



# THE GRAPEVINE

## A WORD FROM OUR EXECUTIVE DIRECTOR

December 2020

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

As we approach the holidays, we hope that everyone is staying safe, healthy and keeping warm! These are very trying times for all of us as we navigate holiday traditions during a global pandemic. For most of us, the need to keep ourselves and our families safe means we can't gather together in the same way that we have in the past. We are fortunate in this time to be able to visit with each other virtually – we can celebrate by phone, video and other media platforms. There are many options that allow us to see each other, laugh together and enjoy the holidays in unique ways. We would love to hear about the unique way you were able to celebrate this holiday season! Send us an email or let us know on our Facebook page.

We continue to provide needed services to our consumers and the community. Our staff have the personal protective equipment that they need for face to face meetings, and our offices are sanitized frequently. Even with these precautions, you may be asked not to come into the office for non-emergent services in order to keep everyone safe. We are still able to offer virtual doctor and therapy appointments as well as telephone screenings, assessment and visits. We want to encourage everyone to continue to practice the precautions we have been hearing about for some time such as, wearing a mask when out in public, frequent hand

washing, sanitizing frequently touched surfaces, monitoring your health and temperature, minimizing the number of people you come into close contact with and staying 6' apart as much as you can.

We understand that the loss of human contact and isolation can be a tremendous emotional strain. At the same time, we are dealing with the worry about the spread of COVID, and caring for family members who may have contracted the virus. Please reach out to us if you are struggling. There is always someone to talk to, just call 517.263.8905 any time day or night.

In the coming weeks you may see social media posts and other advertisements for a Virtual Town Hall scheduled for Thursday, January 21st at 6pm. When Lenawee County's only inpatient behavioral health unit closed in 2017, residents immediately began to organize. With the leadership of LCMHA, over 6,000 residents signed a petition in support of an inpatient unit. Next, 150 people who live, work and play in Lenawee County gathered to problem-solve how to address this gap in services. "The people of Lenawee County have made it very clear that they want to see their family, friends and neighbors get the mental healthcare they need and deserve," said Amy Palmer, LCMHA Board Member and Chair of the Behavioral Health Access Initiative. "As a



*Kathryn A. Szewczuk  
Executive Director*

community, we are coming together to make sure the needs are met, as we work to erase the mental health stigma that continues to exist."

Out of that initial gathering, the Behavioral Health Access Initiative was formed. Dozens of dedicated individuals continued to meet, brainstorm, and develop solutions to behavioral health needs in our community. They had successes, including supporting ProMedica in developing and publishing a Mental Health Resource Guide, but they wanted more. As the conversations continued, the same questions kept coming up: How many people are in crisis in Lenawee County? Where are they currently going for care? What kinds of services do they need right here?

To answer those questions, the LCMHA Board of Directors partnered with Public Sector Consultants to produce a report that would collect and analyze data on the state of crisis services in Lenawee County. The report will be unveiled at a Virtual Town Hall on Thursday, January 21st at 6pm.

## LCMHA BOARD

*Judy Ackley*

*Greg Adams—Chair*

*Mark Jackson*

*John Lapham—  
Co. Commissioner*

*Amy Palmer—Vice  
Chair*

*Deidre Reed—Secretary*

*Nathan C. Smith*

*Erin Starlin*

*Holly Terrill*

*Ralph Tillotson—  
Co. Commissioner*

*Nic Wilson*

Leading up to the Town Hall, LCMHA will also be hosting a series of Facebook Live conversations, discussing specific aspects of the report and implications for our community. We hope that you will join us in these discussions and for the presentation.

Happy holidays to all, there is still much to be thankful for, and much to look forward to!

## COMMUNITY OUTREACH & PREVENTION COORDINATOR



Madeline DeMarco joined us in the middle of a pandemic and actually worked from home for her first few weeks with CMH!

Madeline graduated from the University of Michigan with a degree in Biology and Spanish. She also received her Masters Degree from the U of M in Public Health in May.

Madeline grew up in Brighton, MI, but has lived in Ann Arbor for the last six years.

Unfortunately her wedding to Tim had to be postponed due to COVID—a small ceremony was held in May, but they hope to reschedule their larger wedding for later in the year. Tim and Madeline met in marching band at U of M. She played clarinet for 4 years and then became a graduate student instructor for the marching band. You may have seen her conducting the band on game days! Madeline has twin younger sisters who also graduated from U of M

(Bethany & Danielle).

A great experience for her was spending a summer internship with “Eversight” an eye bank for cornea donations, where she worked on global development and research projects.

Madeline loves cooking, hiking, playing board games with her husband, scuba diving, and she also likes to run marathons.

Welcome to CMH Madeline.

## ADULT MI CASE MANAGER



Mindy Gonzales joined us on July 6th.

Mindy grew up in Reading, MI and attended Adrian College where she received her Bachelors’ in Social Work. She was a social worker for the Department on Aging here in

Lenawee for six years and then she moved up to the UP for two years where she worked for Pathways CMH in Escanaba. Mindy recently moved back to Adrian to be closer to her family.

Mindy has been married to

Bronson for four years (he works for Aspen Dental) and they have two dogs and two cats.

In her spare time she loves to read, cook and spend time with her nieces and nephews.

## CHILDREN’S THERAPIST



Halee Grams joined CMH on June 9th. She was born and raised in Ohio. In fact she is in the process of selling her house in Kalamazoo and moving into a new apartment in Holland, OH. Her parents and brother live in Ottawa Lake, MI.

Halee gained her Bachelors’ Degree in Psychology, with a

minor in Counseling, and then moved to Kalamazoo where she attended Western Michigan University for her Masters’ in Counseling and Psychology.

Halee has two dogs and enjoys camping and snowboarding where she loves to go to Crystal Mountain near

Traverse City.

Previously Halee worked for a year at a residential treatment facility for boys 12-18.

Halee reports that she has been welcomed to the Children’s team and is enjoying some job shadowing.

## I/DD CASE MANAGER



Jearald Dudley was welcomed onto the Intellectual/ Developmental Disabilities Team on October 19th. Graduating from a High School in Connecticut, Jearald then received his BA in Anthropology from the

University of Michigan, then went on to get his Master’s in Social Work from Eastern Michigan University.

Jearald lives in the Ypsilanti area with his wife Carol and three daughters who are 17, 12 and 10, they are home

schooled. His girls love to play volleyball. They have two dogs a Chihuahua and a Yorkie.

Before COVID, Jearald ‘s main hobby was working out at the gym. His wife is a part time Therapist, and Jearald also does part time Therapy.

## WE HAVE AN AUTHOR AMONG US!

Tracy Huston has been drawing and painting for many years...in fact if you stop by the Blue Boutique in the Gallery of Shops you will see that she has many paintings for sale.

Not to be stopped there, Tracy had a lifelong dream of writing a children's book. A book that celebrates her family's love of Michigan, and the UP in particular. In fact Tracy's children's book is dedicated to her father who passed away in 2002. Lloyd Huston traveled "up north" with his family many times—where they all enjoyed camping at his favorite places and his love of Michigan was

passed along to his children.

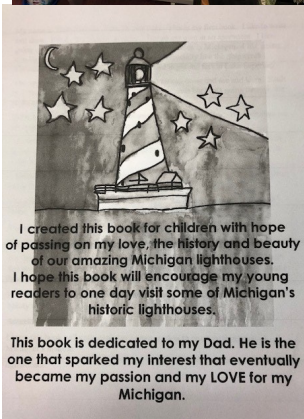
Tracy illustrated the book herself, with pictures of the lighthouses and all of their other favorite places—the Soo Locks, Whitefish Point, Copper Harbor, Iron Mountain, Castle Rock etc.

Tracy started thinking more seriously about writing the book two years ago with the goal of encouraging children to visit some of these places.

With no idea of how to start the process, Tracy met a mom who had written and published a book (Kelly DeWitt) who has been very helpful and has been guiding her in the process.

The first draft was recently sent to the publisher, and a final draft has been approved. There have been delays due to COVID, however, things are moving along now and there is hope that the book will be back from the printer at the end of October.

There are plans to have an official book signing at the Blue Boutique—with all COVID protocols in place. Watch for the next edition of the Grapevine for more pictures of the newly published author—Tracy Huston!



## CRAFTY KITTY'S CREATIONS



If you haven't stopped by the Blue Boutique yet, you are missing out!

Kitty Lyke is making plastic canvas items. Check out the doll for sale (pictured right), she comes with a set of clothes too. There is no limit to her creations—she also makes snack boxes; tooth fairy pouches; animals; fridge magnets and she is currently

working on a full barnyard set. Kitty sells her creations from prices ranging from \$1 up to \$20 for the doll sets. The dolls take about a week to make, and then the set of clothes takes another week. Kitty adds embellishments like bows which she makes herself, and decorative buttons using hot glue.

Kitty has been selling her work at the Blue Boutique for about a year now, but spends most of her time at home making them. In fact she says that the pandemic and isolation has not impacted her as much as it could have as she loves to spend her time on her crafts.

Kitty thanks her aunt for taking her shopping for yarn and other supplies she needs, she is also excited if people

donate items such as yarn, buttons or ribbon.

Due to COVID Kitty was unable to return to her volunteer position at the LISD where she loved helping the teachers with some of their jobs, like laminating. She sold and donated a lot of her crafts at the school.

Kitty lives in Addison, she has a daughter who also loves her plastic canvas crafts. If you would like to say "hi" stop in to the Blue Boutique on Wednesdays. Crafty Kitty's Creations are always available to purchase.





# CMH RECEIVES GOODWILL AWARD

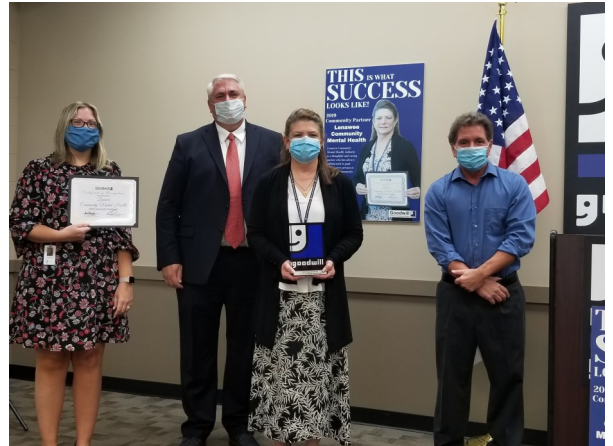
On October 13th, Kathryn Szewczuk accepted the 2019 Community Partner award on behalf of LCMHA from Goodwill Industries.

We are honored to accept this award—CMH and Goodwill have been community partners since the early 1970’s.

Intellectually and Developmentally disabled consumers benefit from participating in skill building activities which can prepare them for jobs in the community. Many have been successful with their

own micro-enterprises (see page 3), which are displayed at the Blue Boutique in the Gallery of Shops downtown Adrian.

Pictured from left to right—Holly Owen, Chief Operating Officer & I/DD Program Director— CMH, Keith Chapman, President/CEO Goodwill Enterprises, Kathryn Szewczuk, Executive Director, CMH, and John Haight, VP Workforce Development— Goodwill



# WALK A MILE GOES VIRTUAL

This year marked the 16th anniversary for the Walk-a-Mile in My Shoes event. Every year, the rally aims to highlight the need for increased funding for mental health services, raises awareness of behavioral health needs and works to banish behavioral health stigmas. On Tuesday, September 29th, hundreds of mental health advocates across the state participated in a virtual event. Locally, several walkers met at Interconnections Inc., and walked downtown in support as well as a

large group from Renaissance Community Homes (pictured below).

Pictures and videos of walkers from all over the state were streamed live on the Walk a Mile Events Facebook page on September 29th at noon.

Now more than ever, Michigan’s leaders must prioritize the state’s public mental health system so citizens can receive the high-quality, inclusive care they rely on and deserve. Help us spread the



word by contacting your legislator. To find your State Senator or Representative, visit [http://www.legislature.mi.gov/\(S\(pk2mxrh2yvjsxyg3uihytamj\)\)/mileg.aspx?page=home](http://www.legislature.mi.gov/(S(pk2mxrh2yvjsxyg3uihytamj))/mileg.aspx?page=home)



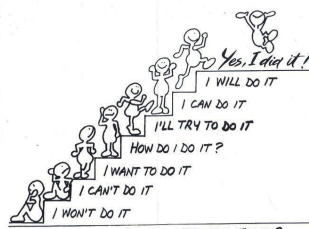
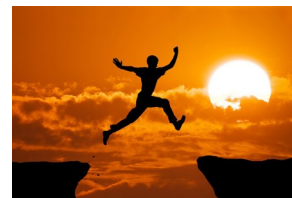
## CELEBRATION OF SUCCESS

Although we can't have a party as in previous years, we intend to continue to honor those consumers who have seen success or improvement in their life.

Inside this edition of the Grapevine you will find a nomination form. Feel free to nominate someone who you think has overcome a

barrier, found a job, moved into their own home, gone back to school—or made even smaller steps in their recovery—we want to hear from you. We would also like to know if there has been someone special who has helped you in your achievement that you would like to recognize.

We are not sure when or how these success stories will be acknowledged—but they will!



## STAFF SERVICE AWARDS



Congratulations to several staff who recently received longevity awards. Pictured above—Stephanie Albright, Access Office Coordinator received her **25** year award at



the September Board Meeting. Beth Binegar, I/DD Supports Coordinator received her **30** year award in August.



Valerie Barker, I/DD Supports Coordinator, celebrated **20** years with CMH in August.



Rhonda Steller, Peer Support Specialist celebrated **5** years in August



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

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:

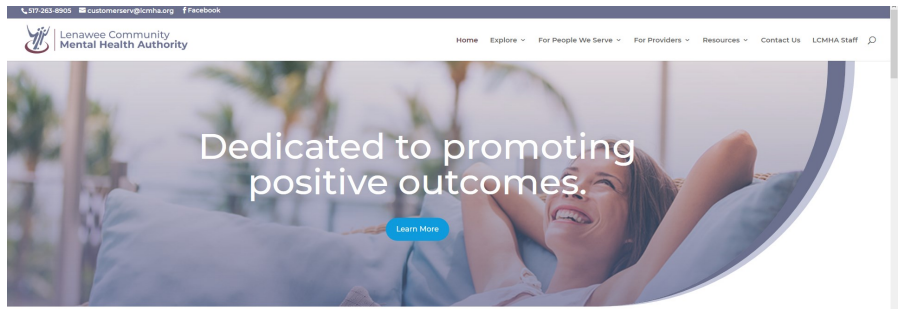
TO PROMOTE POSITIVE  
OUTCOMES BY CREATING A  
PATH TO RESILIENCE,  
RECOVERY, WELLNESS AND  
SELF-DETERMINATION

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



LCMHA HAS A NEW WEBSITE, PLEASE CHECK IT OUT

[WWW.LCMHA.ORG](http://WWW.LCMHA.ORG)



Our mission is to create a  
path to resilience, recovery,



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

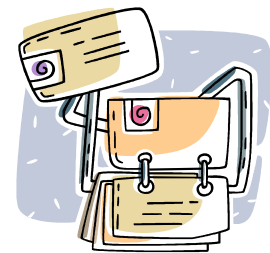
If you **do not** wish to have future newsletters mailed to your home, please  
notify: Customer Service at 1-800-664-5005

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



CURRENT RESIDENT, OR

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



PERMIT NO. 127

ADRIAN, MI

PAID

U.S. POSTAGE

PRSRV STD

ADRIAN, MI 49221

1040 S. WINTER ST. SUITE 1022

MENTAL HEALTH AUTHORITY

LENAWEE COMMUNITY