



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

What a Spring! After a couple of surprise late snows, we are well on our way to a beautiful Michigan summer.

There has been a huge amount of attention in the media about the increase in opioid addiction and the rise in deaths related to drug overdose. LCMHA is proud to have partnered with local emergency responders to expand the availability and use of Narcan for emergency response to drug overdose. LCMHA, as a member of the Lenawee Recovery Oriented System of Care (ROSC), has also been active in planning a community response to overdose prevention and substance use disorder treatment.

When the last issue of Grapevine went to press we were looking forward to the second annual Addiction Summit. That event was filled to capacity. Those attending spent the day hearing from individuals on the road to recovery, members of the judicial system, political leaders, and treatment professionals. Attendees left the Addiction Summit inspired and hopeful. The Addiction Summit was followed closely by Project Lazarus, a community forum to address prescription drug misuse, abuse, diversion, overdose and managing chronic pain. There were 88 participants in the forum including Judges, Police

Chiefs, Physicians, EMTs, Hospital and Emergency Room staff, Substance Abuse Treatment Professionals, Mental Health Professionals, Members of the Faith Community and People in Recovery. The forum was led by Fred Brason, II, CEO of Project Lazarus. Participants in the forum heard about the success of Project Lazarus in a small community in North Carolina which has led to the development of similar community response plans across the United States. In a few weeks, we expect to see the first draft of a strategic plan for our community response to the growing opioid problem in Lenawee County. If the enthusiasm and commitment of those in attendance at these recent events is any predictor of future success, then Lenawee County can be certain that we will soon be able to count ourselves among the communities in the United States that will launch a successful campaign to address opioid addiction.

In addition to our work on a community response to drug addiction, LCMHA is continuing its efforts on Health Care Integration. LCMHA is training staff members to use data to identify individuals we serve who have complex medical problems in addition to behavioral health (mental health and substance abuse) problems. Case managers are



Sandy Keener
Executive Director

learning how to help these consumers with improved access to primary and specialty care, alternatives to using emergency rooms, and discharge planning to prevent readmission. Much of the work is being done in partnership with the Family Medical Center and as a member of MDHHS Integrated Health Learning Community.

There is ongoing discussion at the state level regarding the structure for the delivery of Medicaid funds for primary health and behavioral care. Advocacy for the preservation of a public mental health system to benefit those consumers who have both severe behavioral health conditions as well as chronic health problems continues.

And, finally, I would like to take this opportunity to congratulate Greg Adams, LCMHA Board Member, and his team for their second successful E Race Stigma 5k! It was a huge crowd. It was fun. And, it sent a beautiful message of hope. Thank you to all of those who volunteered, walked, ran, or cheered. What an inspiring day!!!

June 2016

LCMHA website: www.lcmha.org

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WALK A MILE IN MY SHOES RALLY



One highlight of Mental Health Awareness Month is the Walk a Mile Rally in Lansing. Walk a Mile is an event held each year at the State Capitol. People from all around the state come together around a common cause. It has always been popular with consumers from Lenawee.

Advocacy is a large part of the day. Consumers get to let their voices be heard. They talk with legislators about issues that are important to people with mental illnesses, developmental disabilities, and substance use disorders. Guest speakers at the event talk about how mental health has affected

them and music is played for everyone to enjoy.

Each county comes up with a short statement about mental health. Two people go up for each county. One person reads the statement and another person holds the county flag. After the statement is read, the two county representatives stand on the Capitol steps.

We had 16 people from our county attend. For several of them, it was their first time. Our group had a busy day. From our picnic lunch on the lawn and dancing to the music played over the loudspeaker, to talking with legislators and

walking around the Capitol building, it was a fun time! Being around that many people who believe in what can happen when you work together is awesome! We encourage you to join us next year. Whether it will be your first time there or your fifth time, the experience is worth it.



ADDICTION SUMMIT WAS A HUGE SUCCESS!

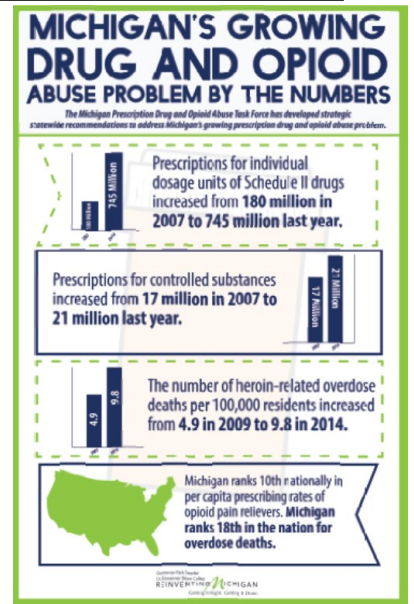
Benincasa Hall at Siena Heights University was full to capacity on March 24th to listen to two former addicts speak about their life stories; how their addictions impacted them, their relationships and how they were able to find their way back to sobriety.

Lenawee County Prosecutor, Burke Castleberry, acted as Master of Ceremonies for the day. Other speakers included members of Adrian SADD Chapter (who also helped plan the event), members of RHINO; law enforcement; court officials, the DEA, Attorney Generals office, Dr. Michael Nelson offered his medical perspective as he sees people coming into emergency rooms on a daily basis. Local legislators discussed what is

happening at the local, state and federal level.

Also in attendance were many members of local support and 12 step groups. A lot of information was shared, and many questions were fielded from the audience.

The plan going forward is to build onto each of these events, to build community collaboration and increase education.



INTERCONNECTIONS DROP-IN CENTER

The Interconnections Healthy Living Group challenged CMH staff to a walking competition that ran from January 1st to March 21, 2016. During this time, members of the Interconnections group and the CMH group tracked how many steps they walked each day. The winner would have a lunch catered for them by the losing group.

The CMH group won, but it was a hard fought challenge. Interconnections members walked 1,256 miles where the CMH staff walked 1,657 miles. Although CMH staff will have a lunch prepared for them by the members of Interconnections, we are all winners as we are all working together to get healthy.

We encourage everyone to join in. You can be on the Interconnections team or the CMH team. There will be another challenge in July, give Jen Durell at 265.9588 a call if you would like to join the Interconnections team, or call Kay Ross at 264.0128 if you would like to join the CMH team.

Lets keep this going and show everyone how easy it is to get and stay healthy.

Inter-Connections, Inc. encourages members to be active in their own recovery. This doesn't always look the same for each person, but it matters. If you haven't been to Inter-Connections, Inc. in a while, or if you're new to the drop-in, here's what that can look like:

Our health initiative programs are an important part of what we do. Why? Because people with a mental illness or substance use disorder have an average lifespan that is shorter than people without. That's not good, but it might not seem like a big deal... until you learn that the average is **25 YEARS** less and that's huge. It's also preventable in some cases, and reversible in others. Members focus on the physical health aspect of their recovery in a variety of ways. Some are involved in our walking group, fitness challenge, or healthy living group. We even have members who do 5K events, including the

annual E-Race the Stigma 5K.

Members work on the mental health part of their recovery through interactions with peer supports, recovery coaches, and with each other—often without even realizing they're doing great things. Others take time for art activities while they're at the drop-in. Arts and crafts (coloring and crochet are popular here) can help with anxiety and stress by giving us a chance to slow down and focus on something outside of our thoughts.

Members are active in advocacy through committees at the drop-in. They also attend events like the Walk-a-Mile Rally in Lansing and the local Addiction Summit.

The only thing missing is you! Come check us out at 110 W. Maumee St. in Downtown Adrian from Noon-6:00 pm, CLOSED Tuesdays.



PROJECT LAZARUS

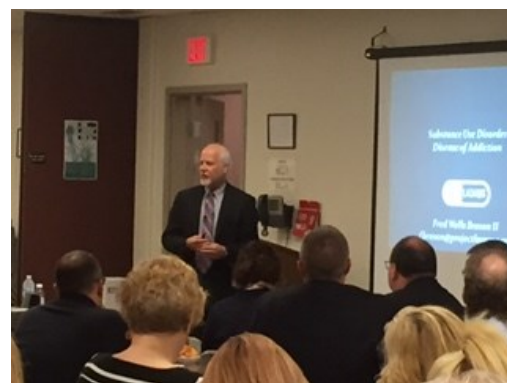
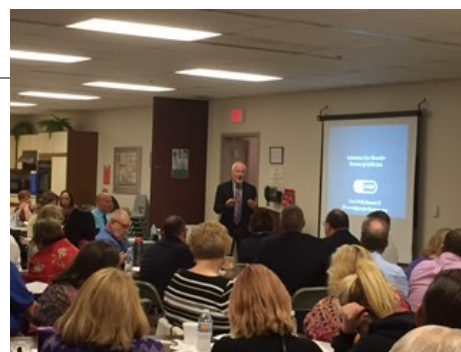
A strategic planning day, hosted by CMH brought many local organizations, leaders and civic groups together to discuss an effective approach to the current issues surrounding prescription drug misuse, abuse, diversion, overdose, addiction to pain medication, and access to appropriate pain care.

Project Lazarus is a non-profit organization that believes that communities are ultimately responsible for their own health and that every drug overdose is preventable.

Lenawee County is seeing a huge increase in heroin use and overdose deaths. Working together collaboratively there are many avenues to pursue the gaps in service that were identified.

Community education; prescriber education; safe drug disposal; building coalitions; prevention efforts; medication assisted treatment—and many other topics were discussed.

*Pictured right—Fred Wells Brason II
fbrason@projectlazarus.org*





POSTER CONTEST

The Lenawee Substance Use Prevention Coalition recently held a poster contest around stopping the use of tobacco. Over 600 posters were created and submitted for the contest by Lenawee county students.

Nancy Jenkins—State Representative recently passed out awards to the winners. The top prize winner will have their poster on a billboard on US223 and runner-up

posters will be on all McDonalds Placements.



CONSUMER ACTION COMMITTEE

The Consumer Action Committee has been working on educating consumers on voting and legislation. Taking action is important because if you don't vote, it doesn't count.

We held an event called "The Importance of Voting" to help

people understand the voting process. CAC members can help people register to vote if they need it. They can also help consumers find information on increasing community awareness about the impact of substance use disorders.

Consumers can find several CAC members at Inter-Connections Drop-In Center to help them with questions or information about voting.

*Sandy Toadvine,
Consumer Action Committee
Member*

GOODWILL—AWARDS BORCHARDT BROTHERS EMPLOYER OF THE YEAR AWARD

Borchardt Brothers has been an integral community employer, placing individuals to receive training in grocery retail stores around Lenawee County. Their locations of Blissfield, Morenci and Onsted has made it possible to help place referrals in their local areas to do training.

Borchardt Brothers has had an open door policy when working with trainees, and has gone above and beyond building relationships with referrals that Goodwill receives from Community Mental Health, Michigan Rehabilitation Services, and the Lenawee Intermediate

School District. The successful training provided by Borchardt Brothers has been the result of people being hired in their local communities. This year Borchardt Brothers has been recognized for Goodwill's Community Employer of the Year.

Congratulations to Borchardt Brothers for a more than well-deserved award!



(Pictured Bill Borchardt (left) and Andrew Borchardt (right).)

E-RACE STIGMA 5K RUN WALK & KIDS DASH

What a wonderful day for a race it was! May 22nd could not have been a better day. Weather was fantastic, and crowds came out to make this second E-Race Stigma 5K bigger than last year. Over 300 runners and walkers completed the 5K and over 40 kids ran in the Kids Dash—this was double the number from last year. Pictured (top right) the runners lined up behind Judge Iddings, who rode the pace bike.

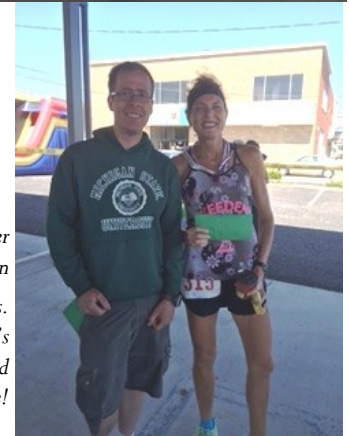
Thank you to the many sponsors of our event—without your backing we could not have been so successful, and thanks also to the many volunteers who made this race possible. CMH along with ProMedica; Harbor Behavioral Health and the Family Medical Center thank the following for their

support:

- Adrian Noon Rotary
- Old National Bank
- Rick Gurdjian & Assoc.
- TLC Credit Union
- Adrian Insurance
- Sieler's Water Systems
- City of Adrian
- YMCA
- Midwest Energy
- Alpha Koney Island
- Thomas Hoffman MD
- Lenawee United Way
- Goodwill Industries
- Interconnections Inc.
- Autism H.O.P.E. of Lenawee
- Walker, Watts, Jackson & McFarland
- Wellsville Church
- LenaweeNow
- WLEN
- The Sound Doctor
- Jim Philp
- Josephine Weeden, DDS



Race results can be found here:
http://www.runmichigan.com/r_view.php?id=29474



Pictured right—Overall winner (women) Josephine Weeden
 With race organizer Greg Adams. Sam Skeels was the overall men's winner, but he didn't stick around long enough for a picture!



Thanks to the YMCA for providing their Bouncy House for the morning—the kids really enjoyed it!



Team Goodwill—pictured left



Team Old National Bank—presented Greg Adams with a sponsorship check of \$500



Pictured right—Billie Brocht, of CMH, she enjoyed her first 5K.

FMC WELCOMES A NEW NURSE



Tonya Snyr joined us in March. She has an extensive 20 year nursing background, including being a supervisor in a nursing home. Most recently doing Hedis reviews (management of patient care) for Blue Cross/Blue Sheild, Aetna and Inovalon.

Tonya is originally from Bellville, but has lived most of her life in Manitou Beach. She graduated from Onsted High School and received her

nursing degree from JCC.

Tonya is a single mom of two daughters. Sadie is married and lives in Texas, and Carly who lives at home, is a nail artist. Tonya’s fiancé Steve, has two grandchildren.

Tonya is an avid fisherman, and any spare time she has she can be found on her boat on Devils Lake, or at her parents cottage in the UP.

Not long after Tonya started

at the Family Medical Center, her daughter Carly was in a terrible car accident, breaking both legs and her neck. Tonya said she cannot thank CMH employees enough for supporting her during this traumatic time. Tonya spent weeks at her daughters bedside. Carly is now going through extensive physical therapy—but she is recovering well thankfully.

MEDICAL RECORDS CLERK AT FMC



Sixta Pearson has taken over from Diane Milliman who retired. Sixta will be the go-to person for scheduling doctors appointments and many other duties at he clinic.

Sixta was born and raised in Adrian, but lived in Indiana for 7.5 years. She attended Adrian High School, and attended college in Indiana. She has her Medical Office

Assistant certification. Sixta worked for Meridian Health Services for 4.5 years as a medical assistant, and also for a pain management practice. For 2 years she worked at her children’s school as a teachers aide. In June 2015 she moved back to Adrian.

Sixta is married to Michael and together they have 5 children. Ethan is 18;

Michaela 16; Dominic 12; Kaydence 10 and Malachi 9.

Sixta is always busy with after school activities and sports with the kids.

She loves to go camping, they have a camper and every year they spend time with many family members at a resort in Freemont, IN.



FMC WELCOMES A NEW RECEPTIONIST

Linda Anderson is the new Receptionist at the Family Medical Center.

Linda is a Hudson native. Previously she worked for Gleaners Life Insurance for ten years, she also worked at County National Bank. She has worked several retail

jobs too.

Linda is married to Craig, who works for the City of Ann Arbor. They have two children—Ali (20) who is married to a marine based in Kailua, Hawaii, and Samantha who is eight and attends Sacred Heart School

in Hudson.

Linda is very active, she loves to go to the gym, run, walk, go bike riding and reading.

CMH SAYS FAREWELL TO TWO LONG TERM EMPLOYEES

Richard Fronce retired on May 31st from CMH after 9 years of service as an MI Case Manager. Richard was previously with Touchstone, where he

oversaw activities at the Clubhouse.

Diane Milliman retired after 12 years with CMH. Diane worked at the

appointment desk. We wish both of them a wonderful, happy, relaxing retirement!

E-RACE STIGMA—BUSINESS CHALLENGE

Local businesses and organizations were challenged to enter teams in the race on May 22nd, as a way to encourage employees to live a healthier lifestyle, and to focus on the fact that being physically active has a positive impact on mental health.

Awards for the business challenge were presented at the May LCMHA board meeting to representatives of each organization.

Greg Adams presented a plaque for first place to Goodwill Industries (pictured right). Many staff and members of Goodwill participated.

In fact, after a fund raising effort initiated by staff members, Goodwill was able to purchase a race adapted wheelchair. Nate Salazar ran with Frannie, and a good time was had by all. They look forward to being able to use this wheelchair many times in the future.

Pictured bottom left—Greg Adams presented Nate Smith with a plaque for second place to Old National Bank. They had over 30 employees participate in the race. Old National Bank also made a donation of \$500.

In third place—pictured bottom right, Celebrate Recovery fielded a large team

of participants, many were running/walking a 5k for the first time.

A big “thank you” to Kay Ross and her husband for making the plaques!



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 or 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:

E-Mail:
complaint@jointcommission.org

Fax: Office of Quality Monitoring,
(630) 792-5636

Mail: Office of Quality Monitoring,
The Joint Commission,
One Renaissance Boulevard,
Oakbrook Terrace, IL 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
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CDC's Response to Zika

Enjoy your vacation



Protect your family from Zika!

Zika is a disease primarily spread by mosquitoes, but a man with Zika can spread it to his sex partners as well.

Know before you go

Learn about Zika at cdc.gov/zika. Find out if your destination has Zika, check the CDC Travelers' Health site for current travel notices: cdc.gov/travel

Pack to prevent

- Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.)
- Long-sleeved shirts and long pants
- Clothing and gear treated with permethrin
- Infant carrier mosquito net (if needed)
- Bed net (if mosquitoes can get to where you're sleeping)
- Condoms (if you might have sex)



Protect yourself

- Use insect repellent. Reapply as directed. Remember to apply sunscreen first and then insect repellent.
- Cover exposed skin when possible.
- Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you're sleeping outside.
- Zika can also be spread through sex, so use latex condoms if you have sex.



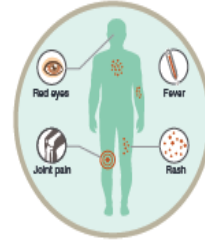
STOP the spread

- Watch for symptoms after you get home.
- Call your doctor immediately if you suspect Zika.
- Use insect repellent for 3 weeks after travel.
- Use condoms when you have sex.

Zika symptoms

Most people with Zika don't know they have it. The illness is usually mild with symptoms lasting about a week.

The most common symptoms are:



Pregnant? Trying to conceive?

Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms or don't have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/zika

May 11, 2016



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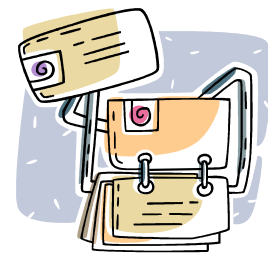
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