



THE GRAPEVINE

MARCH 2009

LCMHA website: lcmha.org

A WORD FROM OUR DIRECTOR

As the economic climate (especially in Michigan) looks increasingly depressing we thought it would be helpful to include some information in this issue about additional opportunities to access resources or ways to help with rising costs. Spearheaded by our United Way, the Lenawee community recently launched a confidential helpline that offers supportive services and connections. I encourage you to read the article and use this free community service...it is as easy as dialing 2-1-1!!

Our Affiliation is in the process of selecting a new Executive Director to replace Kathy Reynolds at the WCHO. There is a short list, interviews will begin shortly and we should have someone named in the next couple of months.

This summer is going to be

a busy one for CMH with various site visits, auditors, accreditation etc, and much preparation is going on. We are also in the middle of preparing our Affiliation's Application for Renewal and Recommitment which is in part a report to the state on how we are doing in relation to the initial Application for Participation for Managed Care submitted in 2002. Some of the information needed for this initiative will come from the community so many of you may receive invitations to complete surveys, attend a forum or participate in a discussion group. We thank you in advance for your participation. We are excited about some new programs being implemented; one of them is the Victim Services Unit, which is introduced in this issue of the Grapevine; and the Suicide Prevention and Jail Diversion Programs.



Roger Myers
Executive Director

There will be more information about these and other new initiatives in coming months.

We are also pleased to announce that CMH Board members Scott Clites, Howard Keller, Emily Martinez and Commissioner Don Welch have been reappointed to serve another three years.

Finally, with this issue we are introducing a new face for The Grapevine and some changes in format. We always appreciate suggestions about our newsletter. You may direct your comments to us at krawlings@lcmha.org.

LCMHA BOARD

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SUBSTANCE ABUSE HELP

Effective January 2009 representatives from Family Service & Children's Aid will have office hours at CMH on Thursday and Friday afternoons to assist with any consumers who present with co-occurring problems.

Also, McCullough Vargas and Associates will have a counselor available at CMH on Mondays and Wednesday mornings—in a joint effort to supply immediate help to those in need.

UPCOMING EVENTS

Local Walk a Mile Rally—
May 7, 2009 (2:30pm)
meet at CMH to walk to the Old Courthouse

State Walk a Mile Rally—
May 12, 2009 (1:30pm)
State Capital Building,
Lansing

GOODBYE MARTHA!



Martha Hardy

It was a sad day on December 18th when CMH had to say goodbye to Nurse Martha Hardy, who retired after 18 years. A celebration lunch was enjoyed by all, and Martha received many gifts, including a world globe. We wish you all the best for a happy, healthy retirement.

WELCOME—JENICA MARKS



Replacing Martha—CMH welcomes the newest member to its nursing team—Jenica Marks. Jenica is married with three boys. She graduated from Mercy College of Northwest Ohio and Spring Arbor University. In her spare time she likes to read; travel; cook and do card stamping. She has

worked previously at the Toledo Hospital and the Toledo Clinic.

CALLING ALL LENAWEE COUNTY DIRECT SUPPORT PROFESSIONALS!



Deadline fast approaching -

Two scholarships are available for between \$750 and \$1000 for direct care professionals.

If you are currently working in a Lenawee specialized residential group home, supported living apartment setting or at Community Connections (for at least six months) you are eligible to apply. For an application or additional details contact Sandy Place at LCMHA, 517-263-8905. Application deadline is noon on March 27, 2009.

The scholarships are available courtesy of Rep. Dudley Spade, Frank & Shirley Dick and the Brenda Ross Fund.

STAFF MEMBER EARNS NEW ENDORSEMENT

Cary Zavala is a valuable member of the MI child team of therapists at CMH. We are pleased to announce that Cary has earned the MI-AIMH Endorsement for Culturally Sensitive,

Relationship focused Practice Promoting Infant Mental Health as an Infant Family Specialist, Level II. Her credentials will now read: Caroline Zavala, MSW, IMH-E ® (II) Infant Family Specialist. Congratulations Cary!!

BOARD OF COMMISSIONERS ADOPT STRICT INVESTMENT POLICY

Under the current financial crisis the Lenawee County Board of Commissioners took a serious look at the county investment policy in January. The Board updated the policy allowing the Treasurer to utilize a financial consultant to assure the security and diversity of the county portfolio. Working together with CMH Director, Roger Myers, and other interested departments through a newly established Investment Sub-committee, County Treasurer Marilyn Woods has chosen United Bank and Trust as the county investment counselor. As we all watch and feel the effects of today's current world-wide financial crisis, we can rest somewhat more comfortably knowing our county funds are secure.

MDCH WEBSITE HELPS FIND FREE OR LOW COST HEALTH CARE

A very useful resource for finding free or low cost health care available throughout Michigan is located at: www.michigan.gov/healthcarehelp The site links to pages with information on: community health centers, free clinics, CMH service programs, community dental care programs, prescription assistance, breast and cervical cancer screening and treatment, local public health departments, family planning, information on Medicaid enrollment etc. Feel free to contact the MDCH Health Planning and Access to Care Section at 517-241-2966.

IS A SUPPORT GROUP FOR ME? BY TRUDI GROSSMAN

A person's worst nightmare may be sitting in a group and being singled out to share their thoughts or feelings. Like the glare of a large spotlight centered directly on you, it can be very intimidating. Nobody wants to come face to face with what they consider their inner weaknesses, let alone in front of a group of strangers. Understanding that others feel the same as you do can be healing for anyone with a mental illness or any illness. A support group is a gathering of people who share a common condition or interest. Most mental health support groups focus on a specific condition, such as depression, substance abuse, bi-polar and more. Meeting others with depression or another mental health condition may make you feel less alone or isolated. A safe and welcoming environment, filled with compassion and understanding, can also reduce any stigma you may feel over having depression or another brain disorder. You may be nervous about sharing personal issues with people

you don't know. So at first, you may reap benefits from a support group simply by listening. Over time, though, contributing your own ideas and experiences can help you get more out of a support group. Support groups can encourage you to seek professional treatment if you haven't yet. They also may encourage you to take a more active role in your treatment or stick to your treatment plan when you feel like giving up. And they may help you tap into community resources, such as housing or transportation assistance. Sharing experiences and making connections can make you feel better about life in general. Seeing others make strides against depression or another mental illness may give you hope about your own future. You may also give help to someone in the group by sharing your experiences and how you coped with them.

Each support group is different; there are some that derive ideas from a group reading on a book

that has your illness somewhere in the story line or even just a book that establishes hope and sends the message that others carry the same load and barriers through life as you do. Discussing the book and what each person felt as they read it, can make for some very lively conversations. Role playing is another way a support group can be helpful. Have you ever had issues with a friend or family member that is centered around your illness and you have never been able to communicate your feelings to that person? Role playing lets you try these conversations out in a "safe" environment and helps you to feel comfortable in having a good conversation with that person. Support groups for depression and other mental health conditions can offer a valuable addition to your medical care — not a substitute. Having a mental illness does not make you weak, it only makes you human. Please contact LCMHA Customer Service at 517-263-8905 for a list of support groups in our area.



Trudi Grossman
Peer Support Specialist—
Customer Services
Department

“NOBODY WANTS TO COME FACE TO FACE WITH WHAT THEY CONSIDER THEIR INNER WEAKNESSES, LET ALONE IN FRONT OF A GROUP OF STRANGERS”

ANYONE CAN REQUEST THE SERVICES OF THE VSU BY CONTACTING THE LENAWEE COUNTY SHERIFF'S DISPATCH AT 263-0524

VICTIM SERVICES UNIT

We are excited to report that a group of trained volunteers, under the direction of the Lenawee County Sheriff's Department and the Michigan Sheriff's Association was formed on March 1, 2008.

Members attended a weekend long training in January 08,

from which 28 volunteers signed on to become Lenawee's Victim Services Unit. The group is dedicated to helping victims, survivors and their loved ones through a crisis or crime. The intent is to give police, fire and EMS workers a helping hand by

freeing them to do their jobs. The VSU volunteers help the victims or survivors, by providing short term crisis intervention and by connecting survivors with resources in the area as well as lending support through the initial shock of the trauma.



“FEEL FREE TO
CALL CMH
NURSING STAFF
FOR MORE
INFORMATION”

NEED HELP WITH MEDICATION COSTS?

For many of us, having a little help with medication costs is not only a good thing, it's essential for our budgets. Many of our area pharmacies are offering programs with discounted prices on generic drugs as well as other items in their stores. Here is a brief summary of what there is in our community:

Walgreens: This chain is offering many generics at \$12/90 days. The program is called Walgreens Prescription Savings Club and costs \$20/yr for an individual or \$35/yr for family. You cannot have Medicare, Medicaid or TRI-CARE to be in this program. A family membership also includes pet meds! There is 10% reward also for Walgreens brand products.

Walmart: They have one of the oldest generic programs. There is no sign up program/fee. The costs are \$4/month or \$10/90 days.

CVS: At this pharmacy, you pay a fee for their Health Savings Card which enables you to pay \$9.99 for a 90 day supply of medication. There is a \$10 enrollment annual fee to participate.

Kmart: Kmart's Generic Savings Prescription Program has an enrollment form but no fee. Generics come \$5/month or for 90 days, the cost is either \$10 or \$15 depending on the medication.

Meijer: Meijer provides 7 antibiotics at no cost as well as prenatal vitamins.

Rite Aid: Rite Aid's program is called Rx Savings Card. You must sign up for the program, but there are no fees. Generics are \$8.99 for 30 days and \$15.99 for 90 days. They also offer 20% savings on other name brand and generic prescription medications and 10% off Rite Aid brands.

Good Neighbor

Pharmacies—this chain has both 30 and 90 day prescriptions savings plans. There is an enrollment form to fill out but no fee listed on the website. Local pharmacies include **Addison Pharmacy, County Market, Hudson Pharmacy, Schmidt & Sons Pharmacies and Wheelock Pharmacy.** Talk with the staff to find out more about medication costs through this program.

Other stores offer savings as well such as Kroger. If you do go to a different pharmacy than those listed above, check out their websites for more information or call the pharmacy to see what savings programs they may have!

Also feel free to call the CMH nursing staff for more information.

Kathy Tripp, RNBSN

GET CONNECTED. GET ANSWERS. CALL 2-1-1



Everyone knows the 9-1-1 system and how it works.

Now we welcome 2-1-1 to Lenawee county. At different points in our lives, we can all use a little help, whether it is caring for aging parents, talking to our children, putting food on the table, or simply making ends meet. Do you sometimes wonder where you can turn for help?

Now you can just call 2-1-1 from your telephone any time day or night. Someone will be there to help you find resources in our county. 2-1-1 is a confidential helpline that offers supportive services and connections to the services you need. 2-1-1 makes the connections that can help you find solutions—in just one call!

When you call 2-1-1 you will receive immediate information on rent assistance, food banks, affordable housing, health resources, utility assistance, child care, after-school programs, elderly care, financial literacy and job training programs, just to name a few.

2-1-1 is a free community service provided by Lenawee United Way.



FAMILY SUPPORT SUBSIDY

Michigan has a program that helps families who care for their children with severe developmental disabilities at home. The Family Support Subsidy Program provides a monthly stipend to qualifying families that can assist them in paying for special expenses the family may incur. This program recognizes that families with children with severe disabilities have many expenses other families do not, such as special equipment, dietary needs, large disposable diapers, unique transportation costs, respite care, general household expenses, recreation or special needs home remodeling. This list is not all-inclusive. A unique feature of this program is that the family decides its use to suit its needs. Payments for all families is just over \$200/month.

Families may be eligible for

this program if they have a child under age 18 who has been recommended by a local or intermediate school district's multidisciplinary evaluation team with an eligibility of:

- Cognitive impairment (CI) Children may be eligible if their development is in the severe range of functioning as determined by the school district.
- Severe Multiple Impairment (SXI) or
- Autism (children must be receiving special education services in a program designed for students with autism or in a program designed for students with severe cognitive impairments or severe multiple impairments).

Families can be headed by birth parents, adoptive parents or legal guardians can apply. (*Foster parents who are also legal guardians are not eligible*).

Under the law, the taxable income for the family may not

exceed \$60K, per the family's Michigan tax return.

In addition a family cannot receive reimbursement from the Medical Subsidy program for Adoptive Children if they choose to apply for the Family Support Subsidy.

The following paperwork must be turned in when a family applies for Family Support Subsidy:

- The child's birth certificate
- A copy of the family's most recently filed Michigan Income tax return (1040). If a return is not filed by the family, other verification of income will be required.
- Written verification from the school district that certifies that the child's eligibility category meets the requirements of the Family Support Subsidy Act.
- The child and parent's social security number.



FOR MORE
INFORMATION ON
THIS PROGRAM OR
TO APPLY LOCALLY
CONTACT
MARY POORE
AT LCMHA
517-264-0163 OR
1-800-664-5005

ARTISTIC TALENT WANTED!

A contest is open to all consumers of mental health services (past and present) for the best photograph or a photograph of another art form (drawing/painting/sculpture/mixed media etc).

Winning entries will be published in the 2010 Calendar of Art, which will be available for sale following the Recipient Rights

Conference. All selected entries will receive a free calendar. A maximum of 3 entries per person allowed (these will not be returned). High resolution jpeg files preferred. Deadline for submissions is May 18, 2009.

For more information and to obtain a copy of the entry form, contact:

Customer Services at CMH:
517-263-8905.

Funds raised support 2010 consumer scholarships.



SUBMIT YOUR
WORK FOR THE
2010 CALENDAR
OF ART
PARTICIPANTS
MUST BE A
CONSUMER OF
COMMUNITY
MENTAL HEALTH
(PAST OR
PRESENT)



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



TWENTY YEARS AT LCMHA



Congratulations to Susan Bradley (top left) and Kathy Illenden (top right) who both just celebrated twenty years of employment at CMH.

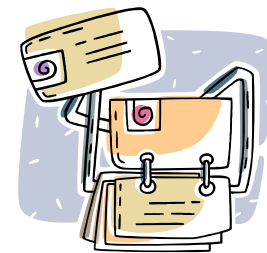
Susan is a Fiscal Services Representative, and Kathy Illenden is a DD Supports Coordinator.

Faye Lynn Reaume—MI Supports Coordinator (pictured right) was presented with a 10 year certificate at the February Board Meeting by Board Chairperson, Judy Ackley.



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

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THEM KNOW.



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