



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

It has been four months since our last edition of The Grapevine! And, while in those four months we moved from winter into a welcome early spring, the landscape of issues and concerns have not changed so much. A most significant development certainly has been the release of the state’s plan for persons with dual eligibility (Medicare & Medicaid). The state has conducted two forums to receive input about the plan. The Board Association sponsored a series of forums in which more than 1,000 persons participated and more than 250 questions were generated. A final plan will be submitted in late April at which time a series of negotiations between the state and CMS (Federal) will begin.

In addition to the plan for dual eligibles, there are a number of other important issues that will occupy us in the coming months. Integration of behavioral and primary healthcare, integration of the substance use disorder service system with behavioral healthcare, renewal of the state’s Medicaid waiver and, of course, the impending ruling from the Supreme Court about national healthcare are at the top of the “watch list” in the coming months. We will do our best to keep our readers and the public informed about these and other important issues as

they develop.

Lenawee Community Mental Health Authority and the Family Medical Center (FQHC) continue to work together to better meet the physical and behavioral health needs of the community. Presently, a LCMHA Peer Support Specialist works with consumers to assist with Medicaid paperwork, makes connections for them with other agencies and links to other mental health services when necessary. An Access Clinician is also scheduled at the Family Medical Center to assist with behavioral health issues.

Unfortunately, clinical space at the Family Medical Center limits the amount of time and the array of services we could provide together. We are hoping that a grant that was submitted to the Federal Health Resources and Services Agency (HRSA) several months ago will be approved. This grant would provide funding for the construction of a medical facility that could house primary health care (including dental) and selected behavioral health care services. We hope to receive a decision on the grant in late April. In the meantime, the County Health Department will be making some exam rooms available for our consumers to be able to see a physician from the Family Medical Center. We



Roger Myers
Executive Director

appreciate the partnership of Patsy Bourgeois, County Health Officer in this joint endeavor.

I also want to take this opportunity to congratulate two members of our children’s services team. Sarah Douglas and Cary Zavala recently completed Trauma Focused Cognitive Based Therapy training. Sarah and Cary also presented at the state CBT Conference in March. This issue of The Grapevine includes an informative article about Trauma Focused CBT as well.

Finally, March marked the expiration of the three-year terms of four of our board members. One of the members, Commissioner Don Welch, has chosen to not be reappointed to our board. Commissioner Welch has served with us for the last four years. His input and commitment to LCMHA has been extremely valuable during this period of important changes in our system. While we will miss him on our board, we know that other services and departments in the county will benefit greatly from his leadership.

April 2012

LCMHA website: www.lcmha.org

LCMHA BOARD

Judy Ackley—Chair

Debra Bills—Vice Chair

Scott Clites—Secretary

Mark Jackson

Howard Keller

Emily Martinez

Grace Miley

Cletus Smith—Co. Commissioner

Nate Smith

Jim Van Doren

Robert Wilson

INSIDE THIS ISSUE:

FIGHT GERMS	2
HEALTHY EATING	2
INTERCONNECTION	3
HOPE CENTER	3
MOVIE DAY CALENDAR	3
PATH TO WELLNESS & RECOVERY	4
ASSOCIATED CHARITIES—100 YRS	5
2011—CUSTOMER SERVICES	5
VSU TRAINING	6
COMMUNITY ACTION AGENCY	6
TIPS FOR PICKY EATERS	6
THE “R” WORD	7
TF-CBT	7

FIGHT GERMS—KEEP IT CLEAN!



Take a look at your hands—they may look clean, but chances are your hands are covered with germs. Germs like *E.coli*, salmonella and staph. Germs that can make you sick with a cold, the flu or stomach problems. So what can you do to protect yourself? **WASH YOUR HANDS.**

Washing your hands keeps germs from spreading. Hands can pick up germs almost anywhere, from doorknobs and desks to toys and telephones.

The Centers for Disease Control and Prevention recommends washing your hands before, during and after you prepare food and after you use the bathroom, change a child's diaper, touch garbage or pet an animal.

Take your time when you wash your hands:

- ◆ Wet your hands, then lather up with warm water and liquid or bar soap.

- ◆ Rub your hands together for about 20 seconds—the time it takes to sing the “Happy Birthday” song.
- ◆ Be thorough. Don't forget the backs of your hands, between your fingers, around cuticles, under nails and in the creases of your hands
- ◆ Rinse well and dry with an air-dryer or a clean paper towel. If possible, turn off the faucet using a paper towel.

You might think that adding the term “anti-bacterial” to soap would guarantee germ-free hands.

But products that contain antibacterial ingredients only kill bacteria—not viruses, which account for such common infections as colds and flu. In tests antibacterial products have provided no health value to families. Some experts even worry that using antibacterial products may help breed germs that

antibiotics can't kill.

When soap and water are not available, use an alcohol-based sanitizing hand gel.

These gels don't kill as many germs, but they can help in a pinch and they are useful to carry in a purse!

Other germ-fighting tactics:

Colds and flu spread when a sick person sneezes or coughs, so avoid getting too close to someone who's ill. When you are sick, stay home if you can.

Otherwise, take care so that people around you don't catch your illness. Cover your mouth and nose when you cough or sneeze, but not with your hand. If you don't have a tissue, cough or sneeze into your sleeve.

By following these simple hygiene steps, you can play a major role in the fight against germs.

Winter 2011

Living Healthy Magazine

FAST FACT

IN ONE STUDY, 92% OF ADULTS SAID THEY ALWAYS WASH THEIR HANDS AFTER USING PUBLIC RESTROOMS—BUT ONLY 77% WERE ACTUALLY SEEN TO DO SO!

HEALTHY EATING TIPS

“EATING TOGETHER AS A FAMILY CAN HELP RELIEVE STRESS BECAUSE YOU SIT AND TALK AND SHARE”

- ◆ Eat breakfast within an hour of rising
- ◆ Eat every three hours (five mini meals per day)
- ◆ Chew your food well—think of your mouth as a juicer
- ◆ Drink more water
- ◆ Buy and eat locally grown foods whenever possible
- ◆ Eat more fish; take a fish oil supplement
- ◆ Cut out processed food
- ◆ Use extra virgin olive oil on everything
- ◆ Eat organic greens, apples and veggies that you leave the skin on
- ◆ Limit sugar and white flour intake; eliminate them if possible
- ◆ Cut out soft drinks, fruit juices and diet beverages
- ◆ Grow fresh herbs year-round in pots in summer and under lights in winter
- ◆ Cook more meals at home

Chef Dawn Bause
cookingwithdawn.com



INTERCONNECTIONS DROP-IN CENTER

Inter-Connections is gearing up for Spring! We just started consumer-led fitness classes, and they are a great mood-booster! Classes will be every Tuesday at 1:00pm. The instructor can modify exercises if needed, so please don't let that stop you from joining us. Hopefully, we will be able to take our workouts outside in the very near future. If you are interested

please call us at: 517-265-9588.

We had a potluck on Valentine's Day. Thank you to everyone who participated. Craft classes are held every month and members made hearts to decorate the windows for February. Our windows were also decorated for St. Patrick's Day thanks to some very helpful members.

If you haven't been down to the Center, please come and check us out, we can show you around. There are many activities available. Staff are available to talk, help with computers, or help find resources in the area.



NEWS FROM THE HOPE CENTER

The HOPE Hoopsters basketball season is back in full swing. The team, which is made up of adults who have disabilities, practices together on a weekly basis in the gymnasium of the HOPE Community Center. Exhibition games are held monthly against local businesses and organizations from around Lenawee County. This past month, the Hoopsters faced off against Adrian College's Theta Chi Fraternity, Sand Lake Fire

Department and Goodwill Industries.

The team also competes in special Olympics competition, and placed third in the District Tournament in Northville, Michigan last month. Last year the Hoopsters placed 3rd in the State Tournament and took home bronze medals. The team is looking forward to next year where they hope to take home the gold!

The Hoopsters' exhibition basketball games are open to the public and admission is

FREE. There is a concession stand and merchandise table open for fans to purchase food, drinks, and Hoopsters apparel. This month there are two games scheduled at the HOPE Community Center:

April 14th vs Adrian College's Hockey Team @ 7:00pm

April 28th vs Jimmy John's @ 7:00pm

We encourage everyone to come out and root for the home team! GO HOOPSTERS!



For more information contact HOPE's Program Director, Scott Watson at 517.265.2410

MOVIE DAY—CALENDAR

LCMHA Mental Health Awareness Committee shows a movie on the fourth Thursday of every month, at the LCMHA Offices, Human Service Building, at 10am. This is free to all consumers of LCMHA. Popcorn and cotton candy is available.

We show up-to-date movies, and special requests for movies are honored.

Here is a list of showing dates:

April 26th

No movie May 24th (Path to Wellness & Recovery Conference)

June 28th

July 27th

August 23rd

September 27th

October 25th

There will be a November/December holiday party—date to be determined.

To verify contact: Kay Ross, 517.263.8905





Lenawee
Community
Mental Health
Authority



MICHIGAN STATE
UNIVERSITY
EXTENSION

GrayInstitute

Path to Wellness and Recovery

*Join us for a day of health, wellness and
nutrition education*

First United Methodist Church
1245 W. Maple, Adrian, MI
Thursday, May 24, 2012
8:30am – 3:30pm

Keynote Speakers:

Doug Gray (Gray Institute)
Physical Health
Jim Thompson (LCMHA)
Mental Health

Blood Pressure & Glucose Testing

Breakout sessions include:

*Diabetes Education
Substance Abuse
Nutrition/Healthy Lifestyles
Cardiovascular/Exercise
Ask the Experts – panel discussion*

Lunch Provided

RESERVATIONS REQUIRED

If you have questions contact:
Kay Ross, Customer Services
LCMHA, 1040 S. Winter, Adrian
517-263-8905

Ways to register:

Online at: www.lcmha.org

By mail to the above address, or email: kross@lcmha.org

[facebook.](#)

Everyone is invited to the Path to Wellness and Recovery Day at the First United Methodist Church.

This event is free, however, registration is required.

There will be lots of good information for everyone—learn how to stay healthy in mind and body!

SIGN UP NOW

REGISTRATION FORM ENCLOSED

ASSOCIATED CHARITIES CELEBRATES 100 YEARS

Since 1912, the needs of the Lenawee community has changed and “The Charities” as they are sometimes called, has been there to meet those needs.

Local churches and interested community organizations got together to form Associated Charities with the purpose of providing both health and social service needs.

Along with the medical needs that were met by the Associated Charities nurses, new and used clothing and shoes were gathered for distribution to those in need.

Although the medical part of Associated Charities no longer exists, the distribution of used and new clothing and shoes still continues to this day. The clientele of the Charities do not have to pay for what they receive. All items are donated by the community or paid for from monetary donations.

Funding for the operation is through the generosity of the community through fundraising, grants and individual donations of clothing, money, time etc.

This year, they will host three fundraisers. On May 19th—

the Charity Chase Run will take place at Siena Heights. On July 28th the Knights of the Round Table Dinner and Auction, as well as the ACDC Bike Ride on September 8th. Everyone is welcome to attend these events. Call 265-7255 or check out their website www.thecharities.org for more details.

There will also be something special happening when it gets closer to August. Keep an eye on the Grapevine or check out the Charities website to be a part of a great year-long celebration.



2011—CUSTOMER SERVICES—A YEAR TO REMEMBER

2011 started out with a bang for Customer Services Department. Early in the year we began preparing to bring the Suitcase exhibit to Lenawee. This was the first time that LCMHA had attempted an undertaking of this magnitude. This was a National exhibit. It had toured all over the United States, in fact, coming to Adrian from Seattle!

We were very fortunate that our LCMHA Board agreed to bring the exhibit here. Our luck didn't stop there. We were able to join forces with the Lenawee Historical Society to use their beautiful building to showcase the exhibit. Our speakers included Dr. Fred Frese, Richard Prangle and Dr. William A. Decker.

Consumers and staff attended the State Walk a Mile in Lansing to show solidarity and let our legislators know that

persons with mental health concerns want to be heard.

Partnering with HOPE Center, we held a Families United Workshop in which people with disabilities and their families got together for a night of conversation and education. Jim Thompson was the keynote speaker and eloquently talked about his mental illness and how having support/lack of support is so important in a person's recovery process. We had panel discussions—one for persons with disabilities and one for family members, as we acknowledge that both have separate issues to deal with.

Inter-Connections Drop in Center celebrated their 20th year in service to persons with mental illness by hosting an open house and having WLEN there to broadcast live. This gave the Center's Board a chance to talk on air about the Center and mental health

issues.

What's ahead for 2012?

All roads to recovery focus on the physical as well as the mental health aspect of our lives.

To this end, we are preparing to host a wellness conference in May—see information on page 4 (Registration form attached). Keep an eye on our Facebook page as well as our website for updates. You can check out our monitor in the CMH waiting room and if you miss it, you can view it online at our website: www.lcmha.org.

The best way to find out what is happening is to call or stop by Customer Services. We are always interested in hearing what you have to say.

Kay Ross
Customer Services
517.263.8905



VSU TRAINING

On February 3rd, 4th & 5th the Victim Services Unit of the Lenawee County Sheriff's Department conducted a 20 hour training for education and recruitment of new advocates to our unit.

Kathryn Szewczuk and Kay Ross are members of this Unit. 41 people attended the training which is certified through the Michigan Sheriff's Association.



The advocates are trained to assist the police and emergency personal in times of crisis. We work with the victims (family members if there is a death) to help them cope with the crisis and help them find resources in the community that fits their needs. This frees up law enforcement to do the work that they need to do without worry about the family/friends or others involved.

Some of the calls we are involved with are suicides, car crashes, unexpected deaths, fires, missing children etc.

Anyone can request our services, they just need to call the Lenawee County Dispatch at 263-0524. If you would like more information about the Victim Services Unit contact Kathryn or Kay at 517-263-8905.

COMMUNITY ACTION AGENCY

There are many opportunities available at Community Action Agency, including:

Financial Freedom Classes— Mondays 10:00am—noon April 9 thru May 14.
Budgeting Basics—1st and 3rd

Thursday of the month 10:00am—noon, and 2nd and 4th Thursday at 1:00—3:00pm.

Complete Approach to Self Sufficiency—one-on-one meetings, advocacy, referrals

and ongoing support.

Ask about the Michigan Saves IDA Program.

To learn more, or to register contact Julie Laughlin at 517.263.7861 or 800.438.7845



CMH GIVES AWAY FREE CHILDREN'S BOOKS

Children visiting CMH are encouraged to take a free book home. This is all thanks to the encouragement and fund raising efforts of Kathy Tripp (agency Nurse). Kathy has always loved reading, and

encourages all children to read—giving away free books in our lobby is a way to do just that!

Most of the books are used and donated by the staff, however,

Kathy is currently selling Little Caesar's pizza kits to help raise money for CMH to purchase more books for the box. She is also actively pursuing outside donations.



TIPS FOR PLEASING PICKY EATERS

Young children can be known as "picky" eaters. They may go on food jags, when they'll eat only a few specific things. As the adults in these preschooler's lives it is important to persevere. Keep exposing them to new foods. You can put them on the table, put a small amount on their plate, talk about how much you're enjoying it, describe what it tastes like, and comment on the colors. Just don't force them to eat anything.

Getting kids involved with cooking and food preparation is key to nurturing an interest in trying new foods. This can start as young as two years old. A two year old child can rip lettuce or stir ingredients which also helps them work on small motor skills. Make it a special privilege to help choose a new food for the week. Have kids help pick out produce at the store and then prepare it, even if it's just washing the grapes. If they have had a say in what food to eat and/or

preparing it, they're much more likely to try it. Also, realize that it may take as many as 12 exposures to a new food before a child will decide to actually eat it. Don't give up be a good role model. After all, in the end they want to be just like you.

Think about new ways to introduce foods. Books could be one method. For example, choose children's books that feature healthy foods.

Lois Ehler's Eating the Alphabet—has many colorful illustrations Yoko, by Rosemary Wells addresses trying new foods.

Gretchen L. Hofing, MSU Extension

HELP US END USE OF THE “R” WORD

Bullying has recently become a big focus of attention in our country. We all are probably aware of a time when hate speech—hurtful words based on gender, sexual orientation, religion, race, age, ethnicity and disability—has been aimed either at us or at someone we are about.

People with intellectual and developmental disabilities are no different. Neither are their friends and family. This is our way of giving a voice to an important issue: eliminating the use of hate speech.

We’d like to ask support, and the support of your readers, in the

Michigan Developmental Disabilities Council’s Shred the Hate campaign to help eliminate hateful speech.

The “R-word”, or “retard” has found a place in common language and seems to be accepted by most, despite the fact that its use, casual or otherwise, is hurtful to millions of people with intellectual and developmental disabilities and their family and friends.

Help us to eliminate the use of the R-word and other hateful speech in Michigan by taking pledge to Shred the Hate.

The electronic pledge can be taken at—www.michigan.gov/mddc or sign our sheet at the HOPE Community Center at 431 Baker St, Adrian, MI 49221; their business hours are Monday through Friday, 8am—4pm.

Help drive much-needed change that will bring acceptance and inclusion to our community.

For additional information on the Shred the Hate Campaign, please contact Mitzi Allen at 517-334-7240 or email Scott A. Marvin at smiling_face16@hotmail.com

Thank you for your support.

This letter, written by Scott A. Marvin was published in the February 5th, 2012 edition of The Daily Telegram

GREAT RESOURCE FOR PARENTS

If you have young children at home, there is a very useful screening tool on the Great Start Collaborative website: www.lenaweegreatstart.org called “Ages & Stages

Developmental Questionnaire” and “Ages & Stages Social Emotional Questionnaire” which screen infants and young children for developmental delays between the ages of 2 months and

60 months. The questionnaire takes 10—15 minutes and is available in both English and Spanish. Screening is to determine whether more in-depth assessment is called for.

*Have more questions?
Contact:
Christie Cadmus at
517.265.1656*

TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY– TF-CBT

What is Trauma? Trauma is an unexpected or sudden event that creates feelings of extreme fear or helplessness. Victims of trauma were often in situations where they feared for their lives or the lives of others. There are many different kinds of trauma including: physical assault, car accidents, exposure to violence, natural disasters, or sexual abuse.

What is TF-CBT? It is a structured therapy designed to help children and families manage feelings, talk about the trauma, and develop plans for feeling safe in the future. The treatment program is used across the country and has been shown to significantly decrease short and

long term negative effects of trauma. Program components are:

- Education about trauma and its effects
- Trauma informed parenting strategies to address common behavior problems
- Work on identifying and managing feelings
- Work on changing the thoughts around the trauma that tend to postpone healing
- Helping the child and family talk about the events
- Planning for safety and success

Isn’t it better to just forget about what happened?

Research shows that not talking about traumatic events can prevent healing. Children often

have inaccurate beliefs about the event that cannot be corrected if the topic is avoided.

What are the side effects of trauma? Each person responds differently, some effects include:

- Difficulty sleeping or nightmares
- Difficulty not thinking about event
- Increased fear in both safe and risky situations
- Feelings of guilt or shame
- Thoughts about death and dying
- Irritability and problems with anger control
- Avoid talking about the event or doing things that remind the child

Four Therapists (Sarah Douglas, Michelle Hutchison, Cary Zavala and Beth Deo) from LCMHA have completed the TF-CBT year-long training initiative sponsored by the Department of Community Health



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
customerservice@lcmha.org

MISSION STATEMENT:
TO PROMOTE POSITIVE
OUTCOMES THROUGH
QUALITY MENTAL
HEALTH SERVICES

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



Sally Dickson—Fiscal
Team Leader
celebrated 35 years
with CMH in
October 2011.
Congratulations
Sally!

Todd Wright (not
pictured) —MI Supports Coordinator
celebrated 10 years of service with CMH in
November.



Angela Pooley—MI
Case Manager
received her 5 year
award in January.



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

USEFUL WEBSITES:

www.michigan.gov/mddc—
Sign the pledge to Shred the
Hate.

www.thecharities.org—
Associated Charities

www.news.msue.mus.edu—
Michigan State University
Extension Office

www.caajlh.org—Community
Action Agency

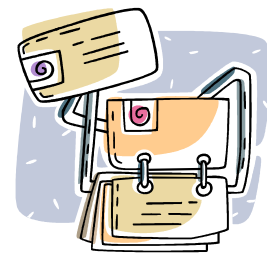
www.lenaweegreatstart.org—
Lenawee Great Start



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 (ssmith@lcmha.org) with your email address.

THEM KNOW
CONTACT CMH TO LET
SO, DONT FORGET TO
TELEPHONE NUMBER? IF
RECENTLY, OR
CHANGED
HAS YOUR ADDRESS



CURRENT RESIDENT, OR

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