



# THE GRAPEVINE

April 2018

LCMHA website: [www.lcmha.org](http://www.lcmha.org)

## A WORD FROM OUR EXECUTIVE DIRECTOR

Greetings! Spring is desperately trying to make an appearance—sounds like it won't be long now—never fear!

As you will see in this issue we have had a number of new staff join our CMH family. Some have joined because we have had some staff leave or retire. We wish them all the best as they embark on new adventures. Many of the new faces have joined because we have been able to open Pathways Engagement Center. You can learn more about the center in this issue, or call Customer Services if you have any questions.

We are very excited to offer Pathways to our community. We have already had many people come seeking assistance with addiction. Soon, we will be offering Smart Recovery Meetings on weekends. Watch for announcements on our website, Facebook and other media.

As you can see in this issue there is a lot going on in Lenawee. The Do Your Part

Opioid Summit is fast approaching, if you have not registered—don't delay, we filled up quickly last year.

We have included important information regarding the spread of Hepatitis A—please contact the Lenawee Health Department for more information about prevention and vaccines.

We also have opportunities for you to get involved with important work to reduce stigma and reach out to those in need. The E-Race Stigma 5K Run/Walk & Kids Dash will be held on May 20th downtown Adrian, this is always so much fun! And we have a newly formed group of dedicated parents/teachers and community members focused on suicide prevention.

Finally, there are several other opportunities to get involved. CMH currently has an opening on its board of Directors. We encourage anyone who is a current or previous consumer of mental health or substance abuse services to submit a letter of interest. This is an opportunity for a community minded person to advocate and



*Kathryn A. Szewczuk  
Executive Director*

participate in many aspects of CMH and the services we provide. Availability for monthly board meetings is important, as well as appointments to other committees as assigned.

We also have an opening on our Recipient Rights Advisory Committee. This committee meets quarterly and focuses on ensuring quality and integrity of the rights protection system.

If you would like to get involved with any of the other committed groups addressing community needs, contact Customer Services.

We should hear the spring peepers consistently any day now!  
**HAPPY SPRING.**



### CONGRATULATIONS DEB STRAYER

Deb Strayer recently celebrated 40 years at Community Mental Health, what an achievement! Deb joined us straight out of school as an Accountant, and was the Finance Manager at her retirement on April 2nd. CMH held an Open House in honor of Deb's dedication and commitment for forty years. Thank you Deb—we wish you well in your retirement.

### LCMHA BOARD

*Judy Ackley*

*Greg Adams—Vice Chair*

*Debra Bills*

*Scott Clites—Chair*

*Mark Jackson*

*John Lapham—Co. Commissioner*

*Amy Palmer*

*Deidre Reed*

*Nathan C. Smith—Secretary*

*Ralph Tillotson—Co. Commissioner*

*Jim Van Doren*

*Donna Yearsin*

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## LCMHA WELCOMES TWO NEW BOARD MEMBERS



Pictured top—Amy Palmer. Although Amy is new to CMH, she is not new to the Adrian community. She is a lifelong resident of Lenawee County and a former Executive Director of

Lenawee United Way. Currently Amy is the Director of Development for the Adrian Dominican Sisters. Amy is dedicated to serving her community and

advocating for the most vulnerable citizens. She is familiar with the non-profit arena and has vast experience that will benefit the CMH Board in the future.



Pictured left—Deidre Reed. The LCMHA Board is looking forward to hearing a fresh perspective from someone who also works in the public health field. Deidre is the Nursing

Director for Lenawee County Health Department. She is dedicated to creating more awareness regarding effects of mental health issues on individuals and families. With her

background in psychiatric disease, criminal cases, hospital treatment centers and alcohol treatment Deidre will be a valuable asset and member of the board.

## MELISSA VARGAS—ACCESS CLINICIAN



Welcome Melissa—who joined the Access Team on November 20th. Born and raised in Flint, MI Melissa has always been an active volunteer and community member. A highlight of her high school experience was a missionary trip to South America where she had to be evacuated because violent demonstrations erupted!

concentration in mental health and substance abuse. She also has her addiction certification (CAADC). Melissa enjoyed several valuable internships, one of those was in England where she learned that there are many different approaches to solving social issues.

blended families include three children—Vivian is a freshman at Adrian High School, Vincent is in 6th grade at Springbrook and Elijah is only three and goes to Lincoln. Besides balancing work and family Melissa loves to sing and dance (recreationally). As a family they love to play games. She also enjoys arranging fun activities like road rallies.

Previously Melissa worked for 8 years on an ACT team in Jackson County. Melissa lives in Adrian with her husband, Ryan Vargas (also a social worker), who works at Henry Ford Allegiance Hospital. Their

blended families include three children—Vivian is a freshman at Adrian High School, Vincent is in 6th grade at Springbrook and Elijah is only three and goes to Lincoln. Besides balancing work and family Melissa loves to sing and dance (recreationally). As a family they love to play games. She also enjoys arranging fun activities like road rallies.

Melissa is very excited for this new opportunity as it is a new challenge where she will learn many new things.

## KIM BURTON—ACCESS CLINICIAN



Kim joined us on February 26th. Previously working at The Guidance Center in Southgate as a Counselor. She has also worked at a Methadone clinic.

Kim lives in Toledo, and reported that she loves to spend time with her family who live in Monroe. Mainly she unwinds by playing with her two dachshunds. She said that the Access staff at CMH work very closely together, and she has been welcomed as part of their team. We are glad to have you Kim!

Kim's father was in the Marines for many years, and she was born and raised in Okinawa, Japan. She has moved many times, living in California, Ohio, Chicago, Virginia and Michigan. Following a 10 year career at IBM as a manager for sub-contractors, Kim decided a change of career was needed, so she went back to school while she was living in Washington DC, and received her undergraduate degree in Psychology, and then her Masters' in Counseling.

LCMHA has opened Pathways Recovery Engagement Center downtown Adrian—211 W. Maumee St. As an engagement center, the program provides a warm, welcoming and safe environment for participants who may be intoxicated or actively using substances, detoxing from use, or seeking supports to promote their recovery journeys. Pathways is somewhere to gain immediate access to resources, support, advocacy and referral.

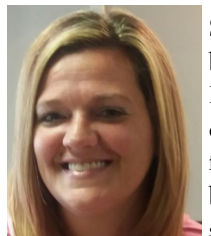
Pathways is staffed with Peer Recovery Coaches who are in long term recovery themselves. Pathways is not a clinical program, but rather a supportive program where coaches are able to link and coordinate individuals to community treatment and recovery resources.

Pathways is open from 6pm on Fridays until 8am on Mondays. While it is not a shelter (we do not have beds) individuals may stay at the center for up to 23 consecutive hours. Pathways is located in the same building as Interconnections Drop In Center.



Roni Lawrence has been a Peer Recovery Coach for 7 months. Born and raised in Ohio she worked previously at HOPE House in Jonesville, MI. She has also

worked for Hillsdale Sobriety Court. She has been married for 27 years and has 2 children and 3 grandchildren. She is excited to be able to help people get the help they need to live a better, sober life.



Sam Goodrow was born and raised in the Hudson area. She has 5 children ranging in age from 17 to 4. She is busy attending their school and sporting

events. She reports that her passion is to help others achieve sobriety.



Irma Vela also works part time at the Adrian District Library as a clerk. She has worked in public relations/customer service for over 10 years. She enjoys building

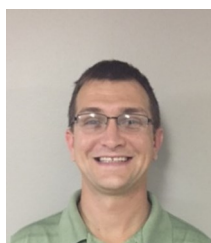
connections with people. She is on the board of Sunnyside Peace & Justice Center. She has 3 adult children and 2 grandchildren. As a Recovery Coach she wants to share her hope, strength and experience to help others. She is bi-lingual and is a translator in her spare time.



Kathy Palmer grew up in Toledo, OH and retired from Toledo Public Schools. Kathy volunteered at the Lenawee County Mission—now called Neighbors of Hope

working with the homeless and addicted. Kathy has two adult children and 4 grandchildren. She also has a strong faith.

Mike Lambert (not pictured) graduated from Onsted High School in 1992. He was a Performing Arts Major at Jackson Community College and a singer in their vocal jazz group “The Starfleet Ambassadors”. Mike has been a professional musician for 3 years. He worked as a Corrections Officer for over 13 years. After 9/11 he enlisted in the Army Reserves and served in Kuwait and Iraq from 2003—2004. As a disabled Army combat veteran, his goal is to one day work with other veterans to help them battle addiction.



Alex Barich is originally from Westland but now lives in Onsted. He is currently an undergraduate student at Eastern Michigan School of

Social Work. He has an Associates Degree from Jackson Community College, he also has a development plan with MCBAP for his CADC. Previously Alex worked at HOPE House as a Resident Aide, and

McCullough Vargas & Assoc. where he facilitated engagement groups, was a peer recovery coach, he also monitored sobriety drug court drug screens. Alex is engaged to Autumn and is dedicating himself to living a healthy lifestyle and helping others do the same.



Hector Perez is the most recent addition to the staff. Hector is a native of the Sunnyside of Adrian. Hector reports that because of the

mentorship of Martin Moreno he was able to receive his BA from Eastern Michigan University in art education and bilingual education. Hector went on to be an award winning art teacher in Detroit for 21 years. From there he was recruited to Kauai, Hawaii where he taught for 9 years. Hector is divorced with five adult children. Hector credits the “aloha” spirit with his inspiration to give back to his home community.



Christy Brugger is the Peer Recovery Coach Coordinator. Christy joined CMH in September, 2016. Born and

raised in Flint, she moved to Jackson, MI in 1999 to work for a residential treatment facility. This is where she met her husband (Clint). They have lived in Lenawee since 2003 and have two children, Dawson (6) and Delanie (5). Christie and both children are hard of hearing, and she likes to stay involved in the deaf and hard of hearing community to ensure that her children have access to all of the resources and activities they need. Christy has been involved since the inception of Pathways, and helped with the oversight of the renovations and opening. She is passionate about helping those with substance use disorders.

Pathways phone number is 517.920.4416 (weekends). Daytime—please call CMH—517.263.8905 or 24 hour crisis line: 1.800.664.5005.





# OPIOID ADDICTION SUMMIT

APRIL 18, 2018

## ADRIAN ARMORY EVENTS CENTER

230 W. Maumee Street, Adrian, MI 49221

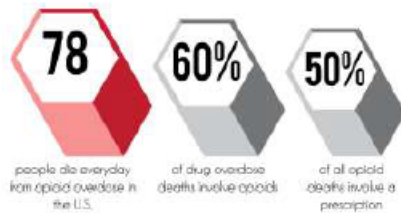
Registration at 8:30. Program 9:00am – noon.

Optional Lunch and Narcan training – 1pm.

For more information, or if you have questions, please contact Kay Ross, [kross@lcmha.org](mailto:kross@lcmha.org), or 517.263.8905

MCBAP CEU's available

## OPIOID EPIDEMIC



To register for the Summit click below:

[https://www.lcmha.org/conf\\_training.php?cid=110&ccid](https://www.lcmha.org/conf_training.php?cid=110&ccid)

registration at 8:30

NARCAN Training at 1:00pm – register here:

[https://www.lcmha.org/conf\\_training.php?cid=111&ccid=11](https://www.lcmha.org/conf_training.php?cid=111&ccid=11)

To order your Summit T-Shirt click below:

[shirtzink.com](http://shirtzink.com)

ADDICTION 101

WHAT IS MEDICATION ASSISTED TREATMENT?

PREVENTION STRATEGIES

MATT BELL, MIDWEST RECOVERY CENTER

For anyone wishing to stay for the NARCAN Training lunch will be provided. Please indicate on registration form if you will be staying and require lunch.

NARCAN prescriptions available for persons with insurance

REGISTER TODAY FOR THE SUMMIT:

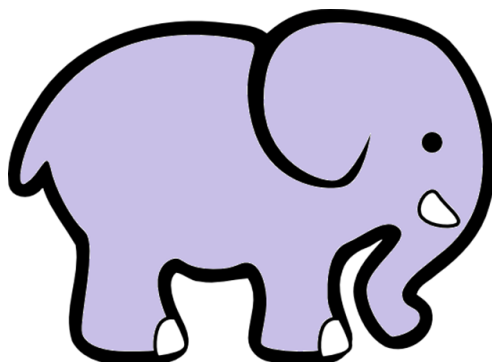
[https://www.lcmha.org/conf\\_training.php?cid=110&ccid](https://www.lcmha.org/conf_training.php?cid=110&ccid)

REGISTER HERE FOR THE NARCAN TRAINING:

[https://www.lcmha.org/conf\\_training.php?cid=111&ccid=11](https://www.lcmha.org/conf_training.php?cid=111&ccid=11)



Order your T-shirt when you register



LENAWEE COUNTY SUICIDE PREVENTION  
*Let's talk about the elephant in the room.*

A new initiative aimed at reducing suicide has formed over the last couple of months in Lenawee County. The group, comprised of survivors, educators, preventionists and community volunteers, has been meeting regularly and is working on the development of a plan to address the problem. Campaigns will target young people, parents, educators and the community at-large. They will focus on bringing awareness to the problem, increasing knowledge about warning signs and what community resources that

are available, developing coping skills, and ensuring that our schools have protocols and supports in place to support young people who may be struggling.

As a community, we need to continue our conversations about mental health, depression, and yes, even suicide. We need to recognize the signs, talk to one another, and know where to get help.

Let's talk about the elephant in the room.

For more information contact Kay Ross  
LCMHA 517-264-0128

# FLU MYTHS FLU FACTS

**MYTH**  
THE FLU SHOT  
CAN GIVE ME  
THE FLU

**FACT**  
FLU VIRUSES USED  
IN FLU SHOTS ARE  
INACTIVATED, SO  
THEY CANNOT CAUSE  
INFECTION

**FACT**  
GETTING THE FLU SHOT  
PROVIDES BENEFITS  
SUCH AS THE POTENTIAL  
TO REDUCE ILLNESS AND  
PREVENT TIME LOST  
FROM WORK

**MYTH**  
VACCINES ARE  
NOT PROVEN  
TO PREVENT  
THE FLU

**FACT**  
IF YOU GET THE FLU  
VACCINE, YOU ARE  
ABOUT 60% LESS LIKELY  
TO NEED TREATMENT  
FOR THE FLU

**MYTH**  
IT IS BETTER TO  
GET THE FLU THAN TO  
GET A FLU VACCINE

**MYTH**  
I SHOULD WAIT TO  
GET VACCINATED SO  
THAT I'M COVERED  
THROUGH THE END  
OF THE SEASON

**FACT**  
PEOPLE SHOULD GET A  
FLU SHOT AS SOON AS  
THEY ARE AVAILABLE  
BECAUSE IT TAKES ABOUT  
TWO WEEKS FOR  
ANTIBODIES TO  
DEVELOP



For more flu myths  
and facts, go to  
[www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm)  
or [www.cdc.gov/flu/about/qa/misconceptions.htm](http://www.cdc.gov/flu/about/qa/misconceptions.htm)



## HEPATITIS A—WHAT YOU SHOULD KNOW

Over the past year there has been an increase in Hepatitis A cases in Southeast Michigan.

It is a contagious liver disease. It can be a mild illness lasting just a few weeks, to a serious illness lasting for months.

Thorough hand washing and vaccination can prevent infection.

How is it spread?

- ⇒ Putting something in your mouth that has been contaminated with feces of a person with Hepatitis A
- ⇒ By having sex with someone who is infected
- ⇒ By sharing towels, toothbrushes and eating utensils with someone who is infected
- ⇒ By sharing food, drinks, drugs or smokes that have been handled by an infected person

What are the most common symptoms?

- ◆ Jaundice (yellowing of skin and whites of eyes)
- ◆ Fatigue/tired
- ◆ Stomach pain

Who is at risk?

- \* People with a history of substance abuse
- \* People who are currently homeless or transient
- \* Men who have sex with men
- \* Persons incarcerated in correctional facilities
- \* Healthcare workers
- \* People with underlying liver disease
- \* People who are in contact with any of the previous risk groups

Food handlers/service workers should take extra care when handling food.

Get vaccinated if you are in any of the at-risk populations.

Any more questions?

Contact Lenawee County Health Department, at 517.264.5226

More information:

The Michigan Department of Health & Human Services (MDHHS) has developed a special website for the hepatitis A outbreak. Visit the MDHHS hepatitis A outbreak website to learn more about how to protect yourselves: [michigan.gov/hepatitisaoutbreak](http://michigan.gov/hepatitisaoutbreak)

Source:

<http://www.lenawee.mi.us/833/Hepatitis-A-Outbreak>

## ERIN SLUSHER—CHILDREN'S THERAPIST



Welcome Erin who joined the Children's Department on September 11th!

Erin was born and raised in Blissfield, where she lives with her two children—Devon is a senior in High School, and Abby is a senior at Adrian College.

Erin taught elementary school in Britton Deerfield for ten years. She decided to go back to

college to finish her Masters' Degree, which she received from Siena Heights in August. Her Masters' is in Counseling, with a minor in mental health.

When Erin is not attending her son's football, basketball and baseball games, or her daughter's dancing events at Adrian College, she enjoys volunteering at Blissfield Schools with the athletic boosters. She also loves to go

bike riding, camping and canoeing and she is a big Michigan football fan. The family also has a new golden retriever puppy who is just six months old.

Previously Erin interned at Maurice Spear Campus where she enjoyed working with families. She reports that she is very excited to be here at CMH where staff has been very welcoming and helpful.

## JACKIE BRADLEY—COMMUNITY OUTREACH & PREVENTION



Jacklyn joined us on November 13th. Originally from Denver, CO she moved to Pinkney, MI when she was young. Jackie graduated from the University of Michigan with a Bachelors Degree in Psychology, and from Washington University, St. Louis, with a Masters' Degree in Social Work.

Jackie came back to Michigan to start her working career, where she worked at Legal Services South Central MI in Monroe for two years as a paralegal/administrator. She

then went to work at the United Way where she was the Associate Director for about eight months working mostly in Lenawee County. When the position opened up at CMH she knew it would be a good fit for her as her Masters' degree focus was community development. She also worked at the Addiction Research Center at U of M—both of these areas are her passion so she will definitely be a good fit!

Jackie loves to read and enjoys most outdoor activities including hiking, camping and bike riding. She is looking to move closer to Adrian, as she currently commutes from Monroe.

Jackie reports that she is excited to get involved in community outreach and prevention. She notes that addiction is not an individual problem—it is a community problem, and Lenawee is working hard towards ensuring its citizens receive the care that they need.

## CATHERINE COMFORT—ACCOUNTANT



Catherine joined us on October 30th—just in time to see the LCMHA Trick or Treaters!

Catherine grew up in the thumb area of Michigan on a dairy farm. She moved to the Jackson area and worked for ten years at two different part time jobs (an accountant and customer service position) at Jackson Community College.

Catherine met her husband online and they married in

2001, when she moved to Adrian to be with him.

Catherine shared in the raising of Gary's two girls (Maya and Naomi). As a stay at home mom, two girls weren't enough—so they became foster parents, and over nine years have fostered 14 children.

One of those foster children became their very own—Jaila—now 7, was placed with them at 4 days old, and was officially adopted when she was

4. Jaila is in 2nd grade at Lenawee Christian School.

Catherine is an avid seamstress and quilter (all of which she learned from her mother). She also loves to read—mostly mysteries! Gary teaches math at JCC and Kellogg Community College—this is definitely a family that loves numbers (and kids)! Catherine reports that she is very pleased to be working with a great group of people at CMH.



# THE RELATIONSHIP BETWEEN BULLYING AND SUICIDE

## What we know about bullying:

- Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can occur in-person or through technology.
- Bullying has serious and lasting negative effects on the mental health and overall well-being of youth involved in bullying in any way including: those who bully others, youth who are bullied, as well as those youth who both bully others and are bullied by others, sometimes referred to as bully-victims.
- Even youth who have observed but not participated in bullying behavior report significantly more feelings of helplessness and less sense of connectedness and support from responsible adults (parents/schools) than youth who have not witnessed bullying behavior.
- Negative outcomes of bullying (for youth who

bully others, youth who are bullied, and youth who both are bullied and bully others) may include: depression, anxiety, involvement in interpersonal violence or sexual violence, substance abuse, poor social functioning, and poor school performance, including lower grade point averages, standardized test scores, and poor attendance.

- Youth who report frequently bullying others and youth who report being frequently bullied are at increased risk for suicide related behavior
- Youth who report both bullying others and being bullied (bully-victims) have the highest risk for suicide related behavior of any groups that report involvement in bullying

## What we know about suicide:

ANY involvement with bullying behavior is one stressor which may significantly contribute to feelings of helplessness and hopelessness that raise the risk of suicide.

## What we know about bullying and suicide together:

- We know that bullying behavior and suicide related behavior are closely related. This means youth who report any involvement with bullying behavior are more likely to report high levels of suicide related

behavior that youth who do not report any involvement with bullying behavior.

- We know enough about the relationship between bullying and suicide related behavior to make evidence based recommendations to improve prevention efforts.

## What can we do with what we know?

Help students feel connected to you and their school—ask them how they are doing, encourage extracurricular interests and involvement.

Teach coping/life skills. Focus on positive and empowering messages that build resilience and acceptance of differences in themselves and others.

Be aware of vulnerable populations.

Youth who act out through bullying others may be trying to fit in and/or reacting to stress, abuse or other issues at home or school. Bullying behavior may be an important signal that they need mental health services and additional support.

Empower youth by providing concrete, positive, and proactive ways they can influence their social norms of their peer group so that bullying is seen as an uncool behavior.



### Useful resources:

[www.cdc.gov/violenceprevention/pdf/ASAP\\_Suicide\\_Issue3-a.pdf](http://www.cdc.gov/violenceprevention/pdf/ASAP_Suicide_Issue3-a.pdf)

[www.air.org/focus-area/education/?type=projects&id=127](http://www.air.org/focus-area/education/?type=projects&id=127)

[www.cfchildren.org/steps-to-respect.aspx](http://www.cfchildren.org/steps-to-respect.aspx)

[www.stopbullying.gov](http://www.stopbullying.gov)

*The Relationship Between Bullying & Suicide, National Center for Injury Prevention & Control, CDC.*

LCMHA has openings on its Recipient Rights Advisory Committee.

The committee meets quarterly.

If you are a past or present consumer, or a parent or guardian of a consumer, interested in consumer advocacy and protection please submit a letter of interest to:

Executive Director,  
LCMHA, 1040 S. Winter St, Suite 1022, Adrian, MI 49221

## RACE CHECKS PRESENTED



Pictured left—Greg Adams, E-Race the Stigma Run/Walk/Kids Dash organizer presented Dr. Julie Yaroch, President of ProMedica Bixby/Herrick Hospitals a check for \$5,000 at the October board meeting. The money raised by the race in May will be used in the future towards the cost of the Lenawee County Health Needs Assessment.

This county-wide survey is a valuable tool for the community when evaluating

the healthcare needs of the Lenawee population, gaps in service, areas for improvement and progress being made as we strive to improve the overall health of our community. The Assessment is completed every three years. When the current survey is completed the county will have nine years of valuable data.

Pictured right—Greg Adams presented

Interconnections staff Mark Roman and Jen Durell a check for \$10,000.

Interconnections recently moved into a new building which is currently undergoing some costly renovations!



**MARK YOUR CALENDAR:**  
 E-RACE THE STIGMA 5K RUN/WALK & KIDS DASH 2018  
**MAY 20TH**  
 DOWNTOWN ADRIAN  
 PLANNING IS WELL UNDERWAY  
 REGISTER HERE FOR THE 2018 RACE:  
<https://runsignup.com/Race/Events/MI/Adrian/ERaceStigma5K#event-204146>

**Sunday May 20th, 2018 at 9:00am**  
**Pre-registration - 8:00am**

**Entry fees:**  
 •\$15.00—Pre-registered 5k participants  
 •\$5.00—kids dash  
 •Race day—\$30.00 5k participants

Awards given to top 3 finishers in each age group, male and female (5k)  
 Medals for all kids dash participants

Race starts at—Farmers Market Pavilion, Toledo St, Adrian Route—streets of downtown Adrian  
 Parking—Toledo Street lot

Registration online at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K> by May 15th. Register before April 20th to guarantee a T-shirt. Registration available on day of race.

Mail form and entry fee to:  
 Kay Ross, Customer Service or register online—<https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

Lenawee Community Mental Health  
 1040 S. Winter Street  
 Suite 1022  
 Adrian, MI 49221

Phone: 517-263-8905  
 Fax: 517-263-7616  
 E-mail: [kross@lcmha.org](mailto:kross@lcmha.org)

**SPONSORS**

**5K Run/Walk & Kids Dash**

**KIDS DASH SPONSORED BY:**  
**YMCA & ADRIAN ROTARY**

Find us on Facebook

**No pets allowed**

All proceeds to support health education programs in Lenawee County

Scholarships available—contact Kay Ross, 517.263.8905

Name _____ Address _____ Email _____ Phone _____ Adult T-shirt Size: S M L XL XXL <input type="checkbox"/> <input type="checkbox"/> Youth T-shirt size: S M L <input type="checkbox"/> <input type="checkbox"/> Signature _____ Date _____ Signature of parent or guardian if under 18 years of age. _____ Date _____	<input type="checkbox"/> M <input type="checkbox"/> F Age on race day _____ _____ Date _____
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I know that running a race is a potentially dangerous activity. I will not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event, including contact with other participants, the effects of the weather, and condition of the roads. I for myself and anyone on my behalf, waive and release the sponsors of this race, supporters and officials, their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose. I also give my consent for any pictures taken at this event to be made public.



## GRANT RECEIVED!

Lenawee Community Mental Health Authority announces that it is the recent recipient of a grant from the Branch

County Community Foundation for \$35,946.27. This will allow us to provide mental health care for the

indigent, uninsured and lower income persons without private or public health insurance.



### LENAWEE SUBSTANCE ABUSE PREVENTION COALITION

The Lenawee Substance Abuse Prevention Coalition recently completed a five-year strategic plan to address substance abuse among youth in Lenawee County. With a partnership between Lenawee CMHA and Lenawee Communities in Schools, we are excited to be expanding our reach to

several school districts this year to form Student Prevention Leadership Teams (SPLT.) These teams empower students to develop and implement prevention campaigns and activities geared at reducing underage drinking, marijuana use and prescription drug abuse in their communities.

The Coalition also voted in a new Executive Committee in November with leadership roles being filled by: Chairperson: Martha Hall, Health Officer Lenawee County Health Department  
Vice-Chairperson: Laura VanSickle,

Community Action Agency  
Treasurer: Gary McCullough, McCullough Vargas & Associates  
Secretary: Troy Bevier, Undersheriff, Lenawee County Sheriff's Department  
Member at-large: Patsy Turner  
Youth Liaison: Kelly McNichol, Communities in Schools  
Community members are reminded that the Coalition meets on the first Wednesday of every month at 8:30 AM in the River Raisin Room at the Human Services Building. Everyone is welcome!

## FAMILY MEDICAL CENTER NEWS

A new Regional Administrator for the Family Medical Center of Michigan in Adrian was named—Chuck Tozer.

Chuck is the former Herrick Memorial Hospital VP—Behavioral Medicine, Physical Medicine and Rehabilitation, where he served for 14 years. Returning

to the area after serving as CEO at specialty hospitals located in Ann Arbor, MI, Albuquerque, NM, St. Joseph, MO and Grand Rapids, MI.

A three year celebration of being an Integrated Health Clinic was celebrated with cake.



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 of 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:

Online: [Submit a new patient safety event or concern](#). | [Submit an update to your incident](#). (You must have your incident number)

- E-mail: [patientsafetyreport@jointcommission.org](mailto:patientsafetyreport@jointcommission.org)
- Fax: 630-792-5636
- Mail:

Office of Quality and Patient Safety  
The Joint Commission  
One Renaissance Boulevard  
Oakbrook Terrace, Illinois 60181



# 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



Pictured top left, Tammy Stetten received her 10 year service award at the October board meeting, Tammy works in Service Inquiry Department. Bottom left: Aimee Snyder received her 10 year award at the January board meeting



Pictured top right, Jen Carpenter, Access Supervisor received her 5 year award at the November board meeting. Congratulations!



Bottom right, Kathryn Rink, Children's Supports Coordinator received her 5 year award at the January board meeting.



*Lenawee Community Mental Health is accredited by The Joint Commission*

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.



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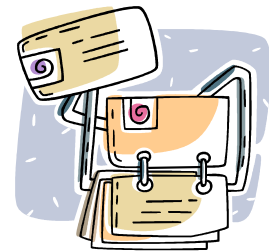
ADRIAN, MI

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