

March Is Parenting Awareness Month



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

"Got a minute? Give it to your kid." What a great slogan! You've probably heard another good one, "Parents: the anti drug." Studies continue to show that kids who spend time with their parents are less likely to use tobacco, drugs, and alcohol, and fare better emotionally. Children who receive high levels of love and support from families at home, and out

in community activities, are well on their way to becoming healthy, confident, and productive adults.

Every day life is demanding and busy, but time invested in our children is time well spent; so this month, write family time right into your calendar. Ask your teen's advice on what you should wear to that school sporting event. Sit down to a

meal together as often

as possible, and thank your child when he or she does or says something nice or helpful. You might even want to make that thank-you more meaningful by putting it in writing and sending a thank you note. You ARE important in the life of your child . . . and by the way, you're doing a good job! ■



Welcome To Children's Medication Services

- by Kathy Tripp, RN, BSN

Parents hope for and want the best for their children. Raising children can be a pretty complex thing to do these days with lots of little detours and experiences along the growing up road! Sometimes a family needs a little extra help with certain medical and behavioral conditions. The medication clinic at LCMHA is here to be that extra lifeline when needed.

We are fortunate to have a variety of medications available in order to treat the symptoms of this disorder and hopefully to help a child have a more successful school and home life experience. We also see children with depression and bipolar disorder.

At the present time, more than 100 children are seen through the clinic by our two child psychiatrists, Dr. Moina Hassan and Dr. Aurif Abedi. Our nursing staff (myself, Martha Hardy, and Keith Gruel) are available to answer questions and to help provide medications and other services. Many different diagnoses are treated, but one of the more common ones seen is ADHD (attention deficit and hyperactivity disorder).

We desire to provide care to children and their families in the most helpful, family-centered manner possible. At times, when families have additional needs, we are able to refer them to our access department for evaluation for further services. If you have questions about the Children's Medication Clinic, please call Customer Service at (517) 263 - 8905. ■

Save The Date!

Annual Mental Health Month Celebration to be held Wednesday, May 11, from 9:30 a.m. to 1:00 p.m. features Ted Hanley of Galveston, Texas, founder of "The Jesse Tree". The Third Annual Lori Sallows Anti-Stigma Award Luncheon follows. *Please see related article and nomination form on Page 5.* ■

GRAPEVINE

Effective Parenting Includes:

- Showing children love, concern, and respect at all times.
- Giving children a safe place to live and play.
- Helping children express their feelings appropriately, and listening to what they say.
- Giving children appropriate choices whenever possible.
- Having reasonable rules that are understood by all.
- Being responsible and teaching children to be responsible.
- Spending time with children.
- Setting an example by what we say and do.
- Working with our schools and communities to make them better for children.
- Asking for help when we need it.

Parenting Awareness Michigan

P.O. Box 4458,
East Lansing, MI 48826

1-800-968-4968
www.preventionnetwork.org

Parent Help Line
Toll free, 24 hours
Statewide: 1-800-942-HELP

A Word With The Director

As this issue of the Grapevine goes to press, we are all watching with great interest to see what happens with the budget process for the coming year. I would call our current situation "hopeful" . . . but certainly not confident.



*Executive Director
Roger Myers*

The executive recommendations for FY2006 seem, at least at first glance, very favorable to the "safety net" services, including public mental health. There are no across the board General Fund or Medicaid rate cuts proposed at this time, for either

substance abuse or mental health services.

Of course, everything depends on what the legislature decides to do with these executive recommendations, and beyond that it all depends on the economy of Michigan. We are fortunate to be in a relatively positive position, fiscally speaking, at this time. However, there are always cuts threatened in the future, so we are not imagining that the crisis is over. We also know that Washington has its own concerns about Medicaid spending.

We have just completed our strategic planning process, with our Board and administrative staff. This was a very different process from other years, as we began with the plan which we developed with our Affiliation, the Community Mental Health

Partnership of Southeast Michigan. We have found that the process of shared governance seems to be working in this case. We are working to develop action steps and measurements on the six outcome areas we have developed.

As discussed in the last issue, we have agreed to focus more attention on the needs of children and young people. We are also moving forward with self determination and other efforts to increase "consumer autonomy". For more information on the LCMHA Strategic Plan, or any of our services and programs, please call our Customer Service representative at 1-800-664-5005. ■

*T*here can be no intimacy without conversation. To know and love a friend over the years you must have regular talks.

- Alan Loy McGinnis

Provider Profile

HIGHFIELDS, INC.

Highfields, Inc., a provider agency affiliated with LCMHA, has recognized the benefits of working with consumers in the context of their home for nearly 20 years. The benefits of home-based treatment include increased access and availability, a clearer reflection of the behaviors needing to be addressed, increased comfort for consumers, and the ability to promote a natural supportive system for each family member involved. As an organization, Highfields

provides a number of home-based services, each of which embrace strength-based and consumer driven approaches. These approaches have been a good fit for mental health systems that utilize Person Centered Planning and evidence based approaches.

A nonprofit agency serving children, youth, and families, Highfields has provided mental health home-based services for Lenawee County consumers since 1998. Among these are the Family Preservation and Infant Mental Health Program.

Because the services that Highfields provides occur in consumer's homes and not in an office, our work is not as visible as in office based organizations. This can be a public relations challenge in terms of letting people know that we have workers ready to serve Lenawee County consumers. All Highfields services are customized according to individual consumer needs. For more information, contact Jill Clark, MSW, CSW at (517) 783 - 4250 or email jlclark@highfields.org. ■

Multicultural Diversity Training - It Can Work!

- by Kathy Tripp, RN, BSN

Multiculture - cultural diversity - ethnicity - are words we hear tossed around a lot these days. Just what is all the hoopla about? Why is LCMHA interested in it? Let's explore.

First of all, the dictionary definition of culture is "shared beliefs and values of a group - the beliefs, customs, practices and social behavior of a particular nation or people." Cultures are, simply put, a collection of behaviors and customs unique to a group of people. This grouping can be as small as a family unit, but we more commonly think of it in bigger terms - a community or a nation, or parts of a nation. Cultures in and of themselves are not intrinsically good or bad, right or wrong - they are just the collection of what makes up that particular group of people.

Some of the elements of a culture include race, holidays and celebrations, governments and politics, gender roles, foods, and religious beliefs. Everyone brings to their exposure to other cultures, the experiences of their own lives and their own culture - we look through our own cultural glasses, so to speak.

Taming that age-old clash of

mixing cultures is at once both simple and complex. It is simple, in that everyone needs to respect the other's culture. This does not necessitate agreeing with everything in another's culture, but it does mean placing value on the ways of others, of what makes them unique. It is complex, in that humans have not done a very good job of this over the centuries, as

evidenced by the persecution of people groups and of wars!

How can we change this? Education and acceptance of other cultures is a key component of being respectful. Go to the library and find books and magazines to read about other areas of your country and the world. PBS and the Travel Channel offer many excellent programs which look at different countries and people. Websites may offer information as well. Want to have a friend of a different religious belief over, but aren't sure what to feed them? Check out www.faihandfood.com to learn about the dietary practices of many different religions.

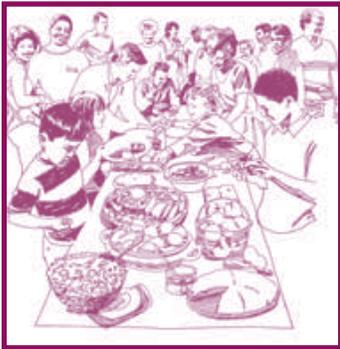
The staff at Lenawee Community Mental Health Authority have been involved in Multicultural Diversity

Training. We have been watching a video series called *The New Americans*, and have had the opportunity to talk about the process. It is not always comfortable, but it is a growing experience!

Why is this important? It is important because the acceptance of multicultural diversity helps to strengthen us as individuals and as a nation, which can be compared to a very colorful and tightly woven tapestry! It helps promote compassion and makes our social system stronger. Here at LCMHA, we want to be sure that no one feels uncomfortable when they come in our door. Participating in activities that heighten our sensitivity to cultural issues helps make us a stronger, more effective human service agency. ■

Compliance Officer Returns

Melinda Perez has returned to LCMHA after an extended medical leave. Melinda returns just in time to help us get ready for our next round of visits by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) auditors. She is also responsible for preparing for Department of Community Health audits and reviews, and for making sure we are following all rules and regulations related to Corporate Compliance and HIPPA. Welcome back, Melinda! ■



checking our email for . . .

"CONSUMER AFFAIR NEWS"

From: info@mentalhealth.org
Sent: Tuesday, January 04, 2005 8:41 AM
To: consumer affairs-e-news
Subject: SAMHSA Announces New Suicide Hotline

The U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) has announced the launch of the National Suicide Prevention Lifeline 1-800-273-TALK.

The national hotline is part of the National Suicide Prevention Initiative (NSPI) - a collaborative effort led

by SAMHSA that incorporates the best practices and research findings in suicide prevention and intervention with the goal of reducing the incidence of suicide nationwide.

In addition to the national hotline, a new website is being launched, www.suicidepreventionlifeline.org. ■

Lenawee County Support Groups

■ Abortion Support Group

CPC Pregnancy Counseling and Services, (517) 263 - 5701

■ ADD/ADHD Children

(for parents, grandparents and guardians) Monthly, 5:30 - 7:00 p.m. Madison Schools Media Center (library) /Fran (517) 263 - 0741

■ Alcoholics Anonymous

For meeting times and locations, call (517) 265 - 3590

■ Alzheimer Family and Caregiver Support Group

Second Monday, 2 - 4:00 p.m. Gerontology Network Kathy (517) 266 - 2588 Respite provided

■ Anxiety Support Group

Every Thursday, 1:00 - 2:30 p.m. LCMHA (517) 263 - 8905

■ Arthritis and Fibromyalgia Support Group

Last Monday, 5:30 p.m. Carter Rehab Center North (517) 423 - 7722

■ Autism Support Group

(parents) Third Wednesday 9:30 - 11:00 a.m. Porter Education Center, Room 190A Mary (517) 263 - 8905

■ Breast Cancer Survivors Support Group

Hickman Cancer Center Darcelle (517) 265 - 0292

■ Depression and Bipolar Support Alliance

Mondays, 1:30 - 2:30 p.m. New Focus Clubhouse Kathy (517) 263 - 3577

■ Cancer Support Group

Hickman Cancer Center (517) 263 - 2317 24/7 Information Line (800) ACS-2345

■ Cancer Survivor's Network

(online Internet Support Group) www.cancer.org

■ Cardiac Support Group

(patients) Fourth Monday 10:00 a.m. Bixby Medical Center 5th Floor Cardiac Rehab Ed Room (517) 265 - 0221

■ Cardiac Support Group

(family members) First Monday, 10:00 a.m. Bixby Medical Center 5th Floor Cardiac Rehab Ed Room (517) 265 - 0221

■ Depression Support Group

Every Thursday, 3:30 - 5 p.m. Human Services Building River Raisin Room Jackie (517) 263 - 8905

■ Families of Military Personnel Support Group

First & Third Thursday, 6:00 p.m. National Guard Armory (517) 265 - 7987

■ Fetal Alcohol Syndrome/ Effects Support Group

(parents) Third Tuesday, 6:30 p.m. Human Services Building, 2nd Floor Demo Kitchen LCMHA (517) 263 -8905 Call ahead for on-site childcare

■ Grandparents Raising Grandchildren

Thursdays, 5:30 - 8:00 p.m. at the Piotter Center. Childcare and dinner provided (517) 264 - 5280

■ Grief Support Seminars for Adults and Children

Contact Hospice of Lenawee (517) 263 - 2323

■ Growing Through Grief

First & Third Thursday, 7:00 p.m. Hospice of Lenawee (517) 263 - 2323

■ HIV and Recovery

Support Groups (Ann Arbor and Jackson area) For meeting times and locations, contact HARK, (800) 578 - 2300

■ Kids Club

(Children affected by domestic violence) Mondays, 6:00 - 8:00 p.m. Catherine Cobb Domestic Violence Shelter (517) 264 - 5733

■ NAMI (National Alliance for the Mentally Ill)

For information, (800) 331-4264

■ Overeaters Anonymous

Every Monday, 12 - 1:00 p.m. Every Thursday, 7 - 8:00 p.m. Bixby Medical Center Old Board Room Carol (517) 263 - 8047

■ Parents Helping Parents

First Saturday, 10:00 a.m. Salvation Army Childcare provided Sheri (517) 264 - 5922

■ Parents of Persons with Special Needs

Mondays, 9:30 - 11:00 a.m. Porter Education Center, Room 200 Dena (517) 263 - 8930

■ Parents Supporting Parents

(loss of a child through death) Second Tuesday, 7:00 p.m. Hospice of Lenawee (517) 263 - 2323

■ Sexual Assault Support Group

Catherine Cobb Domestic Violence Program (meeting at Siena Heights University) Laurie (517) 264 - 5733

■ Survivors of Domestic Violence

Thursdays, 10:00 - 11:00 a.m. or 7:00 - 8:00 p.m. Catherine Cobb Domestic Violence Shelter (517) 264 - 5733

■ Young Partners Loss Support Group

Hospice of Lenawee (517) 263 - 2323

■ Schizophrenia Anonymous

Thursdays, 1 - 2:00 p.m. New Focus Clubhouse 1200 N. Main, Adrian Rex or Earl, (517) 263 - 3577

■ Survivors of Suicide

Two Mondays each month Center for Trauma, Loss, and Transition (517) 424 - 6033

This is a partial listing of available Support Groups. If your group or a group you know of should be added to the list, please contact Customer Services at (517) 263 -8905.

Mental Health Month Celebration

LCMHA is proud to present Ted Hanley, founder and executive director of the Jesse Tree as our keynote speaker on Wednesday, May 11, 2005.

The Jesse Tree was founded by Mr. Hanley and a group of concerned individuals in 1995 to promote better stewardship of local resources and to create a truly integrated information and referral system to serve the uninsured of the region.

As a faith-based organization, the Jesse Tree has mobilized a network of churches to direct applicants for assistance to a

central intake and assessment center, where medical enrollment, social service enrollment, disease management and a holistic plan is developed. The Jesse Tree also develops direct services that link or fill gaps in the continuum of community care, such as the Health Equipment Loan Program (HELP) that loans durable medical equipment to the uninsured, at no cost. The Jesse Tree has developed WebCare, a universal application and has implemented it in both rural and urban areas in the Gulf Coast region.

The celebration takes place from 9:30 a.m. to 1:00 p.m. at the First Church of the Nazarene, Adrian. We will also be honoring the 2005 recipient of the Lori Sallows Anti Stigma Award.

There is no cost and lunch will be provided, however, space is limited. Reservations must be made no later than April 27, 2005. More information is available on our website at www.lcmha.org (Upcoming Events) or you may call Customer Services at (517) 263 - 8905 for questions or to make reservations. ■

A Quiz

The Mission of Lenawee Community Mental Health Authority is:

- A) to promote goodwill throughout our county
- B) to promote positive outcomes through quality mental health services
- C) to promote deserving staff whenever possible
- D) to ensure quality mental health services to all those in need
- E) all of the above
- F) none of the above

The first three (3) people to call or bring the right answer to LCMHA Customer Services, win a Tote Bag!!

NOMINATION FORM • Third Annual Lori Sallows Anti Stigma Award

The LCMHA Anti Stigma Committee developed the Lori Sallows Anti Stigma Award as a way to honor persons or organizations who have shown an outstanding contribution in community education about mental illness and developmental disabilities, and the elimination of stigma and the barriers it creates.

If you would like to nominate someone for this award, please fill out the form below and return it to Customer Services no later than April 15, 2005. Any nominations received after this date will not be considered. For answers to questions, contact Customer Services at (517) 263 - 8905. You may also fill out this form online at www.lcmha.org under "Upcoming Events". Please put "nomination form" in the subject line before emailing.

Your Name: _____ Your Phone Number: _____ Date: _____

Person you are nominating: _____

Tell why you feel this person/organization deserves the Anti Stigma award. _____

You may attach an additional sheet if more space is needed.

Did You Know?

ALL children less than 80 pounds and under 4'9" (approximately 8 years old) should be in some form of child passenger restraint to prevent serious injury or death in a crash. These injuries are the number one reason children die in the United States.

- 90% of the car seats, nationwide, are installed **INCORRECTLY**.
- Proper use of child restraints reduces fatal injury by 71% for infants and by 54% for toddlers.
- Motor vehicle crashes are the leading cause of death for Hispanics, ages 1 - 44, and for African-Americans from birth - 14 years.
- Injury related medical costs are 55% higher for those not wearing a safety belt.

- statistics compiled by
Paula L. Trentman, Safe Kids
Coalition, Lenawee United Way &
Volunteer Center

Unless someone
like you cares a
whole, awful lot
- Things aren't
going to get
better, they're
NOT!

- Dr. Seuss, *The Lorax*

Finding Personal Meaning

DR. KENT M. KEITH, NOTED AUTHOR AND SPEAKER COMING TO ADRIAN

Noted author and inspiring speaker, Dr. Kent M. Keith will be the presenter on Thursday, May 12, from 9:30 a.m. to 1:00 p.m. at the Lenawee Human Services Council Interagency Training. The Laura Haviland Awards Luncheon will follow.

Kent Keith has been focused on helping people find personal meaning since he was a college student in the sixties. He is the author of "The Paradoxical Commandments", which he wrote when he was 19, a sophomore at Harvard

College. The Paradoxical Commandments are guidelines for finding personal meaning in the face of adversity.

Dr. Keith has given over 800 presentations, conference papers, and seminars. He has been featured on the front page of *The New York Times* and in *People* magazine, *The Washington Post*, *The San Francisco Chronicle*, and *Family Circle*. He was interviewed by Katie Couric on the *NBC Today Show* and by Dr. Schuller on *The Hour of Power*. He has appeared on dozens of TV shows and more

than 80 radio programs in the United States, the United Kingdom, and Australia.

Dr. Keith's most recent books are *Anyway: The Paradoxical Commandments* (G.P. Putnam's Sons, 2002), and *Do It Anyway: The Handbook for Finding Personal Meaning and Deep Happiness in a Crazy World* (Inner Ocean Publishing, 2003).

For more information on the presentation and luncheon, please call the Lenawee United Way and Volunteer Center, (517) 263 - 4696. ■

Service Honorees



Kathryn Szewczuk, Wraparound Supervisor / Program Manager and Sharon Smith, Community Outreach / Wraparound, were both honored recently for 10 years of service



Jim Thompson, Information Services Technician was honored recently for 5 years of service

CAC Needs You!

The Consumer Advisory Council needs new faces. If you would be willing to serve on the Consumer Advisory Council, please call Kay Ross at Customer Service, (517) 263 - 8905. ■

Spending Time Together

Think back to your childhood. Was there one adult you really enjoyed talking with? Maybe it was a grandparent, a club leader, aunt, coach, neighbor, older cousin, someone in your congregation, or your piano teacher. This person helped you sort through growing-up issues. Studies show that youth are more likely to grow up healthy when they receive

support from three or more nonparent adults.

Three ways to encourage your child to build relationships with other caring adults:
1) Help your child find an adult you both trust who shares a similar hobby or interest with your child.

2) Play games with other families where teams consist of adults of one family paired

with children from another family.

3) Use letters, phone calls, and email to keep relationships strong with caring adults who are far away. ■ - excerpted from *Ideas For Parents*, Newsletter #5, produced by Search Institute

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

Staff Spotlight

- by Gratia Karmes

Jennifer Clark first came to LCMHA about 5 years ago. She was hired by Kathryn Szewczuk to be a facilitator for Wraparound, a collaborative venture between several local agencies in which flexible funding and other approaches are used to a) prevent out of home placement, b) prevent school expulsion, and/or c) keep kids safely in the community.



housed there with the Laura Haviland Program - a special education program for children with emotional disabilities, and now works half time as a Wraparound facilitator, and the other half of her time as a Wraparound "School Consultant".

In her capacity as a consultant, she helps integrate the Wraparound process into the schools, and especially the programs administered throughout the county by the Lenawee Intermediate School District. Jennifer provides information on how to access Wraparound and when to make referrals, as well as helping to clarify the

role of the facilitator. She is also available to "troubleshoot" when problems arise.

Jennifer first came to LCMHA with prior experience with Wraparound, as she had been working with the Families First program in Branch and Hillsdale counties. She was very excited about the opportunity to put into practice the "parent friendly" approach to families which Wraparound offers.

She feels that Wraparound is a way of intervening without being so "quick to judge" parents whose children are acting out, failing, or in other ways demonstrating distress. She very much enjoys partnering with parents and

others such as teachers, counselors, and friends to achieve positive outcomes. She states that her biggest joy is when "a team really works as a team, and people feel they are part of something that is really making a difference."

Jennifer has facilitated over 50 child and family teams. She is on the Customer Relations Quality Improvement Committee, and also participates in the Family Support Task Force and other collaborative ventures. A new initiative is to work with the staff of the Maurice Spear Campus to improve the involvement of Wraparound with children in the "open unit" of that facility.

Jennifer is married to Dave Clark, who is the editor of the Daily Telegram. They live in Adrian with their son Tyler, who is 21 months old. Do ask to see pictures of Tyler when you run into Jennifer: he's adorable!

Jennifer is interested in flower arrangement and has taken classes . . . sometimes we at LCMHA are the beneficiaries of her class projects, and that is always a treat. However, she says that her time away from work is mostly devoted to her husband and child, and to visiting both sets of grandparents who live about three hours away. It is clear that Jennifer values her own family, and is able to translate that caring into the work she does with families of troubled children and youth. We are very glad to have her as part of our team at LCMHA. ■

Early Support And Intervention

AN INTERVIEW WITH SANDRA KEENER, RN
LCMHA CLINICAL DIRECTOR

- by Gratia Karmes

LCMHA recognizes that to "break the cycle", children with emotional problems must receive early support and intervention. As an organization, we have made considerable effort recently to enhance our outreach efforts to children and young people. This seems to be paying off, as more children were referred and accepted for services in the past two months, than in the entire previous year!

We are seeing many children, even as young as preschool age, with extremely violent and aggressive behaviors. We have seen an upswing in referrals of young teens, ages 13 - 15 or so, who are also very violent,

disrespectful, and out of control. The problems often are noticed first in the school setting. Of course, there are many other problems which may trigger referrals: depression, anxiety, and Attention Deficit Disorder are among them.

Dawn Ehret and Beth Binegar are two of our staff whose time is devoted specifically to working with families of young children. As supports coordinators, they use the Person Centered (or Family Centered) Planning process to develop strategies and goals. Often they are working with other agencies and resources in the community.

Many different issues can bring parents to our door. Sometimes they are having difficulty setting limits, rules, and boundaries for their children. Others are not able to access needed services, or are overwhelmed by the problems they face. Sometimes it is devastating to hear that your child has been diagnosed with a disorder. Parents who themselves have mental illness, physical disabilities, or substance abuse issues may face many challenges as they raise their children.

For more information on Children's Services, please call (517) 263 - 8905. ■

Volunteers?

Center-Connections Drop-In Center at 110 W. Maumee Street in Adrian has two vacancies on the Board of Directors. These are non-paid volunteer positions that need to be filled by a mental health consumer.

Some of the responsibilities include:

- Attending monthly meetings
- Volunteering at the Center
- Voting on key issues at meetings

Transportation can be provided if necessary. If you are interested, please call Brenda at (517) 265 - 9588 and leave a message. ■

Respite - The Gift Of Time

One of the greatest gifts the parent of a child with special needs can receive is respite care. These families spend much time and energy meeting the special needs of their children. A break for a few hours, or a few days away, is sometimes all they need to re-energize themselves. Such a break gives parents time to be a husband and wife, or gives them time to spend with their other children.

The cost of such specialized care can sometimes be quite overwhelming. LCMHA provides respite reimbursement to families of

children and adults with developmental disabilities. A needs assessment is completed on each individual and his or her family. Based on the results of the assessment, the family is allocated a specific amount of funds. The family then hires and trains its own "Family/Friend Sitters". A voucher is then submitted by the family to LCMHA for reimbursement.

If you would like to find out more about the respite care program for persons with developmental disabilities, contact Mary Poore at LCMHA, (517) 264 - 0163 or 1-800-664-5005, ext. 263. ■

Walk A Mile

Would you like to be part of a state wide anti-stigma project to help bring attention to and promote positive exposure of mental illness?

May 26 is "Walk A Mile In My Shoes" Day. A representative from each CMH across Michigan will meet in Lansing on this date and walk a mile to the capitol. Once at the capitol, the representative will make a statement to all present. We will also have a program locally in conjunction with the state walk. If you would like to be our representative, help plan the event, and/or would like to participate in supporting our representative, please contact Kay Ross, (517) 263 - 8905. ■



l e n a w e e

**Community
Mental Health**

a u t h o r i t y

1040 S. Winter Street
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Adrian, MI 49221

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