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LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

ANNUAL REPORT

2015



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

FOCUS ON: ACCESS TO SERVICES & 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.

It is the mission of the Access Center of LCMHA to arrange for effective, medically necessary mental health and substance use services for residents of Lenawee County. The Access Center is the single entry point in Lenawee County for individuals and families who seek services from the public mental health and substance use system. We serve individuals and families with several benefit packages: Medicaid, Healthy Michigan, and individuals with no resources are served with General Fund monies from the State of Michigan.

Local Outreach:

We participate on the Lenawee Sheriff's Dept., Victims Service Unit, which is a team of emergency responders who have been trained by state and 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.

LCMHA has accepted the responsibility of being Lenawee County's 24 hour Community Crisis Response contact agency. The Lenawee County Community Crisis Team provides crisis management briefing, debriefing, defusing, and follow up services for traumatic events such as: accidents, abuse, bomb threats, deaths, fire, natural disasters, terrorism events etc.

Information about LCMHA can be found on our website: www.lcmha.org. We also have a Facebook page.



Find us on
Facebook

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 2015 we participated in:

Project Connect	Seeking Safety Group	MACMHB Conferences
Family Medical Center	Victims Service Unit & Steering Committee	Associated Charities Board
Lenawee County Community Crisis Team	Domestic Violence Task Force	Making Strides for Suicide Prevention Walk
Anti Bullying Task Force	Sobriety Court	Consumer Action Committee
Lenawee Substance Abuse Prevention Coalition	Basic Needs Task Force	Regional Consumer Advisory Committee
Recovery Oriented System of Care (ROSC)	Continuum of Care	SUD Data Committee
Continuum of Care – Point in Time Count	Ross Foundation Conference for Direct Care Staff	Parent Management Training – Oregon Model (PMTO)
Trauma Focused Therapy Training	Integrated Health Care Training	Parenting Through Change (PTC)
Lenawee Health Network	Great Start Collaborative	MOM Power
Head Start Policy Council	Early Head Start	safeTALK Training
Wraparound Gatekeeping	Wraparound Community Team	ASSIST Training
United Way	Share the Warmth	2015 Addiction Summit and follow up
Community Collaborative Collective Impact Model	Collective Impact Core	Enhanced Treatment Court
OneLenawee	Cradle to Career	Motivational Interviewing Training
Lenawee Essential Needs Council	Financial Stability Coalition	Mental Health First Aid Training
State Walk a Mile Rally	E-Race Stigma 5K Run, Walk & Kids Dash	Local Walk a Mile Rally

FOCUS ON: INTEGRATION, HEALTH & WELLNESS

The Family Medical Center at 1200 N. Main, Adrian, MI 49221 co-locates LCMHA Psychiatrists, nursing staff, Integrated Health Supervisor, Integrated Health Care Manager, and Peer Support Staff in a medical building that houses primary care physicians; dentists; Department of Health & Human Services staff, lab services, and tele-psychiatry. The FMC offers: tele-medicine; community psychiatrist; a psychologist; nutritionist; eligibility specialist; orthopedic surgeon and women's health services.

This is a one-stop shop for many of our consumers who previously did not have a primary care physician. FMC staff are actively working with LCMHA to continue to increase integration by being active members on committees and workgroups. FMC has a grant funded program "Project Health" for pre-diabetes and undiagnosed hypertension.

LCMHA has strengthened referrals to the community with "warm transfers".

LCMHA has been accepted for Tier II Michigan Integrated Health Care Learning Community, and has continued coaching and support as it moves forward in the process of integration.


LCMHA is utilizing Medicaid claims data to recognize high utilizers of the hospital emergency rooms and offers physical and behavioral supports to decrease those numbers. Data is also used for case consultation to support CMH staff as they transition into Care Managers.



FOCUS ON: ADVOCACY; AWARENESS AND ANTI-STIGMA

In 2015 Consumer Action Committee was re-activated, with a new work plan; new energy and a new focus of educating the community about mental illness; promoting self sufficiency, and educating consumers on current and pending legislation. Members of Consumer Action Committee are active on many community groups, and act as the consumer voice at LCMHA board meetings. Members of this committee were very active in planning the Addiction Summit; the 5K race, and attended the Walk a Mile in My Shoes Rally in Lansing.

For Mental Health Awareness Month in May 2015 the first ever E-Race Stigma 5K run, walk and kids dash to raise awareness of the impact of fitness and a healthy lifestyle on a person's mental health was held. This event was very successful, it was organized by Greg Adams, a consumer, and board member, who himself is a very active runner. Greg attributes his physical fitness regime as instrumental in his recovery. Over 250 participated, including many with mental health or developmental disabilities. Entry fees and any donations received were donated back to the community for new health initiatives.



FOCUS ON: RECOVERY ORIENTED SYSTEM OF CARE

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). Networks of organizations, agencies and community members that coordinate a wide spectrum of services. The Lenawee ROSC partnership has been meeting since June 2012 to build a continuum of support for individuals with substance use disorders and their families. This group is in the process of developing a strategic plan for the community. In 2015, a total of 400 consumers were treated for substance use disorders.

In 2015 a one-day Addiction Summit was very well attended by a large cross section of the community, including treatment providers, medical professionals, law enforcement, court system, educators, parents, teens, people in recovery, patient advocates. The huge success of the Summit led to a second half day event.

FOCUS ON: COMMUNITY COLLABORATION

Community Mental Health acts as the backbone organization of the Collective Impact Core – which includes representatives of each of the CI groups in Lenawee County. There are currently five different CI groups using the Collective Impact Model:

- *Lenawee Essential Needs Council (food, housing & utilities)*
- *OneLenawee (making and keeping Lenawee a great place to live)*
- *Lenawee Health Network (improving the quality of health in Lenawee)*
- *Lenawee Financial Stability Coalition (expanding budgeting and saving through education & skill building)*
- *Lenawee Cradle to Career (maximize educational opportunities)*

The main function of the CI Core group is to share data and information; monitor goals and metrics, identify resources and emerging issues. The Core group also sets the agenda for bi-monthly Community Collaborative Meetings – these are open to anyone in the community to attend. The Collaborative meets to share information, provide CI group, agency and other coalition updates, and provide an opportunity for networking. Childhood trauma, or toxic stress, was identified as a common issue which adversely affects all aspects of life, and can be positively impacted by a collaborative approach, in identification, education and treatment.

FOCUS ON: FAMILIES AND CHILDREN

The LCMHA Children's Department works with children ages 0 – 18 and their families. A wide system of care and collaboration is provided via children's case management, wraparound coordination, and integrated care management. Clinical services such as home based therapy; individual/family therapy; and Infant Mental Health; Trauma focused CPT, PMTO (Parent Management Training-Oregon Model); and PTC (Parenting Through Change) are offered as evidence based practices within Children's Services.

Services provided by the Children's Department includes:

- Wraparound Coordination – provides regular meetings with the consumer/family and identified team members, to help the young person become successful with achieving independence and self-reliance.
- Autism Benefit-Behavioral treatment services. These children receive diagnostic testing for Autism Spectrum disorders along with specific therapy called Applied Behavioral Analysis.
- Home-based therapy – meetings with consumer/family in the family home, a minimum of one hour per week to address treatment goals determined by the consumer/family.
- Case management is available to help connect consumer/family with community resources, resolve basic need concerns, assist with school situations, coordination of physical and behavioral health outcomes.
- Respite and Community Living Supports – provide parents with additional support regarding social skill building, monitoring and supervision, and maintaining the young person within the community.
- Trauma-focused cognitive behavioral therapy – for children/family to gain coping skills/de-sensitization of past traumas. Trauma focused CBT is evidence based and all LCMHA clinicians follow fidelity to the model.
- Parent Management Training (PMTO) and Parenting Through Change (PTC) are both evidence based programs in which clinicians use active teaching and practice to help parents be the experts of their children. Therapists are certified in this model and utilize these tools when working with families.
- Infant Mental Health – prevention/direct services and/or therapy for parents with children ages 0 – 3 to address attachment and bonding.

Collaboration with community partners is critical. Projects included DHHS Champion County Initiative, MI Team, Wraparound Community Team, Community Trauma Consultation Group, Head Start Policy Council, Great Start Collaborative, as well as practicum experience for bachelor and masters level interns.

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.



In May we completed our Accreditation Survey with the Joint Commission. Dr. Paul Brown's exact words were "exceptional report"! We have been accredited for 3 more years!

LCMHA is Certified by MDHHS; and is a member of MACMHB (Michigan Association of Community Mental Health Boards).



Michigan Association of
COMMUNITY MENTAL HEALTH
Boards

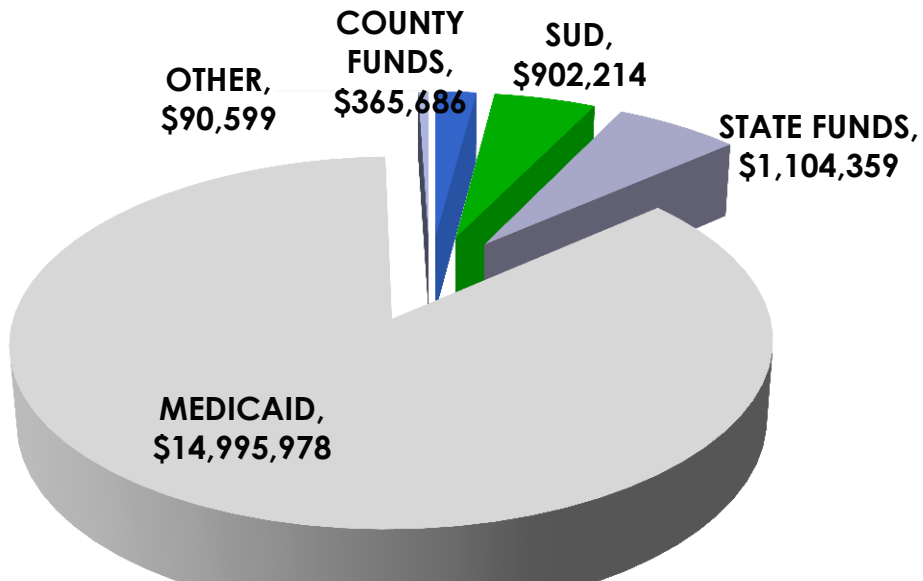
Financial & Compliance Audit: LCMHA contracts with an independent accounting firm – Roslund Prestage & Co, who audit in accordance with Government Auditing Standards.

Encouraging Access to Medicaid: LCMHA has a Benefits Specialist on staff who is 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.



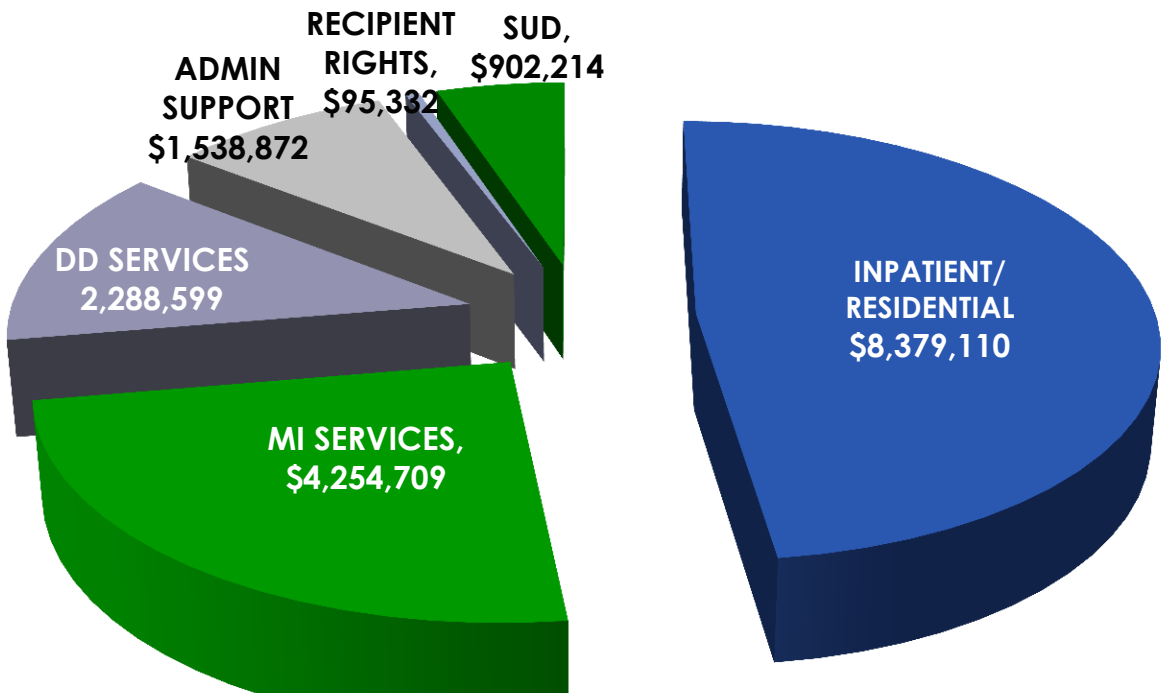
REVENUE



TOTAL REVENUE

\$17,458,836

EXPENSES

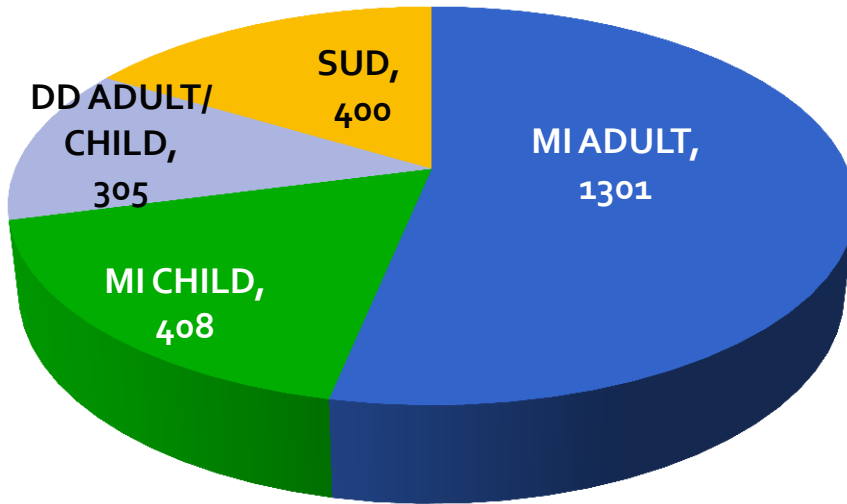


TOTAL EXPENSES

\$17,458,836

SERVICE STATISTICS

TOTAL CONSUMERS SERVED



COMMUNITY INPATIENT UTILIZATION

	FY14	FY15
Admissions	330	358
Inpatient Days	1545	1839
Average length of stay (days)	4.68	5.14