



THE GRAPEVINE

A WORD FROM OUR EXECUTIVE DIRECTOR

May 2022

LCMHA website: www.lcmha.org

May is Mental Health Awareness Month. This year, we lost one of our greatest advocates, Greg Adams.

Many of us have heard Greg say that running saved his life – he said it gave him focus, drive, passion and greatly improved both his mental and physical health. It was this same passion and drive that compelled him to join the CMH Board 8 years ago. His first order of business was to bring more awareness to issues surrounding mental health. He wanted to make more people in the community aware of CMH. He had an idea and honestly, he wouldn't take no for an answer! His idea was to

create a 5K as a way to promote the connection between physical and behavioral health. His message, mental health is an illness like any other and you have to attend to the whole person to achieve 'recovery'. His passion extended beyond running – he wanted everyone to know recovery is possible. Someone with a mental illness or substance use disorder really can achieve all that they want when they have access to treatment that make sense for them. He wanted people to talk about behavioral health issues without shame and to feel safe to seek treatment.

In those early days of race



Kathryn A. Szewczuk
Executive Director

planning, I had the privilege of attending many meetings with Greg as he met with community leaders and talked to various groups about the E-Race. I watched as he shared his story and created enthusiasm with some who, perhaps reluctantly, agreed to meet with us. We left those meetings with new partners who were excited about the

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WELCOME TO LCMHA OUR NEWEST BOARD MEMBER—NANCY EATON GORDON

Nancy was appointed to the CMH Board in February. She is a local attorney who practices extensively in the area of probate law. Nancy is concerned for the citizens of

Lenawee County and is intent on being a part of ensuring that mental health services continue to be available to its most vulnerable citizens.



THANK YOU FOR YOUR SERVICE—MARK JACKSON

The CMH Board said “thank you” to Mark Jackson in October. Mark had served on the CMH Board of Directors for 21 years.

Mark's knowledge and history with the board will be missed, but we wish him well in all his future endeavors!



LCMHA BOARD

Amy Palmer—Chair

Judy Ackley— Vice Chair

Deidre Reed—Secretary

Nancy Eaton Gordon

Nathan C. Smith

Erin Starlin

Holly Terrill

Ralph Tillotson—Co. Commissioner

James Goetz—Co. Commissioner

Nic Wilson

Vacant Position

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CONTD/....

race because they felt Greg's passion and got excited right along with him. I was amazed at how often, someone would mention a family member or their own experience with mental illness or substance abuse because Greg set that stage – how important it is that we speak openly about mental illness and recovery. This all blossomed into an event that continued so many similar conversations! This year, we will hold the eighth annual E-Race the Stigma 5K on October 1st.

It's difficult to think about this world without Greg in it but we should take the time to share that part of him that made each of us feel special – if we could all do a little of that, what a better world we will have!

At a recent Adrian Morning rotary meeting, I was honored to be presented with a check on behalf of Lenawee Community Mental Health from Sarah Finch a recent graduate of the JC LISD Academy. Sarah was awarded the "2022 Service above Self Award" for her volunteer work in the community. She was nominated for this award by Kim Dusseau, the principal of JC LISD Academy for her tireless work volunteering to help teach and mentor other students.

I was curious why Sarah chose CMH as her charity of choice, and I learned quickly that mental health is very important to her. She has had her own struggles, and understands from firsthand experience the stigma

associated with seeking help. Ostracized and sometimes bullied in school, Sarah didn't feel like she fit in, and was often alone and miserable. She learned to paste on a "fake" smile to get her through the day. Sarah found that the JC LISD Academy was the perfect fit for her, and she finally found her calling when she enrolled in the EMT program. She was very tentative at first, but slowly and surely she knew that this was the correct path for her.

Sarah credits a social worker at the Tech Center who taught her some grounding exercises, and stressed that talking about her issues, being able to understand them and deal with them is better than trying to suppress them, because negative thoughts and overwhelming anxiety often consumed her. It took a lot of courage on her part to reach out to someone, but is so glad that she did. Sarah wants to reach out and help anyone else who may be dealing with thoughts of suicide, by sharing her story and highlighting recovery. She is animated and excited about her future! Sarah found that writing music while she was at the piano helped immensely. It enabled her to express herself through her music and gave her back a lot of self-esteem and confidence. She believes that finding an outlet, a goal, or a different focus could help others on their journey. Sarah still has her "bad" days, but knows how to recognize and deal with them – it is a struggle sometimes, but today Sarah chooses to focus on the positive, she is constantly smiling and confident, and it

is infectious!

Sarah now has her EMT license, and is looking forward to continuing her education and giving back to the community by becoming a paramedic first responder. Although she still has a few more classes to complete before she is a fully qualified paramedic, Sarah is hoping to be able to use her experience to help others when she is out in the field, as well as pass along some personal experiences to her fellow EMTs.

Talking to Sarah reminded me that there are young people out there who can make a difference and can connect to others who may be experiencing depression and hopelessness. At CMH we find that Peer Support Specialists and Recovery Coaches are one of our most valued resources – they are the connection between illness and recovery. Thanks again Sarah for bringing more light to mental illness and the stigma that still exists. Let's continue to spread the word that mental health is just as important as physical health.



Pictured above—Sarah Finch (left) presenting a check to Kathryn Szewczuk

BOARD OF DIRECTORS OPENING

Lenawee Community Mental Health Authority has an opening on its Board of Directors for a community minded person. A current or previous consumer of CMH services, including substance abuse disorder treatment is preferred.

This is a three year term of office pending appointment by the County Board of Commissioners with per diem and mileage compensation. Availability one day per month for Board Meetings, and appointment to other committees as

assigned. Please submit a letter of interest and related qualifications to: Kathryn Szewczuk, Executive Director, Lenawee Community Mental Health Authority, 1040 S. Winter Street, Suite 1022, Adrian, MI 49221.

CUSTOMER SERVICES SUPERVISOR



Welcome to Stefanie Mineff who joined us on November 8, 2021.

Stefanie lives in Blissfield, with her husband of 23 years, John. They have two children—Jude, a Freshman at Grand Canyon University in Phoenix who is studying communications and

marketing. Her daughter, Josie, is a Junior at Lenawee Christian School with plans on going to college in Florida!

Stefanie has a Master’s in Familial Studies from Spring Arbor. Previously Stefanie worked at ProMedica and more recently at Adrian College where she worked

with students on academic plans and financial aid.

Most weekends are spent traveling to volleyball tournaments with her daughter. But she also loves to travel, scrapbooking, baking, but most importantly—spending time with family.

I/DD SUPPORTS COORDINATOR



Kevin Shadewald also joined us on November 8th. Kevin is from Sand Creek, graduating from Siena Heights with a BA in Education. Kevin taught and coached middle school football and basketball for 6 years at Madison where he was a permanent full time substitute teacher. From there Kevin moved on to Maurice Spear

Campus where he worked for 10 years in the boys open unit treatment facility.

Kevin has been married for over 7 years to Chelsea who is a kitchen and bathroom designer. They have two boys, Brayden (6) and Rylan (3). They have just sold their home and are excited to be building a new home on a large parcel

of family owned land in the Sand Creek area.

Kevin’s hobbies include most sports, but much of his time is spent attending his kids games or playing with them and teaching them how to play different sports.

CASE MANAGER—ACCESS



Dayne Bohn has been with us for about six months.

Dayne was born and raised in Adrian, attending Sand Creek Schools. He graduated from Eastern Michigan University with a Criminal Justice Degree.

Dayne soon realized after working in law enforcement

for a year, that he could have more of an impact helping those with mental health issues on the social work side.

Dayne’s family is all in Adrian, in fact his brother is attending EMU studying social work. He also has a half sister and a nephew that he is close to.

Dayne began as a Supports Coordinator on the MI team and has recently shifted to Access Department—where he will be working more closely with those in acute crisis, he will also be doing nursing home Case Management and documentation for hospitals etc.

DATA ANALYST



Brandon Keller joined us on March 10th. He grew up in Sand Creek and graduated from Sand Creek High School. He did his undergraduate at Adrian College, and is currently enrolled in a Master’s program in Data Science. Previously Brandon

worked for the Monroe County Health Department.

Brandon and his wife (Destelle) now live in Lambertville. She’s also going to school, working on her Master’s in Public Education. If that is not enough they have 3 children, Lincoln (9),

London (6) and Lauren (5) who attend Bedford schools. The children’s sports and activities keep them pretty busy, but Brandon enjoys being outdoors and coaching basketball.

ADMINISTRATIVE ASSISTANT

Sandra Steele has been with CMH now for about 6 months. She has settled very well into her role answering phones, covering front desk duties, distributing mail, scanning documents etc.

Sandy lives in Tecumseh with her husband, Marcus who she married in August. Marcus

works at the Harley Davidson dealership in Cement City.

Sandy has a son and 4 grandchildren (9, 6, 5 & 3) and they live in Jerome. She also has two step sons who are 5, and 7.

Sandy has a lot of front office experience, having previously worked at Hickman Hospital, a

couple of primary care offices and a dermatologist office.

Sandy reports that she loves working at CMH! Everyone is very friendly and it is a lot less stress than her previous position.

When she is not working she loves to do scrapbooking, cross stitching and she loves to read.



MEDICAL ASSISTANT

Michelle Nieto has been with us since February. She is located at the LCMHA medical clinic at the Family Medical Center.

Michelle has a long history of working as a CNA in various hospitals, nursing homes and most recently in palliative care at Hospice. When the pandemic hit she decided to go back to

school for her Medical Assistant certification as well as Phlebotomy, EKG. She is also currently taking courses for RN.

Michelle grew up in Adrian and lives with her husband (Alex).

They have 3 children— Courtney, who is has 2 children (10 year old grandson—

Giovanni, and 6 year old granddaughter, Ayana) Caleb and Nathaniel. Caleb attends U of M for a Master's degree in Architecture, and Nathaniel is working on his Bachelor's in Cyber Security.

Michelle loves to travel and go shopping, but most of all she loves to spend time with family.



INTEGRATED HEALTH NURSE

Laura Caddarette is the new nurse on the MI Adult team. Laura is originally from Toledo and has been nursing for 26 years.

Laura now lives in Adrian with her husband (Vic) and their two dogs. Previously Laura worked at Gus Harrison Correctional Facility. Laura has a son, Devin,

who lives in Toledo—she is also a grandmother to a 9 month old granddaughter, Vera.

Laura has a very active social life as her husband is a musician who plays lap steel and banjo. She loves going to the movies, watching hockey as her son plays and coaches hockey. They

also love to go camping, they have an RV and a camper at a campground.

Laura reports that working at CMH has been a great experience, and “everyone has been so nice”. We are glad to have you Laura!



MI—COOCCURRING THERAPIST

Jada Rodriguez-Wagner is our new Co-occurring Therapist, who is located at the Family Medical Center.

Jada was born and raised in Adrian. She has been married to Rodney for 10 years.

Jada has 4 children—Chloe (14) who attends Springbrook, Kelsey (15, and Xavier (16)

who attend Madison and Arianna (19) who is going to U of M, but will shortly be transferring to JCC.

Jada enjoys watching her children play sports—cross country, football, basketball, wrestling and track.

When she is not attending sporting/school events she

loves to do jigsaw puzzles, the bigger and harder the better!



WRAPAROUND COORDINATOR



We welcomed Katia Gardner to the Children's Team in January. Katia's background is in Criminology, Criminal Justice and Speech Pathology.

Katia was born and raised in Stafford, England. While doing a placement at the University of Michigan she met her future husband. Following a long distance relationship, Katia moved to the USA in 2019 to get married. She was not able

to work for a year as a stipulation of her green card but she was able to volunteer at a couple of thrift stores in the interim.

Prior to her employment at CMH Katia was an ABA Behavior Technician working with children and young adults with autism.

Communication is her passion, and she firmly believes that it

is important to support people to be able to communicate effectively and understand all of the information provided.

When she is not working she loves to go hiking and practice yoga—she is a yoga teacher. Besides her husband, Logan, she has a 14 year old step-son and 5 cats. She reports that she is a big animal lover.

I/DD SUPPORTS COORDINATOR



Bayleigh Iott joined us on January 10. Bayleigh recently got married (in September) to Ben. She lives in Blissfield on a farm owned and run by her husband's family.

Bayleigh went to school in Temperance Michigan, and graduated from the University of Toledo with a Bachelor's

Degree in Criminal Justice. During college she enjoyed an extended internship with Lucas County Juvenile Court in the Probation Department.

She previously worked for Chitter Chatter Therapy Services in Monroe—an ABA provider.

When she's not helping out on the farm, Bayleigh loves to travel, spend time with friends and family and going shopping. The family always go to Florida in the winter, and to their summer home on Posey Lake for kayaking and swimming in the summer.

ADMINISTRATIVE ASSISTANT



Amy Harrison is the new Receptionist at the Family Medical Center. Originally from Toledo, she now lives in Blissfield.

Previously Amy was a 9-1-1 Operator for the City of Toledo, she also worked for the State of Ohio as an Unemployment Customer

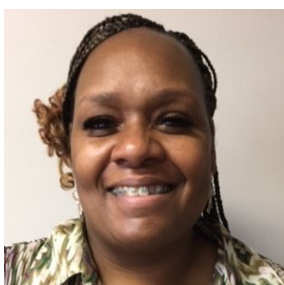
Services Representative.

Amy graduated from the University of Toledo with an Accounting Degree, she also has an Associates Degree in Criminal justice from Owens Community College and a Bachelor's in Criminal Justice from the University of Toledo.

Amy has a daughter and son in law who have two children. Amy's grandchildren are 7 and 4.

Amy lives with her boyfriend, Mike, and their two fur babies, Luna and Diamond. Her hobbies include hanging out with family, watching NASCAR and football!

MI ADULT SUPPORTS COORDINATOR



Gloria Manica joined us on March 10th Gloria lives in Monroe. She is originally from Highland Park, where all of her family still lives.

Graduating with her Bachelor's from Walden University, and Master's from the University of the Rockies, in Psychology,

Gloria enjoyed a Master's residency in Atlanta. Previously Gloria worked at Creating Counseling Choices in Monroe.

Gloria has four boys and a godson, they are 17, 11, 8 and 5. Her godson, who she has primary custody of, is 1. When

she is not taking care of all those boys, Gloria is a gospel singer. She has been singing in a recording gospel choir for 10 years. Recently she sang at half time at a Pistons game, and on March 24, she will be singing in the background of an Eagles concert.

ADULT MI SUPPORTS COORDINATOR

Storm Sexton was hired on February 8th. Born and raised in Onsted, she still lives there with her family. Mom is very familiar to us—Tammy Randolph—is an Administrative Assistant at the FMC office of LCMHA.

Storm graduated from Central Michigan University with a Bachelor’s Degree in Psychology. Previously she

worked as an ABA Technician and a Para-pro in the school. Storm is very family oriented, she is the eldest sibling. She loves to spend time with her brothers (Chase and Hart) and her sister (Randall) and their dog.

Being the Assistant Boys Varsity Soccer Coach at Onsted pretty much keeps her busy year round, but she also

loves to paint and go walking.

She is enjoying working with the MI Adult team and reports that they have all be so supportive and friendly. She loves to meet new people and help guide them to becoming more independent in their own care. “Seeing progress is very satisfying”, she reports.

Welcome aboard Storm!



MOBILE RECOVERY UNIT

What is it?

A mobile health clinic (an RV) dedicated to making healthcare more accessible.

What services are available?

Medication-Assisted Treatment (Vivitrol) and

additional medications to help with opioid withdrawal symptoms. Medications for alcohol use disorder and smoking cessation.

Urine drug screens, pregnancy tests, blood draws, flu testing, COVID vaccines and testing.

Strep throat testing, TB testing, UTI testing, Hepatitis testing, STI testing, vaccines.

Walk ins welcome. Accepting Medicaid, Medicare, private insurance and cash.

RecoveryMobileClinic.com
(248) 567-2334

Mobile Recovery Unit Schedule 2nd & 4th Thursdays

9am-11am	Courthouse
11:15-1:15pm	Community Action Agency
1:30-3:30pm	Share the Warmth

STRESS OR ANXIETY?

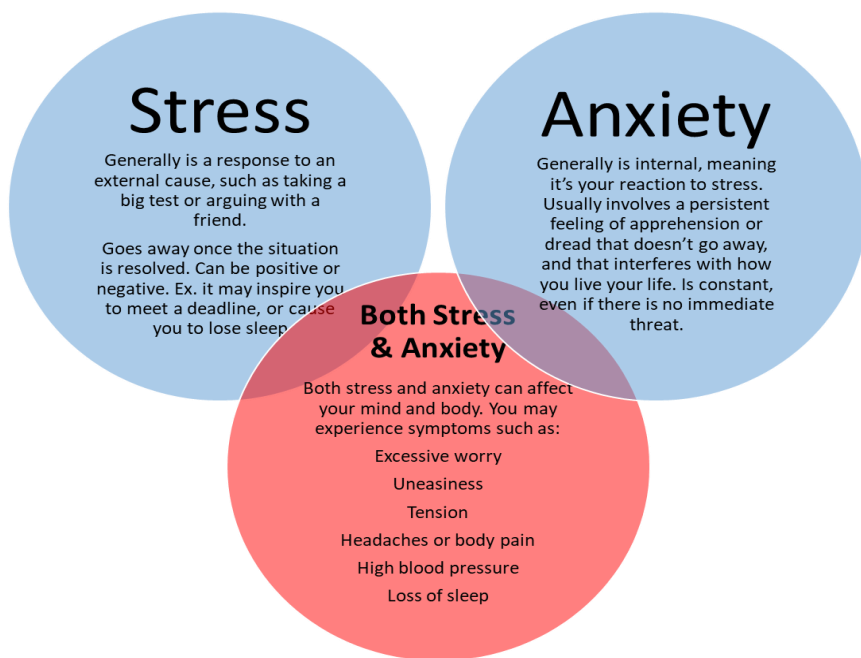
Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body’s reaction to stress and can occur even if there is no current threat. If that anxiety doesn’t go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression.

If you need help, we have support available 24/7. Call 517.263.8905

www.nimh.nih.gov



LCMHA SEES SEVERAL STAFF RETIREMENTS



Kay Ross, Customer Services Supervisor, retired after 33 years!

A drop in Open House was held for Kay on December 2nd. Many of her old friends, co-workers and community members stopped by to wish her well in retirement.



Judy Warren, Adult MI Program Supervisor retired after 31 years. Staff and many retired co-workers were able to stop by on December 6th to say “happy retirement” to Judy!



Carol Wotring, MI Adult Case Manager, retired on December 22nd after 27 years, many of those at CMH and Touchstone Innovare, who managed the Clubhouse. Congratulations and best wishes Carol!



Beth Binegar retired on May after 32 years with CMH as a Supports Coordinator. Many of those years were in the Children’s Dept., but most recently she was a member of the I/DD Team.

MOTIVATIONAL INTERVIEWING TRAINING

Basic Motivational Interviewing—virtual, virtual; August 24-25th July 27-28th

Lenawee County. Click here to register:

Advance Motivational Interviewing—

Both of these trainings are available free of charge to providers who work in

https://www.lcmha.org/get_conftraining.php

MENTAL HEALTH FIRST AID TRAINING AVAILABLE

September 29th from 9am—4pm. This is also free to members of the community who would like to be able to

learn how to help someone who maybe struggling:

https://www.lcmha.org/get_conftraining.php

CONSUMER ART SHOW



The above three pieces of art were submitted to CMH, to be entered into the State traveling art show competition.

We definitely have some very talented people in our midst! Congratulations to Dar, Janelle and Suzanne who were all presented with gift certificates for their entries.

Judging at the region has taken place. Unfortunately the Lenawee artwork was not chosen to go on to the state competition. However, these pieces will be displayed in the lobby at CMH for a while for everyone's enjoyment!

MORE OPPORTUNITIES FOR OUR UNDER 18 ARTISTS!

See information (at right) This is an opportunity for any children under 18 who are receiving CMH services to submit their artwork (paintings, drawings, any medium). There are prizes and ribbons for art chosen to be displayed in our lobby.

If you have any questions, call Stefanie at 517.263.8905. We hope that we can cover all of our walls!



CHILDREN'S ART SHOW
FOR KIDS UNDER 18 WHO RECEIVE CMH SERVICES



PRIZES & RIBBONS

**SUBMIT YOUR ART NOW!
IT WILL BE DISPLAYED AT LCMHA**

CUSTOMER SERVICES
LCMHA, 1040 S. WINTER STREET,
SUITE 1022, ADRIAN, MI 49221
QUESTIONS: CALL STEFANIE:
517.264.0103

THE STRENGTHS OF A SUPPORT NETWORK



It is my distinct pleasure to introduce you to a relatively young newcomer to the LCMHA community. Guy has been receiving case management and services through LCMHA and Inter-Connections as long as I have known him and have witnessed tremendous growth in him both in his recovery and personally. He has always treated me and others with a kind and loving heart which he enjoys sharing with others as well as words of encouragement and hope. Although Guy struggles with a serious mental illness, he does not let his diagnosis define him as a person. Rather, he always works towards being a better version of himself and encourages others to never give up on their recovery – words of wisdom which he attempts to live by personally.

Guy's strongest coping mechanism that he draws strength from is his extended family and his elders which have shaped the culture he grew up in. He follows the examples set by his parents who play a major role in his recovery as he tries to be a positive role model for others as well. His family plays a major role in holding him accountable to his sobriety and continually express their desire for him to receive what's best for

him which increases his self-esteem, confidence, and hope for a brighter future. In drawing from his experience with his support system, Guy says that the key to his success is effective communication skills and learning from past experiences. Additionally, he attempts to set boundaries for himself and uses his support system for accountability in reaching his goals.

Guy loves the atmosphere at LCMHA and Inter-Connections for the social support that they offer and feels as though it provides a sense of community for him. In his own words, "They listen to me." He went on to say that the services he receives here in Adrian is far better than what he has received in either Ohio or Tennessee because they are more practical and "down-to-earth." However, he acknowledges that he has grown tremendously in recent years after living South of Adrian, Michigan. His experiences of the mental health community here in Adrian have been defined by feelings of caring, friendship, support, engagement, attention, and a stigma-free non-judgmental environment which have allowed him to focus on his treatment.

His favorite aspects of working on his recovery include his work in group therapy at Inter-Connections where he receives encouragement from hearing testimonies from others who are on parallel journeys through mental illness. Additionally, he loves the social activities presented by Inter-Connections. If you get a chance to meet Guy, I am sure you will find him to be a caring and supportive individual who tries to listen to you from his heart as he sincerely tries to reach out to others struggling with any mental health diagnosis. In my personal experience of working with Guy, I have found him to be very creative and deeply involved in his craftwork, some of which he is planning to work on with an uncle of his. For self-care and enjoyment, Guy presents his crafts at the Blue Boutique downtown and can be found there Mondays and Wednesdays between the hours of 12 noon and 3 pm. I am sure it will be an experience you will find deeply fulfilling and/or somewhat enjoyable.

Keep up the good work, Guy! –

*Submitted by:
John Wm. Dunn*





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 Todd Wright, Adult MI Program Supervisor, who has worked at CMH for 20 years. He was presented with his certificate at the December board meeting.

UPCOMING EVENT:

Day of HOPE (**Health Ownership Prevention Education**) —please join the Lenawee Substance Abuse Prevention Coalition to commemorate International Overdose Day on August 31st. We will be at the Adrian Farmers Market at 2pm celebrating whole person wellness with lots of information; free Narcan kits, the Mobile Recovery Unit and much more!



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

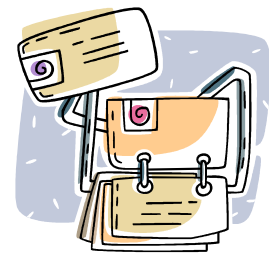
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If you would also like The Grapevine to be sent directly to your email, please provide Customer Services (krawlings@lcmha.org) with your email address.



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SO, DON'T FORGET TO
CONTACT CMH TO LET
THEM KNOW.



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