

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

As we find ourselves in March already, let's hope we have seen the last of the snow and the cold weather—spring is just around the corner!

The last couple of months have been extremely busy at CMH. At the end of January we were given 60 days notice by Hope Network that they would be discontinuing service in Lenawee. This affects many consumers, primarily at Community Connections, but also at two of our group homes.

The skill building program at Community Connections is being transferred to Goodwill There are renovations going on, and we will begin the new program on March 8th. An Open House and tours were held the first week of

March. Consumers, parents and guardians have all been informed of the changes, and Case Managers will be keeping in close contact to assure a smooth transition.

Renaissance Community Homes will assume provider responsibilities at Sunrise in Hudson and Christ Centered Homes will take over the North Adrian home, both of these changes were effective March 1st. We do not anticipate any problems and consumers will not be adversely affected.

A couple of staff and board members attended the MACMHB Winter Conference in Lansing in February, where we had a chance to talk directly to our legislators and hear about key



Roger Myers
Executive Director

issues and upcoming healthcare reform.

We are happy to report that Board Members Jackson, Bills, Smith & Van Doren were all reappointed for another three year term at January's Board Meeting.

In this issue of the Grapevine there is information on the upcoming census. It is very important that everyone complete the short questionnaire when it arrives in the mail.

The 2009 Annual Report is also included in this issue for your information.

SIGNIFICANT CHANGES

As you probably have already heard via multiple sources (TV, newspaper, word of mouth) Michigan's budget is being hit hard with the downswing of the economy over the past few years. The Michigan Department of Community Health, of which we are a part, has had to make adjustments accordingly. This in turn affects how we do business.

In times of big changes like this, there are also opportunities. We at

Lenawee Community Mental Health Authority are committed to using this very tight budget as an opportunity to promote independence and recovery for our consumers, which is actually part of DCH's contracts with local CMH's. To that end we are evaluating and revising our standards and implementing changes to our system.

Care at LCMHA will be evolving to provide triage services as well as urgent and emergent care while

assisting consumers who are able to use other community-based resources such as their primary care physicians and other psychiatrists in the area.

We will be reviewing individual level of care with each consumer at their next appointment and throughout the course of their treatment. In the meantime if you have any questions, please feel free to contact your Case Manager or Customer Services at 517.263.8905.

MARCH 2010

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

Nate Smith

Jim Van Doren—Co. Commissioner

Don Welch—Co. Commissioner

Robert Wilson

William Zimmerman

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HELP MAKE LIFE EASIER



These inexpensive items can help the elderly and other people with physical limitations maintain their independence:

- * Kitchen tools that make it easier to open cans and bottles, peel potatoes, and cut or dice foods. “Reachers” or pincer-like tools for those who have a weak grasp or limited mobility.
- * Bathing benches, handheld showers, elevated toilet seats and liquid soap dispensers
- * Touchtone telephones with large numbers, speaker or hands-free telephones, and telecommunication devices for the deaf
- * Levers instead of doorknobs
- * Specialized dinnerware to enable eating with one

- hand
- * Pill crushers for those who have difficulty swallowing medication
- * Talking clocks, watches and calculators for people with poor vision
- * Button loopers, zipper pulls for dressing and elastic shoelaces
- * Single-lever faucets for kitchen and bath

ONE STEP AT A TIME



How many of you made New year’s resolutions to eat healthier, exercise more, lose weight, get in shape etc? Resolutions are a great way to get started, but these are lifestyle habits to be thinking about throughout the year.

A healthy weight is achieved by watching what you eat and by burning calories through physical activity. Smart food choices includes eating a variety of foods in moderation. Most people don't meet the minimum recommendations for fruits and vegetables. Also try to eat beans at least once a week—they are a great source of protein and are full of fiber and vitamins. Buying whole

wheat bread; pasta and crackers ensures extra fiber in your diet. Remember to remove the fat from poultry and meat and drink low-fat milk.

Planning meals is half the battle—that way you are not hitting the drive-through or depending on convenience foods. When buying groceries—remember that the perimeter (outside) of the supermarket is where the fresh fruits, vegetables, dairy and meats are located.

At least thirty minutes of moderate physical activity most days of the week is recommended for good health. This will not only help you to lose weight, it will relieve

stress and make you feel better all over! Regular exercise helps to control diabetes and cholesterol levels, lowers the risk of heart disease and some cancers, and slows bone loss that occurs naturally as we age. Walking, gardening, raking leaves, vacuuming and bowling fit the definition of moderate activity.

Everyone is capable of making changes, just recognize that it will take time. Set goals for yourself and track your progress. Move at your own pace and remember that every step is one step closer to a healthier you!

Courtesy of MSU Extension Office

TO DONATE BLOOD YOU MUST BE AT LEAST 16 YEARS OLD, WEIGH A MINIMUM OF 110 POUNDS, AND BE IN BASIC GOOD HEALTH

TAKE IT TO THE BANK!

Just one pint of blood can save up to three lives. Your donation helps victims of auto and burn accidents, as well as cancer patients, organ transplant recipients, and premature babies.

To donate blood you must be

at least 16 years old, weigh a minimum of 110 pounds, and be in basic good health.

To learn how to host a blood drive at your work, school, or church or to locate a blood bank in your area, go to

www.aabb.org.



INTERCONNECTIONS DROP IN CENTER

The support groups being held at the Drop In Center continue to be helpful and well attended—thank you to Jeff and Kathleen for your efforts.

We are excited to announce a Pool Tournament at 1pm on March 20th. There will be different skill levels—so don't

be afraid to come and give it a try. There will be a fee to enter and the money collected will be put towards the much needed re-felting of the pool table.

Our windows now have a spring look to them as we anticipate an early spring. Many people have commented

on how nice and welcoming it looks.

In the last few weeks we have seen a lot of new consumers coming in, who are enjoying the warm and cozy feel of the Center—the word is getting out that it's a great place to be!



GOINGS ON AT NEW FOCUS

The Michigan Association for Clubhouses (MAC) met at New Focus on January 21st. About 75—80 members and staff from Clubhouses all over the state of Michigan were in attendance. A guest speaker from Lenawee Volunteer Centers of Michigan gave a presentation on the importance of volunteering in the community. Two members of New Focus (Rick and Gayle) also gave speeches, which was significant because neither had ever given a speech before—way to go and congratulations! Diane also talked about some of her past experiences with volunteering. Linda did a great

job of facilitating this meeting.

Staff visited Genesis Clubhouse in Fowlerville, Michigan. It was an interesting and educational visit as we learned a lot about how it is run and what that they do there. We plan to make a return visit to see some of their job sites. We are scheduled to visit Fresh Start Clubhouse in Ann Arbor in March.

The Michigan Clubhouse Training Initiative will be held in Lansing on March 24. Six members and staff from the Clubhouse will be attending some of the workshops and participating in planned

discussions.

One of our members has worked at Community Connections for the last five years, but is in the process of being laid off due to the changes there—Don we congratulate you for such dedicated, dependable work.

Members continue with basic computer training, but an added "Advanced" computer class will be available for those interested. We are looking for some good used computers; printers and scanners etc. Contact staff if you can help at 517.263.3577.



NEWS FROM THE HOPE CENTER

The Mayor's Youth Council will be hosting the Taste of HOPE on March 13 at the HOPE Center, from 5—8pm featuring area restaurants and entertainment. Tickets are on sale at the HOPE Community Center and Adrian City Hall (\$25 for adults, \$15 for students).

After following the recent developments in Michigan's Legislature in our current events class, HOPE Council President Rose Hoffman approached HOPE's staff stating that it would be great if

HOPE could be smoke-free as well. So that got the wheels in motion, and they talked about it in the HOPE Council general meeting and found that a majority of the members felt the same way. So it was put on the ballot of the HOPE Council Presidential Election in January. The smoking ban was passed by an overwhelming majority.

HOPE will be announcing the smoking ban to members this month, and it will become effective in May. HOPE Center chose May because it coincides

with Michigan's own anti-smoking legislation, and it also coincides with the World Health Organization's "World No Tobacco Day" on May 31. Starting in March, HOPE will be starting a program to help members that smoke get on the track to quitting, and give them support dealing with the smoking ban. On a date yet to be determined in May, HOPE Center will start the smoking ban with an assembly featuring speakers talking about the smoking ban.





2-1-1 SEES A SUCCESSFUL FIRST YEAR

On February 11, 2009, the 211 service was launched in Lenawee County. Since then it has provided a much needed service to the residents of our community who have found themselves in need of help, maybe for the first time in their lives.

One year of 211 in our community has seen nearly 4,000 calls answered by the certified call specialists at the regional call center. This service, which is a program

of the United Way, provides information and referral to callers who are looking for assistance from local and national social service programs, governmental agencies and non-profit organizations. The calls received are many and varied—12% have been for assistance with gas/electric/heat, others are looking for help with prescriptions, or just need to know how to contact someone, or where to find a specific service.

Please remember 211 when you, a friend, a family member or a co-worker is in need of help. Visit the website:

www.lenaweeunitedway.org or access the 211 database online at www.centalmichigan211.org.

If you would like to be kept informed of any upcoming events in the community, sign up on the website to receive 211 Email Blasts.

2010 CENSUS—STAND UP AND BE COUNTED!

The U.S. Constitution requires a national census once every 10 years.

The census is a count of everyone residing in all 50 states of the USA. This includes people of all ages, races, ethnic groups, both citizens and non-citizens.

The 2010 Census will create hundreds of thousands of temporary jobs across the nation.

Every year more than \$300 billion in federal funds is awarded to states and communities based on census data.

Census data guides planning for new hospitals, schools, senior centers, emergency services and many other services. It also determines the number of seats your state has

in the U.S. House of Representatives.

Census data is used to determine the most need for additional social services, including who receives community development block grants and other grant programs essential to many communities.

The 2010 Census questionnaire asks only a few simple questions of each person—name; relationship; gender; age and date of birth, race and whether the respondent owns or rents his or her home. It only takes a few minutes to complete and return by mail.

The Census Bureau does not release or share information that identifies individual respondents or their household for 72 years.

BE AWARE:

- ⇒ If you do not complete and return the form by mail a census worker will contact you
- ⇒ A census bureau worker should never ask to enter the home
- ⇒ A census bureau worker should never ask for you to input any information electronically
- ⇒ Census staff are required to carry a badge with them and some form of ID
- ⇒ Information cannot be shared with anyone including the IRS, FBI, CIA, or any other government agency



“CENSUS FORMS WILL BE MAILED TO YOUR PRIMARY ADDRESS MARCH 15TH - 17TH”

**NATIONAL CENSUS DATE IS
APRIL 1, 2010**

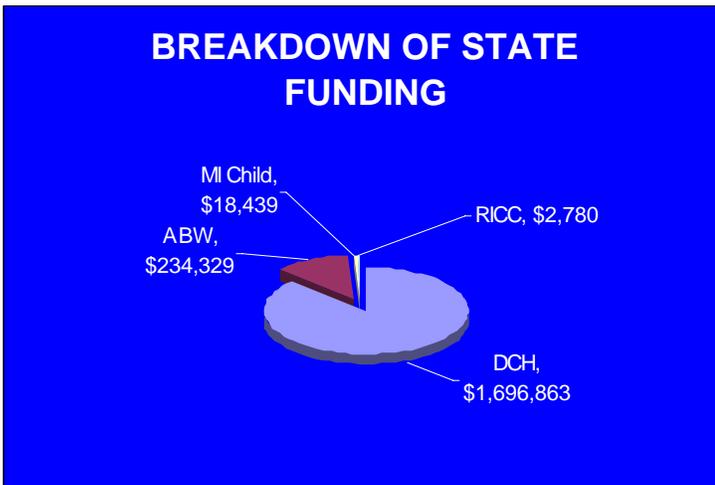
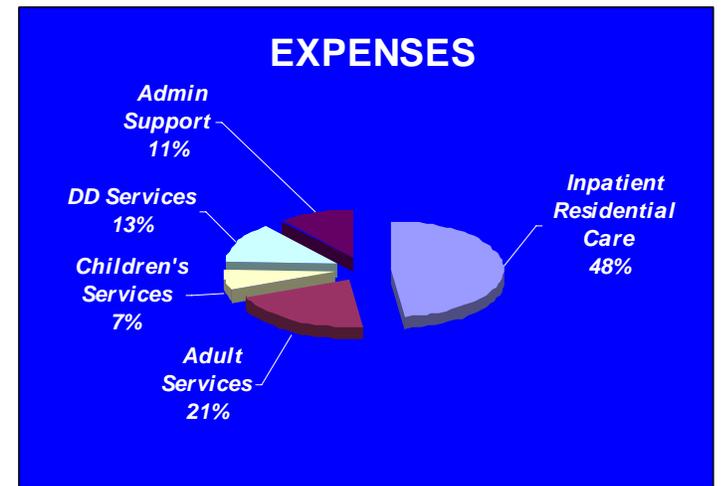
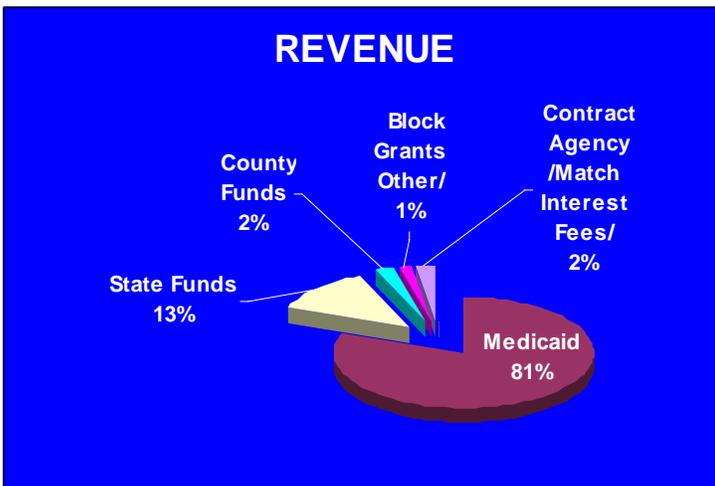


ANNUAL REPORT

FISCAL YEAR 2009

REVENUE	
Medicaid	\$ 12,248,055
State Funds	\$ 1,952,411
County Funds	\$ 365,686
Block Grant/Other	\$ 193,443
Contract Agency Match/Interest/Fees	\$ 392,539
TOTAL	\$ 15,152,134

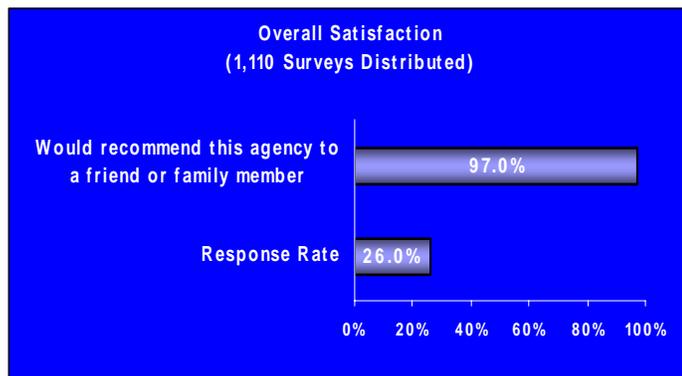
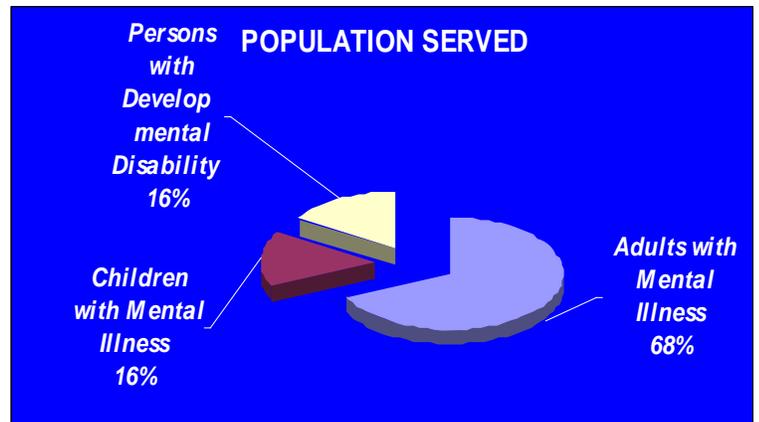
EXPENSES	
Inpatient/Residential Care	\$ 7,263,093
Adult Services	\$ 3,172,474
Children's Services	\$ 1,004,448
DD Services	\$ 2,037,819
Administration/Support	\$ 1,674,300
TOTAL	\$15,152,134



COMMUNITY INPATIENT UTILIZATION

	FY 08	FY 09
Admissions	223	263
Inpatient Days	1103	1616
Average length of stay (days)	4.94	6.14

POPULATION SERVED	
Adults with Mental Illness	1143
Children with Mental Illness	263
Persons with Developmental Disability	268
TOTAL	1674



HIGHLIGHTS OF 2009:

- * 7th Annual Sharing Hope Conference and Talent Show— Vicki Horn wins Sharing Hope Award
- * Walk a Mile in My Shoes Rally, Adrian, May 27
- * Walk a Mile in My Shoes Rally, Lansing, May 14
- * Safe Kids—Car Seat Inspections
- * Field Day at New Focus
- * Creating a Culture of Gentleness Trainings
- * Adopt-a-Highway, for over 10 years
- * 100+ consumers participated in the Recovery Enhancing Environment Measure (REE-Michigan) survey implemented by the MDCH.
- * System of Care Workgroup established
- * Interconnections Drop-In Center renovated and an Open House held
- * Seeds of Hope Shared Interest group established
- * Parent support group established
- * 4th Annual Lenawee Forum for Direct Support Professionals
- * A Facebook page was created for LCMHA
- * 2-1-1 launched as a community resource
- * Victims Services Unit is in its second year with 25 active volunteers responding to unexpected deaths with law enforcement personnel
- * Project Homeless Connect Days held
- * Held Mental Health Forums
- * Conducted a campaign to write letters to legislators about concerns
- * Child Care Network trainings
- * Leaping in Lenawee at the Adrian Mall
- * Participated at the YMCA Healthy Kids Day
- * Grapevine Newsletters
- * Access to Healthcare working to establish a county health plan for low income adults
- * Mental Health Awareness Committee addresses issues of stigma
 - ◇ Disability Sensitivity Workshop Trainings
 - ◇ Legislative Breakfast
- * Lenawee Suicide Prevention Workgroup:
 - ◇ Provide ASIST training
 - ◇ Held PESI teleconference and webinars
 - ◇ Mental Health First Aid—2 trainers trained as trainers and 21 community members trained
 - ◇ Grant extended until February 28, 2010
 - ◇ Established United Veterans and Supporting Families
 - ◇ Joining efforts with Anti-Bullying Task Force
 - ◇ Purchased books to be maintained at Hospice of Lenawee

DBSA

Many may not know what DBSA stands for. It is an acronym which means Depression Bipolar Support Alliance. It is a national non-profit organization, and is divided into chapters, then broken down into support groups. These groups are peer run and the facilitators are volunteers.

The DBSA support group is a wonderful, supportive, understanding and non-judgmental group, set in a welcoming environment. The group is designed for those diagnosed with bipolar depression and other mood

disorders. However, with the permission of the other members of the group, it is also open to spouses, partners, friends and other family members that wish to have a better understanding of the illness affecting their loved ones.

The ultimate goal of DBSA is to help improve the lives of those suffering with the illness.

The DBSA group in Adrian meets at Interconnections Drop In Center, located at 110 West Maumee Street. Our meetings are held every

Monday from 3:00pm—4:00pm. If you would like further information you can contact the Center at 517.265.9588 and speak to any staff member. Another good source of information is the DBSA website—www.DBSAAlliance.org.

As facilitator of the Adrian DBSA support group I invite and encourage you to check us out, give us a chance. DBSA is here to support you.

Adrian's DBSA Facilitator
Kathlene Miller



MARK YOUR CALENDARS:

STATE WALK-A-MILE IN MY SHOES RALLY

MAY 11, 2010

THE 13TH ANNUAL CONSUMER CONFERENCE

JULY 22, 2010

KELLOGG CENTER, MSU, E. LANSING

\$30 PER PERSON

If you are interested in attending, please contact Customer Services at 517.263.8905 and ask about financial aid to cover the cost.

CHECK OUT CRAFT DAYS AT THE DROP IN CENTER:

- March 16—Card Making
- April 19—Bonsai Trees
- May 17—Window Herb Garden
- June 15—Summer Garden
- July 20—Soap Making
- August 17—Paint by Numbers

- September 21—Pumpkin Carving
- October 19—Flower Drying/Pressing
- November 16—Thanksgiving Centerpiece
- December 21—Christmas Centerpiece

All of the above will be at

2:00pm, topics subject to change.

This is a great opportunity for consumers to check out the center and make a cool craft project.



ART SHOW

It was clear from the Affiliation Art Show that we have a group of talented artists in each of our counties! The theme of the show “Recovery & Hope” demonstrated different artistic interpretations through weavings, paintings, sketches, and crafts. This event was juried by two Michigan artists—Rachel and Lisa. Rachel says “I was really

impressed with the quality of the art. It was hard to choose only two pieces.”

Two pieces were chosen to represent our Affiliation as part of the Michigan Association of Community Mental Health Boards Traveling Art Show. These pieces will travel throughout the State of Michigan for two years, in venues ranging from

art houses to galleries to coffee shops. Each piece will have an opportunity to represent people who are artists and who have been consumers of mental health services.

The two pieces that were chosen to represent our Affiliation were from Washtenaw County.

CONSUMER ADVISORY COMMITTEE

There will be 3 openings on this committee for an MI child/DD representative and a member at large. If you are interested in serving—please contact Trudi Grossman 263.8905 or Doris 265.9588



Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

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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



January service awards
were presented to:

Jim Thompson—
Information Specialist
(20 Years)

(pictured top)



Kathryn Szewczuk—
Community Outreach
Supervisor
(15 years)

(center)



Sharon Smith—
Secretary
(15 years)

(pictured bottom)

USEFUL WEBSITES:

www.aabb.org— American
Association of Blood Banks.

www.cislenawee.org—
Communities in Schools of
Lenawee.

www.census.gov—2010
Census information.

www.centralmichigan211.org
— 2-1-1 website which links
you to community services and
volunteer opportunities.

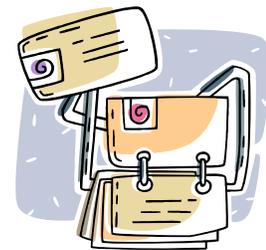


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Organizations*

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

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