

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



THE GRAPEVINE

MAY 2009

LCMHA website: lcmha.org

A WORD FROM OUR DIRECTOR

May is Mental Health Awareness Month and there were many exciting things happening, including the Walk a Mile Rally in Lansing on May 12th, and in Adrian on May 27th. CMH was well represented as seen from the pictures included in this issue.

During the summer months we will be experiencing some building renovations here at the Human Services Building (financed through a new bond issue) including a new roof; parking lot; upgrades to the heating and cooling system (including green initiatives) and a new front entrance. Hopefully there will be minimal disruption for visitors to the building.

Unfortunately, budget news is not so good, the Governor ordered significant general fund dollar cuts across the entire CMH system. The budget was reduced by \$10 million for the 4th quarter of the fiscal year. It is expected that these funds will not be replaced next fiscal year. We are being asked to develop plans to absorb a general fund reduction this year, and additional reductions next fiscal year.

In the meantime LCMHA Management Team continues to examine options in order to formulate recommendations to the Board.



Roger Myers
Executive Director

The WCHO is still in the process of interviewing and hiring a new CEO, which should be completed at the beginning of June.

The LCMHA Annual Report for the Fiscal Year 2008 is also included in this issue of the Grapevine for your information.

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

VETERAN SUPPORT



There are more than 32,000 suicides in the US each year. 1 in 5 of those are veterans. Young veterans (20-24) are three times more likely than their civilian peers to kill themselves, and suicide attempts among veterans 50-59 has increased 5 times since 2000.

The Lenawee Suicide Prevention Workgroup recommended exploring available resources for local

veterans. This was done in partnership with the local department of Veterans Affairs, and agencies in Ann Arbor, Dearborn and Toledo. Who are all able to provide treatment to veterans, however, they do not provide outreach. Also transportation to appointments continues to be an issue.

In partnership with NAMI a community meeting was

held in January to explore the kinds of support needed in Lenawee. It was decided that a local support group for veterans and their families was needed.

“Uniting Veterans and Supporting Families” will begin meeting in July on Tuesday and Thursday evenings. Watch for flyers (courtesy of the LISD). For more information call 211 or LCMHA Customer Services at (517-263-8905).

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GROUP ATTENDS WALK-A-MILE RALLY IN LANSING



The March 12, 2009 “Walk a Mile In My Shoes” rally in Lansing was a spectacular success. The sun was shining and spirits were high as over 1800 people from all over Michigan took part in this annual event. A group of thirteen (consumers and staff) attended from Lenawee. Every year this rally has grown bigger and bigger in efforts to raise awareness for better mental health services and funding. The Capitol

steps were filled with consumers proudly carrying their county’s flag and speaking words of hope and support.

Due to inclement weather the local Walk A Mile Rally had to be cancelled. However, it has been rescheduled for May 27th leaving the Human Service Building at 2:30pm, walking to the Old Courthouse, we hope to have a large turnout to raise local awareness.



FOR MORE INFORMATION OR TO REGISTER— CONTACT: MARY (264-0163), VALERIE (264-0159), HOLLY (264-0178) OR CINDY (264-0165)

NEW PARENT SUPPORT GROUP AVAILABLE

Lenawee CMH is offering a new support group for parents of children and young adults with developmental disabilities. The meetings will be on the second Thursday of each month. The next meeting will be on Thursday June 11th at CMH from 7pm—8:30pm. The group will alternate between daytime and evening meetings to accommodate everyone’s schedules.

This will be a great time to share ideas, concerns, joys and challenges on the journey of raising a child/adult with special needs. It is also planned to educate parents in specific areas and to have guest speakers to address a variety of topics suggested by parents. The goal of this support group is to include parents of children and adults of all ages so that “veteran”

parents will share their expertise and wisdom from their many years of experience. In turn, new parents will find hope and encouragement from those who have come before them. Your child does not have to be a registered consumer of CMH to attend. Meetings will be facilitated by CMH Supports Coordinators. Please join us as your schedule permits.

COMMUNITY GARDEN LAUNCHED



HOPE Community Center, along with many partnering organizations, is launching a new community garden, located behind their building. Various groups will be working alongside HOPE members (adults with disabilities) to plant, tend, and harvest the garden. Participants will learn about gardening and nutrition. The group also plans on donating

some of the fresh produce to the local soup kitchen (The Daily Bread). The Rotary Club is building raised beds for those in wheelchairs, and a compost bin. Tomatoes, beans, pumpkins, corn, onions and cabbage are just a few of the items on the menu. For more information, or if you would like to be involved with the HOPE Garden, contact Scott Watson at 265-2410.

MDCH CONSUMER CONFERENCE

“Celebrating our Recovery with Laughter and Humor” will be held at the Kellogg Center, Lansing on July 23. Keynote Speaker is stand up comic and author David Granirer. For more information and to register contact Customer Service at 263-8905 before July 1st. Limited Financial aid available.



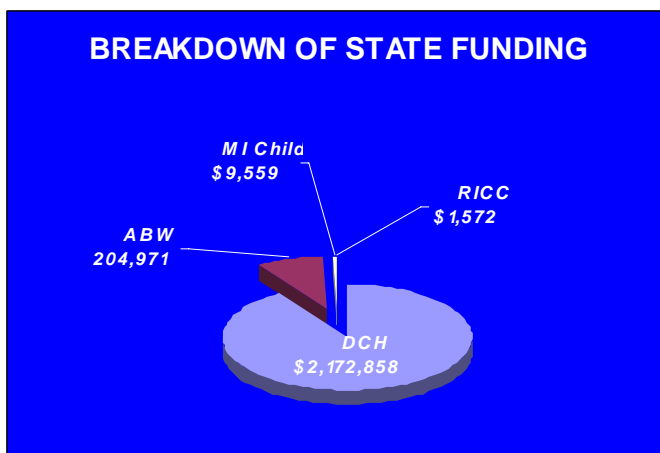
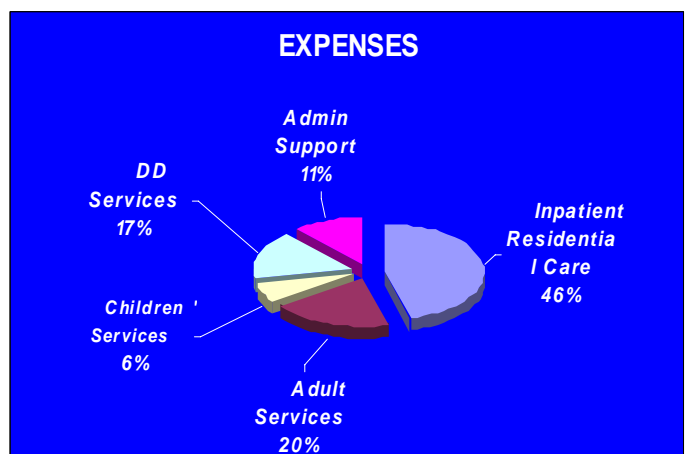
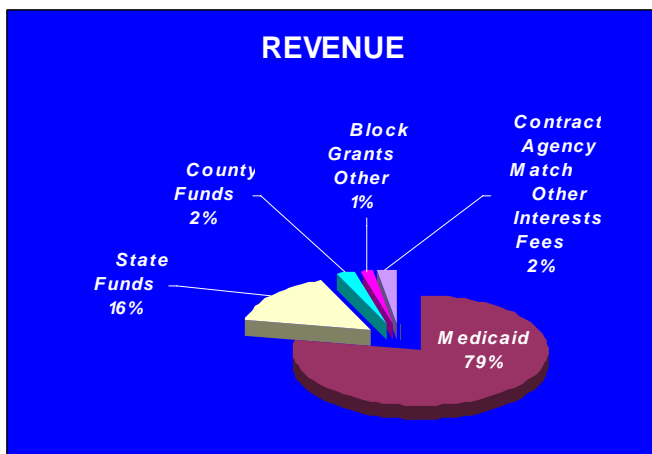
**Lenawee
Community
Mental Health
Authority**

ANNUAL REPORT

FISCAL YEAR 2008

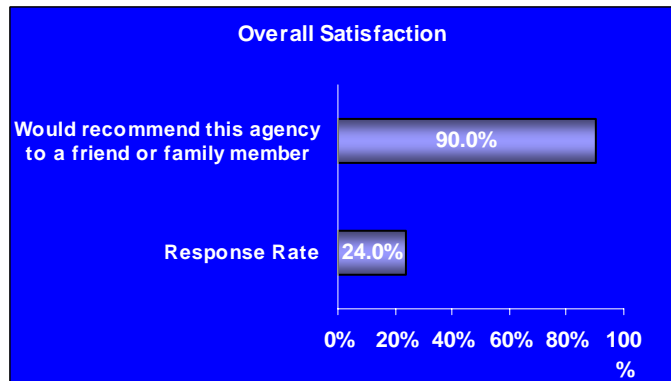
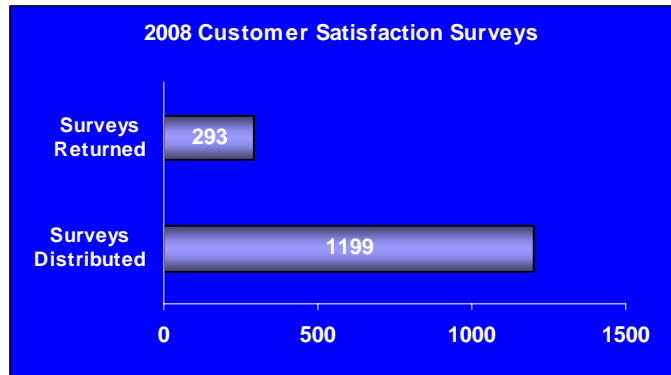
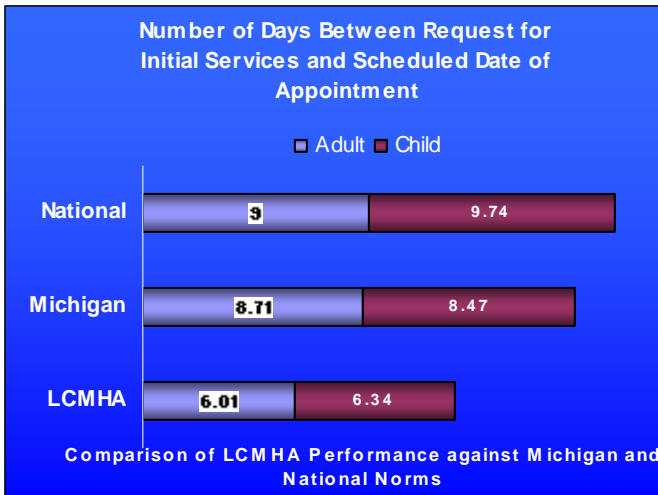
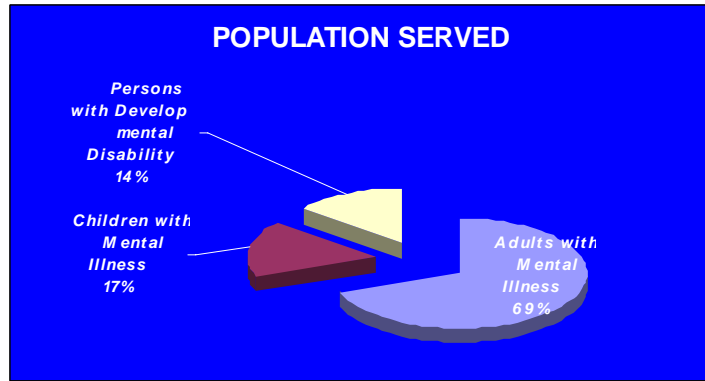
REVENUE	
Medicaid	\$ 11,659,678
State Funds	\$ 2,388,960
County Funds	\$ 365,686
Block Grant/Other	\$ 221,918
Contract Agency Match/ Interest/Fees	\$ 358,549
TOTAL	\$ 14,994,791

EXPENSES	
Inpatient/Residential Care	\$ 6,864,791
Adult Services	\$ 2,967,462
Children's Services	\$ 972,119
DD Services	\$ 2,494,698
Administration/Support	\$ 1,695,721
TOTAL	\$ 14,994,791



COMMUNITY INPATIENT UTILIZATION		
	FY 07	FY 08
Admissions	213	223
Inpatient Days	1232	1103
Average length of stay (days)	5.78	4.94

POPULATION SERVED	
Adults with Mental Illness	1286
Children with Mental Illness	308
Persons with Developmental Disability	258
TOTAL	1852



HIGHLIGHTS OF 2008:

- * 6th Annual Sharing Hope Conference and Talent Show
- * New Focus Clubhouse transition back to CMH direct service
- * Walk a Mile in My Shoes Rally, Adrian, May 12
- * Walk a Mile in My Shoes Rally, Lansing, May 14
- * Peer Support Specialist Training
- * Mental Health Awareness Celebration, May 21—My Path to Recovery & Independence. Keynote speaker Michelle Rose Armstrong
- * Lori Sallows Award to Jim Thompson & Doris Ostrander
- * New information monitor in the lobby maintained by Jeff Fouch and Doris Ostrander
- * Safe Kids—Car Seat Inspections
- * Family Medical Clinic Opens
- * County Fair booth, shared with local providers
- * 30 year Board Member, Linda Feeney, retires
- * Voter Registration Event—Community Action Agency
- * W.O.W. Fundraiser
- * Field Day at New Focus
- * Focus Hope Fun Day
- * Traveling Veteran Wall—MIS
- * Lenawee Suicide Prevention Workgroup:
 - ◇ Trained an additional 130 gatekeepers
 - ◇ Trained 27 Yellow Ribbon Trainers
 - ◇ Developed a workshop for employers about how to address issues regarding Substance Abuse, Mental Illness and Suicide
 - ◇ Establish Suicide Survivors Support Group
 - ◇ Presentation at Legislative Dinner
 - ◇ Victim Service Unit established
 - ◇ Presentation—Adrian Chamber Breakfast

A MAN WITH MENTAL ILLNESS IN 2008

What is Mental Illness I hear you ask in the year 2008?

I heard you ask at power day with a loud voice.

To the man that was the boy of 1955.

And he said power and freedmen no more state institution to be sent.

I ask you is it better YES, WHY?

No more cruel things like abused by staff,
no more going to bed scantily fed or feeling
sometimes loaded with heavy chains
No more crying myself to sleep at night
No more cockroaches in my bed at night

It is true my man Yes it is true

What is different today I hear you ask?

Today you have a voice and people listen
Today you have clubhouse like New Focus
Today you have people with mental illness on
Community Health Boards with a voice
Today you have people with mental illness on
Consumer Advisory Boards with a voice and
on Recipient Rights Boards with a voice

Today you have people with mental illness
working in Lansing at the Capital for people
with mental illness.

Today you have people with mental illness as
Peer Support Specialists working with people
with mental illness.

You ask me if we are better off today than we
were in 1955, and I would say "hell yes".
Thank God for our Community Mental
Health Boards and our good staff that care for
the people with mental illness at our
Lenawee Community Mental Health
Authority.

It is way better in 2008 than in 1955.

Robert H. Wilson

POSITIVE MENTAL HEALTH TIP FOR THE MONTH:

Aim for 8 hours sleep every night.
Not getting enough sleep makes you
overwrought, run down and more prone to illness
and mental health problems.



KUDOS



Wendy Cadieux has always been a thrifty shopper—she can never pass up a bargain. So on a recent trip to Walgreens and finding a clothing clearance of 75% off, she bought everything they had—but not for herself or her family—for people less fortunate!

Word quickly spread in the Agency, and soon the pile of clothing in Wendy's office grew: Underwear for children and

adults; infant clothes and socks, boys socks and a few assorted sweatshirts and pants. The items will be donated to various local charities. Pictured with Wendy (center) are Susan Bradley (left) and Diane Milliman (right). Not pictured—Peggy Ryder.



Also many thanks to the YMCA and Adrian Noon Rotary for making it possible to purchase anti-stigma T-Shirts.



Lenawee Community Mental Health Authority (LCMHA), a Joint Commission accredited organization, is committed to consumer safety and the quality of care our consumers receive. If at any time you, our consumer, friends or family members of consumers, providers, employees or members or the public have concerns about consumer safety or the quality of care received, please contact your case manager or Customer Services at 263-8905. You may also contact The Joint Commission to report any concerns about consumer safety or quality of care issues.

LCMHA will take no action against consumers, friends or family members of consumers, providers, employees or members of the public who report a complaint to The Joint Commission nor will any report of a complaint negatively impact a consumer's care. You may contact The Joint Commission via the following mechanisms:

E-Mail:
complaint@jointcommission.org

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

Mail: Office of Quality Monitoring, The Joint Commission, One Renaissance Boulevard, Oakbrook Terrace, IL 60181



Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

1040 S. Winter St, Suite 1022
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
Fax: 517-265-8237
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



Howard Keller (Board Member)
was presented with an Anti-Stigma
award from Bob Wilson for his
efforts in promoting mental health
awareness—congratulations
Howard!



**Congratulations to the May
Service Award Recipients:**

- John Berridge—25 years
- Peggy Ryder—15 years
- Billie Brocht—10 years



CMH SAYS
GOODBYE TO
ERIN LEE—DD
SUPPORTS
COORDINATOR

USEFUL WEBSITES:

www.financialstability.gov—information on Helping Families Save Their Homes Act of 2009.

www.hud.gov/recovery—learn more about housing provisions in the American Recovery and Reinvestment Act.

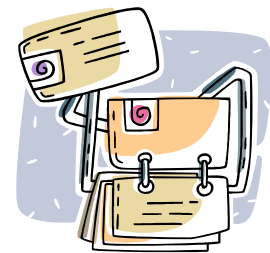
www.seniorbrigade.com—provides useful information for the elderly on health care, financial matters, consumer protection and veteran's information.

Register for the Do Not Call Registry by phone at 1-888-382-1222, or online at www.donotcall.gov.

www.orgsites.com/mi/lenaweericc/ - Lenawee RICC

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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