



THE GRAPEVINE

December 2019

LCMHA website: www.lcmha.org

A WORD FROM OUR EXECUTIVE DIRECTOR

Happy Holidays!

It's hard to believe we are already nearing the end of 2019. As we seem to report every year, we have experienced many changes over the past year at LCMHA.

Some good news, the Department of Health and Human Services (MDHHS) has decided to abandon the 298 project. It became clear that this effort was not in the best interest of the consumers served by the public mental health system. MDHHS is determined to move forward with restructuring the Department and intends to announce the 're-design' soon. We are hopeful this announcement will include the opportunity for input from those who receive services and those in the field. As a region, we have worked diligently with the Community Mental Health Association (CMHA) to provide information to MDHHS about the increase in needed services and the importance of adequate funding to meet those needs. We have met with MDHHS and its actuary Milliman to assist in their understanding of the tremendous scope of services provided by this system, expand their understanding of what is involved in providing each of our services, and what it costs to provide the services. We expect to hear from the Department in the next

couple weeks and will be sharing what we learn.

More good news, Pathways Engagement Center is now open 7 nights a week (and still open 24 hours on the weekend)! There are many supports available at Pathways for anyone experiencing substance use struggles. Be sure to stop by and see what they have to offer if you or someone you know is in need of support.

We welcome James Colaianne as the CEO for Community Mental Health Partnership of Southeast Michigan (CMHPSM)! James has been with our region since the early days of the WCHO, serving in many critical positions, most recently as the Chief Operating Officer. James has a remarkable ability to understand the rate setting process and the challenges it creates. His knowledge has been particularly helpful to our region and others around the state as the Department made adjustments to the most recent rate setting process. He provides stability to our region during a time of tremendous challenge. We are fortunate to have his leadership!

Join us at the Comstock Christmas Riverwalk on December 6th. The tree lighting ceremony begins after



Kathryn A. Szewczuk
Executive Director

the parade (around 7:30pm). It is truly incredible to see all the trees light up at once! It's a great way to get into the holiday spirit!

With the holidays here, it is the time to remember not everyone is experiencing joy – many are facing losses and need additional support. Watch out for those in need. Help them get connected with support by calling 211 or our customer services. In the long run, we only have each other. A little kindness goes a long way to making our world a better place!



And
Happy New Year
From all at Lenawee
Community Mental
Health

LCMHA BOARD

Judy Ackley

Greg Adams—Chair

Debra Bills

Stacy Gamel

Mark Jackson

John Lapham—Co. Commissioner

Amy Palmer

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Nathan C. Smith—Secretary

Holly Terrill

Ralph Tillotson—Co. Commissioner

Nic Wilson

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NEW BOARD MEMBER—STACY GAMEL



In September the LCMHA Board gained a new board member. Stacy Gamel is a very active member of our community. She is the Agency Administrator for ComForCare, an in-home care provider. Previously she was the Executive Director of the

Boys & Girls Club of Lenawee. Stacy currently serves on the Executive Board of the Adrian Area Little League, Advisory Board of the Salvation Army and a member of Kiwanis. Stacy brings a wealth of knowledge and history of advocating for youth, families,

and the aging population in Lenawee County to the LCMHA Board.

LISA LIVINGSTON—MI/SUD THERAPIST



We are very excited to have our very own Co-occurring Therapist at CMH. Lisa grew up in Milan, MI and has travelled around a lot with her husband's job. They have settled in Tecumseh after living in Arizona, Pennsylvania and Wisconsin.

hired as lead Counselor for the residential program. She then went to Milwaukee Women's Center for SUD and Mental Health. More recently she was with Catholic Charities working in the sex offender and behavioral health programs.

Most of their weekends are spent traveling with Kaylie's basketball team. They enjoy hiking, biking and anything outdoors when there is time!

Lisa graduated from Grand Canyon University in 2015 with her LLPC. She interned at a men's residential facility in Wisconsin and then was

Lisa is married to Jesse and they have a 13 year old daughter Kaylie who is in 7th grade at Tecumseh Schools. They also have two dogs.

Lisa is looking forward to working with our population and she says that everyone has been very welcoming and friendly. We are glad to have you Lisa.

ALYSSA WALTER—CHILDREN'S THERAPIST



Welcome Alyssa! Alyssa is no stranger to CMH, in fact she interned with us for her undergraduate degree, and then again with the Children's team for her Social Work Masters' Degree.

Alyssa married her high school sweetheart, Bobby last July. Bobby is a farmer, and they farm 1500 acres in Britton. Although this year has been the worst year for farming in many decades—with only 1/2 the crops planted—they are holding out hope that the first frost is late so that what they do have can be harvested.

is her time for self care and stress relief. She also has a pet swan that lives on her great grand-parents pond who is 18 years old. If you see Alyssa around—ask her the story of how this came to be. Apparently she is a lot nicer than the normal swan!

Alyssa was born and raised in Adrian where she stayed with her great grand-parents for most of her school life. Graduating from Lenawee Christian, she also worked in the café at the Center for 6 1/2 years. Alyssa received her Bachelors' degree from Siena Heights University, and her Masters' from Spring Arbor in July 2019.

Alyssa enjoys spending time with her little sister, Madison (11), they are 14 years apart, and attends Clinton Middle School.

Alyssa's transition into her position has been smooth, she says she enjoys the regular hours and being part of a team. She is looking forward to starting work in the schools. She will be providing therapy in two schools, six hours a week as well as having a regular case load.

Although she doesn't have much free time, Alyssa says that she loves to work out, this



JESSICA OPEL—CHILDREN’S THERAPIST

Jessica joined the Children’s Department on September 23rd. An Adrian native who graduated from Adrian High School in 2004, and then from Siena Heights University in 2009 with a Bachelor’s Degree in Criminal Justice and a minor in Behavioral Science. Jessica graduated from Eastern Michigan University in 2018 with a Masters’ in Social Work.

Jessica comes to us with a lot of experience working with children—in foster care, adoption and licensing.

Previously Jessica was a school social worker for a year and a half in an elementary school in Jackson. She has interned at Catholic Charities in their counseling program, and at the Jackson County Child Advocacy Center as a crisis counselor.

Jessica enjoys spending time with her family, especially her son, Emerson, who is 18 months old. She also has a dog—a miniature Australian Shepherd named Cosmo. Jessica’s parents live in Adrian, she also has a brother,

Justin, who lives in Onsted. During the summer Jessica attended a Mindfulness Conference in Denver, Colorado which she was able to extend into a vacation.

Jessica doesn’t have a lot of free time, but she does love to read, watch movies and travel if she can. She is excited to be working with the Children’s Team, who have been very welcoming and supportive, and she is excited to be starting work in a school, where she will do therapy, individual and in groups.

E-RACE THE STIGMA PRESENTATION



Greg Adams presented Jen Durell and Mark Roman from Interconnections Drop In Center with a check for \$10,000 for health and wellness initiatives. Consumers will benefit from additional programs at the Drop In Center as a result of

funds raised at the E-Race the Stigma 5K Run, Walk and Kids Dash held in May.

Pictured right—Greg presented a check to Katie Frye for the ProMedica Foundation funded community health assessment.



Thanks to Ronda Jewell, Micro Enterprise Manager, for submitting the applications!

GOODWILL MICRO-ENTERPRISE WINNERS

Congratulations to two Blue Boutique owners who recently were awarded scholarships to attend the MARO Disability Network of Michigan Conference in Traverse City to sell their products.

The re:con convention allows micro enterprise entrepreneurs from around the state to showcase their products at a discounted rate.

Yarn It Darn It, and

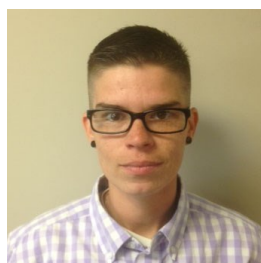
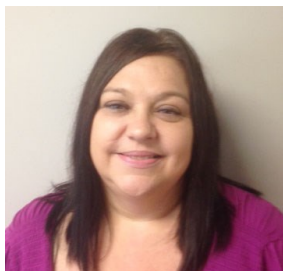
HalieBop’s Lotions, Potions & Crafts business owners enjoyed their stay at the Grand Travers Resort.



“It makes me feel happy that I could come and make money. Also that I can meet other people who have their own businesses and see what they make”.. said HalieBop’s Lotions business owner.
“I like coming to Traverse City to sell my things, I don’t think I have ever been here before! I like staying at the hotel and all the good food”, reported Yarn It Darn It business owner.

PATHWAYS ENGAGEMENT CENTER

Welcome to two new Peer Recovery Coaches—Michelle Dropulich (pictured left) and Monica Kurowicki (right) who joined us in October.



5 HEALTHY EATING TIPS FOR THE HOLIDAYS

How do you stick to your diabetes meal plan when everyone around you seems to be splurging?

1. Holiday proof your plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream,

you'll cut calories and sugar by at least a third.

- Break physical activity up into smaller chunks so it fits into your schedule, like waling 10 minutes several times a day.
- Schedule some "me" time evry day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table
- Start with vegetables to take the edge off your appetite
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, as your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all remember what the season is about—0 celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

**PATHWAYS
ENGAGEMENT
CENTER IS NOW
OPEN 7 NIGHTS A
WEEK**

**ANYONE WITH
SUBSTANCE USE
ISSUES CAN COME
TO A SAFE,
WELCOMING
ENVIRONMENT
FOR SUPPORT,
ADVOCACY AND
REFERRAL**

**Pathways is located
at 211 W. Maumee
St, Adrian, MI
Tel: 517.920.4416**

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384-DM7437](https://www.cdc.gov/features/diabetesmanagement/index.html?deliveryName=USCDC384-DM7437)

WHY SELF DETERMINATION IS IMPORTANT!

Fundamentally, promoting self-determination is about promoting dignity and respect, valuing people, and raising expectations of and for people with disabilities.

The Developmental Disabilities Act describes “self-determination activities” as “activities that result in individuals with developmental disabilities, with appropriate assistance, having: the ability and opportunity to communicate and make personal decisions; the ability and opportunity to communicate choices and exercise control over the type and intensity of services, supports, and other assistance the individual receives; the authority to control resources to obtain needed services, supports, and other assistance; opportunities to

participate in, and contribute to their communities; and support, including financial support, to advocate for themselves and others, to develop leadership skills, through training in self-advocacy, to participate in coalitions, to educate policymakers, and to play a role in the development of public policies that affect individuals with developmental disabilities.”

In other words, self determination means making things happen in your own life, rather than others doing things for you. The most important

supports a person can have to live a self determined life are friends and family members! Knowing what you like to do and getting out and doing it are important parts of a better life.

If anyone is interested in learning more about Self Determination and what it means for you as a consumer, family member, guardian, or a caregiver, please contact us. We know that it can be a very frustrating process—let’s understand it together.

Contact: Customer Services
517.263.8905

MARK YOUR CALENDARS!

CMH vs the HOPE Hoopsters Game on...come on out and cheer on the CMH team—or the HOPE Hoopsters, or both!

WHEN: January 9, 2020
WHERE: The HOPE Center
TIME: 7:00PM



CMH BOARD CHAIR RECEIVES HAL MADDEN AWARD



At the CMHAM Fall Conference, Lenawee CMH Board Chair, Greg Adams, was presented with the Hal Madden Outstanding Services Award. The award is presented annually to honor individuals from within the public mental health systems who have made, over time, an outstanding

contribution to the public mental health system.

Greg was presented with this award, not only for his passionate advocacy for those with mental health and substance use disorders, but also for his work on making the E-Race the Stigma the biggest, most successful race in

Lenawee County over the last five years! Greg also represents Lenawee CMH on the Regional Board, which meets monthly in Ann Arbor.

Congratulations!!

CONSUMER ACTION COMMITTEE

ANNUAL CHRISTMAS PARTY & CELEBRATION OF SUCCESS

All are welcome
Lunch and Entertainment provided

FRIDAY, DECEMBER 6TH, 2019
11:30am – 2:00pm

LISD TECH CENTER
1372 N. Main, Adrian, MI 49221

RSVP REQUIRED BY: November 20th
RSVP online at:
https://www.lcmha.org/get_conftraining.php
Will not be able to accommodate late registrants

FREE TO ATTEND

BEATRIZ MILLER RETIRES AFTER 26 YEARS!

September 28th was a day of mixed emotions as we said “goodbye, and happy retirement” to a long time receptionist at CMH—Bea Miller.

A luncheon open house was enjoyed by all. It was a great time to see a lot of familiar faces too, as many retirees attended the party. Now Bea is going to be joining the growing number of CMH retirees!

Thank you Bea for 26 years! Our consumers and staff are going to miss you.



TELE-PSYCHIATRY IMPROVES ACCESS TO MENTAL HEALTH IN RURAL AREAS

On average, mental health care consumers in non-metropolitan areas are seen seven days sooner, and are 34% more likely to have regular visits when tele-psychiatry is combined with in-person care, compared with those receiving in-person care only.

These findings were reported in “Increasing Access to Rural Mental Health Care Using Hybrid Care That Includes Tele-psychiatry” by Sana Khalid, M. Courtney Hughes, Jack M. Gorman, Yingqian Ren and Carol Clayton for Genoa Healthcare. The researchers analyzed data from 242 Medicaid consumers in rural Missouri following an inpatient admission or emergency room

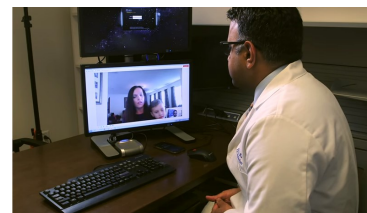
visit: 62 were given a tele-psychiatry option in addition to in-person visits with their health care professionals. The goal was to determine the effect of tele-psychiatry on care for this population.

There were no statistically significant differences between groups for emergency department visits, antipsychotic medication adherence, and readmissions in the window studied. Additional findings include:

- On average, those consumers using tele-psychiatry were seen within 16.4 days, compared to 23.6 days for the in-person only control group

- Approximately 67% of those using tele-psychiatry had at least one outpatient encounter per month, compared to 50.3% of the control group.

The researches conclude that hybrid care, or the use of tele-psychiatry in conjunction with in-person psychiatry visits, can benefit health care consumers located in rural areas. These benefits come in the form of an increased number of visits with health care professionals, and timeliness of these visits for those in rural areas. They recommend additional studies that concentrate on the effect of tele-psychiatry on antipsychotic medication adherence.



The full text of “Increasing Access to Rural Mental Health Care using Hybrid Care that Includes Tele-psychiatry” was published in January 2019 by *Journal of Rural Mental Health*.

ARE YOU A LEADER?

CMH recently offered a Leadership Training class. There were approximately 8 people who took the class. Kay Ross led the class and used parts of her training in Speech Crafters to instruct the class.

The purpose of the class is to build on leadership skills that we all have to some degree. We also learn how to take what we learned to write our representatives, speak in front of others, and to tell our story of our journey with mental illness.

Now, I never really thought of myself as a leader and maybe you have similar thoughts. From this training, I learned we all have leadership skills and can use these to help others or tell our story. It can even give us the confidence to write our Governor, Congressman, or

other representatives.

The Leadership training had two parts. The first day focused on why we are here and the importance of public speaking, among other things. The next day focused on giving a speech about ourselves and telling our story.

We learned things about speeches—having an introduction, a body, and a conclusion. We received paperwork with the things we learned to refer back to so we can apply the things that we learned.

We got to give our speech on the second day and were critiqued to help us improve.

For me, taking this Leadership training has given me the tools to be a more effective leader so I

can tell my story and, hopefully, help others that may deal with a mental illness.

In fact, two of us, Jen and I, will be using our speeches to tell our story at our next Regional Consumer Action Committee (RCAC) meeting in November.

I found taking this training to be uplifting and educational. It gave me the needed confidence to tell my story. There will be more trainings coming up so, if you would like, give it a try and see what leadership skills you have. After all we all have them.

You can call Customer Service at: 517-263-8905 and ask for Kay Ross if you are interested in learning more.

Mark Roman





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



There were two service award presentations at the August Board Meeting. Pictured top left—Robyn McKenzie, Children’s Case Manager was congratulated on 20 years at CMH.



Pictured below—Carol Wotring—MI Case Manager celebrated 5 years.



Michelle Leckrone, celebrated 5 years with CMH in September. She was presented with her certificate by Board Chair Greg Adams at the September Board Meeting.



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

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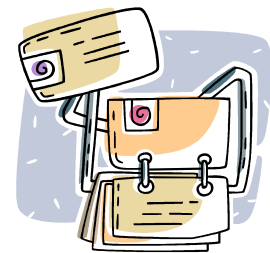
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