



l e n a w e e  
**Community  
Mental Health**  
a u t h o r i t y

# GRAPPEVINE

## Conversation With A Consumer

- by Kay Ross

Joseph Robertson's grin is infectious. You see it when he talks about his family. Joe has three brothers and three sisters, and he has three nieces and one nephew. His siblings live in Ohio and in Grand Rapids, but his parents live nearby in Adrian.



Joe likes to work. He has held jobs at Adrian College and at

the Ranch (now known as the American Road House.) Currently, Joe works at Goodwill. His job duties include assembling helmets and other sports equipment such as knee pads and shoulder pads. His supervisor, Rachel, says he is "a good employee who stays on task, is very diligent, very dependable, and makes sure he gets the job done right!"

Some of Joe's free time is spent at the Hope Center. He says he likes to go there and play basketball. He enjoys dancing, and his eyes light up when he talks about the dances and Spring Banquets he has attended there. He also enjoys shopping and looking at all the things in the stores at Christmas time.

Joe is looking forward to a family vacation this winter. His whole family will be going to Florida. It will be the first time Joe has ever flown, and he says he is looking forward to it. Joe told us about this trip in one of his speeches for the Speechcrafters class.

Joe graduated recently from the first LCMHA Pre-Speechcraft class and has moved on to the Intermediate group. So far, he has written and presented two speeches and would like to go out into the community to give his speeches. He is a member of our LCMHA Speaker's Bureau and hopes that one day you, the reader, will be able to hear him speak. ■

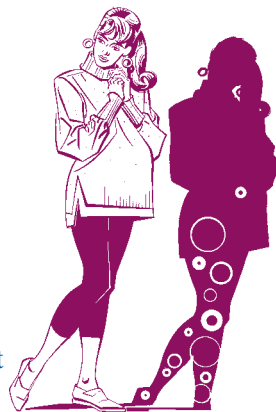
## Understanding FAS

Did you know that part of the disability common in Fetal Alcohol

Syndrome (FAS), is difficulty retrieving information? A child with FAS may learn something today, seemingly not know it tomorrow, and then startle us with the knowledge three days later. The knowledge is there, but consistently retrieving it is a major problem.

This difficulty is just one of the reasons for a great deal of the frustration in parenting and teaching children with this disability. Fortunately, the Lenawee Fetal Alcohol Syndrome Advisory Committee

has a wealth of information, supports, and trained presenters to help our children and also to help the people who care for, support, and teach them.



You may call Jackie Johnson at (517) 264 - 0135 or at (800) 664 - 5005 for information or resources, or to schedule a speaker. Ask about the newest training called "FAS:

What Teachers and Parents Need to Know." ■

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## A Word With The Director

There is much to be grateful for as 2003 closes and 2004 begins, at least in the world of mental health services. As of this writing, we have been spared any major cuts to our budget, due largely to the legislature's bipartisan agreement which "allows us to minimize cuts to education and the social safety net . . . a victory for the families of this state who depend on the essential services that are preserved within this deal." So stated Governor Granholm in a recent interview.

The Governor's appreciation for the importance of mental health services is also reflected in the appointment of the long awaited Michigan Mental Health Commission. Although we were disappointed that our own nominee, Kathy Reynolds of WCHO was not selected, there are many familiar names on this commission. Please see the related article about the mission and charge of this group in this issue of the Grapevine.

The goal of "parity" for mental health services remains elusive, but we believe these are steps in the right direction. They reflect an ever growing recognition that health services and mental health services are not only essential, but that they are inextricably connected. Our community has recognized this phenomenon for many years, and we are grateful for all the

support our community partners have given us over the past 30 plus years.



Executive Director  
Roger Myers

We are currently developing our annual report, which will list our accomplishments for the past year, and our strategic plan which charts our course for 2004 - 2005. If you would like a copy of either or both, please contact Customer Services at (800) 664-5005. ■

## Provider Profile

Family Services and Children's Aid is in the spotlight this issue. Family Services and Children's Aid offers substance abuse services for all ages, employee assistance programs, and family and individual counseling.

At the Lenawee County site, many of the resources are dedicated to substance abuse intervention. Family Services and Children's Aid is designated by the Michigan Mid-South Substance Abuse Commission to assess and refer persons for the most appropriate substance abuse treatment.

Lenawee Community Mental Health Authority contracts with Family Services and Children's Aid to provide outpatient therapy for children and adults. We also refer to this agency when people ask

## MACMHB News



The Michigan Association of Community Mental Health Boards is searching for candidates for the 5th Annual Michigan Youth Leadership Forum which takes place at Michigan State University on June 13 - 17. MYLF is looking for high school students with disabilities who will be juniors and seniors in

the 2004 - 2005 school year to apply. Deadline for applications is January 31, 2004. Approximately 30 students will be selected. There is no cost for participants. For more information, call Barbara Barton at (877) 499 - 6232 or email her at bartonb2@michigan.gov. ■

## Mental Health Drugs Protected

Although nearly every state requires Medicaid providers to receive prior authorization for the prescribing of certain drugs, many states have exempted all or some classes of psychiatric medications from the rules. A survey released recently from the Judge David L. Bazelon Center for Mental Health Law found that antipsychotics and anticonvulsants are the psychiatric drug classes most frequently exempted from Medicaid prior-authorization requirements.

While all states have adopted policies to restrict outpatient access to pharmaceuticals under Medicaid, most have also enacted at least some protections from these restrictions for mental health drugs, the survey found.

NOTE: Michigan does require prior authorization for most psychotropic medications provided to Medicaid recipients. ■

- excerpts from *Mental Health Weekly*, Vol. 13, No. 41

## Governor Granholm Establishes Mental Health Commission

Governor Jennifer M. Granholm announced on December 15, 2003 that she has appointed the state's first commission designed to recommend sweeping changes in both the delivery of service and effectiveness of Michigan's mental health network.

The Michigan Mental Health Commission, a temporary body appointed by executive order, will meet in 2004 to re-evaluate the state's publicly-funded mental health system with the ultimate goal of using its recommendations to transform Michigan's mental health system into a national model. The commission will be comprised of mental health consumers, advocates, providers, representatives from law enforcement and the courts, policymakers, and the public.

"Michigan's publicly supported mental health system must be committed to providing adequate and appropriate care

to citizens who need our assistance," Granholm said. "Over the last 50 years, mental health has radically changed from a system organized around large, state-operated institutions to one that is now community-based. I expect that the commission's recommendations will be fiscally balanced, pragmatic, and build consensus among mental health professionals, policymakers, families, and consumers."

Granholm said Michigan's public health system must:

- provide adequate and appropriate mental health care for adults and children with serious mental illness or emotional disturbances;
- involve consumers and families in the decision-making process;
- ensure timely access to care;
- foster quality and excellence in service delivery;
- provide service in an

effective and fiscally accountable manner.

"Our system of mental health services is at a critical crossroads," said Janet D. Olszewski, Director of the Michigan Department of Community Health, who will serve as a non-voting member of the commission. "The diverse makeup of the Michigan Mental Health Commission ensures that input from all interested parties will be heard as we address the challenges facing mental health services."

*Donna Orrin, of Washtenaw Community Health Organization (WCHO - otherwise known as "the Hub" of our affiliation) was selected to serve on this commission. For a complete listing of commission members, go to [michigan.gov/Mental Health Commission](http://michigan.gov/Mental Health Commission), or call LCMHA Customer Services (800) 664 - 5005. ■*

*- excerpted from the [michigan.gov](http://michigan.gov) official website*

school social workers, and juvenile court.

If riding a minibike would motivate your child to do just about anything, call the YMCA at (517) 263 - 2151 or Jackie Johnson at (517) 264 - 0135 for more information. ■

## Pre-Speechcraft Graduation

On December 3, 2003 our Second Pre-Speechcraft class graduated! Our proud graduates include: Joseph Russ, Latoya Hollowell, Mary Jane Simrau, Chuck Heaton, and Lisette Miller.

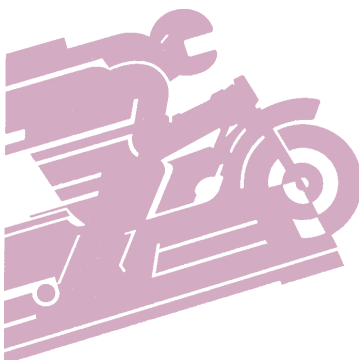


The graduates gave speeches to the many friends and family attending the ceremony. Past graduates also gave speeches to show the newly graduated what they can look forward to as they progress in their speaking abilities.

After the ceremony, we all had dinner of lasagna, rolls, and ice cream cake. Special thanks to Kathy Illenden and Dana Phillips for contributing to make the Pre-Speechcraft program a success. Also, thank you to Becky Vaughn who helped make lasagna for the graduation party! ■

## NYPUM Starts Soon!

The next NYPUM class is scheduled to start in March. This program is designed to help kids ages 9 - 15 succeed at home and at school. Kids earn time riding minibikes based on their success on goals agreed upon by parents, child, and instructor. Safety, care, and riding skills



are taught by a certified instructor. Referrals are recruited from LCMHA,

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**Customer Service**  
**1-800-664-5005**

# Sharing Hope Conference Highlights

**E**arl Barnes was the recipient of the Second Annual Lenawee Sharing Hope Award at this year's November Conference. You may remember that Earl's many accomplishments were featured in the last issue of the Grapevine.



Jim Thompson, LCMHA Information Services Technician, was one of three keynote speakers at the Sharing Hope Conference. Jim shared his story of going from a successful career as a computer programmer, to his subsequent mental health problems, his experiences as a consumer of services, and the surprising paths he has taken on the "road to recovery."



Both Jim and Earl gave powerful and exciting speeches. Lenawee can be very proud of its Speechcraft graduates! The conference was a wonderful success, and the speeches and workshops provided by our staff and consumers were among the highlights. ■

# Collaboration Corner

## DO YOU NEED A CAR TO GET TO WORK?

**L**ack of reliable transportation is often a major barrier for individuals as they strive to become economically self-sufficient. The Workers On Wheels program is a joint venture between Goodwill Industries of Southeastern Michigan and its community partners that is designed to provide reliable transportation to individuals who have demonstrated the initiative to complete job-training opportunities leading to employment.

- Community Action Agency
- Family Counseling and Children's Services
- Family Independence Agency
- Goodwill Industries of Southeastern Michigan, Inc.
- Greg Bell Chevrolet Oldsmobile Cadillac
- Jackson Community College
- Lenawee Community Mental Health Authority
- Lenawee Transportation Authority
- Michigan Dept. of Career Development / Rehabilitation Services
- Michigan Works! Lenawee Service Center

### COMMUNITY PARTNERS

- Adrian Dodge Chrysler Plymouth Jeep
- Clift Buick Pontiac GMC

Between March (when the program began) and December

of 2003, Workers On Wheels successfully matched 18 donated vehicles with individuals or families. Most recipients are persons who are (re)-entering the job market, often after being unemployed for many years.

If you or someone you know would like an application, they are available from supports coordinators, case managers, or from Community Action Agency, Michigan Works!, Goodwill Industries, Michigan Department of Career Development, Family Independence Agency, or LCMHA.

If you would like to donate a car (and get a sizable tax deduction!), contact Goodwill Industries, (517) 263 - 2135. ■

# Step Right Up!

## FABULOUS FITNESS COMING TO LCMHA!



**H**ave you ever wanted to look and feel better? Overwhelmed at how to reach your healthy living goals? We have the answer for you!

An exciting and new way to be healthy and fit is happening at LCMHA! The Fabulous Fitness group is getting underway and will be meeting for 10 weeks starting February 13, from 1 to 2 pm in the Human Services Building. Any interested LCMHA consumers and employees are welcome to join.

Over the course of 10 weeks, members will learn how to develop healthy living choices,

especially in the areas of eating and fitness. Some of the topics to be explored will include Fast but Healthy Food, Delicious and Delightful Desserts, Healthy Shopping on a Budget, and Walk Your Way to Fitness. Speakers, prizes, and games will help make these gatherings fun! Various walking routes will be mapped out for you to follow as well as tools to help you plan healthy menus and food choices.

Questions?? Please call Kathy Tripp (517) 264 - 0170 or Kay Ross (517) 264 - 0128. You may also contact Kay to sign up. ■

# Congratulations, Michelle!

**M**ichelle Gubbe, LCMHA Medical Records Supervisor, was the winner of the drawing for

contributors to the 2003 United Way campaign. Once again LCMHA

employees surpassed our goal, increasing our pledges by 9%. ■

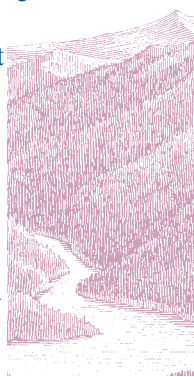


# What Is Prevention?

**AND WHY ARE KAY, JACKIE, SHARON, KATHY AND GRATIA HAVING SO MUCH FUN AT WORK?**

- by Gratia Karmes, ACSW

**T**here is an old story that goes: A kindhearted person walking by the river noticed someone floundering in the water. Being kindhearted, she reached in and pulled them out. Soon after, someone else came floating by, and then another, and another. The kindhearted gal worked mighty hard, but she couldn't keep up with the oncoming desperate people. Even though she is eventually joined by many other kindhearted people who also begin pulling people out of the water, they are overwhelmed.



Finally someone said, "Let's send someone up the river, and see what's going on . . . are they jumping? Being pushed? Just falling in? Let's go see if we can keep them out of the river in the first place."

And that, in a nutshell, is prevention.

There really is a river of despair. We at LCMHA are very good at helping people out of that river. However, we are very much aware that our best efforts in this regard may sometimes fall short.

The Community Outreach/Prevention Services Unit was created specifically to direct

some resources toward prevention and early intervention. This unit is a big part of the scouting party sent periodically up that river, to see if we can keep them on dry land, so to speak. It is a pretty complex effort, which involves: (and here I am going to stretch the metaphor unmercifully . . . )

**Community Outreach:** At the very least, we want people to know, if they do find themselves in the river of despair, there is a dock over here at LCMHA. We are the ones who keep that dock well-lit and identified.

**Targeted Services:** We know that some people are more likely than others to fall into the river. The technical term is "At-Risk" . . . so we work with pregnant teen moms, youth who are failing in schools, people who are anxious or depressed, to help them develop skills, you could say, to learn to swim.

**Community Benefit:** Sad to say, some of the folks in the river are not, well, eligible for landing at our dock. That is just the way it is. The folks who built our dock did so for a very specific population. Our unit is involved in making sure, at the very least, people are directed to OTHER docks, or maybe helped to support each other, or given some other types of help as they float by. Often we may be

involved in helping the community create services and programs that will be of help to those we cannot serve.

**Customer Service:** For those who are eligible for our services there are a great many rules and regulations protecting their rights. Our unit is part of the system that sees to it those rights are honored.

**Collaboration:** We aren't the only ones with big hearts. Lots of other human service people are on their own docks, pulling their own clientele to safety whenever they can. Our unit strives to build the network between all these helpers, so they aren't getting in each other's way, and are more effective.

**Education:** We are the ones putting up the warning signs, "Watch out . . . there's a river of despair over here!!" Only, the signs actually say things like, "When you drink, your baby drinks too." Or "These are the indicators of childhood depression." Or "Please prevent child head injuries by buckling your child into the car seat correctly."

**Needs Assessment:** You could say that we are the ones conveying the message, "Hey, this river needs a fence by it." Not just because we say so, but because the community has made it known that this is a need.

## Quality Improvement:

Obviously, there are newer and presumably better ways of rescuing people being developed all the time. We are responsible for finding out about these resources, and also for fixing whatever is broken in the current system.

**Strategic Planning:** Maybe a "brigade" approach is called for. Maybe a lifeboat, maybe those little floaty rings . . . we are responsible for bringing together those who might have ideas about how to go about this rescuing business, and getting ideas implemented where possible. Most importantly, we are responsible (picture us asking people as they float along, "what would you like to have happen next?") for getting the input of those in need.

And here we see the biggest pitfall of this allegory. The "victim/rescuer" model is SO "over". What we now know is that "them is us". We are all in that river of despair at various times, and to various degrees. We all have times when we need help, and when we have help to offer. Our Customer Service Unit is very much a part of the whole Anti-stigma campaign. People can and do climb out of that river, and when they do, they are the best, most effective ones to help others.

And yes, we do have a ton of fun making that possible! ■

What do we live for,  
if not to make the  
world less difficult for  
each other?

- George Eliot

## Foundation Seeks To Help The Disabled

According to its official website, [www.jimmullen.com](http://www.jimmullen.com), the Jim Mullen Foundation is a 501 (c)(3) charitable foundation which seeks to enable the world. The foundation makes computer technology available to the disabled and disadvantaged so they can overcome barriers and reach their full potential.

The foundation disseminates information; enables corporations and individuals to support its activities as sponsors, donors, and contributors; and, encourages innovative approaches to increase independence and access to the economic life of the community for the 54 million disabled Americans.

Programs and Projects include:

- JMF Computer Give-A-Way Program
- JMF Community Computer Centers
- JMF Motivational Speaking Engagements
- JMF Celebrity Gold Invitational

Speaking at the New Freedom Awards Project press conference in Chicago in October of 2002, Mayor Richard M. Daley said: "There are other foundations out there, but the Jim Mullen Foundation is really doing things to help people with disabilities." ■

## Tips From The Rights Office

**D**id you know . . . ? That when an Office of Recipients Rights investigation is completed, a summary report of that investigation goes out to the following people:

- The person who made the complaint
- The recipient
- The recipient's guardian (if applicable)
- The parent or legal guardian if the recipient is a minor.

**Also, Did you know . . . ?**

That when there is a suspicion of abuse or neglect, the LCMHA Policy on Abuse and Neglect notes that the Supports Coordinator, Client Services Manager or Supervisor assures that the "empowered guardian" has been notified if applicable.

So, if you are a Supports Coordinator, Case Manager, or Supervisor, when you receive a call from a Rights Officer that an investigation has been opened, it is important that the guardian be informed (if there is one) that an investigation has been opened for the recipient.

Of course, the Rights Officer will discuss with you how best to inform the guardian of the allegation without affecting the integrity of the investigative process.

Doing this will prevent guardians from being unpleasantly surprised when they receive a summary report about the outcome of an ORR investigation. If you have any questions about this tip, feel free to call our office at (517) 263 - 8905.

Thanks!

Sandy Geyer, ORR

### checking our email for . . .

#### "CONSUMER AFFAIR NEWS"

**From:** info@mentalhealth.org  
**Sent:** Tuesday, November 04, 2003 4:07 PM  
**To:** consumer affairs-e-news  
**Subject:** CMHS Consumer Affairs E-News: Web Site Launched on Stigma & Discrimination

A new Web site has been launched to serve as a centralized resource in collecting and providing information for addressing discrimination and stigma associated with mental illnesses.

The recent President's New Freedom Commission Report, "Achieving the Promise: Transforming Mental Health Care in America", identifies stigma as a pervasive barrier to understanding mental illnesses and the importance of mental health. It points out the need to reduce stigma

by increasing public understanding about mental health and mental illnesses with multifaceted approaches, such as public education activities, factual information, dialogues, and interpersonal contact with people with mental illnesses. The new Web site serves as a comprehensive resource of useful information to address this need.

The Web site, [www.adscenter.org](http://www.adscenter.org), offers a wealth of useful information related to stigma and discrimination. Descriptions

of innovative international, national and local anti-stigma/antidiscrimination initiatives and programs can assist people to build understanding and knowledge related to people with mental illnesses. Also, this information can be used to identify and implement specific activities to counter discrimination and stigma in communities, schools, and workplaces. Information on resources such as articles, fact sheets, brochures, books, data bases, and research are provided on issue areas such as employment, housing, healthcare, the media and many more. Numerous resource organizations are listed to help landlords, employers, insurers, healthcare providers, educators, and others better understand mental illnesses and the people who have them. ■

## Munchin' With Santa At The Clubhouse

- by Kay Ross

It was a special holiday treat in December when I had the opportunity to take my two grandsons, Austin and Ben, to the New Focus Clubhouse "Munchin' With Santa" event. What a wonderful time they had! Both had their picture taken with Santa. In



fact, Ben who is 2 1/2, went right up to Santa and sat on his lap asking for toys, even before I could get his coat off! Breakfast was served and we had French toast stix and scrambled eggs. I hope New Focus continues to have special events to reach out in the community. ■

## Staff Spotlight

- by Kay Ross

Deb Beagle has lived all of her life in the Lenawee area and presently resides in Blissfield with her husband of 36 years, Richard. She has two grown children; a daughter Vicki, who teaches high school; and a son Curtis, who is a financial advisor. She also has a golden retriever named Casey.



one year ago. She is a Supports Coordinator in our MI department. Before coming to us, she worked at Catholic Social Services in Adrian.

When I asked Deb what she liked best about working at LCMHA, she stated "I like being with the people." She says she enjoys serving our clientele and you can tell by the smile on her face. But the frown comes out when I ask her what she likes the least. She replies "The paperwork, . . . I would like to spend all my time working one on one."

One thing that sticks out most in her mind during her year at LCMHA would be the friends she has made here. She says they are very supportive and this means a lot to her. Of course, it works both ways. We at LCMHA are lucky to have Deb Beagle working with us! ■

Deb enjoys spending time with her family, especially when her four siblings and their whole families all go together to Alabama and rent condos during spring break. What a family vacation that must be! She says the guys go fishing and the women relax and shop - great ways to unwind and be with those you love!

Deb is fairly new here. She began working at LCMHA just

## Survey

According to the 2002 National Survey of Substance Abuse Treatment Services by SAMHSA's Office of Applied Studies, nearly half of the more than 1.1 million people receiving treatment for addiction were in treatment for both drug and alcohol abuse.

The purpose of the survey is to collect data on where services are offered, what types of services are available, and to what extent alcohol and drug treatment facilities and services are used. The survey covers all 50 states, the District of Columbia, and other U.S. jurisdictions.

The report and other helpful information can be downloaded from the SAMHSA Web site at [www.drugabusestatistics.samhsa.gov](http://www.drugabusestatistics.samhsa.gov). ■

- excerpts from SAMHSA News, Volume XI, No. 4

## Anti Stigma Project

The Anti-Stigma campaign still runs strong at LCMHA. The Speechcraft class is an 8 week, intensive course that prepares individuals to speak in public about their mental illness and recovery. Participants learn how to give a 3 - 5 minute speech, to introduce a speaker, and to evaluate other speakers in a constructive manner.



The Pre-Speechcraft class is a 4 week course that works on one speech, enhancing it each week. We also have an intermediate

group meeting now that works continuously on their speeches.

The current Speechcraft class has been working hard on their speeches. They will be graduating at the end of January. Watch for their pictures in the next issue of the Grapevine. ■

## Recovery Panel

On December 2, 2003 the LCMHA Recovery Panel, consisting of Kathy, Jessica, Bob and Kay, went to Hudson High School at the invitation of Hudson Psychology teacher, Scott Reinke. Mr. Reinke also invited the Addison High School psychology class to participate.

The panel felt the presentation went well and we had many good comments from the students. We hope to be able to go into other high schools in the area to talk about the recovery process and to help reduce stigma. If you know of a group that could benefit from listening to the Recovery Panel or you would like to be a member of the Anti Stigma Speaker's Bureau, please contact Kay, Kathy, or Jackie at (517) 263 - 8905. ■

## Take Note

**L**CMHA Supports Coordinators take note! Pre-Speechcraft Class is starting February 3. If you know of someone who would like to participate in this group, please contact Kay Ross or Kathy Illenden. Pre-Speechcraft is intended for persons with mental illness or Developmental Disability who would like to improve their public speaking abilities, but feel they are not yet ready for Speechcrafters. Participants work on one speech throughout the four-week course. ■

## LCMHA Staff Christmas Project

**T**his year staff chose to work with the Adrian Senior Center for our Christmas project. We were asked to make up packages of 4 plates, 4 cups, and 4 napkins in Ziploc bags so that the homebound seniors would have nice tableware for their Christmas dinner. Along with the purchase of these items, we had extra money that we gave to the Center. They were able to purchase Chex Mix and Baggies to send along with the tableware. Volunteers made quick craft projects that included candy canes for each homebound senior.



We received a wonderful thank you letter from Libby Zilke, Director of the Senior Center

who states that she has received thank you notes from some of the recipients of our gifts. Lenawee Community Mental Health Authority employees continue to be a very giving group of people, which makes this a great place to work. ■



*Everyone outdid themselves again this year for our Staff Christmas Potluck. We had lots of food, good conversation, and fun sharing our "Secret Santa" gifts.*



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