



# THE GRAPEVINE

## A WORD FROM OUR EXECUTIVE DIRECTOR

March 2021

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

Spring is approaching, along with the reality that we have been dealing with COVID for over a year now. COVID-19 has changed the way we do many things. It has changed the way we work, the way we play, and the way we connect with each other. I am grateful that, here at CMH, we have never stopped finding ways to connect. One new way was our Virtual Town Hall this past January. This community meeting was to celebrate and discuss the release of our report on *Access to Behavioral Health Crisis Services in Lenawee County*.

The report came out of the work started at another Town Hall. That one, though, was back in 2018 and we gathered a 150 passionate people into a room at the Tech Center. It seems like a long time ago and a lot has happened since then. A group of community stakeholders began to meet and discuss ways to connect our residents to needed behavioral health services. These meetings generated a lot of questions and we needed data to answer them. That data is found in the new report.

The three key takeaways of this report were that:

- Since 2016, Lenawee County Medicaid

beneficiaries have sought fewer emergency department and inpatient behavioral health care services in Lenawee County.

- The number of behavioral health-related emergency department visits and inpatient admissions by Lenawee County Medicaid beneficiaries has increased in other counties, including some in Ohio.
- There continues to be unmet need for behavioral health treatment among Lenawee County Medicaid beneficiaries.

The full 40-page report is available on our website and our stakeholders will dig into all the details over the coming months to begin designing solutions. If you would like to be involved in these conversations, please contact Karen Rawlings, (517) 263-8095 or [krawlings@lcmha.org](mailto:krawlings@lcmha.org).

We continue to offer many of our services virtually, by Zoom or by phone, but also have in-person appointments. We ask that you monitor for symptoms of COVID 19 or any flu-like symptoms and utilize the virtual options, if you are feeling ill. Otherwise, we continue to sanitize our



Kathryn A. Szewczuk  
Executive Director

offices and limit the number of in-person appointments so we are able to maintain the 6 feet distance recommended. Please do not hesitate to call and schedule the appointment that best fits your needs.

If you have not received your vaccine yet, don't despair. Lenawee is expecting more vaccines to become available. Clinics are being held at the Fairgrounds. Those over 75 who have still not been vaccinated should call the Lenawee County vaccine hotline: 517.265.4501 to be placed on a priority list. Testing appointments can be made through the Lenawee Health Department website: <http://www.lenawee.mi.us/917/2019-Novel-Coronavirus>

Spring really is approaching! We are looking forward to warmer weather, buds on the trees and flowers blooming. It will be good to get outside again!

### 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*

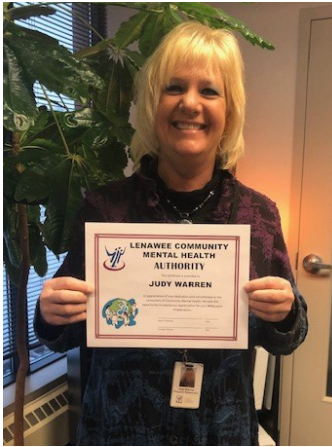
*Ralph Tillotson—Co. Commissioner*

*Nic Wilson*

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### 30 YEARS!



Congratulations to Judy Warren, MI Adult Supervisor on celebrating 30 years at CMH November 1st 2020. Judy was acknowledged at the December Board Meeting.



Also acknowledged at the December Board Meeting was Brenda Lawson, Peer Support

Specialist (10 years) on November 30th.



Congratulations to Kaitlin Emmons, Administrative Assistant—5 years service on December 15th. Kaitlin will be moving to the position of

Medical Records Coordinator, replacing Diana Szczesny as she retires.



Bobbi Restis (Access Clinician) celebrated 5 years service on November 30th.

### NEW MEDICAL ASSISTANT



Megan Borton joined CMH on January 4th and she is located at the CMH Meds Clinic at the Family Medical Center.

Megan was born in Ypsilanti and raised in Adrian. She attended Adrian High School (graduated in 2008) and then went to Ross College in Sylvania, Ohio and graduated from the Medical Assistant program in 2011.

Megan has been married to

Travis for 11 years, and they have 3 kids - Kaylee (10), Lukas (8), and Beau (2). They also have 1 dog, 2 cats, and a bunny. The family is in the process of selling their house, and hopefully moving to their "forever home".

For the past 10 years Megan has worked in Pediatrics and reports that mental health has been an exciting change and she is learning a lot! She has

felt very welcome at LCMHA/FMC.

Megan reports enjoying most outdoor activities; hiking, biking, swimming, and especially camping! "We bought a camper 2 years ago, and we have been having a blast with it so far while traveling/ exploring. One of our favorite spots to visit is Harrison Lake State Campground in Ohio".



### CHILDREN'S THERAPIST

Welcome—Alexandra Rajewski who joined us on February 16th. First of all congratulations—Alex got married in January—a much smaller wedding than originally planned due to COVID.

Alex grew up in Alpena, MI and moved to Alma to complete her undergraduate degree in Psychology. She then moved to Ann Arbor to

complete her Master's in Social Work at the University of Michigan. Alex married Andrew (a Chemist) and they bought a fixer-upper in Clinton, MI—where they spend a lot of time working on the house. They have a dog and two cats. Alex's family still live in Alpena, but they spend a lot of time with Andy's family, who live in the Bay City/Midland area, and

enjoy spending time with their nieces.

Alex's hobbies include walking the dog, reading and baking. She also loves to travel.

Alex is enjoying her training at CMH, and is excited to be taking on her own caseload in the not too distant future.

## WELCOME—KAYLA BRADLEY

Kayla is our newest Administrative Assistant, who will be taking turns at the front desk and answering phones—just to name a few of her responsibilities.

Kayla was born and raised in Adrian, graduating from Adrian High School. After a short spell at Wayne State University Kayla moved to Arizona for 3 1/2 years. Living in Phoenix Kayla loved the

outdoors, hiking and the mountains. She also worked as a health coach in the mental health field. But homesickness brought her back to Adrian. A cross county road trip on her own proved that she is very independent and is now enjoying life back home. She is helping to fix up her grandparents house to move into.

Kayla 's mom (Sue) has worked

for CMH for many years as a Fiscal Services Representative. In fact many of the older staff have watched Kayla grow up. Kayla is the youngest of three sisters. Her older sister lives in California and the other lives here in Michigan.

For fun, Kayla loves to try out new restaurants, find new hiking paths (when it is warm) and she loves cooking, yoga and any kind of work out.



## DIANA SZCZESNY RETIRES

CMH is sad to say farewell to Diana, who has been an Administrative Assistant and most recently the Medical Records Coordinator.

Diana was first hired at CMH in June 2006, she took a couple of years off in 2015 and was rehired in 2017 for a total of 13 years.

Diana's last day was February

26th. Diana is being replaced by Kaitlin Emmons in Medical Records.

Due to COVID we did not have a party, but cupcakes and ice cream sandwiches were enjoyed by the staff.

Have a healthy, happy retirement Diana!



## CUSTOMER SATISFACTION SURVEY

The customer satisfaction survey conducted last year was centered around tele-health.

Due to COVID—many appointments with the Doctor /Therapist/Case Manager/Nurse etc. were held via zoom, FaceTime or telephone. Consumers were asked how they felt about the

tele-health option. The survey conducted was only a sample size.

11 said that they would “very likely” continue to meet this way if they could rather than “in person” 8 said “likely”, 10—“unlikely” and 5 “very unlikely”.

A similar survey will be conducted this year—if you receive a notification regarding the survey, please take the time to complete it. It only takes about 5 minutes and it is entirely online. Feel free to ask someone to help you if you do not have access to a computer or cell phone.



## CAN YOU FIND IT?

Hidden somewhere in this newsletter is a shape/symbol that doesn't belong—can you find it?

When you find it, go to our website: [www.lcmha.org](http://www.lcmha.org) and click on the [customer-serv@lcmha.org](mailto:customer-serv@lcmha.org) email in the header. Tell us what you

found and if you are correct, your name will be entered into a drawing for a gift card.



# E-RACE THE STIGMA 5K RUN/WALK & KIDS DASH

## SAVE THE DATE!

The annual E-Race the Stigma has been moved to the fall!

Last year, due to the pandemic, our E-Race the Stigma 5K run/walk was held virtually and participation was remarkable considering the circumstances. This year we intend to hold the race in person, but we are moving the date to **Sunday September 26<sup>th</sup>** to give the community time to see a much reduced COVID+ rate and for

vaccinations to be fully implemented.

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more? Studies show that exercise can treat mild to moderate depression as effectively as medication. Running for 15 minutes per day, or walking for an hour reduces the risk of depression, and maintaining a regular schedule can

prevent a relapse. Even if you are not experiencing mental health or substance abuse issues, physical activity boosts the mood, outlook and general wellbeing.

Exercising and prolonged physical activity also provides sharper memory and thinking skills; improves self esteem; regulates sleep patterns; increases energy and helps build resilience by boosting the immune system and reducing the impact of stress.

Can't find the time to exercise during the week? A recent study found that people who squeeze their exercise routines into one or two sessions during the weekend experience almost as many health benefits as those who work out more often. So, get moving whenever you can find the time - your mind and body will thank you.

## GETTING STARTED WITH EXERCISE WHEN YOU HAVE A MENTAL HEALTH ISSUE

When you feel depressed, stressed, anxious or have another mental health problem it can feel doubly difficult to be motivated to exercise. You know that exercise will make you feel better, but you lack the motivation or energy to do anything about it.

- ⇒ Start small
- ⇒ Schedule workouts when your energy is at its highest
- ⇒ focus on activities that you enjoy;
- ⇒ be comfortable;
- ⇒ reward yourself;
- ⇒ or make exercise a social activity.





### 5K Run/Walk & Kids Dash in downtown Adrian



running for mental health since 2014



**Sunday September 26th, 2021 at 9:00am**  
 Pre-registration - 8:00am  
 Early packet pick up - Saturday the 25th 9am

**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)

Registration online by September 22nd  
 Register before August 7th to guarantee a T-shirt.  
 Registration available on day of race

Race starts at--Farmers Market Pavilion, Toledo St, Adrian  
 Route--streets of downtown Adrian  
 Parking--Toledo Street lot  
 Medals for all kids dash participants  
 No pets allowed

All proceeds to support health education programs in Lenawee County

Scholarships available--contact Kay Ross, 517.263.8905

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

**Sponsored By:**













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

Mail form and entry fee to:

Key Ross, Customer Service  
 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)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Signature \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_  
 if under 18 years of age.

Age on day of race \_\_\_\_\_

Male / Female    Adult T-shirt Size:    S    M    L    XL    XXL  
 (please circle)

                                 Youth T-shirt size:    S    M    L

Make checks payable to LCMHA

REGISTER ONLINE at: <https://runsignup.com/Race/MI/Adrian/ERaceStigma5K>

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.

Find us on 

## NOMINATIONS SOUGHT FOR CELEBRATION OF SUCCESS

Do you know someone:

- who is making great strides in their recovery
- who has overcome a challenge recently
- or made a small step on their road to independence

If so, we encourage you to let us know. Every year the Consumer Action Committee hosts a “Celebration of Success” to acknowledge consumers who are meeting their goals and having some positive things happen in their lives—even if it seems like a small step in the right

direction! 

No date has been set yet for the event, but stay tuned

Nomination form can be found inside this edition.



## BOARD MEMBER NEEDED!

CMH has a vacancy on our Board of Directors.

Responsibilities would include attending one board meeting per month, as well as a committee meeting or two. There is a meeting stipend.

If you, or someone you know is interested in finding out more about Community Mental Health, or feels that they have a lived experience that would help make some decisions—please send a letter of interest to:

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



## CONSUMER ACTION COMMITTEE NEEDS YOU

- 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.

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.



## REGIONAL CONSUMER ACTION COMMITTEE

Did you know that the Consumer Action Committee is affiliated with CAC's from all four counties (Washtenaw, Monroe, Livingston & Lenawee). Meetings are held monthly to discuss issues

facing the region, and how to better serve our consumers.

One of the issues that they are looking at currently is the Grievance and Appeals data. They are making sure your

voices are heard in the services that are provided.





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



Travis joined us on January 11th, 2016 and was presented with his certificate at the January Board Meeting. Travis is a Supports Coordinator Assistant on the Adult MI Team.



Ryan Brown, Adult MI Supports Coordinator was also presented his 5 year award at the January Board Meeting. Ryan joined us January 25th, 2016.



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

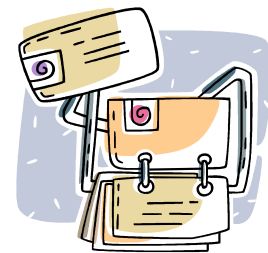
If you **do not** wish to have future newsletters mailed to your home, please notify: Customer Service at 1-800-664-5005

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.



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