



THE GRAPEVINE

March 2013
 LCMHA website:
www.lcmha.org

A WORD FROM OUR DIRECTOR

My first three months as the new Executive Director have certainly flown by, mainly due to the many changes we are seeing at the state level and challenges we are facing at the local level.

I am working with the three other affiliate directors on completing preparations for creating the new Regional Entity, which will exist to support our four local CMH Boards.

Locally, we are challenged to meet the mental health needs of a growing number of Lenawee residents who are uninsured. The uninsured population in Lenawee County is currently reported to be 15%. Michigan's uninsured population is 14%, and nationally, the uninsured

rate is 11%.

Fully half of the individuals requesting mental health services at our agency are uninsured. For many of these uninsured individuals, their first contact with LCMHA is in the Emergency Room. LCMHA recognizes that early intervention in mental health is as important as early intervention in primary health care.

LCMHA has joined with others to educate the community about the importance of early access to mental health services. I urge you to consider the impact that the lack of insurance has on access to health care and mental health care. Most of us do not have to look beyond our network of family and



Sandy Keener
 Executive Director

friends to identify hard working people who are uninsured. We will be encouraging these individuals to share their experiences with the state legislators who will be making important decisions about Medicaid Expansion in the next few weeks.

Please listen. Add your voice and tell your story. If you need additional information, or if you have a story to tell, please call Customer Services at (517) 263-8905.

LCMHA BOARD

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INTEGRATED HEALTH—A PLAN FOR THE FUTURE

It is a known fact that people who have a severe mental illness, substance use disorder and/or developmental disabilities have as much as a 25 year shorter life than those who do not. More than half of the people we serve have at least one chronic health condition; most have three or four chronic health conditions. We are also aware that these people often have difficulty accessing primary and specialty medical care.

LCMHA began its effort towards integrating

behavioral health services with primary care several years ago by joining in a community Access to Healthcare Committee. This group was successful in creating the Lenawee Health Plan that pooled financial resources to leverage funding for better health care for individuals with a low income. This committee was also instrumental in establishing a need for the Federally Qualified Health Clinic in this area. The Family Medical Clinic recently received a federal grant to

build a new clinic that will house primary care, dental care, and mental health services. Groundbreaking is planned for early autumn of 2013, with the clinic opening its doors approximately 11 months later.

Several years ago we also began screening our consumers for chronic health conditions using the Personal Health Review (PHR). We have learned a lot about the health care needs of the individuals we serve. For example, when we began

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- * Apply for benefits online
- * Check your benefits by phone or online
- * Report changes to your case
- * View your upcoming appointments

www.michigan.gov/mibridges or call: 888.642.7434

ABW—OPEN ENROLLMENT

If you receive services at LCMHA, do not have any insurance, are living on a limited income, are single or married with no dependents, you may be a good candidate to qualify for the Adult Benefit Waiver Insurance Program (DHS) which is opening enrollment for the month of April.

During these difficult economic times, funds for services for uninsured individuals are very limited

and may be decreased again. If we experience further reductions in funding, we will only be able to provide emergency services to individuals who are uninsured.

ABW Applications can be obtained at the DHS office, located on the 3rd floor of the Human Services Building, 1040 S. Winter Street, Adrian, or better yet—apply online—see instructions at left. You will need to attach a current pay stub (proof of income) and

a bank statement when submitting your application. If you would like assistance with applying for the ABW program, please contact LCMHA at 517.263.8905.

We require that you provide proof of your acceptance or denial to the ABW program. This should be sent to the attention of Susan Bradley, or brought to your next appointment at CMH.



MEET KATHRYN RINK—CHILDREN'S CASE MANAGER

Kathryn joined us in January as the newest member of the MI Child Team.

Kathryn is a lifelong Adrian resident who was home-schooled, then went to a private school before graduating from AHS. She received her Bachelors in Social Work from Siena Heights University. She credits her boyfriend, Joshua, for his continued support in helping her reach her goals.

Kathryn has a 3 1/2 year old daughter—Sophia, and is expecting a baby boy in July.

She worked at Lowe's for the past five years.

She really enjoyed studying in Mexico during her college years. This kept her Spanish skills honed, and she learned how to embrace her cultural heritage. Her mother is from a large Hispanic family. She looks forward to being able to help families with language barriers.

Kathryn is an avid reader, loves to be outdoors during the summer, enjoys any type of exercise and she is very active in her church. She is

very close with both her sisters—one is married and teaches in Kentucky, the other is still in college and is currently studying in Guatemala.

Most of her learning has been on-the-job so far. She cannot say enough good things about her co-workers, some of whom have been at CMH for many years. She said that her team and her Supervisor have been nothing but supportive and helpful, and they are all very committed to helping the families and children they work with.

INTEGRATED HEALTH—A PLAN FOR THE FUTURE (CONTD.... FROM PAGE 1)

using the PHR we found that only 42% of our consumers had a primary care physician. Over the years we have seen that number grow to approximately 90% - due to the efforts of staff members. Using data from the PHR, and recommended lab tests, we now know that many of our consumers have chronic obstructive lung disease, cardiovascular disease and diabetes. Many

are overweight, and many are smokers.

We have much to do, and we are up to the challenge.

LCMHA has joined a state integrated Health Learning Collaborative. There are 9 staff members attending—including nurses, case managers, supervisors and administrators. This group will be

meeting with others at the state level to share resources and ideas. The work plan includes involving Family Medical Center staff as we plan the new clinic. This will benefit our consumers' lives in a positive way. We are creating a variant of the health home model which will address the primary health, as well their mental health needs.

INTERCONNECTIONS DROP-IN CENTER

We just recently started a new program at Inter-Connections called “Member of the Month”. We want to recognize members who make a positive difference at the Drop-In Center.

Our first Member of the Month, for the month of March, is Bill Hooker. Bill is a long-time member at Inter-Connections. Bill is a cheerful

presence at the Center. He always tries to lend a hand when he is at the drop-in. Whether it’s taking out the trash, helping to shovel snow or just sitting to chat, Bill helps make the Drop-In a positive place to be.

Inter-Connections would also like to take the opportunity to recognize a local business for helping us renovate our pool

table. We greatly appreciate Diamond Jim’s Pool Hall for going above and beyond our expectations with their work. Members are really enjoying using the table.

We are currently having renovations done due to a plumbing issue. The Drop-In is open during construction and we hope the change is a pleasant one for members.



SAVE THE DATES FOR MENTAL HEALTH AWARENESS MONTH IN MAY



The Mental Health Awareness Committee is selling T-shirts (see picture). These shirts are made by a consumer with a micro-enterprise through Goodwill. He designed the artwork for the shirt. We are hoping that everyone who attends this year’s Walk a Mile in My Shoes Rally in Lansing on May 8th will have a shirt to wear.

Medium—XL are \$15 and 2X and up are \$18

each. We hope to offset the cost for consumers who cannot afford the full price to be able to have one. We will be having fundraisers, and also hope to receive some donations.

If you are interested in attending the Walk, would like more information, and would like to purchase a T-shirt please contact:

Kay Ross, Customer Services

517.263.8905

UPCOMING EVENTS

State Walk a Mile in My Shoes Rally—
Wednesday **May 8th**.

2nd Annual Path to Wellness Conference—**May 22nd**.

Check out the new layout of our website—

www.lcmha.org

RESOURCE FOR PARENTS

The Lenawee Great Start Collaborative is currently working on trying to get more families with children birth – 5 to use a screening tool called “Ages & Stages Questionnaire (ASQ) to track their child’s development. The tool is used for screening infants and young children for developmental delays between the ages 2 months and 60 months. The questions are designed to allow parents/caregivers to check on their child’s development and

recognize if there is a possible delay, but may also be completed by grandparents, child care providers or community service workers. 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. On-line screenings are scored electronically and a letter is sent to parents/caregivers notifying them if follow-up is recommended or suggesting developmental exercises

that will help guide parents toward reaching child’s next milestones.

The Ages & Stages Questionnaire may be found on the Lenawee Great Start Collaborative website (www.lenaweegreatstart.org) home page. For additional information, please contact Suzi West (a Parent Liaison with Lenawee Great Start) at 517-263-8931 or e-mail at: suzi.west@lenaweegreatstart.org.

LAB WORK AND LOVING IT!



Most of us do not really like to go and get poked when the doctor orders that pesky lab work! The mere thought of doing this can send some people into great anxiety. Perhaps understanding the importance of what those labs tell your doctor will make it easier to put up with that little poke.

To make your life as healthy as possible we are moving into integrated health (medical and psychiatric working together).

Monitoring lab results is important so that certain health problems such as heart disease and diabetes can be diagnosed and treated as early as possible. Also, medications can affect certain conditions and lab work as well. So your doctor needs this information to prescribe the best possible meds for you based on diagnosis and lab work.

We will share lab results with your primary care physician so that you can get the appropriate follow up and treatment.

The labs that we often order include those below. If you have had these tests done recently by your primary care physician let us know and often

we can use those results and not order another set.

CBC—complete blood count. This lab checks your red blood cells whose job it is to carry oxygen and food supplies to all your other cells. The test results tell us different things—for example if the RBC is too low you may be anemic which can make you feel tired and weak. The lab also checks your WBC or white blood count. It is important to know where you are with this count as too little means you don't have enough WBC's to fight infections or too many indicate you may have an infection or other serious health concern. The test also checks for cell maturity.

CMP—Complete Metabolic Panel. This tests for electrolytes, blood sugar level, and kidney and liver function. This allows the doctor to make sure that body organs are working properly which can affect how medications work in your body or if you have diabetes, kidney or liver disease going on as well as other health indicators.

A1C—this is also a blood sugar

measurement but actually takes an average of your blood sugar level over the past 3 months which provides even more information about blood sugar levels which lets a doctor diagnose and treat potential cases of diabetes even earlier!

Lipid panels check your cholesterol, triglycerides, and LDL and HDL levels which are all signs of how your body is using fats – transporting and storing them. These are very helpful in diagnosing and treating potential heart and other cardio-vascular problems. Fats are an essential nutrient for cells to do their work but we need to make sure we are getting the right type and amount of fat in order to be processed in a healthy way and not cause us problems.

Other common labs which we might order are **thyroid levels** (abnormal thyroid levels can affect mental health) and **drug levels** such as Depakote, Tegretol, Lithium.

If you have any questions about your lab work or concerns about getting it done, please feel free to contact one of the CMH nurses.

BY
KATHY TRIPP
RN BSN

RECIPIENT RIGHTS ADVISORY COMMITTEE NEEDS YOU!

This LCMHA Board committee meets quarterly, and is made up of consumers. The Recipient Rights Officer reports on the complaints for the previous three months, the remedial action being taken, and the trends being seen.

It is very important for consumers to have a voice on

this committee, as all of the incidents directly involve their care.

If you are interested in becoming involved, please call Katie Snay—Recipient Rights Officer at 517.263.8905, and submit an application in writing to: LCMHA Board, 1040 S. Winter St, Suite 1022,

Adrian, MI. 49221.



FROM MAINTENANCE TO RECOVERY

A story that inspired me at the Peer Training I attended, concerned a woman with schizophrenia who met a paralyzed man at a conference. As they spoke together, they realized that their recovery stories paralleled each other. They each had been devastated by their diagnosis at a young age and accepted the reality of their situations. Without hope they vegetated. Then “a tiny, fragile spark of hope appeared...”

With support, they gradually took small steps of courage to build lives based on their strengths: “on three corner stones of recovery—hope, willingness, and responsible action.” (*Appalachian Consulting Group—2010, story told by Patricia Deegan*). Five stages identified in this process were:

1. Impact of the illness
2. Life is limited
3. Change is possible
4. Commitment to change
5. Actions for change

Support was available at each stage to overcome the normal fears and frustrations that

accompanied growth.

A counselor took me to the UofM Library while I was still a teen. He gestured towards the thousands of books. “Do you really believe you will add anything to this?” My dreams of being a writer, poet, philosopher and artist were contrasted with my reality. I was a drop-out, on medication since age 12, my life in the hands of the court and the state. He made it clear that my dreams were grandiose and delusional.

This counselor sincerely cared for me. He was trying to help me. I believe he saw me as I presented myself then. But he never really saw me.

This is our challenge: to see beyond the mental illness, the disability, the substance abuse. Our system is changing to the ROSC, a Recovery Oriented System of Care. I have been part of this movement for the past 50 years, from institutionalization, to the hope of recovery, to a more supportive system, to the involvement of the whole person in the recovery process.

Although vestiges of the old

system remain, we are far beyond maintenance. In the new recovery paradigm, we are focused on helping the person progress toward their own goals, however small, both internal and external. We see dissatisfaction as opportunity and motivation for change.

Here is how the story ends: “the paralyzed man and I began in little ways with small triumphs and simple acts of courage: He shaved, he attempted to read a book, and he talked to a counselor; I rode in the car, I shopped on Wednesdays, and I talked to a friend a few minutes. He applied for benefits, he got a van and learned to drive; I took responsibility for my own medications, took a part-time job, and had my own money. He went to college so he could work professionally with other disabled people; I went to school to become a psychologist so I could work with disabled people. One day at a time, with multiple setbacks, we rebuilt our lives.”

Any by the way, my Master’s Thesis is now in the Siena Heights library and I sell my weavings regularly.



Submitted by:
Ni Gordon,
Peer Support Specialist
LCMHA

CREATE A SOCIAL SECURITY ACCOUNT

An online account provides quick access to your personal SS information. SS statements are always available, check your earnings, see estimates of future retirement, disability and survivor benefits for you and your family.

We recommend that you create a Social Security Account—just visit: www.socialsecurity.gov/myaccount

MONEY BACK IN MICHIGAN

The **Michigan League for Public Policy** provides a link to the 2013 edition of Money Back in Michigan (Tax Year 2012), an outreach effort that promotes awareness of various federal and state tax credits and deductions available to low - and moderate-income households. Please contact the League office if you would like a hard copy mailed to you –

(517) 487-5436.

As noted in Money Back in Michigan, the state Earned Income Tax Credit has been cut by 70%. This cut will negatively affect low-income families and our local economies. The League is calling on lawmakers and the governor to restore the EITC. We hope you will contact your

lawmakers and let them know you support restoration of the EITC.

<http://www.mlpp.org/publications-reports/money-back-in-michigan>



LETTER TO THE EDITOR

Do you know that 1 out of 5 individuals with HIV, is not aware that they are infected? I have had the privilege to volunteer with HARC (HIV / AIDS / Resource Center) at Siena Heights University. HARC is a private non-profit organization dedicated to providing HIV related services to the community through compassionate direct care, prevention, and outreach activities. On Monday, Nov. 26, HARC staff offered free anonymous HIV testing from 5 – 9 pm at Siena Heights University in Adrian at Dominican Hall. The testing was open to all members of the Lenawee County Community. This is the first time in Lenawee County in about 10 years to get tested free and anonymous, without a physicians order. Lenawee County Health Department offers condoms for a donation, located at 1040 S. Winter St. Suite 2328.

Scott A. Marvin
Diversity Outreach
Coordinator
(Lenawee RICC)

Adrian

Here are some facts that are

eye opening to me and may be to others in the community. The numbers are daunting – 19,500 Michigan residents are currently living with HIV. Over 12,000 of these individuals live in Southeast Michigan. The CDC (Center of Disease Control and Prevention), recommends that everyone between the ages of 13 and 64, be tested for HIV. Youth as young as 13 years of age can be tested without parent or guardian consent. HIV can affect any individual no matter your age, ethnic / racial, and sexual orientation.

I want to thank the following organizations, businesses, and schools for their assistance to get the word out to the community: Siena Heights University, JCC – Adrian Campus, Daily Telegram, WLEN Radio, Lenawee County Health Department, Lenawee County Library, Adrian Public Library, Lenawee Community Mental Health Authority,

Dr. Beaubien, Carter Rehab, Central Michigan 211, ZZ Sports Bar & Grill, Mandy's, PFLAG of Lenawee, Wheelock's, Adrian Gold & Silver Exchange, and First Christian Church (Disciples of Christ). I apologize if I have left any organization out.

I would like to give a special thanks to Peter (SHU Campus Events Management) and Marlene (SHU Campus Nurse) for letting HARC use their facilities. I want to thank Randy (Volunteer Test Counselor from HARC). And lastly, Leon Golson from HARC for providing flyers and promoting the testing.

Helpful websites – www.hivaidresource.org and www.cdc.gov

We are hoping to have another testing for citizens in the community in the near future.

Get tested, it may save your life.

GYPSY JEAN TRADING

Jean Prill is excited to be selling her crocheted goods in the Goodwill store, as the latest micro-enterprise.

Jean has been crocheting since she was nine years old. She makes afghans, baby hats and scarves, pot holders, dish cloths and kitchen “scrubbies”. Jean attends Goodwill twice a week on Monday and Fridays. She buys all of her yarn from Joann Fabrics or Wal-Mart.

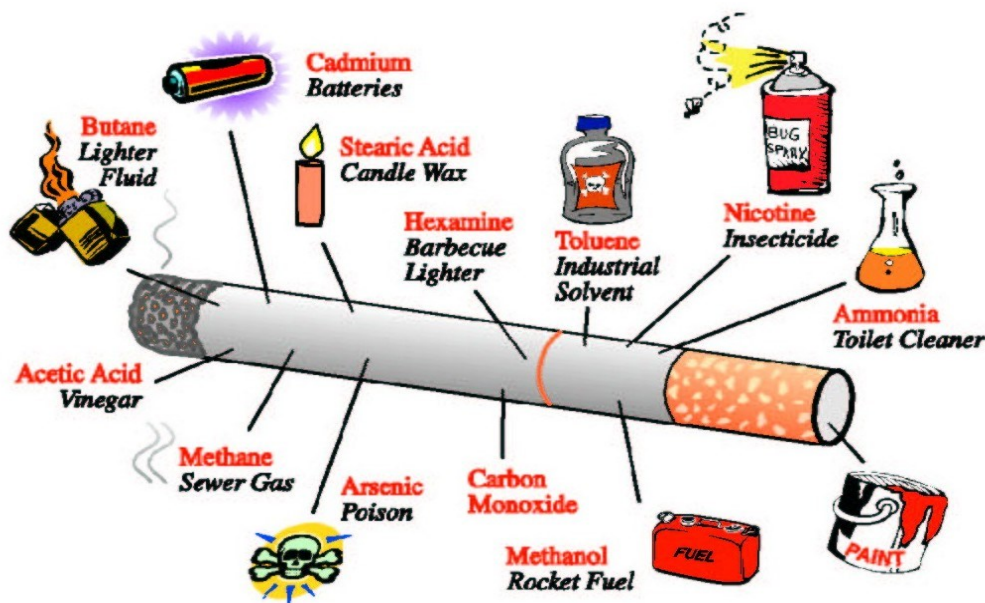
Originally from Newport, Michigan, she has lived in Brooklyn for the last 10 years.

However, a lot of her family lives in Ohio.

When she is not crocheting, she loves spinning and weaving. She has a loom at home where she makes scarves and sweaters. Jean enjoys living at the lake and she swims a lot in the summer.



POISON FOR YOUR BODY!



*This graphic is an example of what smokers put in their body every time they light up!!!
Scary isn't it*

Attend a smoking cessation support group at Interconnections Drop in Center—Tuesdays at 11:00am

CALL FROM THE COMMUNITY

Recently, I spoke with a person who had heard one of our ads on WLEN. She was under the impression that medication was the only intervention available to her. This just goes to show that myths about mental illness are still out there, and the call for education still rings loudly in

our community. I was grateful for the opportunity to help her find the support she needed, and most importantly give her hope. While we can all rejoice at the success of those who work to find recovery and peace, we must remember that our jobs do not start and end with the

agency's doorways. We must continue to reach out to our community, and dispel these myths of mental illness that continue to color opinions and rob people of the hope they desperately need.

Mike Warfield
Peer Support Specialist

CONSUMER ADVOCATES SPEAK IN LANSING

On March 4th Jennifer Durell, Mark Roman and Joseph Roman attended the House DCH Appropriations Subcommittee in Lansing to give testimony in support of Medicaid Expansion.

The following is an excerpt from one of their testimony's:

"I have an anxiety disorder and major depression. Because of all the cuts in the General Fund, I can't get services. I don't get any type of treatment for my anxiety or depression because I can't afford it. I don't feel like I can go see a doctor no matter

what because I can't pay, even if its for an antibiotic for the flu or some other illness.

If the expansion was available I'm pretty sure I would qualify since I only work about 20 hours a week and I am below the poverty level. I would be able to have regular preventative treatment like check ups, blood work and x-ray testing done. My anxiety would be less because I wouldn't have to worry so much about getting sick or injured and how I would pay for

it if I did. I would be able to pay more of my bills. My depression would be better too because I would be able to get medications to make it better. I think overall, my life would be better and then maybe I could get a full time job. I see many others that are like me—just surviving. Wondering what they are going to do if something bad happens to them. Please vote for Medicaid Expansion, it will help everyone in the long run."





Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

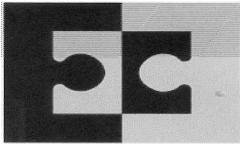
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Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
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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
CMHSP OF SE MICHIGAN



Community Mental Health Partnership
of Southeastern Michigan



Congratulations to
Deb Strayer—who was
rewarded for 35 years of
service at the January Board
Meeting (top right). Also
receiving awards in January
were: Richard Fronce (top
left), Aimee Snyder (middle)
and Johann Townsend
(bottom left). Deb Beagle (right) received her 10 year
award at the February Board Meeting.



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

USEFUL WEBSITES:

- www.lenaweegreatstart.org
—Lenawee Great Start
- www.michigan.gov/mibridges—DHS benefits
- www.socialsecurity.gov/myaccount—Social Security

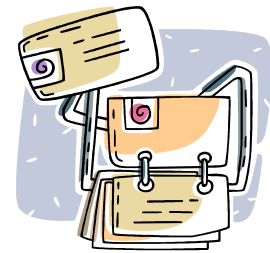
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If you would also like The Grapevine to be sent directly to your email, please
provide Customer Services (ssmith@lcmha.org) with your email address.



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