



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

GRAPHEVINE

Privacy Practices

As part of the Community Mental Health Partnership of Southeast Michigan (CMHPSM) affiliation, Lenawee Community Mental Health Authority would like to take this opportunity to inform you that the affiliation has a new Privacy Practices Policy and Affiliation Privacy Notice. As part of HIPAA we are required to inform you of any changes to our privacy practices and make copies of the new privacy practices notice available to you if you desire.

Our privacy practices have not changed, but minor changes to the notices reflect the use of CMHPSM, instead of LCMHA, and also contain clarification regarding authorization for payment of substance abuse treatment. If you would like a copy of our new privacy notice, please ask for one the next time you visit the agency, or call LCMHA Customer Service at (517) 263 - 8905. ■

2007 Lori Sallows Anti Stigma Award Winner

- Kay Ross

Congratulations to Diane Ballingall, who was chosen as this year's 2007 Lori Sallows Anti Stigma Award winner. The surprise came on May 11 at the LCMHA Mental Health Celebration. Diane was preparing to present the award to another person, when SURPRISE, her name was called. Deservedly so.

The person(s) who nominated Diane stated: "Diane has lived her life as an advocate, but in the last year she has made huge contributions that have had a positive impact on our county. Last summer, she spearheaded the renewal of NAMI (National Alliance on Mental Illness) of Lenawee. This is a local chapter of a national organization that is committed to advocating and supporting people living with a mental illness, and their family and friends.

In October of 2006, Diane was instrumental in the organization of a 'Meet the Candidates' forum . . . In November of 2006, she addressed the issue of adolescent mental health in our community by inviting

the Honorable Margaret Noe to speak at a community forum. Judge Noe's topic was "Hope and Help for Youth and Adolescents". Diane was the opening speaker at this event



and shared about her own experiences as a young person experiencing mental illness." Diane also serves on a



number of Boards in our area, including Chairperson of the LCMHA Consumer Advisory Committee, New Focus Clubhouse Advisory Board Chairperson, NAMI president, Suicide Prevention Work Group member, as well as many other boards and councils.

This year's nominees for the Lori Sallows Anti Stigma Award were all very deserving. All are winners in the fight against Stigma.

Congratulations, Diane! No one sets a better example of all that an advocate for persons with disabilities can do! We can't wait to see what you do in the coming year! ■

*H*as your address changed recently?
Please notify your LCMHA Supports Coordinator at
()

Worthy Web Sites

**A SAMPLING OF PLACES TO
FIND HELPFUL INFORMATION**



■ www.ewashtenaw.org/government/departments/cmhpsm

The Community Mental Health Partnership of SE Michigan home page. (Affiliation with Lenawee, Monroe, Livingston, and Washtenaw counties.)

■ lcmha.org

Lenawee Community Mental Health Authority website for services and resources, upcoming events, past newsletters, recipient rights, and more.

■ Lenawee.mi.us

Links to Lenawee County government departments, the County Commission, and much more.

■ Ulifeline.org

Online resource center for college students mental health and emotional wellbeing.

■ Activemindsoncampus.org

Active minds is the nation's only peer-to-peer organization dedicated to the mental health of college students. The organization serves as the young adult voice in mental health advocacy on more than fifty college campuses nationwide.

■ Grammar.qdnow.com

Grammar Girl provides a web site for grammar rules, punctuation, spelling with links for puzzles and more.

The Art of Recovery

ART SHOW

- Kay Ross

The Michigan Association of Community Mental Health Boards (MACMHB) recently organized a two-year, statewide traveling art show featuring the work of artists who use Community Mental Health services. The goals of this traveling show are 1) to help de-stigmatize mental illness, developmental disabilities, and addictions by showcasing the multi-dimensionality of consumers, and 2) to highlight the recovery potential of the arts.

Each PIHP (Prepaid Inpatient Health Plan) was asked to submit two works of art: 2-dimensional only (painting, drawing, print-making, fabric, photography). The Art of Recovery Show featured work of consumers from Lenawee, Monroe, Livingston, and Washtenaw counties. It was held at St. Luke Lutheran Church in Ann Arbor on May 16, 2007.

Lenawee had many entries in quite a few different media. We had cross stitch wolves, scenic paintings, portraits, cartoon characters and more. Lenawee's Pat Baier-Hays was very excited to hear that her

"Snowbirds" painting will be part of the traveling show.

Pat lives with her husband and four-year-old son in Adrian.



She has been receiving services at LCMHA since 2003. Her interests include painting, jewelry making, batik (dying materials), reading, and being outdoors when it's nice. She also likes to make "chocolate". I told her I would be happy to eat what she makes if she needs a taste tester!

Pat states she would like to get out more and has thoughts of volunteering to teach others about her arts and crafts. She says "winning this award has inspired me to keep painting". She admits to having gotten away from painting somewhat, but now feels re-energized. Congratulations, Pat!

The Art of Recovery traveling art show will debut in Traverse

City at the 2007 fall MACMHB conference. I hope everyone comes to see this show when it comes to our area. Watch for it sometime this next year.

A special thanks to all who submitted art for the show. Watch the LCMHA waiting room for pictures of these works of art. ■

NAMI Of Lenawee

Support groups for families of children and adolescents with mental illness are being formed by the NAMI (National Alliance on Mental Illness) group of Lenawee. NAMI is a grassroots alliance that formed when families like yours came together for support and that's where the needs originate and the membership grows from.

Help us grow so we can continue to respond to your needs and the needs of other persons impacted by mental illness through providing support, education, and advocacy for the community. Meeting dates, times, and locations to be announced. Contact Diane Ballingall at (517) 263 - 3577. ■

If you do not wish to have future newsletters mailed to your home, please notify:

**Customer Services
1-800-664-5005**

More Lenawee County Support Groups

Following are some recent additions and updates to Support Group Information published in the April-May-June edition of *The Grapevine*.

■ **Family & Caregivers of Children with Mental Illness** provided by NAMI of Lenawee. Second Tuesday of the Month, 6:30 - 8:00 p.m., First United Methodist Church, 1245 West Maple Ave., Adrian, Rooms 14 and 15 (use back entrance of building). Support group is free, and childcare is provided. For more information, call (517) 263 - 3577

■ **Collaborative Support Group for Mental Health Care Providers** (Social Workers, Clinicians,

Therapists, Case Workers, etc.) Coming in August - Facilitated by Susan Nichols, LMSW, ACSW, BCD. First Tuesday of the month, 5:30 - 6:30 p.m. First United Methodist Church, 1245 West Maple Ave., Adrian, Room 5. Group is free, and supported by NAMI of Lenawee. For more information, call Diane Ballingall (517) 263 - 3577 or John Berridge (517) 263 - 8905.

■ **Anorexia / Bulimia** Robin Shear, the Nutrition Nut, Registered Dietician, may be starting a support group for persons of all ages with anorexia or bulimia. For details, contact her at (517) 442 - 9707.

■ **Divorce Care** Elem3nt Church, Blissfield. A special, weekly seminar and support group for people who are separated or divorced. Call (517) 486 - 2187 to register.

■ **Autism / Asperger's** A support group for young adults (18 - 35) with Autism / Asperger's. Parents are encouraged to stay and chat with other parents. This group is a self-help support group, and as such is unfacilitated. Meets the 4th Saturday of the month, from 3:00 - 6:00 p.m. For more information, contact Connie Nesbary, MA, LPC, LLP at connie@nesbary.com or (248) 882 - 2263.

The availability of these groups is subject to change without notice. There may be a fee involved. To add or update the information about any support group, please call Customer Service at (517) 263 - 8905 with the details.



There was a wonderful response to the State Walk A Mile In My Shoes Rally on May 24, 2007 in Lansing. Lenawee County residents Jim Thompson and Mary Scheich co-emceed the event

WOW Fundraiser

Workers on Wheels is having a fundraiser at Garfield's restaurant on Tuesday, August 14, 2007 from 11:00 a.m. to 11:00 p.m. Garfield's will award a \$100 Garfield Gift Certificate to anyone who donates a car that day for the WOW program. A percent of the proceeds of the day will also be donated. Garfield's staff will be wearing T-shirts highlighting the WOW program and carrying play cars on their trays as the theme for the day. This is a way for the waitstaff to engage customers regarding the subject and promote the program.

The Workers on Wheels program continues to boast an average success rate of 93% of employment retention by participants. The goal of the program is to reduce the transportation barriers for people by providing a reliable means of transportation to work, childcare, medical appointments, and other life essentials for greater independence and self sufficiency.

Goodwill Industries is the primary operator of the program. Tax credits are available to those who donate vehicles. Currently nine people are on a waiting list for cars. Occasionally, an account set up by the Adrian Dominicans for revolving loans with TLC Community Credit Union is used to sell a vehicle. This also helps establish positive credit ratings for the purchasers. ■

knowledge
that another
has felt
as we have felt
and seen things
not much
otherwise than
we have
seen them
will continue
to the end to be
one of life's
choicest blessings

- Robert Louis Stevenson

Upcoming Changes

We have some comings and goings happening soon. We are very sorry to have to say good-bye to Dr. Tejero, who is leaving the agency in July and moving out of state. She has been a wonderful resource and support to our consumers and staff. We are really going to miss her! Thanks, Dr. Tejero for everything you've done for us.

We will be welcoming Dr. Murtaza Sayad in July, who will be replacing Dr. Tejero. He will be here four days a week to see consumers. We're looking forward to getting to know him!

A Tip FROM THE OFFICE OF RECIPIENT RIGHTS

Did you know . . . the Michigan Mental Health Code protects the confidentiality of a consumer's record? Along with HIPAA (a federal regulation), the Michigan Mental Health Code prohibits disclosure of information acquired in the course of providing mental health services.

A Release of Information (ROI) Authorization must be signed by a consumer or guardian in order to release information to an outside agency. An "ROI" must be very specific about what will be disclosed, to whom, and for

what purpose. It has to have an expiration date, and cannot be used if the expiration date has expired or if it is incomplete in any way. A consumer may revoke their ROI Authorization at any time, either verbally or in writing.

As always, if you have any questions about this topic or any other matter related to Recipient Rights, don't hesitate to call Recipient Rights Officer, Emily Rostash at (517) 263 - 8905. ■

Suicide Prevention

A work group and several subcommittees continue to meet several times each month to develop a suicide prevention plan for Lenawee County. Trainings and train the trainer sessions will be provided in the fall for "gatekeepers". Gatekeepers are those people who regularly come into contact with individuals or families in

distress. They are professionals and others who must be trained to recognize behavioral patterns and other factors that place individuals at risk for suicide, and be equipped with effective strategies to intervene before the behaviors and early signs of risk evolve further. Watch for more details coming in late August or September from LCMHA Customer Service, (517) 263-8905. ■



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1040 S. Winter Street
Suite 1022
Adrian, MI 49221

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June
2007

Dear Community Partners,

This issue of The Grapevine will serve the additional purpose of bringing you the 2006 Annual Report for the Lenawee Community Mental Health Authority. The LCMHA board has continued to provide

strong policy direction for staff as we administer programs and services for Lenawee County residents. The Board continues its focus on initiatives of inclusion, recovery and anti-stigma that lead to more meaningful lives for persons involved with its services. We look forward to continuing the many excellent community partnerships that are essential to our ability to offer quality services in Lenawee County.

We hope you find this report informational and meaningful. Comments about our services and operations are always welcome.

Regards,

Judy Ackley,
Board Chair

Roger Myers,
Executive Director

lcmha mission

statement

Our mission is to promote positive outcomes through quality mental health services.



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Located at the Lenawee County Human Services Building
1040 S. Winter Street, Suite 1022 ■ Adrian, Michigan 49221
(517) 263 - 8905 ■ www.lcmha.org

2006 annual report

we believe

in the importance of

- Ensuring that priority is given to individuals with the most severe forms of mental illness / emotional disturbance or developmental disabilities.
- Ensuring a comprehensive array of services.
- Being accountable to consumers, funding sources, regulatory bodies, and general citizenry.
- Being a prudent steward of our funds.
- Prevention, community education, and collaborative services.
- Conducting ourselves with integrity, respect, and in an ethical manner.

- from the LCMHA Strategic Plan

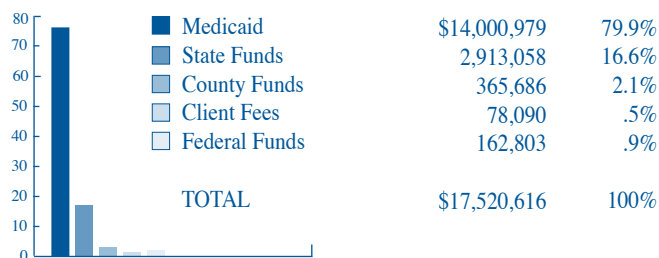
2007 current

board members

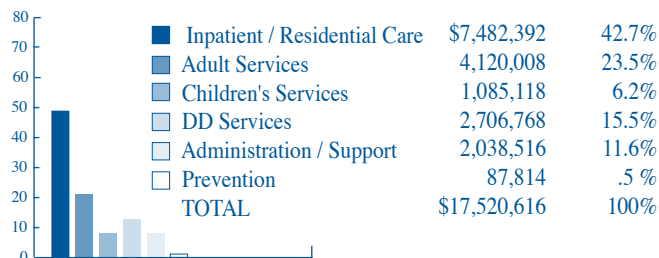
- Debra Bills, Secretary
- Richard Bailey
- Linda Feeney
- Howard Keller
- Grace Miley, Vice-Chair
- Emily Martinez
- Bob Wilson
- Judy Ackley, Board Chair
- Nate Smith
- Mark Jackson
- William Zimmerman
- Jim VanDoren

2005 - 2006 fiscal year

WHERE YOUR MONEY CAME FROM (LCMHA REVENUE):



HOW YOUR MONEY WAS USED (LCMHA EXPENDITURE):



Lenawee Community Mental Health Authority served 1,893 Lenawee County Consumers during fiscal year 2006.

Population/Program	Number Served
Adults with Mental Illness	1342 (70.89%)
Children with Mental Illness	299 (15.80%)
Persons with Developmental Disabilities	252 (13.31%)

points of pride

■ LCMHA appreciates and recognizes our outstanding staff. These dedicated individuals have continued to work diligently with and on behalf of consumers during a time of fiscal uncertainty. They have made personal economic sacrifice as part of some necessary budgetary adjustments.

■ LCMHA views its Consumer Advisory Council as a significant part of its success and a major point of pride.

■ The LCMHA board enjoys a continued excellent relationship with the Lenawee County Commission and appreciates its continued support.

■ LCMHA appreciates the outstanding collaboration of its community partners and service providers. It is this spirit of working together that makes Lenawee County so unique.

■ LCMHA values its continued participation as an affiliate partner in the Community Mental Health Partnership of Southeast Michigan.

noteworthy

highlights

- Participated in a number of health fairs and community events, including sponsoring an information booth at the Lenawee County Fair.

- Continued to provide disability sensitivity workshops, anti stigma presentations, and Speechcraft training for our consumers, staff and the Lenawee community.

- Offered support groups for persons with depression, persons with anxiety disorders, and persons with co-occurring disorders (mental health and substance abuse).

- Celebrated "Mental Health Month" with a variety of activities, including the "Walk A Mile in My Shoes" march to the Lenawee Courthouse. Staff member Jim Thompson was the keynote speaker at the State "Walk A Mile" rally held in Lansing.

- Hosted a Mental Health Month Celebration with keynote speaker Bev Cobain, culminating in the presentation of the fourth annual Lori Sallows Anti Stigma Award to Carol Wotring.

- Continued collaboration with the YMCA to provide NYPUM (National Youth Project Using Minibikes), recognized for its high quality of service and positive behavioral results.

- Hosted a two day Wraparound Conference for 150 community members at Adrian College.

- Partnered in the Affiliation's Fourth Annual Sharing Hope Conference.

- As the co-chair for Lenawee Safe Kids, Kay Ross and fellow staff members checked car seats throughout Lenawee County. 94% of seats checked are improperly installed.