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Roger Myers
Executive Director

A W ORD  FROM  OUR  DIRECTOR

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

THE GRAPEVINE

MAY 2009

A WORD FROM OUR DIRECTOR

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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.

NEW PARENTP SUSTAIN 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.
ANNUAL REPORT
FISCAL YEAR 2008

REVENUE

<table>
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<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Medicaid</td>
<td>$11,659,678</td>
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<tr>
<td>State Funds</td>
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<tr>
<td>County Funds</td>
<td>$365,686</td>
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<tr>
<td>Block Grant/Other</td>
<td>$221,918</td>
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<tr>
<td>Contract Agency Match/Other</td>
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<tr>
<td>TOTAL</td>
<td>$14,994,791</td>
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EXPENSES

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<tr>
<th>Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Inpatient/Residential Care</td>
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<tr>
<td>Adult Services</td>
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<td>Children’s Services</td>
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<td>DD Services</td>
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<td>Administration/Support</td>
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<tr>
<td>TOTAL</td>
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</tr>
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</table>

COMMUNITY INPATIENT UTILIZATION

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<tr>
<th>Category</th>
<th>FY 07</th>
<th>FY 08</th>
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</thead>
<tbody>
<tr>
<td>Admissions</td>
<td>213</td>
<td>223</td>
</tr>
<tr>
<td>Inpatient Days</td>
<td>1232</td>
<td>1103</td>
</tr>
<tr>
<td>Average length of stay (days)</td>
<td>5.78</td>
<td>4.94</td>
</tr>
</tbody>
</table>
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

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.

The Joint Commission

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 of 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

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.
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

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

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

CMH SAYS GOODBYE TO
ERIN LEE—DD SUPPORTS COORDINATOR

Congratulations to the May Service Award Recipients:
John Berridge—25 years
Peggy Ryder—15 years
Billie Brocht—10 years

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

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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