



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

May is Mental Health Awareness month! At LCMHA, it's a month long celebration of individuals who are on the road to recovery and self-determination. We also celebrate those friends, family members, and staff who support these individuals along the way.

On May 28th, we will be convening our third annual Path to Wellness Conference. The conference promises to be informative, inspiring and fun. We are especially excited to be honoring Grace Miley for her 30 years of service as a Board member. Grace has had a huge impact on our community. She was a community member who successfully advocated for the establishment of a Community Mental Health Board in Lenawee County in the early 1970's. She was also a founding member of the Goodwill-LARC program, and the HOPE Community Center. Grace often says she is a "just a mom". She is also a mentor, a friend, and an expert on supporting individuals in the community. Please join us in celebrating Grace's contributions, and thanking her for her commitment to

Mental Health.

The Path to Wellness Conference will also feature a panel discussion of our progress on the Integration of Primary and Behavioral Health Care. You will learn about the impact of mental illness and substance abuse disorders on physical health conditions. And, you will hear an update on our integrated Care Model and the progress of the new Family Medical Center. Our keynote speaker will be our very own Greg Adams. He will be talking about his experience in an Iron Man competition. Come prepared to be inspired!

The month of May also brings good news about enrollment in the Healthy Michigan program. The early enrollment figures are very positive. They include individuals who had previously been covered by the Adult Benefit Waiver as well as people who had previously been uninsured. Healthy Michigan provides health insurance coverage for individuals living at 133% of Poverty. This program improves access to primary health care, dental services, and mental health care to a group of



Sandy Keener
Executive Director

individuals who have been unable to afford treatment.

While we are so grateful for the expansion of Medicaid services through the Healthy Michigan program, we need to continue to educate our State lawmakers about the needs of those individuals in our targeted priority population whose services will continue to be funded, in full or in part, through the State General Fund. We are providing detailed information to the Michigan Department of Community Health and the Michigan Association of Community Mental Health Boards to assist them in their education and advocacy efforts.

As we celebrate Mental Health Month, let's remember the contributions of our Consumers, Board, Staff, and Service Providers in making Lenawee County a wonderful community.

HAPPY SPRING!!!

May 2014

LCMHA website: www.lcmha.org

LCMHA BOARD

Judy Ackley—Vice Chair

Debra Bills—Chair

Scott Clites

Mark Jackson

Howard Keller

Emily Martinez

Cletus Smith—Co. Commissioner

Nate Smith

Ralph Tillotson—Co. Commissioner

Jim Van Doren

Robert Wilson—Secretary

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KATHLEEN CEBULSKI—CHILDREN'S THERAPIST



We would like to welcome Kathleen to the Children's Department. Not only does she bring a sunny disposition, but she also brings a wealth of knowledge and experience of working with families.

Born and raised in the Adrian area, Kathleen graduated from Eastern Michigan University with a Masters Degree in Social Work in 2004. Prior to coming to CMH she worked at Catholic Charities; Hospice of Lenawee; the Domestic Violence & Sexual Assault

Program at Family Counseling & Children's Services and LEAHC.

Kathleen is a divorced mother of two boys—9 year old Christopher, and 7 year old Nicholas. Being a single mom keeps her pretty busy as the boys both play field hockey, and swim during the summer. When she is not doing activities with the boys she loves to cook and bake. She does not have much spare time, but she loves to socialize with friends and family having

cookouts and laughing around a bonfire (which they have been known to do, even in the middle of winter)! She enjoys Jeep off-roading, and is also a big Jimmie Johnson NASCAR fan.

Kathleen's co-workers believe that her calm, understanding nature makes her a perfect Therapist and team member.

She said that LCMHA already feels like "home" everyone has been very welcoming.

KELSIE CADIEUX—MI CASE MANAGER



Kelsie joined CMH in March. She is also Adrian born and bred. She graduated from Adrian High School, and went to Siena Heights University where she played volleyball. She graduated in August 2013 with a Bachelors Degree in Social Work.

In Kelsie's free time she loves to do arts and crafts—in fact she made the artwork for the

walls in her new office, that she shares with Jenni Zadorski, as you can see from the picture she is very talented.

She also enjoys traveling to watch her boyfriend, Donovan, who plays football for Siena Heights, and visiting Donovan's son, Corbin, in Indiana.

Kelsie has a sister (Rici) who

is a substitute teacher in Lenawee County, two brothers, one in Tecumseh and another in Florida, and her mom (Wendy) is the Data Services Manager at CMH. Dad, Roy, is Vice President at TLC Credit Union.

Kelsie looks forward to bringing her high energy and compassion to her new position as MI Case Manager.

JENNI ZADORSKI—MI CASE MANAGER



Jenni is a familiar face at CMH, as she had previously completed an 8 month internship with the MI Team. She also joined us in March.

Jenni grew up in Canton, but moved to Deerfield when she married her husband, Ethan, 13 years ago. Jenni has two children 13 year old Ethan and 10 year old Cheyenne.

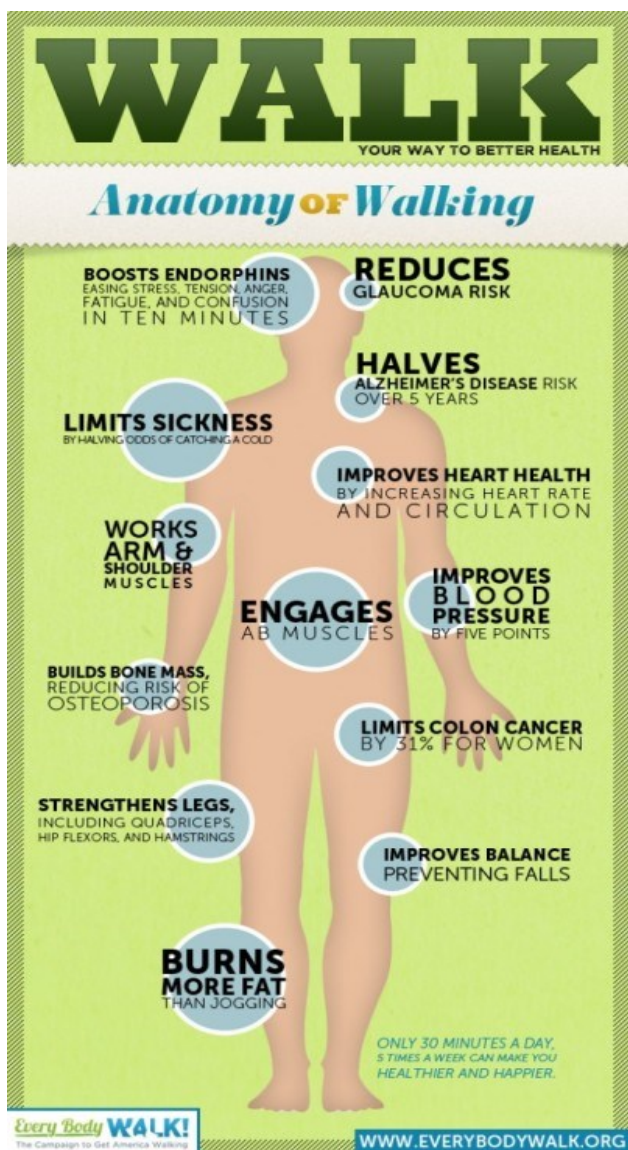
She is from a long line of farmers, so her family is no different. Her husband is a

full time farmer now (he used to be in construction). They grow green beans and soy beans, and will soon be branching out to try wheat.

Jenni graduated from Adrian College with a Bachelors Degree in Social work. Much of her spare time involves attending her children's activities at Britton Deerfield Schools (Baseball; archery & softball); working on the farm.

Every year she is proud to participate in the Polar Plunge at Clark Lake, which raises money for Special Olympics.

She says that she loves working with people. Every day is different, and she is able to utilize her multi tasking skills that she has learned as a wife; mother and farmer to handle the many tasks and challenges that arise.



STATE "WALK A MILE IN MY SHOES" RALLY

For the 10th year, Lenawee will be having a presence at the State Walk a Mile in Lansing on May 14th. We have not missed a year yet! Last year we had over 50 people in attendance.

which is refundable on the day of the walk.

Kay Ross can be contacted at 517.263.8905 or kross@lcmha.org.

If you are interested in attending, transportation to Lansing from the LCMHA Office and a brown bag lunch is provided (bring your own drink).

RSVP to Kay Ross by May 12th. Every participant receives a free tee shirt. If you would like to reserve a spot on the bus, the cost is \$5.00



Wednesday, May 14, 2014, marks the tenth anniversary of the Walk a Mile in My Shoes Rally
State Capitol Building, Lansing

Why We Rally...

- To enhance public awareness
- Because legislators need to know *Mental Health Matters*
- To put an end to the stigma related to mental illness & developmental disabilities
- Because Michigan does not have parity (equality) between mental health & physical health care coverage
- To promote mental health and wellness
- Because we can make a difference!**

In recognition of May as Mental Health Awareness Month, the Michigan Association of Community Mental Health Boards and other statewide advocacy agencies are hosting the tenth annual rally where consumer representatives hold county flags and deliver a statement about mental health from the steps of the state Capitol building.

CRYSTAL CHURCHILL—DD CASE MANAGER

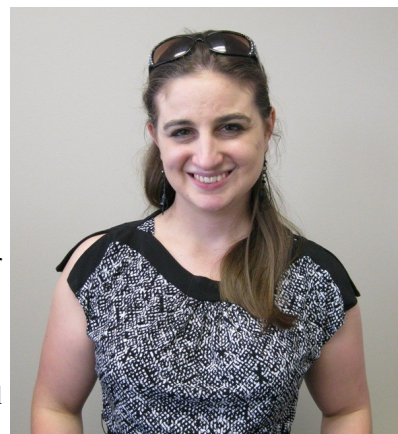
Crystal joined us on April 14th and has been very appreciative of the help from Holly Tripp and Valerie Barker as she gets acquainted with her consumers and all of the requirements of her new position. She says she looks forward to getting to know her consumers and working with them on a long term basis. This will be new to her as she joins us from Holy Cross (Boysville)—where she worked with juveniles 13—18 who were there on a temporary basis and had behavior & anger management/emotional issues. She used cognitive behavioral

therapy to help them learn new coping skills.

Growing up in the Flint area, and attending schools there Crystal was very involved in 4H working with show and therapy dogs, and horses. She began her college days at Mott Community College in Flint, and from there transferred to U of M Flint where she received her BSW. She enjoyed an internship at Genesee CMH during her senior year at U of M, working with the MI & DD groups. Crystal has had many jobs to help pay for college, she

worked at an assisted living facility as activities director and at area group homes. She has also worked at Jo-Ann Fabrics as a cashier prior to working at Boysville.

Crystal now lives in Milan, where she and her fiancé, Chris, are enjoying home improvement projects. Their wedding is planned for June 2015. Crystal enjoys knitting, reading, cooking and drawing in her spare time.



5K BUNNY HOP—SOBRIETY COURT

April 19th, Lenawee Sobriety Court, of which LCMHA is a team member, held our First Annual Bunny Hop 5K/1 mile fun run. It was held at Camp Sequoia on Gady Road. Sobriety Court is an alternative treatment for persons who have had multiple “driving while under the

influence” type convictions. This is a treatment program (an alternative to jail) and has proven to be successful!

The monies raised will help to keep the program running so we can endeavor to keep our roads safe for everyone in Lenawee County.



STAFF RETIREMENTS

March has been a month of mixed emotions as we have said goodbye to some staff members.

Two of those were retirements, Deb Beagle—MI Case Manager (pictured left), and Faye Lynne Reaume—Access & Meds Clinic, both retired from CMH

after 15 years service. An Open House was held at the Agency on Monday, March 31st to say farewell to two very dedicated and compassionate people, who worked tirelessly for CMH consumers. They will be missed, we wish them both a happy, healthy retirement!



FAMILY SUPPORT SUBSIDY

Do you know of a local child with an educational classification of autism-impaired, severely multiply impaired (SXI) or severely cognitively-impaired?

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. Payments for all families is just over \$200/month. Uses for the Subsidy might be the purchase of special equipment, special diets, 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 their needs.

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 with an eligibility category of CI 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 with autism 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. Foster parents who are also legal guardians are not eligible.

Under the law, the **taxable income** for the family may not exceed \$60,000, 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:

- ⇒ Child’s county- or state-issued birth certificate
- ⇒ A copy of the family’s most recently filed Michigan Income tax return (MI-1040).
- ⇒ Written verification from the school district that certifies that the child’s eligibility category meets the requirements of the Family Support Subsidy Act.
- ⇒ Child’s and parent’s social security numbers.

You may apply for this program locally by contacting Mary Poore at Lenawee Community Mental Health Authority. Mary can be reached at (517) 264-0163 or 1-800-664-5005.

3RD ANNUAL PATH TO WELLNESS

Grace Miley is retiring from the CMH Board after 30 years of service, dedication and advocacy for mental health consumers

Join us for a luncheon in her honor at 11:30am



3rd Annual Path to Wellness & Recovery

Join us for a day of health, wellness and nutrition education

First Church of the Nazarene
Industrial Drive, Adrian, MI
Wednesday, May 28, 2014
8:30am – 4:00pm

NO COST DAY

Lunch provided

Keynote Speaker: *Greg Adams - to talk about completing an IronMan Triathlon and other awesome accomplishments*

Panel: *Sandra Keener, Exec. Director LCMHA; Kathryn Szewczuk Outreach Director LCMHA; Lisa Brasher, RN, LCMHA; Ed Larkins, Director-Family Medical Center, to talk about behavioral and physical health*

Registration Form

Name: _____ Address: _____

Telephone # _____ Email Address: _____

I plan to attend: morning afternoon all day Celebration luncheon for Grace Miley (only)

I plan to stay for lunch

Afternoon Breakout Sessions: (Pick 2 if choosing A, B or C)

- A. Nutrition – cooking demo
- B. Substance Abuse
- C. Ask the Experts
- D. SafeTALK – (Tell, Ask, Listen and KeepSafe) Suicide training to help you identify and connect someone who is having suicidal thoughts with suicide first aid, intervention caregivers. This SafeTALK Breakout counts as 2 sessions (3 hours) registration is mandatory.

Choice of sessions: Session: #1 choice _____ Session #2 choice _____ Safe Talk only:
 (A,B,C) (A,B,C) (D)

Please register either by mail, website, or email (address below)

Mail to: LCMHA Customer Services, 1040 S. Winter St. Suite 1022, Adrian, MI 49221 Website: www.lcmha.org

Email to: kross@lcmha.org



LANSING
 Community
 Mental Health
 Authority

MICHIGAN STATE
 UNIVERSITY

Extension



Enter - Counseling, Inc.
 Mind Body Spirit



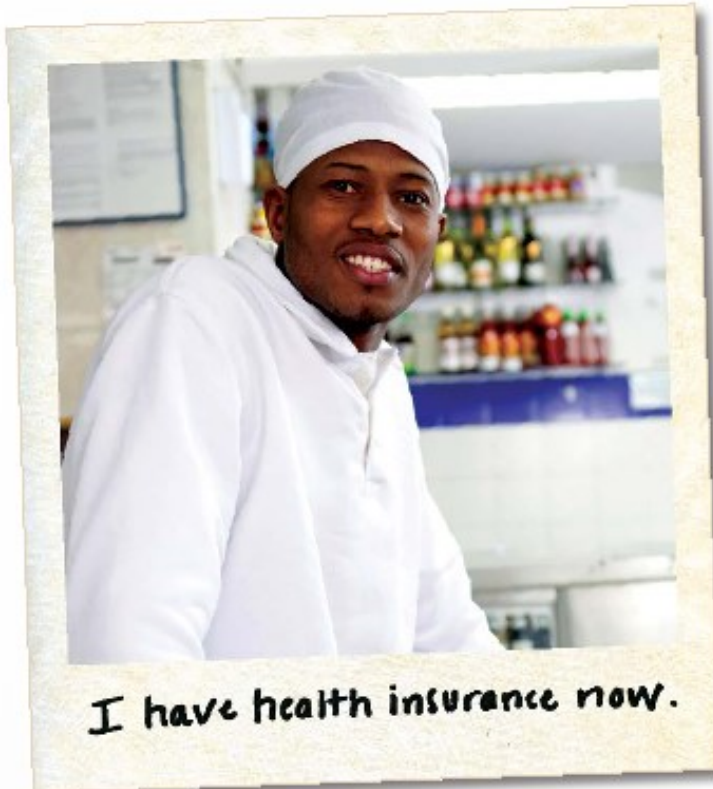
ENROLL NOW—HEALTHY MICHIGAN IS FOR YOU!



We've Got You Covered

Who is Eligible?

- Ages 19-64
- Income around \$16,000/single person or \$33,000/family of four
- Not pregnant when applying for the Healthy Michigan Plan
- Not currently enrolled in other Medicaid programs
- Not eligible for or enrolled in Medicare
- State of Michigan resident



Comprehensive and accessible health care coverage:

- | | |
|----------------------|---|
| ■ Doctor visits | ■ Dental services |
| ■ Prescriptions | ■ Family planning |
| ■ Emergency services | ■ Preventive care |
| ■ Dental | ■ Hospitalization |
| ■ Lab | ■ Mental health and substance use disorder treatment services |
| ■ Pregnancy care | |

Available April 1, 2014
www.healthymichiganplan.org
 1-855-789-5610

HOW CAN YOU HELP ?

As a Manager/Co-worker, you are well positioned to notice if someone at work is struggling and can take the first steps in assisting him or her to get help. You spend a lot of time at work and have day-to-day contact with those around you. You get to know your co-workers/employees over time, can observe changes in their behavior, and may see them at critical times in their life. In addition, workplaces often have a structure, such as Human Resources/employees, to which you can refer co-workers to help them find a mental health professional. You can also help foster a sense of community, belonging, respect and support in your workplace. Feeling connected to a community promotes emotional well-being and can decrease risk for suicide.

You may notice problems facing your employees/co-workers that may put them at risk for suicide. There are a lot of risk factors, but some of the significant ones are:

- ◆ Prior suicide attempts
- ◆ Alcohol and drug abuse
- ◆ Mood and anxiety disorders, e.g. depression, post-traumatic stress disorder
- ◆ Access to a means to kill oneself, i.e. lethal means

Suicide risk is greater among people with

more than one risk factor. Sometimes a “triggering” event causing shame or despair may make them more vulnerable. These events can include: relationship problems or breakups, problems at work, financial hardships, legal difficulties and worsening health.

Look for signs of immediate risk:

- ◆ Talking about wanting to die or to kill oneself;
- ◆ Looking for a way to kill oneself, such as searching online or obtaining a gun,
- ◆ Talking about feeling hopeless or having no reason to live

Take the following steps right away:

- ⇒ If the danger for self-harm seems imminent, call 9-1-1
- ⇒ Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- ⇒ Contact your supervisor or Human Resources and they will help you decide what to do. Provide any background information that may be helpful.
- ⇒ If no-one is available to talk to, contact the National Suicide

Prevention Lifeline (**1-800-273-TALK (8255)**) and follow their guidance. Or, LCMHA **1.517.263.8905** or **1.800.664.5005**

⇒ Continue to stay in contact with the person and pay attention to how he or she is doing.

Reach out to someone who may be at risk. To help an employee/co-worker you can take the following steps, depending on what feels most comfortable to you.

- ◆ Ask how he or she is doing;
- ◆ listen without judging;
- ◆ mention changes you have noticed in your co-worker’s behavior and say that you are concerned about their emotional well-being;
- ◆ suggest that they talk with someone or a mental health professional. Offer to help arrange an appointment and go with them;
- ◆ continue to stay in contact with them and pay attention to how he or she is doing

The majority of the suicide deaths in the United States are among working age adults (ages 24-64), especially men (CDC, 2010).

*For more information:
Suicide Prevention Resource Center
<http://sprc.org>*

SUCCESS STORY

Ruthie has been smoking since she was 17 and living in a foster care home. We will not ask her actual age, but we know she is over 21. All her friends were smoking and she thought it was a cool habit to have. She found out as she got older that it wasn’t really that cool and quit when she was 21 for a short time, but went right back at it. She has been smoking ever since. She was at the Drop In and saw a commercial on TV where the guy lost his legs and arms due to smoking “and it opened my eyes...that I wanted to quit!”. There was another

commercial where a woman had a tracheostomy in her throat and she knew she needed to quit before it happened to her. She has been smoke free for 13 weeks and counting. She even tested herself on the CO meter (measures carbon monoxide in the lungs) and she scored a 2 (non-smoker status). This means she has almost no carbon monoxide in her lungs! She attends Healthy Eating Support Group and Smoking Cessation and she credits these groups to helping her live a healthier lifestyle. She is eager to help others to

quit and offers to talk with them about how she is doing. You can find her at Inter-Connections if you would like to talk with her, or check out the support groups for yourself. Keep up the good work Ruthie—we are very proud of you!

If you would like to check out the Smoking Cessation support group and try our CO meter, call Inter-Connections at 265.9588. Or visit us every Tuesday at 11:00am at the Drop In Center.





Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

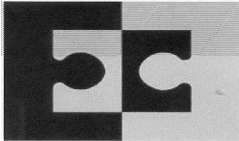
1040 S. Winter St, Suite 1022
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
Fax: 517-265-8237
customerserv@lcmha.org

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



Kathy Illenden—DD Case
Manager received her 25 year
service award from Nate Smith
(acting Board Chair) in January.



Faye Lynn Reaume—
received a 15 year award
at February's Board
Meeting, presented by
Board Chair, Deb Bills.

**USEFUL
WEBSITES:**

www.lcmha.org—
Community Mental
Health

[http://
www.michigan.gov/
healthymiplan](http://www.michigan.gov/healthymiplan)

Apply for health
insurance

www.sprc.org—
Suicide Prevention
Resource Center

The Goodwill LINC
program were fortunate
enough to receive tickets to
attend a basketball game
between the Detroit Lions
and the Fraternal Order of
Police on April 23rd at
Adrian College.



Goodwill would like to thank Dan and Sharon
Etter for donating tickets, which they have done
for the past several years. Seven members of the
LINC program enjoyed the game very much.



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



CURRENT RESIDENT, OR

PERMIT NO. 127

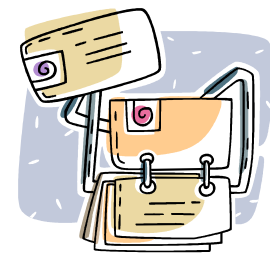
ADRIAN, MI

PAID

U.S. POSTAGE

PRSRV STD

THEM KNOW
CONTACT CMH TO LET
SO, DON'T FORGET TO
TELEPHONE NUMBER IF
RECENTLY, OR
CHANGED
HAS YOUR ADDRESS



ADRIAN, MI 49221

1040 S. WINTER ST. SUITE 1022

MENTAL HEALTH AUTHORITY

LENAWEE COMMUNITY