

Suicide Prevention

A NATIONAL CALL TO ACTION

- Kathryn Szewczuk



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

GRAPPEVINE

The Surgeon General's
*Call to Action to
Prevent Suicide 1999*

drew attention to the issue of suicide as a serious public health problem; one that is preventable. There has been growing interest in understanding and preventing suicide, on national, state and local levels. To accomplish this, one must learn the facts and risk factors associated with suicide and develop skills for early intervention. In Michigan, there are over 1,000 deaths by suicide each year.

LCMHA is proud to be an integral part of the Lenawee Suicide Prevention Workgroup. This group has been meeting for over a year to develop a plan to address the issue of suicide prevention, and a lot has been accomplished. Most recently we have raised awareness about the risks associated with suicide through radio, newspaper and newsletters. We brought in Certified Trainer, Barb Smith, to train people in recognizing the warning signs and to learn

early intervention techniques using the Yellow Ribbon program. So far, we have over 280 "gatekeepers" as they are called. We hope to soon have at least 20 people trained in Lenawee County to continue to deliver this training at schools and other community organizations. Here are some things to keep

in mind if you know of someone who seems distressed or feels disappointed and hopeless.

- According to the American Foundation for Suicide Prevention (AFSP), 75% of people who die by suicide give some warning sign to a friend or family member. Any threat should be taken seriously.

- There are effective ways to intervene. Be willing to listen. Ask them what is bother them - be persistent, even if they seem reluctant to talk. If a person needs professional help, they will be more willing to accept that recommendation from someone who listened to them.

- Don't be afraid to ask if the person is considering suicide and if they have a plan. Don't try to argue, just let them know that you care and that they are not alone.

- Feelings of suicide are temporary. Depression can be successfully treated and problems can be solved with time and help from others. Let them know that there is hope. Be willing to go with them to meet with a mental health professional.



- If your friend or loved one is in acute crisis, bring them to LCMHA or to the nearest emergency room. Do not leave them alone.

For more information, call the National Suicide Hotline, 1-800-273-TALK (8255). This hotline is for people who are thinking about suicide or those who are concerned about someone else. For additional information, go to the American Foundation for Suicide Prevention website at www.afsp.org. ■

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A Word With The Director

As I looked at the draft of this edition of *The Grapevine*, I was impressed with the potpourri of articles and information! Particularly notable is the article submitted by Kathryn Szewczuk on behalf of the efforts of the Suicide Prevention Work Group. They have done an outstanding job and certainly deserve recognition for their efforts.



I am also pleased to report that the New Focus Club House transition is going well. We welcome Richard Fronce, Johann Townsend, and Sharron Kruegger back to the LCMHA employee family. We were also happy that Mark Roman has joined the New Focus staff as a contract employee.

Finally, we regret losing Emily Rostash who has been our Recipient Rights Officer for the past 2 1/2 years. However, we bid her the very best in her new position at the Cleveland Clinic and her forthcoming marriage to Dan. Emily will be replaced by Fran Foley. We will be highlighting Fran in a future edition of *The Grapevine*.

Your ideas and input are always appreciated. Be sure to let us know of your concerns. ■

Employee Happenings

■ ANNIVERSARIES:

• 30 years •
Deb Strayer
January 2008

• 20 years •
Sharon Robb
November 2007

• 15 years •
Mary McMillen
July 2007
Mary Ann Lysaght
October 2007
Sandy Place
December 2007

• 5 years •
Deb Beagle
December 2007

■ NEW HIRES:

10/16/07 - **Tammy Stetten**, Service Inquiry - Tammy worked at Onsted Schools for 12 years as an Assistant until her job was eliminated with the cuts to Title I funding. Being a people person and having a good sense of humor will help Tammy with her job at LCMHA.

12/3/07 - **Richard Fronce** - Director, New Focus Clubhouse

12/3/07 - **Johann Townsend** - Service Coordinator, New Focus Clubhouse

12/3/07 - **Sharron Kruegger** - Social Worker, New Focus Clubhouse - Sharron was with New Focus at the very beginning of the Clubhouse in Lenawee County nearly 15 years ago. She is pleased to once again be a part of this wonderful recovery focused program.

12/10/07 - **Aimee Kirchner** - MI Adult Supports Coordinator - Aimee worked as a Program Manager for Renaissance Community Homes for two years before coming to LCMHA. She recently received her Masters in Counseling from Siena Heights University, with internships at Maurice Spear Campus, the Catherine Cobb Domestic Violence Shelter, and the SHU Counseling Center.

Level of Functioning Project

EASTERN MICHIGAN UNIVERSITY 2006 - 2007

Lenawee Community Mental Health Authority recently received an award and we are proud to share the actual wording with you. Below, in italics, you will find definitions of some of the abbreviations used in the award text.

In recognition of LCMHA. This is in recognition of performance that was better than the state benchmarks on all indicators:

• Clinically meaningful reduction in total CAFAS score (≥ 20 pts) (Restricted to youths with intake CAFAS > 10)

• No Severe Impairments at exit (Restricted to youths with intake CAFAS > 40)

• Not SED at exit (≤ 40) (Restricted to youths with intake CAFAS > 40)

We thank you for your continued participation and hard work in the LOF project.

*To be eligible for an award the number of youth for which data are received must be greater than 50 for the relevant outcome indicator.

SED - Severely Emotionally Disturbed

CAFAS - the Child and Adolescent Functional Assessment Scales, measure a child/adolescent's behavior at home, school, and community. CAFAS scores help determine eligibility for services and guide clinicians in recommendations for services. A reduction in CAFAS scores indicates a significant improvement in a child or adolescent's behavior.

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

Customer Services
1-800-664-5005

New Support Group Info

■ **The LCMHA Depression Support Group** is now meeting at the Interconnections Drop In Center, 210 W. Maumee Street, Adrian. Meetings are every Thursday from 3:30 to 5:00 p.m. For more information, contact the Center at (517) 263 - 9588 or Customer Service at (517) 263 - 8905.

■ **Two new parenting groups: Proud Fathers and Proud Parents** are being offered by Community Action

Agency at no cost. These groups focus on parenting skills and nurturing children. Present groups have already formed, but those interested in upcoming groups may contact Misti Warner at Community Action Agency, (517) 788 - 6010.

■ **PFLAG** is a nationwide nonprofit organization for Parents, Family and Friends of Lesbians and Gays. It has been in existence since 1972

and currently has over 200,000 members in 500 chapters nationwide. Its purpose is to provide support for Lesbian, Gay, Bisexual, Transgender and Questioning individuals, their families and friends. More information is available at www.pflag.org. The local chapter meets at Dominican Hall classroom building at Siena Heights University. For information, call (734) 474 - 8479.

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.

A Day of Sharing Hope

If you had the privilege of attending the Sixth Annual Sharing Hope Conference on October 25, 2007, you know what an uplifting day it really was.

Keynote speaker was Patrick Barrie, Deputy Director of Mental Health and Substance Abuse Administration of the Michigan Department of Community Health. His opening; "Despair is the dark knight of the soul, but hope vanquishes it! Hope, which is important to the system of Peer Support Specialist groups, gives a tremendous sense of excitement and hope for the entire mental health system", had everyone applauding. He went on to recognize our own Peer Support

Specialists from each county. If you don't know what a Peer Support Specialist is, call your customer service department - they can fill you in.



There were many incredible happenings that day, a day full of hope and coming together. The HOPE ribbon was passed out to about 60 people in the "hope" of those ribbons getting passed around the world! Remember, if someone gives you a HOPE ribbon, it means you have given Hope to someone and they would like to thank you for it by giving you the ribbon as a token of their thanks. Or someone might just want to brighten up your day by giving you the HOPE ribbon. If you receive one, go to our web site, www.lcmha.org and log in

where you are from. We have ribbons from as far as California. You can also go to the web site to see where all the ribbons have been in their "Sharing Hope" travels.

Each year someone is awarded the Sharing Hope Award from our community. In the past, there have been great recipients from Lenawee, and this year was no exception. Jeff Fouch was our honoree this year and it was very much deserved. Jeff is the Business Manager at the InterConnections Drop In Center. His computer savvy has helped many people, myself included. He helps compile the New Focus



Newsletter. By joining the LCMHA Monitor Committee, you will get to see his expertise shortly in the LCMHA waiting room when the TV project gets underway. Jeff is always willing to help members of the Drop In Center with issues they may have. Congratulations Jeff, for being selected the 2007 Lenawee Sharing Hope Award winner!

Are you interested in the 2008 Sharing Hope Conference? The Regional Events Planning Committee has begun to work on the schedule for next fall. Call Customer Services at (517) 263 - 8905 for more information. ■

Voter Registration

Do you exercise your RIGHT TO VOTE? If you would like to be a registered voter but are not sure how to become one, contact Customer Services at (517) 263 - 8905. We can help you fill out the necessary forms and help you send them in so that you will be able to vote for your favorite candidate. 2008 is an important year as we will be voting in a new President. Exercise your right to VOTE! Call the number above or stop in our office and ask for Customer Service. **We will help you EXERCISE YOUR RIGHT TO VOTE!** ■

Public Speaking

OVERCOMING YOUR WORST FEAR

Public speaking often tops the list of people's worst fears. Johnny Uy, president of Toastmasters International, recommends these tips to make it easier:

- Imagine your talk or toast going well.
- Be genuine. Don't try to be funny if that's not one of your strengths.
- Use touching stories or anecdotes, which often work better than wisecracks anyway.
- The advice to "picture the audience in their underwear" really doesn't work. ■

Self-Talk

When you make a mistake (and we all do occasionally), acknowledge it and say something like "Yes, that was a mistake and I can learn from it and do better next time." Most of us have an inner critic that is more than willing to take over when we do something wrong. But excessive, ongoing negative self-talk like "you're stupid, bad, crazy, or worthless," is useless, painful, and self-defeating. ■

Source: Ernest Isaacs, *Psychotherapy Networker*, Nov/Dec 2006

*H*as your address changed recently? Please notify your LCMHA Supports Coordinator at (517) 263-8905.

Joint Commission 2008

NATIONAL PATIENT SAFETY GOALS

Lenawee Community Mental Health Authority is accredited by the Joint Commission, an independent, not-for-profit organization that evaluates and accredits more than 15,000 health care organizations in the United States. The Joint Commission maintains state-of-the-art standards that focus on improving the quality and safety of care provided by health care organizations.

As part of the overall patient safety program, The Joint Commission releases a yearly set of National Patient Safety Goals which all Joint Commission accredited organizations agree to follow. The following goals are the 2008 National Patient Safety Goals for Behavioral Health and how they relate to you, our consumer (goals are not in numerical order as some goals do not specifically apply to outpatient behavioral health standards):

Goal 1: Improve the accuracy of client identification.

When giving injections and drawing blood, we will ask you to identify yourself in two ways such as your name and birth date to make sure we have the correct person.

Goal 2: Improve the effectiveness of communication among caregivers.

When giving or receiving medication orders or lab results by phone, we write the

information down, then "read back" the information to make sure the orders or results are recorded correctly. LCMHA has a list of "do not use" abbreviations that we follow so that all medication orders are written clearly and so that they are understood by all. This specific process ensures that all pertinent information is given accurately to the next provider so that care is provided safely.

Goal 3: Improve the safety of using medications.

LCMHA identifies and provides training to staff regarding look-alike/sound-alike drugs used by LCMHA in order to prevent errors involving these drugs.

Goal 7: Reduce the risk of health care-associated infections.

All LCMHA staff receive annual training regarding health care-associated infections and training about proper hand washing techniques - the best way to prevent the spread of infection.

Goal 8: Accurately and completely reconcile medications across the continuum of care.

LCMHA staff is required to obtain and maintain an accurate and up-to-date list of consumer's medications, including those prescribed by other doctors and over-the-counter medications in order to prevent possible medication interactions and adverse side-effects.

- Melinda Perez

Goal 13: Encourage client's active involvement in their own care as a client safety strategy.

By using the Person Centered Planning process as a way to assess the needs of a consumer and develop an individual or family centered treatment plan, consumers are involved in developing safety strategies that fit their needs.

Goal 15: The organization identifies safety risks inherent in its client population.

LCMHA uses tools and models at the time of initial assessment and throughout ongoing treatment to identify potential safety risks for consumers, including potential for danger to self, others, and property, as well as the individual's ability to appropriately care for themselves, administer their own medications, live safely in the community, and other potential safety risks.

LCMHA is committed to providing quality care that is safe for our consumers and we believe that by using the Joint Commission National Safety Goals as part of our ongoing safety program for consumers, visitors, and staff we are addressing the major safety risk areas for our consumers. If you have any comments, questions, or would like additional information regarding the National Patient Safety Goals, please contact LCMHA Customer Services (517) 263 - 8905 or the LCMHA Joint Commission Coordinator, Melinda Perez. ■

Network Management Committee

The Affiliation Customer Service Committee wants to keep our readers informed about the Affiliation. It could be news of coming events or informing you of other committees and what they do, so that you can get to know everyone. Watch for these articles in the Grapevine. If you have something of interest that you would like us to write about, call Customer Services at (517) 263 - 8905.

The Network Management Committee meets twice a month and reports to the PI (Performance Improvement) Committee. Network Management oversees network activities such as:

- Procurement of Goods and Services - The Committee sets the rules that we follow when the affiliation needs to buy goods and services. These rules are based on state and federal requirements.

- Credentialing of Individual and Organizational Providers - "Credentialing" means checking up on a person's or an agency's qualifications. This includes background checks, license checks, and peer reviews. There are standards that we have to follow when we credential providers. These standards are set by the state and by our accrediting bodies.

- Contracting - The Committee makes sure that everyone in the affiliation uses

the same language in contracts, leases, and other agreements.

- Provider Monitoring - The Committee approves the tools that we use when monitoring providers. They also review trends and information related to provider monitoring.

- Provider Relations - This includes things like communication with the provider network, provider appeals, and giving providers help when they need it.

- Network Data Collection - The Committee looks at providers' performance improvement data, monitoring data, and data to make sure that we have enough providers to serve our affiliation's consumers. ■

A Legacy of Compassion

The Lenawee County Continuum of Care (CoC), whose mission is to meet the needs of housing the homeless in Lenawee County, has created a new community based program entitled "Story Sharers".

Story Sharers of Lenawee County is made up of a group of individuals who have experienced homelessness. They are willing to share their story and help others understand what homelessness is like, and who the faces of homelessness are. Their goal is to reduce stigma attached to being homeless.

If you have experienced homelessness and would be willing to share your story, or if you represent a group that would like to have a presentation, please email storysharers@yahoo.com or telephone the Lenawee County

CoC Co-Chairs: Sharon Hudson (517) 265-5352 or Kristine Henson-Jones (517) 264-0782 for more information. Please join us in the Campaign to End Homelessness in Lenawee County. ■

2007 Hope Award

At the November 8, 2007 Continuum of Care Homeless Education Conference entitled "No One to Wake Me in the Morning", Taressa Snyder was the first person to receive the "Hope Award." Taressa uses her past experiences as a homeless mother to help others

who are now in similar situations. She is active and influential with the CoC group and is readily available to assist homeless families when called upon. She is a key organizer of "Story Sharers", a group that is willing to share their personal stories about being homeless and hope. ■

Worthy Web Sites



A SAMPLING OF PLACES TO FIND HELPFUL INFORMATION

■ lcmha.org

We have a new health link that gives you information on health related topics. Please take a look. It's on our homepage (look for the cool NEW button), but you can also go to the Services/Resources button and find it.

■ <http://catalog.lenawee.lib.mi.us/polaris>

Having trouble finding that book or resource here in Lenawee County? Many Michigan libraries have agreed to share their resources through this on line public access catalog. This now includes the Lenawee County Library and several others within the county. Check out this catalog site to search, renew, request on-line. the item will be sent here within 4 - 7 days for your use. All you need to use this service is your participating library's card barcode. ■

A friend
is a rare book
of which but one
copy is made.

- unknown

Child Safety Stickers

- Kay Ross

Do you have children or grandchildren that ride in your vehicles in approved safety restraints? Have you thought about putting a sticker on the car seat in case of an accident, so the EMS personnel can easily find important information?

It's a good idea to put the child's name, address, phone numbers, doctor's name, etc. on a label and stick it on the side of the seat. Many EMT's have said that this is very helpful when dealing with accidents where children are involved. If you would like a sticker for your car seat, please contact Customer Service, at (517) 263 - 8905. ■

Cutting Costs at the Pharmacy

Several area pharmacies are offering special discounts on certain medications. Many of these are available to people with or without prescription drug coverage, but always check with the pharmacy to be sure of their specific policy.

The Pharm and Wal-Mart are offering many drugs at \$4.00 for a 30 day supply (usually 30-60 tabs). This includes both medications which may be prescribed by LCMHA, as well as quite a number of commonly used medications for other chronic medical conditions. You can find their lists of drugs available in these programs at the pharmacy or on line at www.thepharm.com

or www.walmart.com for more detailed information.

K-Mart has a similar program. A 90 day supply of meds is available for \$15. Again, visit the store or check their website at www.kmart.com for a specific listing.

Walgreens just announced a new program beginning in

2008 called Prescription Savings Club, discounting both certain generic and brand name meds. There is a sign-up fee of \$20 for individual or \$35 for a family and also includes pet meds! In addition, the discount card offers people a 5% rebate on any Walgreens branded product. For more information, contact the local store at (517) 265 - 6675. ■

Birth Defects

No level of drinking has been proven safe during pregnancy. Even moderate or light alcohol consumption can cause birth defects ranging from mild to severe. Drinking alcohol

during pregnancy also increases a woman's chance for miscarriage and giving birth to a low birth-weight baby. For tips on healthy pregnancies, visit the March of Dimes at www.marchofdimes.com. ■



I e n a w e e

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