



THE GRAPEVINE

APRIL 2023

LCMHA website: www.lcmha.org

A WORD FROM OUR EXECUTIVE DIRECTOR

Welcome to our April newsletter!

It has been a while since we provided a newsletter so this one is packed with information. On this first page we acknowledge with tremendous gratitude another generous donation from the Adrian Dominican Sisters! Their support of those in need of mental health is truly inspirational and much appreciated.

We were gifted \$10,000 from Meijer designated by the employees of our local store! The employees had an opportunity to designate this donation to a charity of their choice. The Store Director, Ben Negron, informed us that Lenawee CMH was their unanimous choice! We are humbled that community members recognize and support the important work of treating behavioral health issues.

Being selected by two local

organizations who do so much to support Lenawee County truly is an honor! We are blessed to be recognized and to know how important behavioral health support is to those who live and work in this community!

As you read through this issues of the Grapevine, you will see pictures of our 8th E-Race 5k, now named after its passionate leader, Greg Adams. The Greg Adams E-Race the Stigma 5k was a great success! Many of our community members came downtown to run, walk or just support the race. It was great to see how important this is to the residents of Lenawee County! We have already begun planning this year's race. If you are interested in being a part of the planning, contact customer services.

We are always excited to introduce new staff and share a little about who they are.



Kathryn A. Szewczuk
Executive Director

We also love recognizing staff that have been with us for a while. Our staff are the warriors behind all the work we do in the community and we continue to be proud of their dedication to serve others in need.

This newsletter for April brings with it the joy of Spring! It's a time to look forward to the earth reawakening, birds singing, and much needed sunlight. We encourage you to spend time enjoying and noticing the wonders of spring and invest time in caring for yourselves.

LCMHA BOARD

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Meijer presented a check for \$10,000 to our Board at our November meeting. CMH was honored to be recognized by their staff.

CMH was honored to receive a check for \$5,982 from Amy Palmer (Board Chair) at the July Board Meeting. This donation to CMH was part of the Adrian Dominican Sisters Gives Payroll deduction campaign, whereby a non-profit is chosen quarterly to be the beneficiary.



I/DD SUPPORTS COORDINATOR



Cassie Smith grew up in Manitou Beach and attended Addison High School. She graduated with a Bachelor's degree in Early Childhood Education from Siena Heights University. Cassie was a sideline and competitive cheerleader throughout her school and college years.

Previously Cassie was a Behavior Technician in Monroe for two years.

Cassie joined us on April 27,

she lives in Tecumseh with her parents. She has two cats. She has her own Etsy business selling personalized cups, T-shirts, stickers or anything that can be personalized. She also sells her wares at local Farmers Markets.

Cassie is enjoying her time in at LCMHA, She started her college years in special education and moved to early childhood education—now she is back working mostly

with children who have an intellectual or developmental disability.

QUALITY & COMPLIANCE COORDINATOR



Mike Crafts joined us on June 6th. Previously Mike was a teacher and educational administrator at the middle and high school levels at Lenawee Christian School and more recently he worked with MSU Extension.

Born and raised near Sand Creek, Mike reports that he is proud to live in Lenawee County. Mike graduated from college in Chicago with a

Bachelor's degree in Education. He then moved to Wichita, Kansas to serve as an associate pastor at a suburban church. Since then Mike has earned a Master of Public Administration degree from Rackham Graduate School at the University of Michigan.

Mike is thankful for the opportunity to be able to serve the broader community and utilize his experience with

accreditation. He was previously the chair of a regional accreditation agency for education.

Mike also reports that he has had the privilege of speaking at educational conferences and summits in China, Hungary and Cameroon.

In addition to learning, Michael enjoys hiking, traveling, reading and exploring nature.

LENAWEE'S NEW RECIPIENT RIGHTS OFFICER



Stephen Mitchell is employed by the Region, but represents the consumers of Lenawee CMH as part of our contract for Recipient Rights.

Stephen joined us in April and is quickly learning all there is to know about the Rights system.

Stephen is originally from Topeka, KS and went to school at Washburn University where he received a Bachelor's degree in French. From there

he moved to Texas, attending Texas Tech for his Master's in Communication Studies.

Stephen is proud to report that he was a member of their competitive debate team!

Stephen completed doctoral coursework at Wayne State, where he met his wife, Katie—they have been married for 7 years. Katie is the Assistant Dean of Academic Affairs at Adrian College. They have a dog and cat and have become

gardening enthusiasts, turning their back yard into their very own oasis. Stephen loves to be constantly learning. He also takes an interest in current events and what is happening in the local community. He credits Coy Hernandez (Recipient Rights Officer for Monroe CMH) and a good friend, for encouraging him to apply for the position. Stephen has found the work interesting and he has already met a lot of very nice people.

YOUTH PEER SUPPORT SPECIALIST

Jaida Thompson is originally from Gaylord and has moved around quite a bit, living in Monroe and finally moving to Tecumseh about six years ago.

Jaida lives with her boyfriend Owen. Her mom is a social worker and Jaida also loves this work.

Jaida reports that working with youth who are struggling with their mental health is rewarding in the fact that she can relate to them, she can support them, advocate for them and work one on one to help them on their road to recovery. Jaida loves to do art with the children that she

works with—it is very therapeutic. She feels as though she gets along well with all of her consumers and their parents. She loves to work as part of a team. Jaida's hobbies include all forms of art, including online (digital), baking and sewing. She is also a plant mom!



ACCESS THERAPIST

Work life has come full circle for Sharon Van Tuyle, as she started at CMH in 1986 when Roger Myers was the Executive Director. She rejoined us in February, working on contract for one or two days a week in the Access Department, and has since moved to a part time therapist position

Sharon grew up in Gladwin, MI

and went to Eastern Michigan University where she received her Bachelor's and then Master's degree in Social Work. Previously Sharon worked at Hospice for 20 years as a social worker and grief counselor.

Sharon is very proud of her three children. David and his wife live in Burbank, CA, Ben and his fiancé live in Tecumseh

and daughter Sarah and her husband live in Britton.

Sharon's two granddaughters are the light of her life, they are 7 and 3. Sharon lives with her dog Teddy, and loves to sew, read and bake. She is also on the Board at the HOPE Center and loves to spend time there. She is also very involved in Civitan.



CASE MANAGER ASSISTANT

Jacob Frantz comes to CMH with a wealth of experience, having previously worked for seven years with Renaissance Community Homes as a direct care staff and a home manager.

Jacob grew up and lives in Blissfield with his wife (Payton) and son Jamie (2-1/2) and Lily (1). Payton is a safety and training coordinator at Wacker.

Jacob's life is pretty busy with his two children, but if he has any spare time he likes to take the kids to the park or go on walks. He used to coach soccer at Blissfield High School, but nowadays he just plays occasionally and helps out with a couple of teams.

Jacob reports that helping people is what he loves to do.

He wants to make a difference in people's lives. "Sometimes the only human interaction that consumers have is when we stop by to drop medications off or to make sure everything is OK".

He enjoys the team environment at CMH and interacting with consumers on a daily basis.



CHILDREN'S THERAPIST



We welcomed Miah Hamdan to LCMHA in June. Miah is from Hudson and attended Lourdes University in Sylvania where she received her BSW. She then did a one year advance stand at Michigan State for Clinical Social Work for her Master's.

Previously Miah worked at Fostering Solutions in Adrian as a visitation specialist. She

also did an internship at a CMH in Lansing. She was excited to find a position closer to home.

Miah is currently renovating her home in Brooklyn. In fact she has a Contractors license and would love to continue to do this work in her spare time. She also enjoys cooking and trying out new recipes.

Miah loves working with children and families and being able to build a rapport with them. She wants to be able to make a difference. Miah explains that she loves the diversity that exists at CMH—everyone has been super friendly and inviting.

ADULT MI SUPPORTS COORDINATOR



Meet Heather Petty, who joined us on June 8th. Originally from Grayling, she came to Lenawee to go to Adrian College, where she received her Bachelor's in Social Work. Heather previously worked at Orchard Children's Services as a Family First worker where her priority was preserving the family and teaching parenting

skills.

Heather and her fiancé, Isaac, live in Adrian. They have a cat and a dog. Isaac graduated from Adrian College with a Bachelor's in 2020 and just graduated with his Master's in Piano Performance from the University of Toledo.

Heather also plays the piano, she also enjoys Geo-caching in

her spare time. Heather has an identical twin sister (Haley) who lives in Grand Rapids, she plays in a band "The American Hotel System" and they recently opened for Bon Jovi. Heather notes that she has a blended family, but there are two other sets of twins, who are half siblings!

ACCESS CLINICIAN



Courtney Edgar joins us with a wealth of mental health and substance use disorder experience. Having previously worked at Lifeways, Victory Clinic, Family Counseling & Children's Services and Mindful Hearts Counseling.

Courtney was born in Toledo, but calls Tecumseh home. She

went through school in Tecumseh, and did her undergraduate degree in Psychology at the University of Toledo. She also has a Master's from Western Michigan University.

Courtney loves to be busy all the time, she loves music, spending time with her family

and her dog and cat. She is a Jurassic Park fanatic, and will watch any of the movies that comes on the TV, even if she has watched it 20 times before!

Courtney is excited to be at LCMHA, where she feels she belongs.

ADULT MI SUPPORTS COORDINATOR



Kelley Charara has been with us since April. She attended Sand Creek High School and then graduated from Eastern Michigan University with a Bachelor's in Psychology and Sociology. She received her Master's in Applied Behavior Analysis from Ball State.

Previously Kelley worked for 2

years at the Children's Autism Center in Flint working with children between the ages of 2-18 with an autism diagnosis.

Kelley is married to Carl, and they have a 3 year old son, Henry. They also have a German Shepherd named Lucy. The family loves to be outside, heading to the lake every

weekend in the summer. Kelley loves to read and do meditation. She always wants to learn and better herself.

Kelley reports that she likes working on the board team, it is very busy, but she enjoys seeing her consumers often, getting to know them, and being able to help them.

ACCOUNTANT



Alexander (Zander) Stiverson started with CMH on June 27th.

Zander hails from Hudson, graduating from Hudson High School in 2017. Zander received his Bachelor's degree in Accounting from Siena Heights University in 2021. He received his Master's of Science in Accounting from Adrian College in May.

His hobbies including watching TV and movies with his dad and his girlfriend (Siera). Siera is currently a senior at Siena Heights University, majoring in elementary education and special education.

Zander credits his dad as being the biggest influence in his life; he is his role model, a hard worker who is dedicated to his family. Zander's mom retired from dental hygiene and took

over as full time Editor of the Hudson Post Gazette. She has always loved photography, and she has been on the sidelines of many athletic events in Hudson over the years. Zander has a younger brother, Will, who is attending Siena Heights for a degree in IT.

When he is not playing video games or watching TV with his family, he loves to walk his two dogs in the evening.

PEER SUPPORT SPECIALIST



Willis Kern-Ruesink is happy to be back, previously working at Pathways as a Recovery Support Specialist.

Willis grew up in Adrian attending Adrian Schools. He met his wife (Cora) while working at Frickers. In 2009 they got married and together they have 3 children. Trevor is

17 and a junior at Sand Creek, Cassius is 13, in 8th grade and Memphis-Leigh is 10 in 5th grade. Willis reports that he is a few credits away from a Bachelor's degree in Criminal Justice, and hopes to be able to finish his schooling soon. Willis left Pathways to become a Case Manager at Share the Warmth, he also worked full time at

Tire Man.

Willis loves basketball and attends all of his children's baseball and softball games. In fact he has coached both of his sons in basketball at Sand Creek.

Willis intends to work at CMH as long as possible—"it's a great place to work!"

PARENT SUPPORT PARTNER



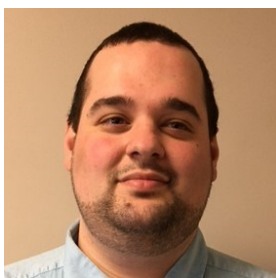
Sarah Rickard joined us on April 5th. She grew up in Adrian and attended Onsted High School. She now lives in Adrian.

Sarah has four adult children, two girls and two boys, and two grandchildren. Her husband unfortunately died when her youngest was 10

years old. Sarah struggled as a single mom, particularly with her youngest son who had multiple disabilities. He was in special education at school, he also received services at LCMHA. Sarah is happy to be able support parents who think that their children cannot be successful. Her son, Alexander, is living proof that

the opposite is true—he is thriving and working full time at Walmart. "It is hard to raise a child with disabilities, particularly if you are a single parent". In her spare time Sarah loves to bake, in fact she has her own small business. She sells her baked goods at craft shows and festivals.

PEER SUPPORT SPECIALIST



Tim Wing joined us in March. Tim is an Adrian native. Previously he had worked at Maurice Spear Campus as a cook and for Heritage Services as a mortuary transporter.

Tim reports that he likes the stability of working at CMH, he is also doing what he

loves—giving back to the community.

Tim is a single father to a son who is 2 -1/2 years old. He loves to read - mostly fantasy and biographies. He also loves to swim—having once swam across Lake Tahoe when he was 11 years old.

Tim is a strong advocate for males and teens in particular. He believes that sharing his story is a great way to connect with them in their time of need as men are often reluctant to seek help. He is able to listen, understand and let them know they are not alone.

ADULT MI SUPPORTS COORDINATOR

Logan Chapman has a Bachelor's Degree in Social Work from Eastern Michigan University.

Logan (now Chapman, was Sweet) returns to CMH after three years away. Logan and her husband moved to be closer to family in Maine, but when COVID hit they moved back to Michigan in May 2020.

Following their return to Michigan (Tecumseh) a wedding and a baby girl soon followed. Camila is now 2 years old.

Logan's husband Dustin is an EMT, and is training to be a firefighter. Logan reports that most of her spare time is spent doing child friendly/family activities.

Logan noticed that the Adult MI Team has changed a lot since she was here before, but she has soon gotten back into the busy routine and met a lot of new co-workers. She even sees some of her old consumers, many of whom have made great progress.

She is very happy to be back at CMH and loves the work that she does!



BEHAVIORAL PSYCHOLOGIST

Welcome Evelyn Flores who started with us on July 25th.

Evelyn was born in Traverse City and raised in and around the Northville area. Evelyn recently moved to Tecumseh with her husband (A.J) whom she met in 2018 and married last December. A.J. has a finance background, but is

currently going back to school as he transitions to a new career in nursing. Evelyn's mom also lives with them.

Evelyn received her Master's in Clinical Psychology from the University of Detroit Mercy, and previously worked as a Therapist in the women's prison in Ypsilanti. She also

still sees a few patients via telehealth in her private practice.

In her spare time she loves to paint with water colors every weekend. She also loves gardening and walking her two dogs whenever she can.



WRAPAROUND FACILITATOR

Tichina Jones joined us on July 5th and is a welcome member to the Children's Team.

Tichina was born in Windsor, Ontario and attended the University of Windsor where she received her Bachelors in Psychology. She was also a varsity track and field athlete.

Tichina moved to Adrian last September and is currently enrolled at Siena Heights University working on her Master's in Clinical Mental Health Counseling.

Previously Tichina has worked with adults with intellectual and developmental disabilities.

In her spare time she coaches elementary and high school students in track and field. She is a "foodie" and loves to go to restaurants to try new food. She also loves music and traveling. Tichina reports that she loves the warm, genuine atmosphere at CMH.



RECENT RETIREMENTS

CMH has recently seen a steady exodus of long time employees over the past several years. Most recently—Billie Brocht, Fiscal Services Representative, Karen Rawlings, Executive Administrative Assistant, and Penny Nivison, Administrative Assistant. We wish them all the best in their upcoming adventures!

Karen Rawlings retires after being at CMH for 18 years



After 8 years at CMH, Penny Nivison retires.



Billie Brocht retires after 28 years with CMH.



Karen Rawlings retired after 18 years!

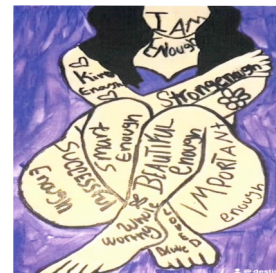
YOUTH VOICES MINI-GRANT WINNERS



1st place winner



2nd place winner



3rd place winner

GREG ADAMS REMEMBERED!



At the May board meeting, the board was able to present members of Greg Adams' family with several awards. Seated at left—Tom Adams, Barb Adams (parents), Carol Adams (sister) and Stefanie Kozlowski (fiancé). Standing—Kathryn Szewczuk (Executive Director) and Amy Palmer Board Chair). Also present, but not pictured Jennifer Landstrom (friend of the family).

Plaques were presented from LCMHA recognizing Greg's commitment to the LCMHA Board and its consumers and behavioral health recipients all over Michigan, including a tribute from the Lenawee County Commission, and a Resolution from the State of Michigan (Rep. Kahle's office) in recognition of Greg's accomplishments.

LENAWEE PRIDE PARADE & FESTIVAL

Several CMH Staff participated in the Lenawee Pride Parade & Festival downtown Adrian on August 27th.

From left to right: Jen Carpenter, Dayne Bohn, Amber Firth, Donald Carpenter, Marianna Strasz, Francine Zysk and Amber Monahan.



STATE WALK A MILE IN MY SHOES RALLY

On September 15th, eleven consumers and staff attended the annual Rally at the State Capital building in Lansing.



GREG ADAMS E-RACE THE STIGMA 5K, RUN, WALK & KIDS DASH

October 1st was a beautiful day—the sun was shining, it felt as though Greg was looking down on us!

Just over 450 participants ran the new route, which started downtown Adrian. The runners went down Main to Maple to Springbrook, Riverside to McKenzie and back to Maumee. There are way too many sponsors to thank, but we do appreciate their support. We also really couldn't have done it without so many wonderful volunteers—thank you too!



HB 5165 SIGNED IN LANSING

State Rep. Mary Whiteford’s plan to increase access to mental health services is now law.

The plan would require the state health department to update its policies and determine an individual’s ability to pay for community mental health services by following the federal poverty guidelines and utilize the federal sliding fee discount program to make services more affordable for uninsured and underinsured patients.

Whiteford said that because the state has not updated the eligibility requirements recently, families that could qualify for the discount program may be missing out on reduced rates for medical services and Community Mental Health sites are losing medical professionals to other

states and facilities that qualify for the loan repayment program. Her change to state law will help Michigan compete to attract and retain medical professionals in underserved areas of Michigan.

“Community mental health organizations around the state have expressed to me the importance of hiring and retaining mental health professionals,” said Whiteford, who chairs the House Appropriations Subcommittee on Health and Human Services. “Bureaucratic red tape within our state health department is getting in the way of important programs that help attract health care providers who agree to practice in underserved areas of Michigan. This change to Michigan law will truly help



our communities.”

More than 1,400 community mental health sites will now be able to take advantage of retention and recruitment programs as a result of this policy change.

House Bill 5165 is now Public Act 91 of 2022.

From left, Cassie Lietaert, Human Resources Manager for Centra Wellness Network; Kathryn Szewczuk, Executive Director of Lenawee Community Mental Health Authority; Joseph “Chip” Johnson, Executive Director of Centra Wellness Network; Gov. Gretchen Whitmer; State Sen. Curt VanderWall; State Rep. Mary Whiteford; Lee Belding, Legislative Director for Mary Whiteford; and Hannah Tomaszewski, Clinician for Catholic Human Services Inc. attend the bill

SPEECH CRAFT CLASS

Congratulations to John Dunn (pictured right) and Mark Roman (below) who both graduated from the Speech Craft class, facilitated by Kay Ross (pictured).

The class was 6 weeks of learning how to speak confidently in front of a crowd.

For their final speeches they both talked about something

that was interesting to them, and why others should also find it interesting.

John talked about quantum physics and Mark spoke about his love for mathematics.



*Pictured—top, John Dunn
Pictured—below, Mark Roman*

NEW STAFF AT PATHWAYS

Lisa Aleobua and Beth Watters are both recent hires at Pathways.

Lisa was born in Detroit, but moved to Adrian 5 years ago. She has three sons, two in Adrian and one in Detroit. She is a widow. She is excited to be soon trained in CCAR. Lisa wants to help others who are struggling with their

sobriety, and she notes that there are many more resources out there today than when she needed them 30 years ago. Her hobbies are bowling, skating, swimming, pool and darts. She also writes poetry.

Beth Watters has been married for 26 years to David, between them they

have 3 sons and 3 beautiful grandchildren. Beth and her husband were missionaries in Haiti, Zambia and Sierra Leone from 2007-2014. Sober for 19 years, Beth is very active in AA and strongly believes in recovery— she loves to share her story. Beth loves to speed walk, knitting and reading.



Lenawee Community Mental Health Authority

LCMHA

1040 S Winter St.
1041 Ste #1022
Adrian MI, 49221

Phone: 517-263-8905

MISSION STATEMENT:

TO PROMOTE POSITIVE
OUTCOMES BY CREATING A
PATH TO RESILIENCE,
RECOVERY, WELLNESS AND
SELF-DETERMINATION



Donald Carpenter, HR Generalist received his 5 year service award from Amy Palmer (Board Chair) at the June board meeting (top left)



Pictured right—Amanda Wilson, Medication Clinic Team Leader, was presented with her 10 year service award at the July Board Meeting.



Five year service awards were presented to Netarsha Ficklen (Access Clinician) and Sam Hollingsworth (Peer Recovery Coach) at the August Board Meeting



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

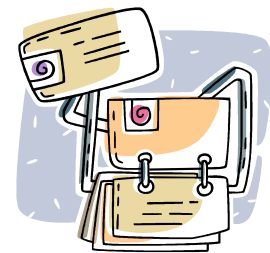
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