



THE GRAPEVINE

June 2015

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

Spring is always a time for new life and new energy and this issue of the Grapevine features many examples of the new life and energy that we are experiencing at LCMHA. We are all so proud of the spotlight on Mental Health that the E-Race Stigma 5K brought to our community. Be sure to read the article written by Greg Adams, the organizer and energizer behind the race that did so much to raise community awareness about Mental Health. It was truly a community event, and we expect it to grow every year. Many thanks to Greg and all of his team members for their outstanding work!

We are also seeing the development of a stronger voice for consumers in the re-charging of the Community Action Committee, a consumer advisory committee of the Board. Members of this

committee are creating a work plan that will provide many opportunities for individuals involved in LCMHA services to impact the agency and the community. And, the appointment of our newest Board Member, Donna Yearsin, will help us with our goal to better integrate Substance Use Disorder Prevention and Treatment into our service array.

LCMHA was surveyed by the Joint Commission in May. This survey is completed every three years and reviews the organization's compliance with more than 800 Standards. The surveyor spent three days in the agency reviewing records and policies, and interviewing staff members. He visited the Family Medical Center and participated in a Case Coordination Conference that is held daily in an effort to



Sandy Keener
Executive Director

coordinate primary and behavioral health care. He had many positive comments about our work on integrating care, and on providing intensive services to our consumers. In his exit review, he said that he was pleased to report that Lenawee Community Mental Health Authority is an exceptional organization with a very positive culture for treatment. Congratulations to the Board and to all of the LCMHA staff on their commitment to the organization that creates such a supportive environment for treatment!

LCMHA BOARD

Judy Ackley—Vice Chair

Greg Adams

Debra Bills—Chair

Scott Clites

Mark Jackson

Emily Martinez

Cletus Smith—Co. Commissioner

Nate Smith

Ralph Tillotson—Co. Commissioner

Jim Van Doren

Robert Wilson—Secretary

Donna Yearsin

INSIDE THIS ISSUE:

STATE WALK A MILE 2

CONSUMER ACTION COMMITTEE 2

NEW BOARD MEMBER 2

E-RACE STIGMA 5K 3

SUPPORTED EMPLOYMENT PROGRAM 4

NEW EMPLOYEES 5

ADDICTION SUMMIT SEQUEL 6

INTERCONNECTIONS 6

PREVENT LYME DISEASE 7

SURVIVORS OF SUICIDE WALK 7

THANK YOU HOWARD KELLER FOR 26 YEARS

It was a day of very mixed emotions on April 30th. LCMHA said "goodbye" to one of its longest standing board members—Howard Keller. It was time for Howard to retire from the Board, as he and his wife spend more and more time at their second home in Florida.

Howard was presented with a plaque from Management, and a gift from everyone who knew him, as a token of their

thanks for the time and commitment given over the last 26 years to the consumers of LCMHA.



STATE WALK A MILE IN MY SHOES RALLY

This year's State Walk A Mile in Lansing happened on May 6th and what a great day that turned out to be. The weather was very cooperative, to the tune of several sunburned noses and foreheads. Thankfully, Chrystal remembered to bring the sunscreen! This was the biggest Rally in the last 10 years and everyone had a great time. It was awesome to see so many

people from around Michigan come together to let our legislators know how we feel about mental health issues. Thanks to Sandy and Jen for carrying Lenawee's flag and representing us so well.



CONSUMER ACTION COMMITTEE

LCMHA has formed a new consumer committee called Consumer Action Committee. This replaces Consumer Advisory Committee of the past.

The new committee is made up of consumers from each of the LCMHA service areas (persons with mental illness; developmental disabilities, children's severely emotional impaired and substance abuse). There are several

staff and board members on the committee also. This committee reports directly to the LCMHA board, and meets monthly. We still need members—if you are a parent of a child receiving services at CMH or are receiving substance use treatment and would like to help be a voice for all, please contact Kay Ross at 517.264.0128.

We want members of this committee

taking ACTION—to be a voice for all those who receive services at Community Mental Health.



Anoop's

NEW LCMHA BOARD MEMBER— DONNA YEARSIN

Following Howard Keller's retirement from the LCMHA Board in March, Donna Yearsin was selected to be appointed as his replacement, at the County Commission meeting in May.

Donna and her husband Jim, moved to Tecumseh from Duluth, GA in 2002. In January 2008 they launched Celebrate Recovery in Lenawee as a partnership with NewSong Community Church and Tecumseh Presbyterian Church. Donna celebrates nine years of sobriety from alcohol and codependency and struggles with fear. She is also the child of an alcoholic. Celebrate Recovery offers a place for the whole family to recover together as everyone is affected in some way by addiction.

Donna has also been a member of the Lenawee Recovery Oriented System of Care—a countywide group of agencies, non-profits, recovery community members, law enforcement, prevention groups etc. who are working together to find ways to reduce the number of people becoming addicted to prescription pain killers, alcohol and other

drugs, to ensure there is enough services for them, and to provide education and treatment.

Donna stresses that addicts and alcoholics nowadays are not the stereotypical street person—they are housewives, mothers, and husbands, who outwardly can appear normal.

The LCMHA Board is excited to welcome Donna as its newest member—she will be a valuable asset as CMH moves into a more integrated health environment.



“Recognizing that you have a problem is the first step on the road to recovery, one that takes tremendous courage and strength”



On May 17th we took a step forward in “E-Racing” the stigma of mental health as Lenawee Community Mental Health Authority, ProMedica and the Family Medical Center joined forces to put on our first 5K run/walk in downtown Adrian. More than 500 smiling, joyous people occupied the downtown pavilion area, with nearly 300 runners and walkers participating and an additional 30 kids doing the Kids Dash!

What a great day it was! We had a wide ranging demographic taking part in the events. A nine year old girl ran her first 5k, a few citizens were nearing 80 yrs old, and we had more walkers than runners. One of the more touching scenes was a woman being pushed in a wheelchair! What unified us all, and brought such a wide spectrum of participants together, most assuredly was the cause – raising awareness for mental health.

We knew it would be a good day when the possibility of rain didn’t materialize. At dawn a small dedicated team began to set up, and by 8am we were ready for registration to open. A snapshot moment for me was upon my return from driving the course. I did a short interview with LISD TV, and took a moment after to



observe my surroundings. The market area was flooded with people, and you had to zig zag around to make your way through. The registration line was slowly

churning forward. A few people were analyzing the mounted and enlarged race map, while a large group was tailgating in the distance. Families complete with strollers were at picnic tables

relaxing. A sizeable contingent from Goodwill was taking a group picture... I knew at that moment we had done something extraordinary.

Adrian had not had a signature 5k, let alone one downtown, in nearly a decade. So we saw an opportunity, and a chance to shine a bright light on mental illness for all of Lenawee County to see. Plus we wanted to illustrate the connection between physical activity and a healthy mind. Not only does exercise help with overall wellness, but it helps relax the mind and generate positive emotions.

An event this complicated took a year to craft. Planning and certifying a route that was acceptable by the city, coordinating a correct timing system, setting up online registration, securing police support, organizing volunteers, food, and sponsors to cover costs, designing and ordering shirts and medals, creating flyers as well as utilizing advertising platforms ranging from Facebook, print, public speaking, radio and TV are just a part of what had to be accomplished ahead of race day.

We truly wanted to make this a “community event” and sought out support from local government, leaders in our community and civic groups. We partnered with the City of Adrian, who provided us police support on the route and barricades free of charge. The local running store, Running with E’s helped us design a safe route and timed the event. ProMedica provided an ambulance and a safety table. Autism Hope of Lenawee stationed a dozen volunteers on the route while Interconnections Drop In Center set up a water station at the two-mile mark.

Several civic groups chipped in – four



county Rotary groups combined resources and sponsored the Kids Dash with Adrian Noon Rotary members manning the kids route. Adrian Civitan provided water and oversaw the food station with fruit from Alpha Koney Island. Adrian Kiwanis and the Adrian Morning Lions club also provided financial support.

As a capper, we had Probate Judge Gregg Iddings serve as our official course marshal in a tuxedo designed cycling jersey! In addition to the judge, local leaders from Adrian city government, County Commission, Jackson College and State Representative Nancy Jenkins were either running or in attendance. Having all of this logistical support and strong partners were crucial to pulling off such a successful event.

However, what will make us remember the day the most was fulfilling our purpose to raise awareness and how we made differences in others lives. I encountered people who had never done a 5K, Drop In clients embracing a healthier lifestyle and a woman bravely saying she herself had mental health issues but wasn’t allowing her condition to define her. These are all great examples of why we wanted to do this race, to show that people from all walks of life, of all ages and ability levels can greatly improve their mental health through physical fitness.

I look forward to seeing you all next year!

Event Organizer, Greg Adams



GOODWILL INDUSTRIES IS CHANGING LIVES!



Travis Chrisman is starting to see some great results from the Supported Employment Program at Goodwill Industries. Working primarily for Goodwill, Travis also has been working at CMH to connect with consumers and hopefully interest them in becoming employed in the community, and match them with a prospective employer.

Supported Employment is competitive work in a setting that utilizes the individual's strengths, capabilities and interests. Timelines are established for job coaching and support services leading to complete independence. Goodwill staff serve as a liaison between the consumer, support staff, parent/guardian and the employer.

Please meet Evelyn (pictured bottom left)—at 22 she has been attending Goodwill for many years, working in the store, scanning books, sorting clothes and doing many different jobs. From there she attended the Skill Building program. In February 2015 she graduated to the Supported Employment Program where she matched with ServiceMaster.

Evelyn loves working for ServiceMaster, a cleaning company located on N. Adrian Hwy, Adrian.



Tanya White, at ServiceMaster says "Evelyn fits right in and is a great member of our team." Evelyn's partner at Service Master is Zac, and her job coach from Goodwill is Britney Witt. They report that Evelyn is meeting all of her goals and performing all tasks correctly. In fact she is a model employee.

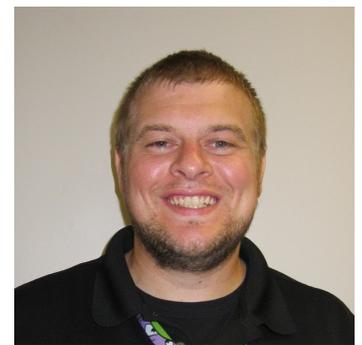
Being independent and responsible has changed her life completely. "She has gained confidence that she never had, and is much more outgoing." said John Haught - Goodwill V.P. of Workforce Development. Recently Evelyn addressed a group of friends, peers and staff at Goodwill to talk about her experiences.

Evelyn works at a local church Monday through Friday and with a local college Monday through Thursday evenings. She has many jobs at both places, including cleaning windows, bathrooms, mopping floors and vacuuming. She says she loves the vacuuming because she gets to wear a portable unit on her back! And, she loves that she gets a paycheck. This enables her to do some of the things she loves—like square dancing, playing video games, eating at Arby's and going to Inter Connections, where she often meets her boyfriend on the weekend.

Evelyn says that she loves Inter Connections. She has

many friends there. If it is not open, she walks to the library. Recently she attended the State Walk a Mile Rally and enjoyed listening to the music, the speakers and having a picnic lunch. Evelyn is also lucky to be supported by her parents whom she lives with. Her mom often picks her up from her job.

Finding a job is difficult in the best of times, even more so if a person has a disability. "It is very gratifying when a local company is willing to work with us." Says Travis, "We provide a great service to them also. ServiceMaster has been a wonderful company to work with, they are willing to work as a partnership, to ensure everyone's needs are being met."



Travis Chrisman is the Community Transition Specialist for Goodwill Industries.

Call 517.263.2135 if you would like more information about participating in the program.

ASHLEY BOEHLKE—MI CASE MANAGER

Ashley is the newest member of the Adult MI Team. She will be working part time on the team as a Case Manager, and the rest of the time will be working with the Mental Health Court alongside Probation Officers and Judges to prevent reoffenders by providing guidance and mental health services.

Ashley has a Bachelors Degree in Social Work from Lourdes University where she graduated in December. As she was licensed in Ohio she worked for “A Renewed Mind” a behavioral health provider where she did Case Management for seventh graders at

Charter Schools.

Ashley grew up in Sand Creek, but recently moved to Blissfield with her boyfriend who works at Hathaway House. She is enjoying being able to do some gardening, and she loves to do crafts and DIY projects around the house. She cannot wait until they can buy a house together to make it their own. Ashley enjoys going to the movies, camping and traveling up north to her grandparents house. She has two cats and dotes on her sisters baby girl who is 18 months old.



“Everyone has made me feel very welcome here”, she said of her first few weeks at CMH. “People go out of their way to help and teach me—it has been a very smooth transition.”

SARAH TUCKERMAN—BENEFITS SPECIALIST

Welcome Sarah—who joined CMH on March 16th. Sarah’s job is to make sure that consumers stay on their insurance, she is there to answer any insurance questions and help in any way she can. She will also be helping those applying for social security disability.

Sarah was born and raised in Adrian. She graduated from Sand Creek Schools and from there went to Stautzenberger College in Toledo where she received an Associates Degree in Applied Business. Sarah worked as a Paralegal for a law firm in Toledo, prior to returning home to

Adrian.

Sarah is the proud mother of a six year old son, Ian. Ian goes to Sand Creek School and is very involved in Little League at the moment. They live out in the country and help take care of six acres of property.

Sarah has many hobbies and interests—including reading, movies (horror), music and concerts, boating and fishing in the summer. Sarah enjoys cardio-drumming and going to the drive-in movies in Ohio.

Her favorite holiday is Halloween, she loves to dress up; go trick or treating, and



visit haunted houses. Sarah looks forward to the Fulton County Fair every year, and she is a huge Michigan football fan.

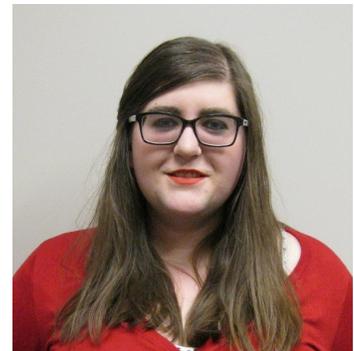
ROSE SAVAGE—RECIPIENT RIGHTS OFFICER

Rose joins the Washtenaw Rights Office assigned to Lenawee CMH, with a wealth of knowledge and experience in helping the disadvantaged. Previous to coming to CMH she was working at “Common Ground” a crisis intervention program in Oakland County—she volunteered free legal advice before becoming the Manager there. She also worked with Blue Cross in their Grievance and Appeals Department.

Rose grew up in Milan, MI and graduated from the U of M with an English Language and Literature Degree. Unsure of her career path, she became a certified EMT. Knowing that she loved to work with

people she decided to go to law school. Rose received her law degree from Washington University in St. Louis in 2013. During that time she completed internships at the Public Defenders Office in Ann Arbor, where she worked with abused and neglected children. Another internship in St. Louis led her to defend victims of domestic violence.

Rose married Eddie last September. Eddie is in the IT field and works in Warren. They are excited to be moving to Ypsilanti which will significantly reduce her commute from Sterling Heights (2 hours to Adrian currently)!



Most of Rose’s spare time is spent looking after their new puppy (Teddy) a cocker spaniel/poodle mix. She is also an avid amateur photographer. “I really love helping and protecting a vulnerable population and working in an organization that is dedicated to that is very satisfying!”

ADDICTION SUMMIT SEQUEL

LENAWEE COMING TOGETHER TO LEARN MORE

Thursday, June 11th, 2015

1:00pm – 4:00pm

Registration: 12:45pm

WHERE

**Dominican Hall
Siena Heights
University**

Lenawee continues to see an increasing number of heroin overdoses, as well as an escalating number of drug and alcohol related offenses. Would you know the signs, or what to do? Substance abuse and narcotics dependence/abuse affects all families – no matter their socio-economic or ethnic background; age or gender.. Let's come together not only to educate the community, but to begin a strategy for prevention and recovery – for everyone!

LET'S CONTINUE THE DISCUSSION

AN IMPORTANT NO COST EVENT FOR THE ENTIRE LENAWEЕ COUNTY COMMUNITY AGENDA INCLUDES:

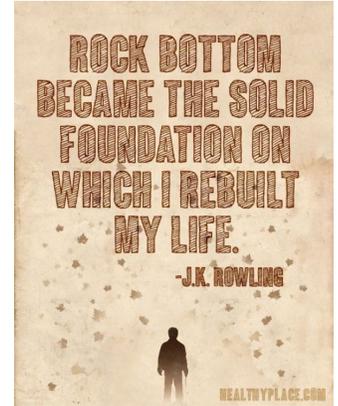
- > Follow up discussion from the Addiction Summit, held on March 12th – Where do we go from here?
- > Learn what is available in our community
- > Speakers from treatment providers; 12 step recovery groups and people in recovery

CONTACT

Kay Ross, Customer Services
Dept. LCMHA 517.263.8905

SPONSORS

Lenawee Recovery Oriented System of Care; Lenawee Substance Abuse Prevention Coalition; McCullough Vargas; Catholic Charities; Celebrate Recovery; Adrian Andy's Angels



INTER-CONNECTIONS, INC NEWS

May was a busy month for us at the Drop-In Center. We had a good time at Walk a Mile in Lansing. Members always enjoy this event. We also had fun helping at the E-Race Stigma 5K race. We worked the water station where runners would get a drink.

Healthy Living Group continues to provide education and support. We learn ways to get and stay healthy. Sometimes

members get to try new fruits and vegetables or recipes. Members take time to explore community resources. They learn better habits through goals. Activity or weight goals are set each quarter. Staff monitors each member's progress during the quarter. They also record group attendance. At the end of the quarter, members select a group activity. An example would be going to a restaurant where members can practice ordering

healthier foods. Each member can earn a portion of their activity fees, up to a set amount. This is based on the progress made on their goals.

If you are interested in any of our activities, please call us at 517-265-9588. You can also stop by 110 W. Maumee St. in Adrian. We are open Wednesday-Monday, Noon-6:00 pm.

Jen Durell, Director

TIME TO PREVENT LYME DISEASE

Before gardening, camping, hiking, or just playing outdoors, make tick bite prevention part of your outdoor plans. Lyme disease is the most commonly occurring vector-borne disease in the United States. An estimated 300,000 infections occur each year, of which only 30,000 are reported to CDC by state health departments.

The risk is greatest among those living in or visiting New England, the mid-Atlantic states, and the upper Midwest. A recent national survey found that nearly 20 percent of people in areas where Lyme disease is common were unaware of the danger. Fortunately, there are several tactics you and your family can use to prevent tick bites and reduce your risk of tick-borne disease.

Know where to expect ticks.

Blacklegged ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. To avoid ticks, walk in the center of trails and avoid tall vegetation.

Use a repellent with DEET (on skin or clothing) or permethrin (on clothing and gear). Repellents

containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. Always follow product instructions! Parents should apply repellents to their children, taking care to avoid application to hands, eyes, and mouth. Products containing permethrin can be used to treat boots, clothing, and camping gear. Treated items can remain protective through several washings.

Perform Daily Tick Checks. Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

Check your clothing and pets for ticks because ticks may be carried into the

Blacklegged Tick (*Ixodes scapularis*)



house on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks.

Remove Attached Ticks Quickly and Correctly. Remove an attached tick using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly.

Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if these develop.

www.cdc.gov/features/lymedisease



SURVIVORS OF SUICIDE WALK

LCMHA is helping to get a "Survivor's of Suicide" walk set up for September. This walk will be to help de-stigmatize suicide so people are not afraid to get help.

Did you know that there are 47,000 deaths by suicide each year in the US? That's 1 every 13 minutes. Did you know that most people who die by suicide have a diagnosable mental illness? That depression is a major factor?

Do you have a story about a loved one, friend, someone you know who has died by suicide? Would you like to help with this walk; with educating the

community? Contact Customer Services if you would like to help in any way. 517.263.8905.





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



How To Talk With Your

- = Senator
- = Representative
- = Commissioner
- = Other elected officials



Meet with

DOUG SPADE

former elected Official

discuss ways to talk with

Legislators to get your concerns heard

Tuesday, June 9, 2015

1:00 pm

River Raisin Room 2nd Floor of the Human Service Building

For more information contact:

Kay Ross at 263-8905



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

If you **do not** wish to have future newsletters mailed to your home, please
notify: Customer Service at 1-800-664-5005

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



CURRENT RESIDENT, OR

PERMIT NO. 127

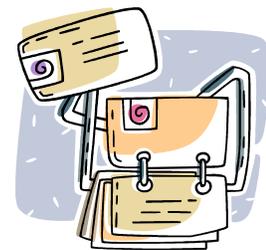
ADRIAN, MI

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

LENAWEE COMMUNITY
MENTAL HEALTH AUTHORITY

LENAWEE COMMUNITY