



THE GRAPEVINE

A WORD FROM OUR EXECUTIVE DIRECTOR

August 2019

LCMHA website: www.lcmha.org

Welcome to the August newsletter. We are well into the summer, keeping our fingers crossed that the good weather stays around a while longer!

We at LCMHA continue to be concerned about the under-funding of the mental health system which I talked about at some length in the previous edition of the Grapevine. The situation is currently negatively affecting our region and many other Pre-paid Inpatient Health Plan (PIHP) Regions around the state. Many are working in a deficit situation as they provide services that are state mandated but not fully funded. Although we are in the process of preparing our budget for the next year, the state has not provided information regarding rates for our services.

We, as a system, have also been lobbying with the state regarding their proposal to terminate their contract with Lakeshore Regional Entity (LRE) the PIHP for Allegan Co CMH; Ottawa CMH; Health West – Muskegon; Network 180 and West Michigan CMH. The decision to terminate the contract is due to LRE operating in a deficit for several years. However, a recent analysis conducted by the Community Mental Health Association of Michigan (CMHAM) highlighted that, those PIHPs, like Lakeshore and our Region, facing the direst fiscal

crises, received, over the past several years, either a revenue cut or only a modest increase even when the Healthy Michigan Plan enrollment was growing. It doesn't seem logical to terminate a contract due to a fiscal deficit when it is clear the system is not adequately funded.

Additionally, the state is proposing to contract directly with Beacon Health Options, a private managed care company currently managing the Medicaid behavioral health benefit in partnership with LRE. The state's proposal will eliminate local public governance of the public behavioral health system – one of the foundations of Michigan's nationally recognized behavioral health system for the past 50 years – and replace it with a state-appointed advisory group. This is what the 298

Boilerplate advocates for, changing/privatizing the public mental health system which we believe would be detrimental to the consumers that we serve. Rest assured that we continue to be in direct contact with local and state legislators to garner their support. We are fortunate to have access to CMHAM and their research/resources. We are appreciative of all the work they continue to do on our behalf.

You may have heard or seen in local and social media that this year's E-Race the Stigma was one for the record books. Over 900 people participated



Kathryn A. Szewczuk
Executive Director

in the 5K, with 400 from Adrian Schools. This event would not be possible without the support from many local businesses and organizations, as well as many volunteers. If you haven't seen the video, please visit our Facebook page – you may even see yourself in it if you were there! We are dedicated to continuing to bring attention to the stigma around mental health and substance use disorders, and what better way than to include physical activity for the entire family. A great morning was enjoyed by all. A huge "thank you" goes out to Greg Adams, our board chair, and organizer of this event whose passion and commitment are second to none. Greg was presented with a Resolution by the Mayor of the City of Adrian at the start of the race, for his work in the area of mental health awareness. Monies raised for the race will be donated back to the community for health, nutrition and wellness initiatives.

We would also like to thank Tecumseh Public Schools, particularly their Lacrosse

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SAMANTHA GOOD—I/DD SUPPORTS COORDINATOR

Welcome Samantha, who joined us on April 23rd. Samantha was born in Toledo and now lives in Sylvania, OH. She attended Northview High School. Samantha graduated from Lourdes University in 2018 with her Bachelors' Degree in Social Work.

Following an internship at Summerfield Elementary School in Petersburg working with pre-school children, she attended a trans-Atlantic conference in Ireland as part of the Social Work program.

Previously Samantha worked at A Renewed Mind, in Toledo, which is a non-profit faith based agency specializing in addiction and mental health where she worked with children aged 3-18 and their families. Following graduation she worked as a substitute teacher in Monroe County.

Samantha still lives in Sylvania with her parents, but she is looking for her own place with her boyfriend, Kody, and dog Ruger. In her down-time she loves to go camping; listening

to music and going to festivals. She acknowledges that she misses playing softball—which she did throughout her school years. Samantha has a younger sister that she is very close to, she lives in Cleveland and is an Occupational Therapist.

“Everyone has been very nice and helpful...and patient”, reports Samantha, who acknowledges that she still has a lot to learn, but her team is very supportive. She looks forward to working with her consumers and families.



LOGAN SWEET—ADULT MI SUPPORTS COORDINATOR

Logan started her working career with CMH on June 3rd. She is a recent graduate of Eastern Michigan University, where she earned her social work degree.

Logan enjoyed her internship with the Salvation Army in Adrian from September 2018 to April 2019. She worked with their case management;

food pantry and intake for clothing vouchers.

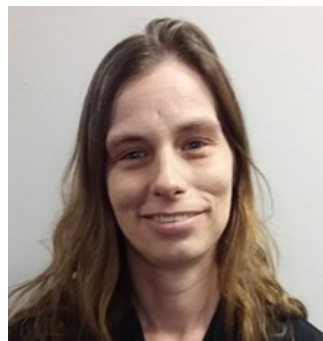
Logan grew up in Britton and attended Britton Deerfield Schools. She is currently living in Adrian with her boyfriend, Dustin and their cat, Angel.

Logan loves to spend time with family—her parents and three siblings (Caleb; Izaak and Hannah) and her dog,

Artemis.

When she is not working she loves to do crafts, she also loves to explore new places.

Although she acknowledges that she still has a lot to learn, she is ready for the challenge and is enjoying shadowing the Case Managers and learning all of the aspects of her new job.



TRISHA SHINDLER—PEER SUPPORT SPECIALIST

Trisha also is a recent hire, she started at CMH on June 10th.

Originally from Syracuse, NY she moved to Michigan 20 years ago, and she graduated from Onsted High School.

Trisha has two daughters, Hannah who is 13, and Madison who is 11. She moved back to Onsted to help care for her parents while they both received cancer treatments. Most of her spare

time is spent with her children, attending sporting events or traveling. She also loves to go to live music events and spending time outdoors. Trisha only has her father close by now, she has a sister out in Key West and a brother in Saratoga.

Previously Trisha worked for 8 years as a unit clerk at Bixby Hospital ER, she also ran Frosty Boy in Adrian for six years. (They have recently

sold the business to another family).

Trisha will be working with two teams at CMH and is excited to be able to help consumers as a Peer Support Specialist.

KEVIN FARRIS—I/DD SUPPORTS COORDINATOR

Kevin joined CMH on June 10th. Previously he was a Behavior Technician with Centria. Kevin lives in Pioneer, OH. He graduated from Camden Frontier schools and then went to Siena Heights where he received his BSW. He is currently enrolled in the Masters Social Work program with Capella University.

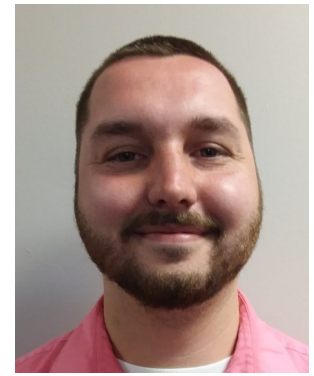
Kevin is looking forward to his wedding in December to Rachel who manages a restaurant. In his spare time he loves to play basketball and disc golf. He is

very involved with his church where he is a youth group leader. To relax he likes to go to dinner and a movie.

Kevin credits his mom with being the biggest influence in his life. Even though she passed away when he was 16, he reports that she valued the importance of education, and would be proud today that he has a college degree. She also stressed to him that everyone should be treated equally and with kindness.

Kevin has done a lot of community work with homeless youth and he is still an active advocate for this population. He was a keynote speaker at the LISD Homeless Youth Conference. Kevin reports that he just loves working with kids, particularly developmentally disabled who are often left out or overlooked – he constantly strives to make sure that this population is advocated for appropriately.

Welcome to CMH Kevin!



CELEBRATION OF SUCCESS!

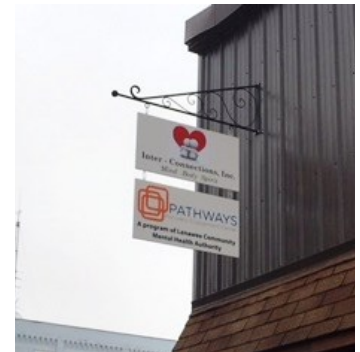
Do you know someone who receives services at CMH who has achieved a goal, or made an improvement in their life, or had some kind of impact on others?

We want to hear from you. The

annual “Celebration of Success” will be held this year on December 6th at the LISD Tech Center. All nominees will be recognized and presented with an award for their achievement. You can even nominate yourself, a friend or a family

member.

Nomination forms will be available soon. They will also be distributed with the next issue of the Grapevine. Every success, however small, should be celebrated!



CHRONIC PAIN PATH WORKSHOPS

Are you dealing with chronic pain? Want to start managing it better?

This workshop teaches tools to better self-manage symptoms and side effects as we face the daily challenges of living with a chronic condition like

arthritis, back pain, fibromyalgia or other pain conditions. Plus learn safe exercises for maintaining and improving strength, flexibility and endurance.

If you are interested in learning more about it, please call Jen Durell, at

Interconnections— 517.265.9588.



PATHWAYS

Pathways welcomes a new Peer Recovery Coach—Melissa Anderson, and a returning Recovery Coach—Janel Ammerman. Alex Barich, previously a Peer Recovery Coach has transitioned into Case Management. Michelle

Seay is now a full time Peer at Pathways. Effective September 1st Sam Goodrow and Tricia Pennington will be full time Peer Recovery Coaches. Pathways is actively hiring to meet the needs of the

Engagement Center as we hope to be open 7 nights a week in the not too distant future. Contact us if you would like to know more about becoming a Peer Recovery Coach. 517.263.8905

Meeting Schedule

Fridays 8pm—9:30pm

Saturdays

9am—10:30am

9:00pm—10:30pm

12am—1:30am

Sundays

1:00pm—2:30pm & 6pm—7:30pm

Mondays 7am—8:30am & 8pm—9:30pm

Tuesdays 7am—8:30am & 8pm—9:30pm

WHAT YOU NEED TO KNOW ABOUT HEP A

Hepatitis A is a highly contagious, vaccine-preventable, liver disease caused by the hepatitis A virus. Mild cases can last a few weeks while severe cases can last several months and can cause death.

How is hepatitis A spread? Hepatitis A spreads by putting something in your mouth (object, food, or drink) that has been in contact with the feces of an infected person. Hepatitis A can be spread:

- When an individual does not wash their hands after contact with infected stool (e.g. after using the bathroom or changing diapers)
- By having sexual contact or living with an infected partner
- By consuming food or drinks that are contaminated by the virus

What are the symptoms of hepatitis A? Not everyone shows symptoms. If symptoms develop, they usually appear 15-50 days after infection and can include:

Fever; feeling tired; loss of appetite; nausea; vomiting; stomach pain, dark urine; grey stool; joint pain; yellowing of the skin and eyes.

Who is at risk of getting hepatitis A? Anyone can

get hepatitis A, however, these groups are at the highest risk:

- Homeless
- Incarcerated
- Injection and non-injection illegal drug users
- People who have close contact, care for, or live with someone who has hepatitis A
- People who have sexual activities with someone who has hepatitis A
- Men who have sex with men
- People with chronic liver disease, such as cirrhosis, hepatitis B, or hepatitis C
- People who work with the high risk populations listed above
- Food handlers

How is Hepatitis A treated? Treatment includes rest, good nutrition, fluids and medical monitoring. Severe cases may need to be hospitalized. Most people who get hepatitis A recover completely and don't have lasting liver damage. It's important to see a doctor if you have symptoms of hepatitis A.

Help stop the spread of Hepatitis A—

Wash your hands!

1. Wet your hands with clean, running

warm water and apply soap

2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
3. Scrub your hands for at least 20 seconds
4. Rinse your hands well under clean, running warm water
5. Dry your hands using a clean towel or air dry them

For more information—visit the MDHHS hepatitis A outbreak website to learn more about how to protect yourselves. The website is: Michigan.gov/hepatitisaoutbreak

The best way to protect against hepatitis A is to get the hepatitis A vaccine. Talk to your healthcare provider about getting vaccinated. If you need help paying for vaccines, the health department may have vaccine available at little or no cost.



PSA CONTEST WINNERS!

WLEN 103.9 in collaboration with CMH and TLC Credit Union sponsored the 6th annual PSA contest. This year's theme was "How do you envision a world of kindness that would: reduce suicide, reduce drug use or reduce bullying." Students in classes, groups and organizations all across Lenawee County were challenged to create public service announcements in audio or video around this theme. The entries were judged on line by the entire community. The contest was open to Lenawee students aged 12 to 20. In 1st Place and receiving a \$1,000 scholarship was Mariah McKinney; Adrian Public

Schools, in second place was Paige Lemay Smith; Onsted Public Schools, the winner of a \$300 gift card and in third place was Brandt Brown, from Clinton Community Schools; the winner of a \$200 gift card. The winner's PSAs will be airing on 103.9, WLEN and wlen.com for the remainder of 2019. This project was undertaken to bring awareness to issues affecting our youth in school and in our community, and was generously supported in by the Lenawee Community Mental Health Authority and TLC Community Credit Union.



Pictured above, left to right
 Suzanne Miller, Assistant Vice President - Marketing at TLC Community Credit Union
 Kay Ross, Customer Service Specialist at Lenawee Community Mental Health Authority
 Mariah McKinney, 1st place winner; Adrian Public Schools
 Paige LeMay-Smith; Onsted Public Schools
 Brandt Brown; Clinton Community School
 Kathy Williams, Senior Marketing Specialist at WLEN

PROCLAMATION FROM ADRIAN CITY COMMISSION

CMH Executive Director Kathryn Szewczuk, and Board Chair Greg Adams were presented with a Proclamation

declaring May to be Mental Health Awareness Month, by Adrian Mayor, Chuck Jacobson at the Adrian City

Commission Meeting in May.



DONATION RECEIVED

CMH was the grateful recipient of a donation from the employees at ProMedica Bixby Hospital.

The employees are proud to give back to the community in support of their mission of improving the health and well

being of Lenawee County citizens. Thank you to the employees of Medical Surgical, Environmental Services, Ambulatory Services, Central Supply, Cardiovascular and Emergency Departments for

appreciating and supporting the work that we do at Lenawee Community Mental Health.



A WORD FROM OUR EXECUTIVE DIRECTOR—CONTINUED FROM PAGE 1

Team for donating proceeds from their event "Stick it to Stigma" in May to CMH for mental health programming and services. Other public donations that we

receive go toward suicide prevention trainings, education and awareness.

Also included in this issue of the Grapevine is our 2018 Annual Report for

your information.

FREE!

FRIDAY
NOVEMBER 8TH

To Register:
www.lcmha.org
(training and events)

ADULT MENTAL HEALTH FIRST AID TRAINING

Have you ever encountered someone in a mental health crisis? Would you know what to do?

You may know CPR or the Heimlich maneuver, you can call 911. But, would you know

how to administer first aid in a mental health crisis? Could you recognize suicidal thoughts or behaviors?

In this 8 hour course you will learn to recognize the signs and symptoms of anxiety,

depression, substance use disorders and psychosis. You will also learn what to do until appropriate professionals and other help can begin.

SAFETALK TRAINING

CMH also offers a free safeTALK training on **Wednesday October 23rd.** This 3 hour training prepares

anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Register on the website:
www.lcmha.org



COMMUNITY NALOXONE TRAINING

If you have a family member, a loved one, or a friend who has a substance use disorder, or if you know someone who cares for someone with a substance abuse disorder or addiction, this free training is for you.

Learn how and when to use

Naloxone (Narcan) a non-toxic, non-addictive drug that can reverse overdose from opioid drugs like heroin, Vicodin and Oxycontin. Distributing Narcan to drug users and their loved ones can significantly reduce the chance of death due to an overdose.

Call: Jackie Bradley 517.263.8905 to ask about scheduling a training. We can bring this training to your group/office, or to simply find out if there is an upcoming training in the community that you can attend.

What is Collective Impact?

A better approach to solving community problems.

A systematic, data driven approach to solving a complex problem that involves a community wide group of organizations, committed to achieve:

- ◇ A common agenda
- ◇ Shared measurement
- ◇ Mutually reinforcing activities
- ◇ Continuous Communication
- ◇ Backbone support

BECOMING TRAUMA INFORMED

The Lenawee Collective Impact Core is a group of leaders from five high-priority areas. These areas are health, education, financial stability, basic needs, and quality of life. The Core collaborates on issues that cut across these five areas. LCMHA is the backbone support of the Core.

Right now, the Core is focused on the impact of trauma and toxic stress. Research shows that trauma significantly impacts people's life outcomes. This is particularly true when the trauma occurs during a person's childhood.

Adverse Childhood Experiences, or ACEs, are one way to measure childhood trauma. The more ACEs a person has, the more traumas they have experienced. About two thirds of all people have at least one ACE and, in Lenawee County, 15% have four or more.

We can respond to this issue by becoming trauma-informed – that is, understanding and responding to the impact of trauma. Becoming trauma-informed emphasizes the physical, psychological, and emotional safety of survivors

and providers.

LCMHA and the Core are committed to building a trauma-informed Lenawee County. At LCMHA, we will begin by completing an organizational assessment to see how we're doing already. Then, we'll use that information to do even better.

For more information, or if your organization is interested in completing an assessment, contact: Jackie Bradley, 263 8905 or jbradley@lcmha.org.

WHY THE 2020 CENSUS IS IMPORTANT

The census will ask for less personal information than most social media profiles. Items like name, gender, age, birthday, race/ethnicity, relationship to head-of-household, owner or renter and phone number are asked.

Census forms are filled out by household. Everyone living at the address matters and everyone needs to be counted including children.

2020 is easier than ever to complete. A unique census ID will be mailed to you. If you do not have internet access, you can respond by phone or mail.

Responding to the Census means making sure that our communities get our fair share of federal funds for programs like Medicaid, SNAP, Head Start, unemployment benefits, Section 8 housing vouchers, programs for seniors and disabled veterans, and school

lunch programs. It also makes sure that our communities have enough money to build roads, hospitals and schools

The largest federal sources that use census data for distribution:

- ◆ Medicaid/Medicare/Health Centers
- ◆ SNAP/WIC/School lunch
- ◆ Education
- ◆ Infrastructure
- ◆ Housing
- ◆ Children

For every person NOT counted Michigan could lose \$1800 of federal funds per year.

For example—if just 5,000 children are not counted that would be a loss of \$90m because we have to live that count for 10 years.

Each year MDOT uses

allocation factors to distribute road dollars to cities and villages. The amount of dollars is based on population as of the latest U.S. Census and road miles.

A city or village receives \$43.96 per person for major streets and \$14.65 per person for local streets.

- Accurate census data is essential for the fair distribution of congressional seats and a fair allocation of government resources.
- Michigan is at risk of losing another seat this time
- More than 15 billion federal and state program dollars were distributed to Michigan communities based on census data
- 42% of Michigan's state budget depends on federal funding



What is the Census?
Every 10 years, the U.S. Census Bureau conducts a census to determine the number of people living in the United States



CONSUMER ACTION COMMITTEE

Consumer Action Committee is a committee appointed by the LCMHA Board and reports to the board. This group represents all people CMH serves. This is a leadership group tasked with carrying the voice of the consumer for programming,

policies, concerns etc.. Persons are paid a stipend to attend meetings once a month. There are additional meetings they may be asked to attend.

We have openings on this committee:

We have need for a Member at Large, 2 MI Child representatives, and a representative for the SUD population. If you are interested in becoming more involved, please contact Kay Ross—517.263.8905.



American Academy of Pediatrics' established screen time— limits one hour a day for children aged 2 to 5.

It also suggests a similar limit—2 hours to school aged children and adolescents.

LIMIT SCREEN TIME TO SMART PHONES AND TABLETS

Scientists warn that children as young as two can develop mental health problems. Staring for just an hour a day at a screen can make children anxious or depressed, making

them less able to complete tasks, less curious and less emotionally stable and lowering self control. Although teenagers are most at risk, children under the age of

ten and toddlers still-developing brains are also being affected.

<https://www.dailymail.co.uk/health/article>



Lenawee
Community
Mental Health
Authority

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



Congratulations to Billie Brocht who was presented with her 20 year service award at the May board meeting by Board Chair Greg Adams.



Shar Dunbar—Contracts Coordinator received her 30 year award at the July board meeting—congratulations!



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

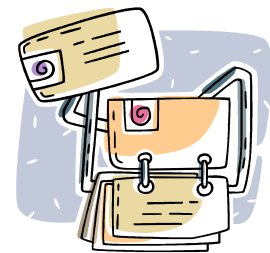
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If you would also like The Grapevine to be sent directly to your email, please provide Customer Services (krawlings@lcmha.org) with your email address.



CURRENT RESIDENT, OR

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



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