The Board, management and staff would like to thank everyone for their outpouring of love, sympathy, help and donations following the death of Sandy Keener last month. Sandy’s memorial service was a wonderful tribute to the person that she was. Roger Myers captured her personality, leadership style and value to the consumers of Lenawee Community Mental Health perfectly in his eulogy. Thank you Roger! LCMHA and DHHS staff provided a luncheon at Siena Heights Benincasa Hall which was attended by hundreds of her family, friends and co-workers. She will be missed.

Sandy was a strong advocate for the people we serve and kept our organization focused on the future—we are committed to continuing her vision for integrating care. Kathryn Szewczuk was officially appointed Executive Director of LCMHA effective April 1st, following six months as “Interim Director”.

Kathryn is a University of Michigan graduate. She began her 22 year career at LCMHA in January 1995. With a background in social work, Kathryn has worked closely with consumers, both adults and children.

Kathryn is a visible presence in the Lenawee County community following her community outreach; suicide prevention and substance abuse prevention work. Kathryn has always been a staunch advocate for community collaboration as a means to improving the lives of all of its citizens. Through the work of Collective Impact we are already seeing great rewards as all sectors of the community work together using a common agenda to solve important issues.

Kathryn is passionate about ensuring that Lenawee’s most vulnerable citizens have access to quality mental health care and substance abuse treatment. LCMHA is committed to an integrated health approach to treatment (behavioral health and physical health) as a holistic pathway to recovery.

LCMHA has been fortunate to have such a consumer advocate on its board for the past 22 years. During that time Bob has served on many different committees, most recently as Secretary of the board, and the Lenawee representative on the Regional Board of Directors.

Bob has some serious health issues, but a few board members were able to present him with this plaque as a token of appreciation.

Johann Townsend Retires

CMH said farewell to one of its longest serving employees on January 31st! A celebration lunch supplied by the MI team was enjoyed by Johann’s family and CMH staff.

Johann will be missed by many consumers—her calm, pleasant, easy going nature will be hard to replace, but we wish her well in her retirement. Johann intends to do a lot more gardening in the future!
ADDITION SUMMIT

WORKING TOGETHER TO MAKE A DIFFERENCE

March 28, 2017
8:00am – 4:30pm

WHERE
Lenawee County Fairgrounds, Ag Building, 602 North Dean Street, Adrian

Lunch will be provided

Drug abuse and overdoses in our community is on the rise. It is an epidemic in many communities across our nation. We have learned a lot from the previous two Summits. Now we need to KEEP THE MOMENTUM GOING by working together to help those who need it.
PREVENTION IS THE KEY – It takes a community to make a difference. We need you!

LET’S FIGHT THIS TOGETHER!

HOSTED BY: LENAWEE COMMUNITY MENTAL HEALTH

AN IMPORTANT NO COST EVENT FOR THE ENTIRE LENAWEE COMMUNITY

AGENDA INCLUDES:
- Experience an actual “Open Lead” AA Meeting (signatures upon request)
- Medical Addiction Expert
- Law Enforcement/Trends
- Adult & Teen Self Help Groups
- Treatment Providers & Peer Recovery Coaches
- AHS SADD Chapter
- Question & Answer Sessions

SPECIAL GUEST
Carl Christensen, MD, PhD Addiction Medicine

TO REGISTER
www.lcmha.org – Addiction Summit 2017

For more information contact:
Kay Ross - kross@lcmha.org
TEL: 517.263.8905
FAX: 517.263.7616

SPONSORS
LMH; DHHS; Lenawee Recovery Oriented System of Care; Lenawee Substance Abuse Prevention Coalition; McCullough Vargas; Catholic Charities; Celebrate Recovery; Recovery Community; WLEN
Inter-Connections, Inc. is committed to helping adults with mental illness and substance use disorders learn and grow. One way we’re doing this is through health and wellness. February 2nd marked the beginning of a 3-month fitness program. This includes a weight loss challenge with a special treat for people who lose at least 7% of their starting weight. There is also a team-based walking challenge with Staff and Board as team leaders. Each person on the team that has the highest average miles walked at the end of the three months gets a really cool prize!

As part of our fitness activities, we have yoga instruction and a health group on alternating Thursday afternoons. We also offer exercise videos almost daily and encourage anyone interested to participate. Workouts can be modified if you’re new to working out or need a slower pace.

If you want a fun way to meet new people and get healthy, this is it! Call 517-265-9588 for more info—better yet, check us out at 110 W. Maumee St. in Adrian anytime from noon-6:00 pm, 7 days a week!

MiABLE….Is it for you?

What is it? The ABLE account is a federal program. The program for Michigan is MiABLE which is a tax free 529A ABLE Savings account that allows the beneficiary to save for the future. Similar to the 529 Education Savings Account that you are able to set up for children to help fray college costs. Only this 529A is for persons with Disabilities prior to the age of 26 years old.

How does it work? A beneficiary (person who is disabled) or a representative can open a MiABLE account with the State of Michigan. This account allows up to $14,000 a year to be put into this account for the beneficiary. Anyone can put money into the account. Also, if you are a Michigan resident and you put money into an account you can deduct either $5000 (single filer) or $10,000 (joint filer) from your income tax.

Once an account is open (as of February 2017), the beneficiary will have a debit card for purchases. Currently you can ask for a check for qualified purchases.

When did this begin? As of November 1, 2016, persons with disability prior to the age of 26 years or their representative could open an account.

Why open an account? These dollars are after tax dollars. The moneys will draw interest/dividends and those are tax free. The moneys in this account can be used for a Qualified Disability Expense (QDE) which includes a wide array of things for the beneficiary. About the only things it won’t cover is liquor and adult entertainment. This account will NOT affect your Medicaid so the $2,000 limit on assets does not apply. It will NOT affect your SSI until you reach $100,000 in the account. Then your SSI will be put on hold until you go below the $100,000. This is a way for the beneficiary to have extra moneys in case of emergencies, save for vacations, or living expenses. Just remember that the money has to be spent on the beneficiary.

Where is there more information about this MiABLE Account? Anyone can go to www.MIABLE.org for more information or to set up an account.

This is a brief synopsis of what a MiABLE Account is. There is more you should know so please check out the website. If you still have questions, contact Kara Sheeneman at the Department of Treasury, MiABLE department at ScheenemanK@michigan.gov.
Mindfulness Drop-In Group

Mindfulness is a powerful antidote to stress, anxiety and panic, chronic pain, depression, obsessive thinking, out-of-control emotions, and many other physical and mental health conditions. This group is designed to help anyone who struggles with fears, worries, and distractions and helps refocus on the present moment and live happily, here and now.

Join us on Friday’s from 1pm—2pm at CMH. Contact Angela Pooley for more information: 517.263.8905

What is “The Health Information Exchange?”

A health information exchange (HIE) is a system that helps healthcare providers offer you the best possible care. It uses a secure computer network to allow Lenawee Community Mental Health staff and your primary care providers to instantly access accurate and up-to-date health records.

What information is available through an HIE?
- Demographics (address, phone number, birth date)
- Insurance information
- Diagnoses
- Lab and radiology results
- Hospital discharge reports
- Medications
- Allergies

How will this help you?
- Your health information is available quickly in case of a medical emergency, even if you are unable to communicate.
- Your test results, lab reports, and radiology reports get to your health care providers faster.
- Your records will follow you when you see specialists, see multiple doctors or change doctors
- Your health care providers can avoid duplicating tests and treatments
- It allows more time for you to discuss issues with your doctor that matter to you
- Your health care providers can more easily coordinate your care—your whole health care team can work together to give you the best possible care

How do I sign up?
Consent forms are available through LCMHA

How do I know my health record is secure?
State and Federal Privacy Laws ensure that only authorized providers can have access to your information. Your information is shared between LCMHA and your primary care providers only if you give permission. You can change your mind and “opt out” at any time.

Can anyone see my information?
No, it is kept private and secure. Your information will only be available to authorized health care providers and only with your consent. The same people who provide your care now are the people who will be using the information.
**Family Support Group**

Join with other family members to talk about the joys and challenges of supporting a person with autism, intellectual disability, mental illness or other disability. Learn about resources, share life experiences, support each other, bring hope, learn to build a support system. This group meets on the second Thursday of every month from 10:30am—12 noon at CMH. For more information call: Valerie Barker/Kay Ross or Crystal Zavicar at 517.263.8905.

**Tammy Randolph—Receptionist at FMC**

Welcome Tammy! If you visit the Family Medical Center—be sure to say “hi” to her. She is located in the Reception area, and will be responsible for scheduling appointments among many other things. Born and raised in Onsted Tammy is very family orientated. She is married to David, and they have four children. Storm (20); Chase (18); Randall (14) and Hart (11). David is a Washtenaw County Sheriff’s Deputy. Their lives pretty much revolve around the kids and their sports activities. They have two dogs, a lab (Letty) and a boxer (Tavey).

Tammy is excited to get started on building a house this summer on property they own on Dewey Lake. She noted that everyone at the Family Medical Center has welcomed Tammy and been very helpful and patient with her!

**Heather Hallett—DD Case Manager**

Valentine’s Day—what a great day to start work at Community Mental Health! Heather is our newest member of the DD team. She will primarily be working with children.

Heather was born and raised in Adrian, attending Sand Creek schools. She received her Associates Degree in Early Childhood from JCC. From there she attended Lourdes University in Sylvania, OH where she gained her Bachelors’ Degree in Social work.

Previously Heather worked for 15 years for Head Start, she also worked briefly at Arrowhead Behavioral Health in Maumee working with inpatient mental health and alcohol dependence.

Heather has a 15 year old son, Jehovance, who attends Adrian Schools and is a member of the swim team.

Although she hasn’t had much time for any hobbies lately between working and going to school, she looks forward to warmer weather when she can work in the yard and getting back to running. She has participated in our E-Race the Stigma 5K for the last couple of years!

“Everyone on the team has been very welcoming and helpful”, she says. She is enjoying going out to meet the clients, and looks forward to working with them to help them achieve their full potential.

**SIGN UP NOW FOR THE ADDICTION SUMMIT (SEE PAGE 2)**

Go to [www.lcmha.org](http://www.lcmha.org)—registration page

There will be lots of information about what is happening in Lenawee with regard to the escalating drug abuse and overdose problems. Treatment providers will talk about services available in our community; Recovery groups will be presenting, along with a Medical Doctor, Law Enforcement and Peer Recovery Coaches. SADD Chapters from local schools will be participating. Come and experience an actual “Open Lead” AA meeting.

This is an all-day event at the Lenawee County Fairgrounds, Ag Building. Lunch is provided. Be a part of the solution!
Goodwill Industries of Southeastern Michigan (Goodwill) is proud to announce the grand opening of its Micro Enterprise Blue Boutique in downtown Adrian. We invite the community to join us for our ribbon cutting ceremony **April 7, 2017 at 4:30 PM** and stay for open house activities during Adrian First Fridays April events downtown.

For the last year this program has been operating two days a week in space provided at no cost, by Mindful Hearts. This remarkably kind gesture has led to the opportunity for these entrepreneurs to see the potential for further growth and independent sustainability. Goodwill and Mindful Hearts worked to find a solution, allowing the Blue Boutique to solely reside in the space beginning in March of 2017. The store hours will be Monday through Friday from 9 AM until 4 PM.

The Blue Boutique is an independently operated entrepreneurial consignment shop. Each participating business is managed by an individual facing barriers, who has a desire to start, develop and grow a small business and is currently enrolled in our Micro Enterprise program. This program currently maintains 15 participants, 14 of which will provide goods to the Blue Boutique for purchase. The product from an additional 5 entrepreneurs who have completed the program, will also be available. Goodwill assists each entrepreneur, for an individually specified amount of time, with identifying their interests and talents, developing their business plan and providing needed support, including flexible hours. It serves as the source for support and guidance to entrepreneurs with any piece of their business in which they may be struggling. The program provides information and tools such as researching the need for their business, startup costs and supplies as well as how to promote, advertise and market. These micro enterprises allow each individual to develop an increasing level of independence while continually working to grow their overall quality of life, with the goal of independently owning and operating their own business.

Having the chance to run their micro enterprise in a growing downtown business district not only promotes increased community exposure, but allows for growth and expansion. Each business owner has the opportunity, in a visible and tangible sense, to make connections and increase their social capital. This program and its entrepreneurs are supported by Lenawee Community Mental Health Authority, Michigan Rehabilitation Services and the Lenawee Intermediate School District.

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**Lt. Governor Calley attending E-Race the Stigma 5K run/walk/kids dash**

Don’t forget to put May 21st on your calendars!

Register here: [https://runsignup.com/Race/MI/Adrian/ERaceStigma5K](https://runsignup.com/Race/MI/Adrian/ERaceStigma5K)

We are excited that Lt. Governor Brian Calley and his son will be running the race, so let’s show him how community members support erasing the stigma of mental illness and substance use disorders by recognizing the importance of physical activity on wellness.

We encourage you to form a team of co-workers; family members; friends. Or just come and enjoy a fun, Sunday morning run. If you are not a runner—come along for a walk. Bring the kids, they can participate in the Kids Dash, or just walk the route downtown Adrian with an adult. We hope to see you there.
LCMHA BOARD VACANCY

Lenawee Community Mental Health Authority has an opening on its Board of Directors for a community minded person. A current or previous consumer of CMH services, including substance abuse disorder treatment is preferred. This is a three year term of office pending appointment by the County Board of Commissioners with per diem and mileage compensation. Availability one day per month for Board Meetings, and appointment to other committees as assigned. Please submit a letter of interest and related qualifications by March 31st, 2017 to: Kathryn Szewczuk, Interim Director, Lenawee Community Mental Health Authority, 1040 S. Winter Street, Suite 1022, Adrian, MI 49221.

NEWS FROM THE FAMILY MEDICAL CENTER

DIABETES SUPPORT GROUP

When: March 22, 2017 and once a month for 90 minutes
Time: 10:30am
Where: Family Medical Center, Adrian, large conference room

Connect with those who also have diabetes. Have time with a doctor to discuss any questions relating to diabetes.

You can control diabetes with a healthy lifestyle, proper nutrition, and support!

PROJECT HEALTH

Concerned about Pre-diabetes and Hypertension?
Create a meal plan that’s right for you!
Ash your Medical Assistant today for more information.
Project Health is a FREE program.

EDUCATION SERVICES

Interested in learning how to self-manage our diabetes?

- One to one teaching with a Certified Medical Assistant available
- Hypertension? Know your risks, what treatment is available, and how to manage your blood pressure
- Questions for your doctor?

Our Medical Assistant can get you started today.

Lenawee Community Mental Health Authority (LCMHA), a Joint Commission accredited organization, is committed to consumer safety and the quality of care our consumers receive. If at any time you, our consumer, friends or family members of consumers, providers, employees or members or the public have concerns about consumer safety or the quality of care received, please contact your case manager or Customer Services at 263-8905. You may also contact The Joint Commission to report any concerns about consumer safety or quality of care issues. LCMHA will take no action against consumers, friends or family members of consumers, providers, employees or members of the public who report a complaint to The Joint Commission nor will any report of a complaint negatively impact a consumer’s care.

You may contact The Joint Commission via the following mechanisms:

E-Mail: complaint@jointcommission.org

Fax: Office of Quality Monitoring, (630) 792-5636

Mail: Office of Quality Monitoring, The Joint Commission, One Renaissance Boulevard, Oakbrook Terrace, IL 60181

The Joint Commission
HELPING HEALTH CARE ORGANIZATIONS HELP PATIENTS.
Congratulations to Todd Wright—MI Case Manager, who was presented with his 15 year service award at January’s board meeting by Board Chair Scott Clites.

Angela Pooley—Access Clinician was presented with her 10 year service award at the January board meeting.

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY
1040 S. Winter St, Suite 1022
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
Fax: 517-265-8237
customerserv@lcmha.org

MISSION STATEMENT:
TO PROMOTE POSITIVE OUTCOMES BY CREATING A PATH TO RESILIENCE, RECOVERY, WELLNESS AND SELF-DETERMINATION

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY IS A MEMBER OF THE CMHSP OF SE MICHIGAN

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY IS Accredited by The Joint Commission on Accreditation of Healthcare Organizations

If you do not wish to have future newsletters mailed to your home, please notify: Customer Service at 1-800-664-5005

If you would also like The Grapevine to be sent directly to your email, please provide Customer Services (krawlings@lcmha.org) with your email address.

Lenawee Community Mental Health is accredited by The Joint Commission on Accreditation of Healthcare Organizations

If your address has changed recently, or telephone number? If so, don’t forget to contact CMH to let them know.

Lenawee Community Mental Health Partnership of Southeast Michigan

CURRENT RESIDENT, OR NON-RESIDENT?

CUSTOMER SERVICE:

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Lenawee Community Mental Health Partnership of Southeast Michigan

CURRENT RESIDENT, OR NON-RESIDENT?