



THE GRAPEVINE

July 2012

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

In our April edition we were anticipating decisions in the coming months on a number of critical issues including integration of the substance use disorders system with mental health, a Supreme Court ruling on national healthcare, a grant that would allow the Family Medical Center to expand locally and, of course, the “dual eligibles” plan. In this issue, we can report that progress on all these issues has been significant!

The decision to dissolve the Mid-South Substance Abuse Services Coordinating Agency resulted in a local recommendation to align Lenawee County with the Washtenaw County Health Organization’s Coordinating Agency. This decision was made after considerable discussion and planning by leaders of key community organizations and the County Commission. It is expected that the realignment will be completed by October 1, 2012. Special thanks to County Commissioners Tillotson and Smith for their commitment and leadership in reaching this important decision for the community. We believe that integrating the substance use disorders system and mental health services will result in an improved “behavioral healthcare system” in our community. Please read a report of the process and progress in this Grapevine. Probably most of our readers

have already heard the ruling by the Supreme Court on the constitutional question concerning the “individual mandate” issue of national healthcare. In short, the Supreme Court upheld the major provisions of the Affordable Care Act including the individual mandate and Medicaid expansion provisions. Clearly the ruling has not ended the debate. We will continue to follow this issue in the months ahead.

We are very pleased to announce that the Federal Health Resources and Services Agency has awarded a construction grant to the Family Medical Center! A location has already been secured by the Family Medical Center for the new facility. The necessary environmental studies have been initiated. It is hoped that architectural drawings can be rendered in the near future. This is a very significant step toward integrating and expanding primary and behavioral health care in this community.

The “dual eligibles” plan was submitted to CMS by the Behavioral Health and Developmental Disabilities Administration (BHDDA) as required. The plan was approved by the community mental health system as a whole as it contained most of the issues that the system identified as critical. Currently, CMS and BHDDA are holding discussions about various aspects of the



Roger Myers
Executive Director

plan. While we hope for a decision on the plan within just a few weeks, it is important to note that this issue was actually a small step toward a series of meetings and planning efforts related to greater healthcare reform. The Michigan Association of Community Mental Health Boards (MACMHB) and the BHDDA engaged in a series of discussions that resulted in a MACMHB document of recommended values and principles to provide guidance to BHDDA for system redesign. The document has been submitted to BHDDA director Lynda Zeller. It is expected there will be a follow-up meeting in mid-August with BHDDA and its Medical Services Administration.

Closer to home, we welcome Commissioner Ralph Tillotson to the LCMHA Board replacing Commissioner Don Welch. We are also pleased to announce two additions to our staff. Debi Andrews and Fran Foley have been selected to fill key spots in our organization’s “succession planning” efforts (see p. 7).

We hope you find this summer edition of our publication interesting and informative. We wish everyone a wonderful and safe summer.

LCMHA BOARD

Judy Ackley—Vice Chair

Debra Bills—Chair

Scott Clites

Mark Jackson

Howard Keller

Emily Martinez

Grace Miley

Cletus Smith—Co. Commissioner

Nate Smith

Ralph Tillotson—Co. Commissioner

Jim Van Doren

Robert Wilson—Secretary

INSIDE THIS ISSUE:

STATE WALK A MILE	2
LOCAL WALK A MILE	2
LETTER TO THE EDITOR	3
CARING FOR CHILDREN WHO HAVE EXPERIENCED TRAUMA	3
PATH TO WELLNESS	3
WHEN SHOULD YOU GO TO THE ER?	4
TECUMSEH SCHOOLS	5
GOODBYE BEV LYELL	5
ASSOCIATED CHARITIES FUNDRAISER	6
BEHAVIORAL HEALTHCARE SYSTEM	6
ENJOY YOUR FOOD	7
NEW STAFF	7

STATE WALK A MILE

CMH was well represented on Wednesday May 9th at the 8th Annual Event Walk a Mile in My Shoes rally. 12 consumers and staff traveled by bus to the State Capitol Building in Lansing to

bring awareness to the plight of those suffering with mental illnesses and developmental disabilities. Transportation was supplied courtesy of local AMVETS.



LOCAL WALK A MILE

In support of mental health awareness a group walked from the Drop In Center to Trestle Park. They could be

heard saying “Walk a Mile in My Shoes”. Once at the park they had lunch and read their individual statements as an

affirmation to keep up the work of educating the community and helping to reduce stigma for all.

LETTER TO THE EDITOR—DAILY TELEGRAM (MAY 14, 2012)

SCOTT A. MARVIN,
ADRIAN—DIVERSITY
COORDINATOR FOR
LENAWEE RICC

As you all know bullying is still a problem in schools, homes, work and other places. I personally was bullied in high school several years ago. I believe that bullying in school is a BIG problem now, more than ever. This year over 18 million American kids will be bullied—making it the most common form of violence that young people in the U.S. experience. Some kids even commit suicide at a young age because of being bullied in school. This is so sad!

Bullying is defined as any gesture or written, verbal, graphic, or physical act (including electronically transmitted acts through internet, telephone, or cell phone), that would regard to it's subject matter, is intended or that a reasonable person would know is likely to harm

one or more students directly or indirectly. I believe the student should walk away from the individual who is bullying them and notify a school official immediately. All schools have a Board Policy for bullying and other aggressive behavior toward students. There are a lot of kids that are being bullied by their parents, care-giver and siblings, causing them to do the same in public— this has to stop!

Governor signed statewide that all public schools update their Anti-Bullying policy on December 6, 2011. I know Madison, Clinton, and LISD Schools have updated their policies so far in my area. Michigan is the 48th state to adopt the Anti-Bullying Law in public school. By June 6, 2012 all public schools in Michigan need to update their Anti-Bullying Policy and enforce it.

There is a new movie called “Bully” coming out in some theaters this month. The movie is rated PG-13. The film company never made it available at the movie theater in Adrian. The movie may be available in August 2012 at your local video rental store. As teachers, administrators, kids, parents, counselors, and volunteers we all need to be informed what to do when a student gets bullied in school. Through the power of this movie, the film aims to be a catalyst for change in the way we deal with bullying as parents, teachers, children, and society as a whole. For more information about the movie “Bully” go to their website— www.thebullyproject.com. As of May 7, 2012 73,237 kids have seen the movie so far.

INTERCONNECTIONS DROP-IN CENTER

Inter-Connections members have been busy trying to beat the heat this summer but that doesn't stop us from having fun!

We recently put several kinds of plants in our back courtyard. Members help to water and care for the plants and everyone gets to enjoy

watching them grow.

We are hoping to start a new fitness program with help from Doug Gray of The Gray Institute. After hearing him speak at the Path to Wellness and Recovery Conference, several members were interested in having his program started down at the

Drop-In. Stay tuned for further info about the new program!

Please remember that we are always looking for new ideas at the Drop-In. We appreciate consumers' input and encourage all members to help find ways to make the Center their own.



*Jen Schall
Director*

NEWS FROM THE HOPE CENTER

The 2011-2012 basketball season proved to be an exceptionally successful one for the HOPE Hoopsters. The season marked an outstanding performance in the Special Olympics, despite being knocked out of the tournament earlier than expected. The season was also successful in the wins and loss column, as the Hoopsters won each of their games with the exception of one, which came to the HOPE staff alumni. The Hoopsters had many great contests against challenging competition throughout the season including: Sand Lake Fire Department, Adrian College Varsity Ice Hockey

Team, and Jimmy Johns. Not only did these games provide excellent competition for the members of the HOPE Hoopsters, but also provided another excellent connection to develop community friendships. The season came to its conclusion when the final bell rang against Onsted State Bank, a game in which the Hoopsters won 35 to 25.

While the season marked many firsts for the team, none could compare to the first inaugural HOPE Hoopsters banquet. The banquet included a keynote speaker from the Adrian College athletic

department, a catered meal from Basil Boys, and an awards ceremony. Awards included: Most Valuable Player, Captains awards, and unusual awards such as; Mr. Jumper and Mr. Hustle. The banquet offered the opportunity for the players and their families to relish the memories and success of the past season.

Overall, the experience was wonderful for the members of the team, the staff, and the volunteers that participated in the event.



*Scott Watson
Program Director*

CARING FOR CHILDREN WHO HAVE EXPERIENCED TRAUMA: A WORKSHOP FOR PARENTS

A team of Lenawee DHS and LCMHA trainers presented Parents as Resources Workshop with 15 staff from Lenawee Early Head Start on April 23 & 25, 2012. Early Head Start staff received six hours of training regarding traumatic experiences. Staff increased awareness and insight on how past traumatic experiences can sometimes display baffling behaviors,

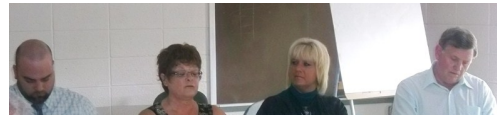
emotional upheavals, mood swings, and a wide array of behaviors. Information was shared on understanding why some children behave the way they do and how to improve the ways in which adults respond. The workshop included topics such as Trauma 101, Understanding Trauma Effects, Building a Safe Place, Dealing with Feelings and Behaviors, Connections and

Healing, Becoming an Advocate, and Taking Care of Yourself. Thank you to Early Head Start staff and LCMHA/DHS trainers.

If interested in scheduling this workshop for your community group, contact LCMHA Children's Department—517.263.8905



PATH TO WELLNESS AND RECOVERY



Dr. William Pettit Jr, Judy Warren, Todd Bowen and mom Diane (pictured above) made up the “Ask the Experts Panel” at the Path to Wellness and Recovery Conference, held on May 24th at the First United Methodist Church. The event proved to be a huge success. 75 people were in

attendance to participate in sessions about healthy eating, cardio vascular exercises, diabetes and substance abuse. Glucose and blood pressure testing was available. Jim Thompson (pictured left) was a keynote speaker who talked about his road to recovery. Doug Gray (Gray Institute) discussed being fit at any age and ability level. The

organizers would like to thank the following local sponsors without whose help the event would not have been possible:

Adrian Dry Cleaners, MSU Extension, Fitness Connection, Inter-Connections Drop In Center; Powerhouse Gym, TLC Community Credit Union, Warrior Performance Gym, YMCA and ProMedica.



WHEN SHOULD YOU GO TO THE ER?

Is that cut deep enough for stitches? Should you take your son to the emergency room for a sprained wrist? Sometimes, the impulse is to rush to the ER. But urgent care centers might be a better option.

Is it life-threatening? You should go to the ER for life-threatening injuries or serious illness. Examples of this include persistent chest pain, or severe injuries that cause unstoppable bleeding.

Some patients face hours of waiting because of overcrowding in emergency rooms. In a recent 10 year span, ER visits rose 26% and the number of ERs fell 14%. Since doctors treat the most

serious injuries first, your wait may be longer at an ER with a minor injury.

Bumps, bruises and more—Urgent care centers are designed to treat minor injuries and illnesses that aren't life threatening. The average wait time to see a doctor or nurse is about 15—45 minutes.

Generally, the visit will cost less than what you'd pay going to the ER. Some of the most common conditions treated at urgent care centers include:

- Back pain
- Sprains and strains
- Cuts

Most centers are open 7 days a week, and you don't need an appointment. Services such as X-rays, lab testing and on-site

pharmacies are available at most urgent care centers. You should call the urgent care center first to make sure it offers the services you need. Remember, if it is a true emergency you should go to the ER.

If you or a loved one experiences the following conditions, go to the ER:

- Chest pain
- Trouble breathing
- Unusual abdominal pain
- Sudden dizziness or weakness
- Confusion or changes in mental status
- Unstoppable bleeding
- Changes in vision

TECUMSEH SCHOOLS—SUICIDE PREVENTION WORKSHOPS

When Kristalyn Musselman invited Kathryn Szewczuk and Brenda Lawson to come speak to her health classes about teen suicide, it soon became apparent to the principal, Griff Mills, the information should be presented to all of the high school students. Suicide is the 3rd leading cause of death for 10-24 year olds and the 2nd leading cause of death for college students. In fact, there is a suicide every 16 minutes in the United States. Suicide is a tragic loss, one that is preventable! More than 90% of the people who die by suicide had depression or another diagnosable and treatable mental health disorder. Because there is stigma attached to mental illness and suicide, people often are afraid to ask for help. In prevention, it is important to educate others to recognize the warning signs of someone who is contemplating suicide

and equip them with the tools to intervene. It requires creating a culture of caring. This is what has been happening in Tecumseh schools. The staff in the High School and Middle School learned how to recognize and intervene with a student when they are concerned about their safety. They are making sure students are comfortable coming to their educators and staff to discuss such difficult topics. Because students often let their peers know before they tell an adult, the students in 6th through 12th grade have also learned how to recognize when a peer is in trouble and how they can immediately intervene. Tecumseh Schools have decided to become a Yellow Ribbon Chapter. That is how dedicated they are to creating a culture that encourages young people to discuss their struggles



Pictured (left to right) Mike McArán (Superintendent, Tecumseh Schools), Kristalyn Musselman (Health Education), Griff Mills (Principal) and Deb Bills (LCMHA Chair)

and seek appropriate help! The Yellow Ribbon Suicide Prevention Program is an international program developed by teens for teens following the death of a young man named Mike Emme.

At the June Board meeting, Tecumseh Schools were recognized for their efforts in suicide awareness education and prevention with the presentation of a Resolution.

BEV LYELL RETIRES FROM GOODWILL

An Open House was held at Goodwill Industries on Friday June 1st for co-workers, community members, family and friends to say goodbye to Bev Lyell. After a 37 year career at Goodwill, the last 12 years as Executive Director she looks forward to spending more time with family and enjoying her free time.

Dan Buron has been named Bev's successor. Dan has a strong background in Goodwill, having served in executive positions in Grand Rapids, Hawaii, Michiana and with Goodwill International in Maryland.



Pictured at left three generations of Executive Directors (left to right) Dan Buron, Bev Lyell and Ken Gonser (Bev's predecessor)

MORE GOODWILL NEWS

Travis Chrisman, a job coach at Goodwill Industries, recently shed his golden locks for the Great KIWANIS Shave Off. Travis' goal was to raise enough money to purchase two iPads for the Learning Independence, Navigating Choices (LINC) program. Through dozens of generous donations, he raised \$5,820

which included a \$5,000 gift from an anonymous donor! LINC has purchased four iPads. The iPads will be used to help people with disabilities communicate more effectively. The balance of the funds will be held in an account for future needs as they arise. Way to go Travis!





ASSOCIATED CHARITIES—KNIGHTS OF THE ROUND TABLE FUNDRAISER

A big night is planned to benefit Associated Charities. Join in as local celebrities auction off their skills and talents to the highest bidder.

July 28th at Adrian College, Adrian Tobias Room, doors open at 6:00pm. The tickets are \$30.00 each and include dinner, live and silent auctions.

Associated Charities is 100 years old this year. They provide clothing, food and household items at no charge to those in need. They depend

solely on donations, monetary and items, and grants to operate. This fundraiser will help keep them operational in providing services to many in Lenawee County, including our consumers.

For tickets—see Kay Ross, 517.263.8905.

Please note, new store hours starting June 11th, 2012:

Monday—Closed

Tuesday—9:00am—3pm

Wednesday—12pm—6pm

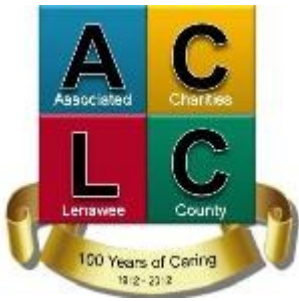
Thursday—9am—3pm

Friday—9am—3pm

Saturday—9am—11am (donations only, back door)

Also, congratulations to LCMHA’s very own Stacie Crosier for finishing 3rd in her age group in the Charities Chase Race—well done Stacie!

There are other fundraisers coming up including the ACDC Bike Ride. If you would like more information contact: Delight Creech, Director at 265.7255.



BEHAVIORAL HEALTHCARE SYSTEM



Commissioner Ralph Tillotson—new Board Member

Integration of substance abuse with the mental health system has been the subject of public policy concern and debate in Michigan for a long time. One of the arguments for integration is expressed in Governor Snyder’s health care message when he called for the simplification and reduction of administrative costs to ensure maximum dollars are devoted to direct services – administrative structures should exist only where they improve health outcomes, increase access or lower costs.

In November, members of the County Commission and the Lenawee Community Collaborative (LCC) began meeting to review and analyze the purpose and process of integrating substance abuse with the mental health system. The discussion focused on four areas: integration of care; ensuring local control; providing access to all who need help; and determining a time frame. An

initial consideration was determining where Coordinating Agency (CA) functions, including management of substance use funding, would be handled. After diligent review, the committee recommended the CA functions be aligned with the Washtenaw County Health Organization (WCHO). Medicaid funds for the treatment of substance use disorders and mental health services are already being passed to our county through the WCHO. This alignment will allow for the effective and efficient integration of substance abuse and mental health into a behavioral health system that is no longer fragmented. This integration will enhance local control, ensure access to care for all individuals and in particular will reduce barriers to care for individuals who have both substance use and mental health issues. We are pleased to announce that the Lenawee County Commission passed the

resolution in a unanimous vote in April. Special thanks to Commissioners Smith and Tillotson for all their hard work!

We have begun meeting with others in the community to design our local Recovery Oriented System of Care (ROSC). Included in the meetings are substance use treatment providers, members of the recovering community, members of the Community Collaborative, County Commissioners and the WCHO. Details will follow in a later issue of The Grapevine. Part of the planning includes educating the community about ROSC and soliciting feedback. We will be holding a Town Hall meeting in August for this purpose. Please contact Customer Services (527.263.8905) for more information about the Town Hall or if you are interested in being a part of the planning group.



Commissioner Cletus Smith

CMH WELCOMES NEW STAFF MEMBER

Debi Andrews started at CMH on April 30, as a Financial Analyst. She will be learning all aspects of the CMH financial system, accounts payable and receivable, state reporting, payroll etc.

Debi has a background in banking and more recently working for the City of Adrian as an Account Clerk. Debi has

a financial degree from Eastern Michigan University, and will soon begin work on her Masters degree.

Originally from Arizona, she moved to Tecumseh to be with her husband, a Pittsfield Township police officer.

Debi is very busy caring for twins—Evan and Peighton,

who are 9 years old. So naturally her spare time is taken up with soccer, little league and many more children's activities.

She enjoys doing DIY projects around the house. As an Italian she loves to cook—making all of her own sauces from her own home-grown produce.



NEW DEVELOPMENTAL DISABILITIES SUPERVISOR

Fran Foley is not new to Lenawee CMH, as she has been the Recipient Rights Officer for the last four years.

But effective August 31st, Fran takes on a new role as DD Supervisor. We are excited to utilize all of Fran's experience in the Developmental Disabilities area.

Fran began her career as a direct care worker, then moved on to Case Management for people with mental illness, developmental disabilities and children. She

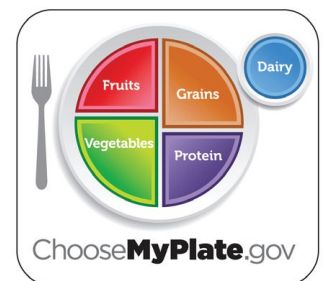
has also worked as a Therapist and Supervisor. Before coming to Lenawee she was a site director at Northpointe CMH in the Menominee office. Fran has a Masters Degree in Social Work from the University of Wisconsin-Milwaukee.

Fran moved to Ann Arbor four years ago to be nearer to her two adult children and two grandchildren, who are four and two years old. Her son, Trevor is an urban planner and will be starting a PhD program at UCLA this

summer. Her daughter, Megan, teaches English as a second language to adults, but is also certified as an Elementary teacher.

Fran enjoys spending time with her grandchildren; keeping up with state and federal politics; gardening and trying out different restaurants.

As the Recipient Rights Officer, Fran already knows the providers, home managers and Case Managers and looks forward to continuing to work with them.



ENJOY YOUR FOOD BUT EAT LESS

Gretchen Hofing, MSU Extension

Enjoy your food, but eat less. This tip from the US Department of Agriculture (USDA) www.choosemyplate.gov might sound like a pretty tall order, but it can be broken down into simpler steps and suggestions to set you up for success.

Most of us could stand to slow down during eating to actually enjoy our food. It takes up to 20 minutes for your brain to receive the message "I've had enough". Consider putting your fork down in between bites to put the brakes on meal time. Really chew every bite and notice the flavors, textures and how the food makes you feel. Take smaller bites to slow down the rate the food disappears off of your plate. All of these strategies

encourage you to listen to the cues that you've had enough to eat. Think about when you're satisfied versus when you're full or even worse, uncomfortably stuffed. If you're satisfied, then wouldn't it be nice to enjoy this food a second time as leftovers?

It's wonderful if we could count on will power always coming through for us in simply eating less. However, you might as well tip the scales in your favor and have your eating environment support you too. Use smaller dishes for eating, and drink from smaller or narrower glasses for beverages other than water. If your plate or bowl is smaller, you simply can't put as much food on or in it. Then when your

dish is empty, you've set yourself up to have to make a conscious decision about whether you really are still hungry and want to put a second helping on the plate. You may surprise yourself and decide you're satisfied and finished for now.

That's all well and good if you're eating in the comforts of your own home, but you might be thinking "what about eating out"? Eating out can certainly be a way to enjoy our food, but if you think ahead you can also plan to eat less. Order off the appetizer menu to get smaller portions. You can split an entrée with a friend or ask for a to-go box as soon as the entrée comes and put away half of it to take home.



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



Kathy Tripp—CMH Meds Clinic Supervisor
was presented with her 20 year service award
at the May Board Meeting by new Board
Chairperson—Deb Bills



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

USEFUL WEBSITES:

www.thebullyproject.com.
The movie "Bully"

www.ChooseMyPlate.gov—
USDA

www.yellowribbon.org—
Suicide Prevention

www.lcmha.org—Lenawee
Community Mental Health

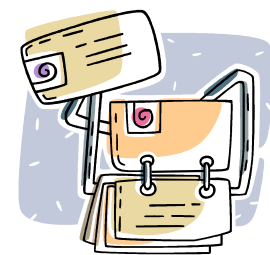
www.macmhb.org—Michigan
Association of Community
Health Boards

www.washtenawcho.org—
Washtenaw Community
Health Organization

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.

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



CURRENT RESIDENT, OR

PERMIT NO. 127

ADRIAN, MI

PAID

U.S. POSTAGE

PRSRPT STD

ADRIAN, MI 49221

1040 S. WINTER ST. SUITE 1022

MENTAL HEALTH AUTHORITY

LENAWEE COMMUNITY