatment planning process.

Children staff continues to represent LCMHA on a variety of workgroups, community collaborative, and affiliation workgroups, including: Head Start Policy Council, Great Start Collaborative, and Youth in Transition.

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:



LCMHA is accredited by the Joint Commission; is Certified by MDCH; and is a member of MACMHB (Michigan Association of Community Mental Health Boards).

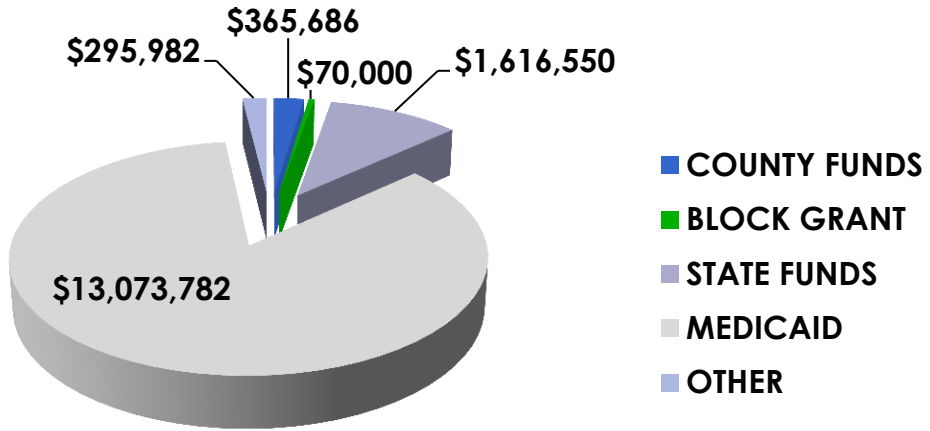
Financial & Compliance Audit: LCMHA contracts with an independent accounting firm – Roslund Prestage & Co, who audit in accordance with Government Auditing Standards.

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, and much more.

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.

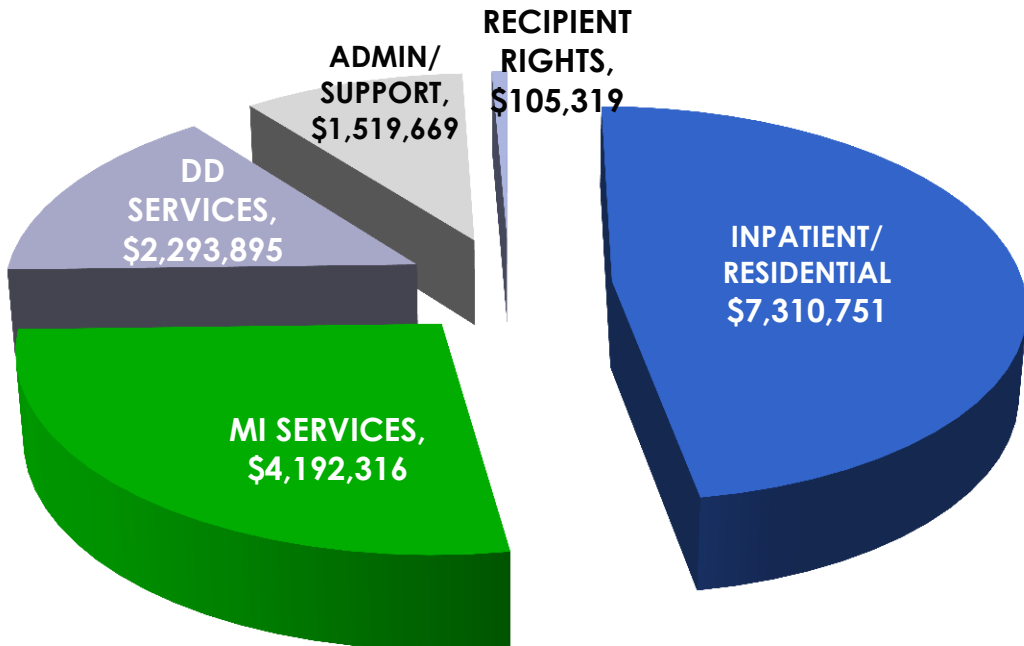
REVENUE

(DCH versus State Funds)



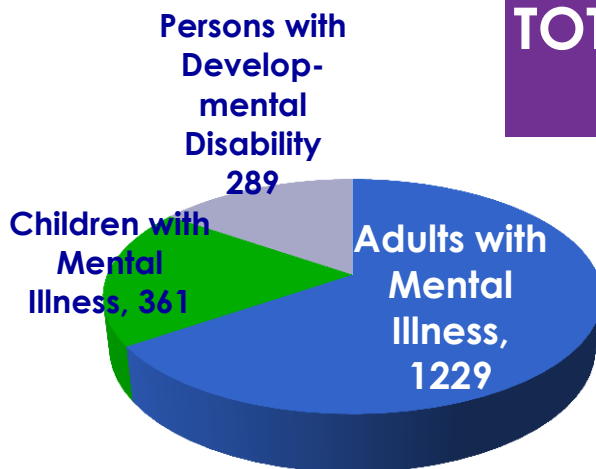
TOTAL REVENUE
\$15,421,950

EXPENSES



TOTAL EXPENSES
\$15,421,950

SERVICE STATISTICS



TOTAL SERVED
1879

COMMUNITY INPATIENT UTILIZATION

	FY11	FY12
Admissions	205	260
Inpatient Days	1062	1286
Average length of stay (days)	5.18	4.95