



# THE GRAPEVINE

June 2020

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

## A WORD FROM OUR EXECUTIVE DIRECTOR

Every year, May is designated as Mental Health Awareness month. But this year, more than any other year, it is abundantly clear that we must focus on our mental health and that of our friends, family and community members every month! The danger of COVID 19 has caused the cancellation of so many life events and opportunities to connect with our friends and family members at a time when we really need each other. The isolation and fear brought on by the pandemic has caused tremendous stress for all of us. Many of us are experiencing emotions that we're not used to feeling or coping with. We may feel anxious, depressed, angry, or numb. These are all normal feelings we can have in abnormal situations. For those of us that already have mental health concerns, this pandemic with the fear and the isolation, can really magnify those feelings. Just as scary is seeing this happen all over our country and, in fact, the whole world.

During this time, it is so important that you reach out for help. Call us at (517) 263-8905 or (800) 664-5005. We are available 24 hours a day, 7 days a week. We have also set up daily Zoom group meetings to give our community a chance to talk with a licensed therapist, learn about how to deal with emotions, how to support

family and just gather with other community members. These meetings are open to anyone. You can find the links on our website [www.lcmha.org](http://www.lcmha.org).

Because we still have the need to connect, we decided not to cancel this year's E-Race the Stigma 5k and Kid's Dash. Rather than gather downtown, we moved to a 'virtual race'. We asked participants to do their own version of the 5k and send photographs. We received many posts, many on the day of the race but so many more that were done before and days later. If you haven't had a chance to do your virtual part – there is still time! Let's all get outside and get active. It's so good for everyone's mental health!

Even as we, in Lenawee County, used social media to bring us together during the E-Race, social media also allowed our nation to bear witness to the senseless death of George Floyd. Communities around the country gathered to mourn and protest this latest incident of violence. We now have the opportunity to come together to understand and address the racial inequality and trauma that continues to be experienced in our country. In our work, we know that ongoing inequality increases health disparities. We know that institutional racism adversely affects health,



Kathryn A. Szewczuk  
Executive Director

access, engagement, and outcomes of treatment. Studies show that stressors related to racism and trauma impact physical and mental health as early as childhood, leading to poor mental health and higher rates of chronic disease later in life. An individual's response to a personal trauma is often messy and a community's response to a collective trauma is no different. However, as with all our work, we have to look upstream; our focus must be on how to stop this cycle of trauma. Now is the time to work toward a more just and equitable future for all of our community members. For many years, Lenawee CMH has worked with our community partners to understand and address trauma in Lenawee County. This work is even more critical in the aftermath of COVID and for the future of social justice - we hope you will join us.

## LCMHA BOARD

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Greg Adams—Chair

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### NEW BOARD MEMBER—ERIN STARLIN

Erin joined the CMH Board in February. We are lucky to welcome someone who has first hand experience with CMH—17 years in fact. She has seen many doctors, nurses and staff during that time and she is looking forward to

supporting an organization that has been such a support to her for many years.

Erin lives and works in Hudson, MI—her family owns and operates a restaurant. Erin has been an

officer for the Hudson Chamber of Commerce for the last 3 years and she is an advisor to YASP, a scholarship program her eldest son started to help the children in her community.

### JESSICA GARZA—MI SUPPORTS COORDINATOR



The MI Adult Team welcomed Jessica Garza on December 2nd. Previously Jessica worked for MHP-SALUD. She also did a couple of internships with the Catherine Cobb shelter.

Jessica received her BSW from Eastern Michigan University in April, and is currently working on her Masters’ degree at Eastern. She is also an ABA Technician.

Jessica was born in El Salvador, and moved to the United States in November 2011. Previously she lived in Massachusetts. Her family lives in North Carolina, she also has a grandma in California.

Currently living in Adrian, Jessica is married to Eli. They have two boys who are 19 and 6. Both Jessica, Eli and their son are attending Eastern Michigan University currently!

Jessica loves to do crafts, painting and gardening. She also loves all kinds of music. The family has a black lab named Fuego.

“The team has been very supportive and willing to help” reports Jessica, “and they make sure that the consumers have a voice to say what they need!”.

We are glad to have you as part of the CMH Team!

### JENNY COOK—DATA ANALYST/COMPLIANCE COORDINATOR



Jenny joined CMH on December 10th. She is an Adrian native who graduated from Sand Creek High School. Jenny received her Bachelor’s degree in Health Administration and Health Information Technology at University of Phoenix.

Married to Joel for 8 1/2 years, they have two children—Marleigh who is 8, and Maxton who is 7; they both attend Madison Schools.

Jenny reports that she lived in

21 states before she was 20 years old as a result of traveling with her husband’s previous job. She has seen a lot of the United States, but was ready to settle back in Adrian in 2012.

Previously Jenny was a Health & ERSEA Manager for Adrian Public Schools Head Start program. She was very busy during her six years there, but realized that she wanted to utilize her education background in health

information and administration.

When she is not busy with two young children, Jenny loves to do craft projects. They also enjoy riding bikes and walking the Kiwanis Trail, which is very close to their house! Jenny also coaches her kids’ softball, baseball and volleyball teams. Pets are also abundant in their house—two pugs, two cats and 2 guinea pigs.

Welcome to CMH Jenny!



The census asks 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.

## SHEILA SEARS—PARENT SUPPORT PARTNER

Sheila is a valuable addition to the Children’s Team—joining us on February 19th.

Sheila moved around to various different schools growing up, graduating from North Sharon Schools (Grass Lake area).

Sheila has lived in Tecumseh for the last 23 years. She and her husband, Jason, have 4

children, 3 boys and 1 daughter ranging in age from 12 to 23.

Sheila has a Bachelors’ Degree in Psychology and has been a busy stay at home mom most of the time, with a few part time jobs when she could fit it into her schedule. She also volunteers in the Tecumseh Compass Library. She loves to

read, but most of her activities revolve around the children, who are in orchestra and band.

Sheila reports that she looks forward to being a Parent Support Partner; she wants to give back to the system that helped her so much.



## ARIANNA GWINNER—YOUTH PEER SUPPORT SPECIALIST

Arianna also started at CMH on February 19th. She grew up in Onsted and graduated from Onsted High School in 2018.

Arianna and her husband, Joshua, now live in Adrian.

Arianna has had a couple of jobs, working at Busch’s in Tecumseh and Bob Evans. She also was a CENA working at Lenawee Medical Care and

Lynwood Manor.

Arianna has five siblings, with the four younger ones still living in Onsted. Ari loves to read and write. She likes to write short stories, and personified poetry. In fact she writes narratives to go with her sister’s art. She also loves music; she was in High School band. She has two cats and a

mouse, who remarkably all get along very well.

Ari reports that she has always wanted to help others, and she believes that she is in a good position to do that, as she could have benefited from someone like her when she was receiving services.



## CHRIS CHRISTIANSON—IT SUPPORT

Chris joined CMH on March 9th. He has an IT Support Specialist Degree from Baker College. Chris previously worked for 10 years for Plastic Omnium—8 years of those were in IT. Prior to that he worked for 10 years for Automatic Feed Co in Napoleon, OH. He also has a

Mechanical Engineering background.

Chris is originally from Morenci, and has plans to move back to Morenci in a couple of years, from his current home in Napoleon, MI.

Chris has a daughter, Kaitlynn who is 17. He has been married

to Melissa for 5 years. Melissa has two grown children Ethan and Megan.

Chris loves to play video games, and is currently remodeling his home. He enjoys woodworking, hunting and fishing.



## SONYA EDWARDS—MEDICAL ASSISTANT

Sonya started at the Family Medical Center location on December 19th. She grew up in Adrian, and graduated from Adrian High School. She was a Nursing Assistant for 7 years when she went back to school to be a Medical Assistant. Previously Sonya worked at the University of Michigan.

Sonya has four children—two

boys (21 and 17) and two girls (16 and 15). The eldest is out of the home now, and the three youngest attend Madison School. Her youngest son will be joining the air force in February 2021.

The family has two dogs and two cats. And, she is very proud of the fact that she was able to buy her first home in March last year. She recently took up DIY

remodeling to her new home, while still making time to enjoy her children’s after school activities and sporting events. She loves going on vacation, and recently enjoyed a trip to Mexico and is planning a trip to Arizona in the summer.

Sonya looks forward to going back to school to continue her nursing career later this year.



## PATHWAYS ENGAGEMENT CENTER

**PATHWAYS ENGAGEMENT CENTER IS OPEN 7 NIGHTS A WEEK  
& WEEKENDS—24 HOURS**

**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**



## NEW AT THE FAMILY MEDICAL CENTER

**MEDICATION ASSISTED  
RECOVERY ANONYMOUS  
MEETINGS!**

Do you use medication that is prescribed and approved by the medical community to treat various drug and alcohol use

disorders? Many addicts and alcoholics that are utilizing evidence based science to aid in their recovery sometimes feel unwelcome. At Medication Assisted Anonymous (MARA) meetings you are always

welcome!

Starting on March 12th at 2pm, and every Thursday from 2-3pm. *(Please check that these are still happening due to COVID-19 restrictions—call 517.263.1800).*

**RECOVERY IS  
SIMPLY TO  
RECOVER FROM  
AN UNSAFE  
LIFESTYLE!**

## HOW IMPORTANT IS THE 2020 CENSUS?

Being counted helps Lenawee create jobs, provide housing, fund K-12 education, prepare for emergencies; build schools, roads, hospitals and libraries.

Census data determines how many seats our state gets in Congress.

State and local officials use census data to draw boundaries for state and local legislative districts and school districts

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

including children.

By law, individual-level census information cannot be shared. Also census information is secure.

Do your part in helping Lenawee County receive the funding it needs!

## NEW MEMBERS NEEDED

- Have you ever had services at CMH?
- Are you still receiving services?
- Are you a parent or guardian of someone receiving services?

If so, why not become involved in representing consumers, by voicing concerns or needs, and help advocate for those who have behavioral health issues.

The Consumer Action Committee does just that! Their voice is heard at monthly CMH board meetings. You can help lobby legislators to make change and to ensure that behavioral health is not overlooked. Help plan events/forums and trainings, and so much more.

**CONSUMER ACTION  
COMMITTEE NEEDS YOU!**

Meetings are once a month, and it

includes a stipend. There are also quarterly regional meetings with our partner Consumer Action groups.

Some of the things the committee will be working on this year is the Walk A Mile Rally in Lansing, UFAM Rally in Lansing, a community forum for sometime late summer/early fall, a celebration of success for the people we serve as well as other things we do with the other 3 counties in our region. We are a busy group.

If you are interested in learning more about the Consumer Action Committee, if you have ideas on how we can make services better for the people that CMH serves contact:

Kay Ross, Customer Services,  
kross@lcmha.org, or call  
517.264.0128.



**CONSUMER ACTION  
COMMITTEE IS A SUB  
COMMITTEE OF THE  
LCMHA BOARD**

## STAFF COMPLETE FEUERSTEIN TRAINING



Several staff recently attended an intensive 6-day training that offers tools and techniques to identify and enhance a person's learning potential by

providing tasks designed to strengthen learning skills through various cognitive exercises. The training was provided by Sharon Eagen (pictured at left of the group).

Building resilience as a result of the impact of childhood trauma is something that is vitally important, when we

realize that 1 in 4 adults have suffered some kind of trauma. When the brain has suffered in this way, cognitive functioning can be enhanced and adapted using Instrumental Enrichment.

## CMH PARTNERS WITH LENAWEE COUNTY JAIL IN EFFORTS TO COMBAT THE OPIOID EPIDEMIC

For almost 80 percent of inmates, life after release often lands them back in prison or jail. For others, that cycle of recidivism stops with a fatal drug overdose, usually only days after their sentence ends. Within the first two weeks of their release, former inmates are 40 times more likely to die of an opioid overdose than an average citizen, and even one year after release, former inmates are still 11 times more likely to overdose on heroin than any other citizen. Most inmates return to the same environments they left when they were first convicted, and without appropriate support, resources, and rehabilitation efforts to prevent them from falling back into the same pattern of substance use, they often return to environments that trigger relapse to drug use and put them at high risk for overdose.

Last December, in efforts to combat the opioid epidemic and associated substance use disorder, the Lenawee County Jail went live with a voluntary substance use disorder (SUD) treatment program for

inmates with alcohol or opioid use disorder. The Lenawee County Sheriff's Department has worked in partnership and collaboration with LCMHA and The Family Medical Center over the last year to initiate a comprehensive treatment program for inmates suffering from SUD. The treatment program is a medication assisted treatment (MAT) program utilizing the medication Vivitrol in combination with SUD therapy and Peer support. Vivitrol is a long acting, injectable medication used to treat alcohol and opioid addiction and dependence. Vivitrol works by blocking the euphoria (high feeling) associated with opioid use and alcohol intoxication, and by reducing cravings. A major benefit of Vivitrol is that it only needs to be administered once per month; participants enrolled in the jail MAT program receive their first dose of Vivitrol several days prior to release.

The overall goal of the Lenawee County Jail re-entry program is to completely

wrap the participant in support and community resources. The CMH Peer personally meets the inmate at release and hand walks them to their post-release SUD/MAT appointments, connecting them to SUD supports in the community, and assisting them with any barriers to treatment. This new program connects the participants to multiple layers of direct support through Peers; each consumer is connected to a MAT Peer at FMC, the SUD provider Peer, as well as the Pathways/Engagement Center Recovery Coach Peers for after-hours needs and SMART recovery groups. Effective treatment of substance use disorders with combined MAT, SUD counseling, and peer support can significantly reduce the risk of overdose and help individuals with SUD attain a healthier lifestyle and recovery.

*Kellie Niese,  
Program Director, Pathways*





# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

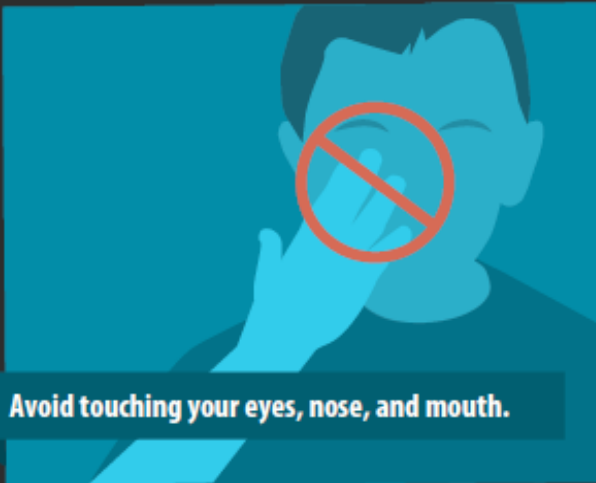
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



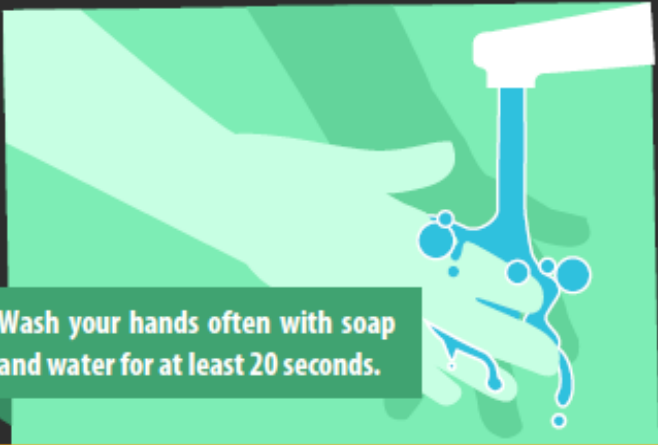
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# E-RACE THE STIGMA GOES VIRTUAL



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

**Complete Between: May 16th – 24th**

Registration is **STILL OPEN**, race price is only \$15 for the 5K, \$5 for the Kids Dash, and includes a t-shirt and a medal.

Post a picture of you on your walk or run on the E-Race Facebook page and tag yourselves, or use the hashtag #eracestigma.

**eRace stigma**  
running for mental health since 2014  
and substance use recovery



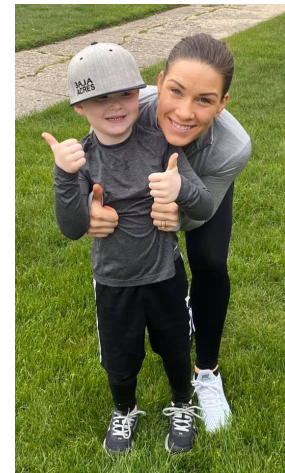
SAGE FOUNDATION

Although we were disappointed that we could not hold our annual event in the normal way, we were still able to hold a virtual race. Participants could post a picture of themselves running or walking to the ERace Facebook page, or tag themselves #eracestigma. Those who registered will receive a T-Shirt and medal at a later date.

Here are just a few of our runners/walkers.



Enriquez Family



Stephanie



Thank you Bronna Kahle

Amy Bergman—thank you for your support!



Howard Ickler and daughter!



Joe & Veronica Villalobos



Lenawee  
Community  
Mental Health  
Authority

LENAWEE COMMUNITY MENTAL  
HEALTH AUTHORITY

1040 S. Winter St, Suite 1022  
Adrian, MI 49221

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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



Two staff received their 5  
year service awards at the  
December board meeting.  
Pictured top—Penny  
Nivison, Receptionist, and  
below Sara Horton, Case  
Manager Assistant.

Pictured right—Jim  
Thompson (IT  
Technician) received  
his 30 year service  
award at the January  
board meeting from  
Board Chair, Greg  
Adams.



Julie Janego (left)  
had also been with  
CMH for 30 years in  
January!

Julie is an I/DD  
Case Manager.  
Congratulations.



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

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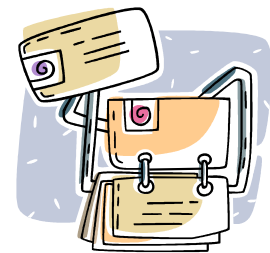
ADRIAN, MI

PAID

U.S. POSTAGE

PRSRV STD

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



LENAWEE COMMUNITY  
MENTAL HEALTH AUTHORITY  
1040 S. WINTER ST. SUITE 1022  
ADRIAN, MI 49221