



# THE GRAPEVINE

## A WORD FROM OUR INTERIM DIRECTOR

December 2016

Happy holidays to all!

The past few months have been challenging for LCMHA. We have endured several unexpected losses.

Toward the end of September, Julie



McRobert, Access Supervisor, lost her courageous battle with cancer. While she had only been with us just over one year, she immediately became a part of our CMH family. She brought much needed clinical support and innovative thinking that helped us envision a future beyond our current boundaries. She was kind, engaging and selfless—often putting others before herself. While we still feel the loss sharply, we are fortunate that her husband Wes and daughter Lily (2 years old) visit us often. Just the sight of Lily’s exuberant personality brings an immediate smile to all who see her!

Shortly after this loss, Sandy Keener, our Executive Director, was hospitalized.

Tests revealed some serious health issues. This required her to abruptly



retire. Sandy has been with our agency for over 32 years—there have been many changes over those years. Sandy was involved in and led us through so many of those changes. She’s had many positions in

various departments and organizations during her career with the agency including: Family Support Program, Life Consultation Program Supervisor, President of ARC, Director of the DD Unit, Clinical Director, and most recently Executive Director. She’s helped us understand, over so many years, how we must change in order to best serve Lenawee County. In a recent conversation, Sandy said she is most proud of the work we were able to do as a community. She has always been proud of, and bragged to other CMHs about our community partnerships. We know that many of those partnerships are largely due to Sandy’s efforts, transparency and commitment.

Those who know Sandy will tell you about her commitment to the people we serve. She has worked tirelessly to expand our vision and services to meet the changing environment and to challenge status quo. She has prioritized independence for those who have a diagnosis or disability that contributed to others discounting their abilities. Her leadership has been inspirational. We have to continue to advocate for increased independence and recognition for our consumers in the community.

The LCMHA board has appointed me, Kathryn Szewczuk, as the Interim Executive Director. I can assure you, we will continue to follow the vision and strategic plan Sandy put forth. It’s the

right thing to do for our consumers, our organization and the Lenawee community.

Finally, earlier this month, we lost Annie Ringkvist, OBRA Coordinator. We were fortunate



when Annie was able to join us in October of 2009. She brought her expertise in OBRA Coordination and a sparkling love of life. Annie had a natural connection with our consumers, always prioritizing their needs. She became fast friends with many at our agency and all over Lenawee County. She literally entered a room bringing sunshine and joy with her. We miss her laughter...

As I think about the losses we have faced, I am reminded about the stress people feel during the holidays. We might encounter people who are cranky, distant or even harsh. We really don’t know what that person already experienced that day, the past week or month. Be kind, even in the face of negativity. Everyone needs time and support. In the end, all we have on this earth is each other. Treasure your friends and family and reach out to anyone who may be alone or needs support. Remember that challenges people face during the holidays extends well beyond this time, so be patient. In the long run, you will be part of making the world a happier place!

### LCMHA BOARD

*Judy Ackley*

*Greg Adams—Vice Chair*

*Debra Bills*

*Scott Clites—Chair*

*Mark Jackson*

*John Lapham—Co. Commissioner*

*Emily Martinez*

*Nate Smith*

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*Jim Van Doren*

*Robert Wilson—Secretary*

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## MEDICATION ASSISTED TREATMENT AT THE FAMILY MEDICAL CENTER

Family Medical Center in its continued commitment to serve the community, has initiated a new Medication Assisted Program (MAP) to treat and manage opiate and alcohol addiction. VIVITROL or Naltrexone is long acting injectable medication approved to treat both alcoholism and opioid use disorder. Vivitrol is a pure opioid antagonist, which means it blocks all effects of opioids (prescription pain killers and heroin) as well as the effects of alcohol: if an opioid is taken while Vivitrol is in the patient's system, there is no pain relief, high, or effect on breathing. Vivitrol is a long acting medication prescribed and administered by a licensed clinician, on a monthly basis.

The Family Medical Center

program uses medication treatment in conjunction with counseling and behavioral health therapies, to help people with substance use disorders recover from their addictions. The medication Vivitrol reduces cravings and restores a sober state of mind, so that patients can address both the cause and the effects of their addiction. Combining Vivitrol medication management with behavioral health and Substance Use Disorder (SUD) counseling allows a comprehensive treatment approach.

Specifically, Vivitrol has been shown to decrease overdose deaths, decrease relapse, and increase long term recovery rates by stabilizing the individual; allowing for

meaningful engagement in counseling and lifestyle change.

Before beginning treatment with Vivitrol, patients will be assessed for their opioid or alcohol use disorder, the stage of withdrawal, and level of support they have from family and friends and their overall readiness for treatment. Individuals interested in Vivitrol medication management can contact Lenawee Community Mental Health to schedule an assessment and evaluation of their substance use disorder and their appropriateness for Vivitrol treatment, or schedule an appointment with their Family Medical Center Provider.

## BUSINESS OF THE WEEK

LCMHA was honored to be presented with WLEN's "Business of the Week" award on October 3rd.

Kathy Williams from WLEN presented the award. Pictured (left to right) Olivia Ehret and Kathryn Szewczuk, Community

Outreach, Kathy Williams, WLEN, and Kay Ross, Customer Services.

Thank you WLEN for the support you give to Community Mental Health.

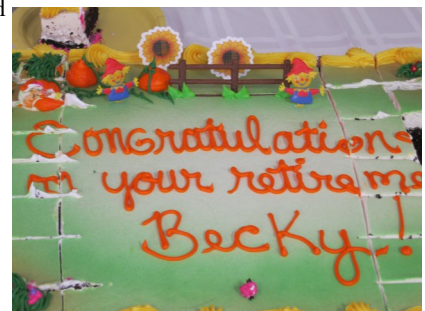


## BECKY SCHERSTEN RETIRES

A celebration open house was enjoyed on October 13th by all who have worked closely with Becky for many years.

Becky had been with CMH for 7 years, and previously with Gerontology Network. Becky was a Geriatric Specialist and OBRA Coordinator.

We wish Becky a long and happy retirement.



## MARY ROSSMAN—MI SUPPORTS COORDINATOR

Welcome to Mary Rossman, who joins us from Washtenaw Community Mental Health. Mary started at CMH on October 31st.

Mary is looking forward to spending more time with her fiancé (Tommy) and two sons—Mason, 4 and Max 2. They live in Adrian, and for the last 3 years Mary has been driving back and forth to Ann Arbor, taking the children to

day care. "I will be able to see a lot more of them now that I work close to home, which is a huge bonus" she said.

Mary was born and raised in Adrian, and attended Sand Creek Schools. She graduated from Eastern Michigan University with a Bachelors' in Social Work.

Mary reports that Lenawee CMH is much more of a family oriented close knit

agency, she looks forward to getting to know her clients and being able to help them to the best of her ability.

Up until now Mary jokes that she hasn't had any free time for hobbies, but she and her fiancé are renovating an old farmhouse. They have just finished the upstairs and are now working on downstairs. They also hope to get married in the not too distant future.



## NEW CHILDREN'S THERAPIST—REBECCA SCHMIDT

Rebecca Schmidt joined the Children's Team on August 1st, as a Children's Therapist.

Rebecca grew up in Northville, MI and went to Adrian College obtaining a Bachelors' in Social Work degree. She also played four years of soccer at Adrian College. Rebecca graduated from Wayne State University with her Masters' in Social Work. She did her undergraduate internship at CMH, and her Masters' internship at the Hawthorn

Center.

Rebecca got married, in May to Eric—who is a High School Physical Education Teacher at Erie Mason. They recently bought a house in Blissfield. It was built in 1870, and they have been busy restoring and refinishing the original wood floors. The house has a lot of character, and they are enjoying bringing back the historical charm to their new home.

Rebecca's hobbies include

quilting and other crafts. She also loves running—last spring she ran her first half marathon! She also has a new puppy which keeps her pretty busy.

Working with children is her passion, everyday brings something new. She loves getting to know them and finding out what they like to do, and connecting with them. The CMH Children's Team welcomed her back into the fold making her college to work transition that much easier.



## OLIVIA EHRET—COMMUNITY OUTREACH COORDINATOR

Olivia joins us straight from college where she obtained a Masters' in Social Work from the University of Michigan.

Born and raised in Adrian, Olivia attended Sand Creek Schools, upon graduation she went to Michigan State University for her Bachelors Degree.

Olivia enjoyed an internship at the Court in Lansing, Family Division—Juvenile Probation where she worked with a

Probation Officer in their court run school. She also worked at the University of Michigan Hospital mostly doing legal work and in the ER working with people who had been admitted related to alcohol or drugs use.

Olivia still has a part time weekend retail job which she says "is just for fun". She loves to dance—in fact she has taken dance classes for as long as she can remember, and she also teaches dance classes.

Olivia loves animals, she has an 8 year old Lhasa Apso named Lily. She loves to try out new restaurants whenever she can. She is also looking forward to her first sky-diving experience for her birthday in April!

Olivia says that she has loved her first month or so at CMH—it has been very hectic and she is learning as she goes, but enjoying it very much. She says that everyone has been very helpful and supportive.





# CHECKS PRESENTED FROM E-RACE THE STIGMA



On behalf of CMH and Greg Adams (E-Race the Stigma 5K Race), a couple of checks were presented at September’s board meeting. One was to ProMedica (top left—Jared Claar representing Lenawee Health Network) to be used towards their next County Health Needs Assessment, and the other was to Interconnections Drop In Center (bottom left—Jen Durell and Mark Roman) for health and wellness initiatives for consumers.

that incorporating a healthy lifestyle has a tremendous impact on a person's mental health. We must remove the stigma associated with having a mental illness!

SAVE THE DATE FOR NEXT YEAR: **Sunday May 21st.**

Planning has already begun for 2017. If you are interested in participating in the planning, or becoming a sponsor—contact Kay Ross, Customer Services. 517.263.8905.

As this race continues to evolve in both awareness and participation our community will understand



*Pictured below—  
Kay Ross  
receiving her  
award*

LCMHA is very proud of one of its staff members—Kay Ross has been the Customer Services Representative for 28 years. She was selected from 1500 advocates in 54 units statewide, as the 2016

## KAY ROSS—AWARDED MICHIGAN VICTIMS SERVICE ADVOCATE OF THE YEAR

Victims Services Advocate of the Year, and received her award on October 16th at the Michigan Sheriff’s Association fall conference.

Lenawee Victims Service Unit was launched in 2008—tasked with going to crime and crash scenes to support and advocate for victims and their families.

Advocates sign up for 12-hour shifts of availability and, on request from law enforcement, is sent to the scene of an incident, typically a car crash or domestic

violence situation when someone has died. “When dispatch calls us, we drop what we’re doing and we go,” she said. “If the family has questions, we either answer the questions or take them to the police. Often, we free up the police to do their investigation.” Ross said the unit averages three or four calls a month and the liaison and comfort services offered are well-received.

Kay calls this award quite an honor, but notes that the entire unit deserves accolades for the work that it does!



## INTERCONNECTIONS DROP-IN CENTER

### YOGA ANYONE?

Holidays have you stressed? Looking for a way to relax and unwind? Join us for yoga at Inter-Connections, Inc.

Yoga is a physical, mental, and spiritual discipline that originated in India many years ago. There are many forms of yoga, but at Inter-Connections, Inc. we don't just focus on a specific type.

We do a lot of work with breathing. This helps us relax

and calm our minds (a great thing for people with anxiety). We also work on movement—no matter how limited our mobility, we are learning to listen to our own bodies. For those who have been through DBT, yoga is a great way to practice mindfulness, since staying “in the moment” is very important in yoga.

If you are interested in learning more about yoga, join us on Thursdays from 1:30-2:30 at Inter-Connections, Inc. 110 W. Maumee St. in downtown

Adrian. Our groups are open to all adult mental health consumers.

For more information, call 517-265-9588.



## SCHIZOPHRENIA ANONYMOUS

I would like to remind everyone about the Schizophrenia Anonymous group here at Inter-Connections, Inc. This is a support group for anyone living with schizophrenia or a related disorder. If you are looking for a safe place to discuss living with schizophrenia, this group could

be just the right thing for you.

Members discuss challenges as well as celebrate victories. They can brainstorm ideas, build skills, and grow in their recovery. The group is held Mondays at 2:00 at Inter-Connections, Inc. We are located at 110 W. Maumee St. in

downtown Adrian. Anyone interested in learning more about living with their condition is invited and encouraged to attend. New members are always welcome. For more information, stop in or call 517-265-9588.

*John—Member, Interconnections*



## SUICIDE PREVENTION DURING THE HOLIDAYS

The idea that suicides occur more frequently during the holiday season is a long perpetuated myth. In fact the CDC National Center for Health Statistics reports that the suicide rate is, in fact the lowest in December. The rate peaks in the spring and fall.

Suicide remains a major public health problem—it is the 10th leading cause of death for all Americans. Each year more than 36,000 people take their own lives, and a further 374,000 are treated in emergency rooms for self-inflicted injuries.

Some triggers during the holiday season can be:

- ◆ Loneliness, separation from family members
- ◆ Bad memories—past painful events may have happened during the holiday season
- ◆ Tragic event—a recent tragedy may trigger suicidal thoughts

You can help if you are concerned about a friend or family member:

- ◆ Reach out to them to talk, sometimes just listening to concerns is helpful. Feelings of worthlessness and hopelessness can be

removed by your presence.

### Facts:

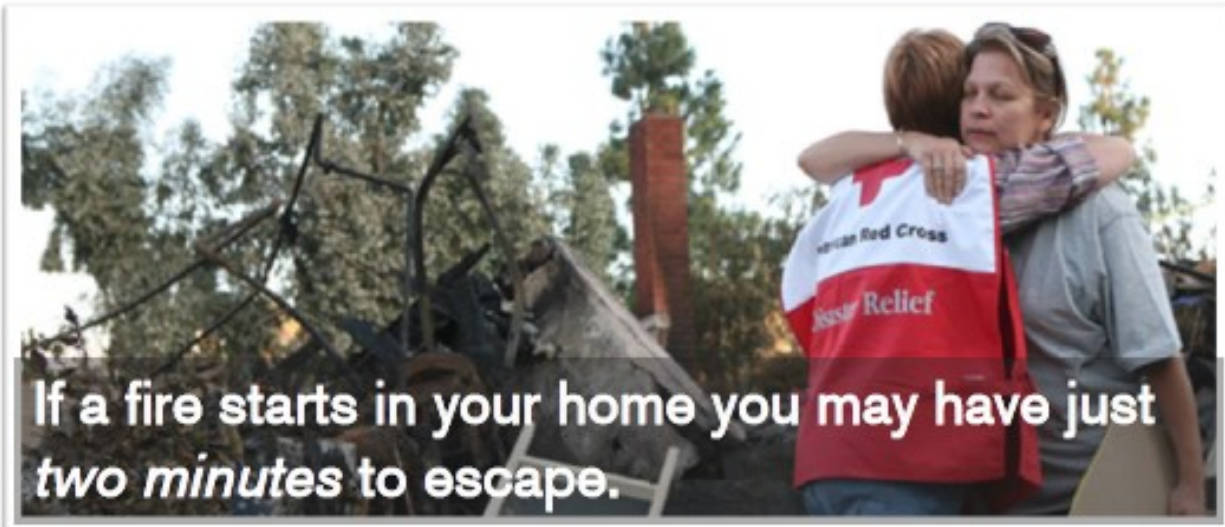
- \* Most suicidal people are undecided about living or dying. They may gamble with death, leaving it to others to rescue them. Frequently they call for help before and after a suicide attempt

- \* Nearly 80% of those who attempt or complete suicide give some warning of their intentions. When someone talks about suicide, they may be giving a warning that should not be ignored.

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>™</sup>  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

<http://www.cdc.gov/ViolencePrevention/suicide/holiday.html>





If a fire starts in your home you may have just *two minutes* to escape.

# Smoke Alarms Save Lives

## Get them **FREE** now

The American Red Cross is conducting free smoke alarm installations and inspections.

Don't have alarms or have alarms that **don't work**?

Have alarms over **ten years old**?

Don't have an alarm on **every floor** of your home?

You may not have enough warning to escape your home safely.

Contact us to sign up for a 20 minute home visit.

Washtenaw, Lenawee, & Monroe residents – (734) 971-5300 ext. 229

Wayne, Oakland, Macomb, & St. Clair residents – (313) 494-3432

Not from Southeast Michigan? Call 1-800-RED-CROSS



**American Red Cross**  
Michigan Region

## LOOKING FOR MORE INFORMATION ABOUT THE MiABLE PROGRAM?

*Achieving a Better Life Experience Program allows certain people with disabilities to have special savings accounts for disability-related expenses without losing eligibility under SSI, Medicaid, and certain other public benefits*

*Lenawee Community Mental Health, Goodwill Industries and Lenawee Monroe United Way is pleased to offer this free informational session for families; guardians; and care givers of persons with disabilities*



*Achieving a Better Life Experience*

[www.Michigan.gov/miabile](http://www.Michigan.gov/miabile)

**The MiABLE presentation will cover the following topics:**

- ABLE Act history and features
- Who is eligible for an ABLE account?
- What can ABLE funds be used for?
- MiABLE features (tax implications and state specific features)
- How to open a MiABLE account.
- Q & A

**2 sessions**

**January 09, 2017 at 2:00 pm and 6:00 pm**

Human Services Building, River Raisin Room  
1040 S. Winter St. Adrian, MI 49221



For more information  
Contact Kay Ross at  
263-8905 or  
[kross@lcmha.org](mailto:kross@lcmha.org)



The Achieving a Better Life Experience (ABLE) program was created to encourage and assist individuals and families in saving funds for the purpose of supporting individuals with disabilities to maintain health, independence and quality of life; and to provide secure funding for qualified disability expenses on behalf of designated beneficiaries with disabilities that will supplement, but not supplant, benefits provided through private insurance, the Supplemental Security Income (SSI) program, the Medicaid program, the beneficiary's employment and other sources. The federal ABLE Act was signed into law in December 2014. The Michigan ABLE (MiABLE) was signed into law in October 2015. The Michigan Department of Treasury will administer the MiABLE program.

## MORE UPCOMING EVENTS

January 26th & 27th, 2017—*Motivational Interviewing Training with Dan Reed. River Raisin Room, Human Services Building, 1040 S. Winter Street, Adrian. No cost. To register go to: [www.lcmha.org](http://www.lcmha.org).*

February 21st—24th CCAR Training (Recovery Coach), Weber Center, on the Campus of the Adrian

*Dominican Sisters. Watch the LCMHA website for more information.*

Spring 2017—3rd Addiction Summit. Planning has started. If you or anyone you know is interested in helping to plan, or be on the committee, contact Kay Ross: [kross@lcmha.org](mailto:kross@lcmha.org) or 517.263.8905.

*The Lenawee Substance Abuse Prevention website and Facebook pages have been updated—please check those out.*

<http://www.drugpreventionlenawee.com/>  
<https://www.facebook.com/lenawee.isapc?fref=ts>

### LCMHA

**Consumer Action Committee is an Ad-Hoc Committee of the Board.**

**New members are needed.**

If you are receiving services from LCMHA and are interested in having a voice, and can attend monthly meetings, please contact Kay Ross, [kross@lcmha.org](mailto:kross@lcmha.org) or 517.263.8905.



# 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



Kevin Patterson, MI Case Manager received his 10 year serve award at the October Board Meeting from Board Chair—Scott Clites.

## LCMHA'S LONGEST SERVING EMPLOYEE



Many congratulations to **Sally Dickson**, who was awarded her **40** year service award at October's board meeting. Sally joined CMH as a co-op student from Hudson High School in October 1976 as a clerk typist back when the agency was housed in the Riverside Professional Building. She has been involved in all updates and revisions of the billing and claims modules of the Electronic Medical Record. She has been a Reimbursement Officer, and most recently the Fiscal Team Leader, supervising our billing and claims department. Sally is also the agency purchasing agent. Congratulations Sally!



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

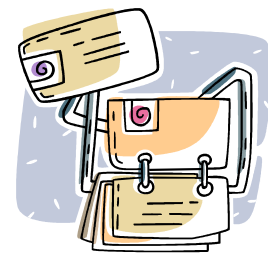
If you **do not** wish to have future newsletters mailed to your home, please notify: Customer Service at 1-800-664-5005

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

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



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