



THE GRAPEVINE

October 2023

LCMHA website: www.lcmha.org

GREG ADAMS E-RACE THE STIGMA UPDATE

What better way to celebrate Mental Health Awareness Month than the Greg Adams E-Race the Stigma 5k? The E-Race was moved to the fall in 2021 as a result of Covid -19. Now that Covid numbers are way down, the 5k will be held on May 19th, 2024!

Keep an eye on our Facebook for updates as we get closer to the date. Thank you to everyone who has participated, and all who are planning to participate!

The Greg Adams



eRace stigma
running for mental health since 2014
and substance use recovery

LCMHA BOARD

Judy Ackley

James Goetz

Nancy Eaton-Gordon

Tim Kelly

Amy Palmer—Chair

Deidre Reed—Secretary

Nathan C. Smith

Erin Starlin

Holly Terrill

Ralph Tillotson—Co. Commissioner

Nic Wilson

David Stimpson — Co Commissioner

A WORD FROM OUR EXECUTIVE DIRECTOR

Fall is fast approaching! It's a great time to take a breath and reflect on all that has happened this past year. As you will see in this issue of the Grapevine, we have had many new staff join our organization. They bring different areas of experience and a great deal of energy! We are looking forward to all of their many talents enhancing the work we do.

This August is also the end of a 3-year, \$1 million grant we helped support through the Lenawee Substance Abuse Prevention Coalition and the Lenawee Health Network. This built on a 2019 project to develop a community-driven, county-wide assessment and strategic plan to address Opioid misuse and other substance use concerns in our community. CMH provided the staff support needed to launch these projects across Lenawee County. Under this grant, our coalitions and community partners hosted the most successful Drug Take Back Day ever, collecting over 750 pounds of unused, unwanted, or expired medications. We built the Lenawee Recovery Network, a website where people can connect to recovery supports, stories of hope, sober events, and community resources. We also helped launch

the new Lenawee County Families Against Narcotics (FAN) chapter! They host a public meeting on the last Tuesday of every month to build connection and community among people impacted by substance use. The past 3-years have been busy and we are excited to see where all of this great work goes from here.

We also want to announce the date of our next Greg Adams E-Race Stigma 5K – it will be happening on May 19th, 2024. We are excited to move the race back to May, Mental Health Awareness month. Please mark your calendars – we hope to see you all there!

Head outside, take in the fresh air and enjoy the changing leaves! Getting active and being outdoors will also improve our health!



Kathryn A. Szewczuk
Executive Director

INSIDE THIS ISSUE:

NEW EMPLOYEES	2
NEW EMPOLYEES	3
NEW EMPLOYEES	4
NEW EMPLOYEES	5
SERVICE AWARDS/ EMDR	6
NARCAN/ INTER- CONNECTIONS	7
FAN CHAPTER/ DRUG TAKE BACK	8

I/DD SUPPORTS COORDINATOR



Lacey Jung joined us on January 11th. She is from Clintonville, Wisconsin, where she attended Clintonville High school before coming to Michigan to attend Siena Heights. Lacey graduated in 2022 with a Bachelor's degree in Public Safety Administration/ Healthcare Management. She is currently continuing her education to earn a Master's degree in Organizational

Leadership with an emphasis in healthcare management.

Before joining us, Lacey worked as a firefighter/EMT for Madison Township Fire Department as well as for Morenci EMS. Lacey also worked at Hickman Hospital for 2 years as a Emergency Department Technician.

Outside of work, Lacey loves the outdoors, and even worked for the Parks and Recreation department in her

hometown, as well as for the City of Adrian's Parks and Forestry department. In addition to the outdoors, Lacey also loves music, and is a "name that song" champion in music from the 80's to today. Lacey loves being active, she was a member of the Adrian College Wrestling, and Acrobatics & Tumbling Teams. She loves how welcoming the CMH environment has been to her!

ADMINISTRATIVE ASSISTANT



Heather Howard has been with us since December. You may have seen her at the front desk, or talked to her on the phone.

Heather is originally from Hudson, where she attended Hudson High School.

Before coming to CMH, she worked in adult foster care at

The Coleman Foundation in Hudson, and Community Psychiatry in Adrian.

Heather has a seven-year-old son, who attends Lincoln Elementary and loves playing baseball.

When not at work, Heather loves binge-watching her favorite TV shows and movies,

and taking road trips to new places. Heather has recently picked up the new hobby of jewelry making, which she also sells.

Heather loves that working at CMH allowed her to help in the community, and has helped her gain confidence in herself.

INTEGRATED HEALTH NURSE



Kimberly Wrest has been with us since May, working as an Integrated Health Nurse in the main offices. She is local to Adrian, and attended Madison and Tecumseh schools, as well as Jackson Community College.

Before coming to CMH, Kim worked for Herrick Inpatient Psychiatric Unit for 18 years, and Chelsea Inpatient Psychiatric Unit for 5 years.

Kim has 3 children, Rodney Jr, 33, lives in South Carolina. Mathew, 31, who lives in Adrian with his 3 kids (Benjamin, Carson, and Bailey), and Emily, 17, who is going into her senior year of high school.

Kim loves to travel in her spare time, either by herself, or with friends and family. She organizes a big camping trip yearly with family to explore

Michigan.

One of her favorite things about CMH is that it is local, and the people that she helps are people in her own community, Kim is very passionate about helping to make a positive difference in the lives of others, and in the community.

ADULT MI PROGRAM DIRECTOR

Morenci native Micah Gillen has recently returned to Michigan after living in Missouri for the last few years. Micah has been with CMH since June. While in Michigan, he attend Morenci High School and the University of Michigan for his undergraduate degree. He attended Evangel University in Springfield Missouri for his graduate studies in Counseling. While in

Missouri, Micah worked at Burrell Behavioral Health working on the Assertive Community Team for Transitional Age Youth. He then transitioned to work as a Behavioral Health Consultant in a pediatrics office.

Micah is married to Laura, whom he has been married to for 5 years. Together, they have a 4 month old son named

Nolan, and an Aussie Doodle named Juniper.

Outside of work, Micah loves music; he plays acoustic guitar, and is trying to learn piano and harmonica. Micah loves playing and watching sports, and always made sure to keep up with Michigan teams while living in Missouri.



ADULT MI CASE MANAGER

Shaylyn Eggleston joined us in May after her recent graduation from Adrian College. Shaylyn is originally from Marquette, Michigan, where she attended Marquette High School. She is continuing her education at Wayne State University for graduate school. Prior to CMH Shaylyn worked at Catherine

Cobb Safe House.

Shaylyn lives in Adrian, and she and her partner, Jason, have a Lab Retriever mix named Kash. Shaylyn and Jason enjoy cooking and watching movies together.

When she's not at work, Shaylyn enjoys hiking, spending time outside, painting, and

taking Kash for long walks. An interesting fact about Shaylyn is that she can make balloon animals!

Shaylyn's favorite thing about CMH is getting to explore new opportunities with her coworkers, and serving the community.



CHILDREN'S THERAPIST

Tricia McCarty has been with us since April. She is from Tecumseh, where she attended Tecumseh High School. After high school, Tricia attended Jackson College to receive an Associate's degree in Graphic Design, and later received a Bachelor's in Business Administration from Siena Heights. Tricia recently attended Grand Canyon University to earn her Master's

in Clinical Mental Health Counseling.

Prior to working with us, Tricia worked at McNaughton & Gunn in book manufacturing, Steve's Custom Signs in Ann Arbor, and Liebherr USA Inc. in Saline.

Tricia has been married to Corey for 19 year, and they have 2 kids, Erik, 17, and Anna, 14. Erik is a junior at Tecumseh High School where he plays

soccer and runs track. Anna, a freshman, plays tennis, participates in theater, and will soon be dancing on the competition team!

In her spare time, Tricia likes to read, spend time with friends and family, and watch crime shows. She spent so much time working on her Master's degree, she is excited to have time to find more hobbies!



MEDICAL ASSISTANT



Tina Gamble has been with CMH since March. She is from Morenci, where she attended Morenci High School, and later attended Grand Valley State University, and Jackson Community College.

Previously, Tina worked for Dr. Jonna Schmidt in Hudson for 27 years.

Tina has been married to Matt for 30 years. Together, Tina and Matt have 2 sons, Hunter, 27, who is married and lives in Los Angeles, and Garrett, 23, who is studying and playing baseball at the University of Michigan—Dearborn.

Tina likes to travel to California a few times a year to visit her oldest son and

daughter-in-law. Tina and Matt also like to travel to watch their youngest son play baseball. When she's not traveling, Tina likes to relax on her pontoon, or on her deck with her beagle Beau!

ADMINISTRATIVE ASSISTANT



Samantha Hopkins is from Westland Michigan, attended Wayne Memorial High School, and has recently relocated to Adrian.

Before coming to work at CMH, Sam worked as an office manager at an HVAC business, and more recently as a store manager at a metaphysical store in Plymouth.

Sam has been with Daniel for

6 years, and they have been married for 1. Daniel works as a sales manager for a laser cutting and welding distributor, and is also a part-time farmer.

Sam has two dogs, Gertrude and Boomer, a cat, Miso, 3 ducks, Huey, Dewey, and Louie, and a bunch of chickens: Katya, Mildred, ChickChick, Mayo, Ranch, Spinach, Avocado, Penelope Cruz, Henrietta. She still has 6

that need names, and is open to suggestions!

Outside of work, Sam likes to draw, crochet, and watch "trash" TV.

INTEGRATED HEALTH NURSE



In February, we welcomed back Sonya Kelley, who previously worked at the Family Medical Center as a medical assistant, and is now an integrated health nurse!

Sonya is from Adrian, and attended Adrian High School. Before returning to CMH in

February, she worked at the VA Ann Arbor Health System, and Promedica Health System in Adrian. Sonya recently received her LPN degree to practice nursing!

Sonya has 5 children, 3 boys and 2 girls. Sonya's partner's name is Michele.

When she's not busy with work, Sonya enjoys spending time crafting.

ADULT MI SUPPORTS COORDINATOR



Jessica Lewis joined CMH in May. She is from Tecumseh, where she attended Tecumseh High School. After graduating high school, Jessica attended Jackson College and Siena Heights University.

Before coming to CMH, Jessica worked at Catherine Cobb Safe House, Lenawee Medical, and Orchard's Children's Services.

Jessica and her husband Jeff have been together for 7 years, and married for 2. Jeff works as a maintenance and water treatment technician.

Jessica has 3 children Wyatt (14), Aurora, (9), and Atticus, (8 months).

Jessica loves to crochet, hike, kayak, rescue animals, bake

cookies and read when she is not at work. Jessica is also a certified Doula, and was a cheer coach for Tecumseh Middle School!

The staff at CMH have made Jessica feel very welcomed, and she fit in very easily with her new team.

ADMINISTRATIVE ASSISTANT



Kelley Camp-Solmonson has been with us since June. She is an Adrian native, and attended Madison High School.

Before coming to CMH, Kelley took care of a woman with ALS in Florida, where she lived for a while.

Kelley has been with her husband, Ken, for 15 years, and they got married in

October 2021! She has 3 children, Kyleigh, Nickolas, and Riley. Kyleigh and her husband live in Iowa with their 2 kids, Parker and Griffin, and own a hog farm with thousands of hogs! Nickolas lives in Adrian and has 2 daughters, Emma and Ellie. Riley also lives in Adrian with her little boy Lincoln.

Kelley has enjoyed her time with CMH, everyone has been very helpful and friendly, and she gets to see her sister Wendy everyday at work!

Outside of work, Kelley loves being with her family, playing board games, and binge watching Netflix.

CMH SERVICE AWARDS

Board Chair Amy Palmer thanks staff for their dedication by presenting a certificate at Board Meetings.

Pictured below: Jackie Bradley, Community Outreach and Compliance Director, received her 5 year service award at the November Board Meeting



Clinical Director Jen Carpenter received her 10 year service award in November.



Kim Burton, Access Program Director, was presented with her 5-year-service award in February.



Tammy Stetten (pictured above) Data Services Support, received her 15-year award.

Jessica Finney (below), Integrated Health Manager, received her 5-year-service award.



LCMHA HOSTS EMDR TRAINING

LCMHA was ecstatic to welcome EMDR Consulting, an EMDRIA-approved training for Master's Level Therapists and Clinicians to become trained in Eye Movement Desensitization Reprocessing, otherwise known as EMDR. EMDR is an evidence-based therapeutic intervention using bilateral stimulation, meaning that the therapy engages both sides of the brain to reprocess negative thoughts or negative memories. EMDR therapy is very effective in addressing complex trauma, post-traumatic stress disorder, phobia disorders, panic disorders, and more. Through this training, LCMHA has 7 trained EMDR therapists; 3 staff who work with children and 4 who work with adults. We are so excited to offer this intervention to Consumer's at LCMHA!



NARCAN VENDING MACHINES IN THE COMMUNITY

A new kind of vending machine is popping up in Lenawee County. Narcan (naloxone) is a medication that can quickly reverse an overdose caused by opioids.

The Narcan available in these vending machines are nasal sprays that can be administered by someone without medical training, if necessary.

A Narcan vending machine has been placed in the Adrian District Library, and is stocked and functional. The vending machine has specific instructions on what to do in case of overdose, including contacting Pathways Engagement Center for support.



LCMHA MARKETING WORKGROUP SURVEY

Our Marketing Workgroup wants to hear from you! You all are a huge part of what makes CMH what it is. So we need you to help us define what that “it” is! We have 4 questions. That’s it! Just 4! We’ll use the answers to define the CMH brand and create a helpful document so we all understand what it means to be part of CMH. Use the QR code pictured to the right to answer the short survey



Inter - Connections, Inc.
Mind Body Spirit

INTER-CONNECTIONS, INC. SUMMER FUN!

Inter-Connections Drop In likes doing fun things with our members. This summer we have gone to see a few movies. We have done cooking activities too. Members are going bowling at the end of August and we are planning other activities too.

Inter-Connections values its members. We couldn’t do what we do without them. We have monthly community meetings for our members. These meetings give members another way to give us their thoughts and ideas about Inter-Connections. Members come up with ideas for activities, thoughts about things at the drop in, and more. During the summer, we meet at Trestle Park and we have a picnic get together during our community meeting. Meetings will be at Trestle through September.

On the first Friday of every month, we have a cookout. Everyone enjoy each other’s company. Cookouts go on until it gets too cold for members to enjoy it.

Every month we have a member celebration day. Birthdays, recovery anniversaries, graduations, new jobs, and finding housing are just a few events members have celebrated with friends at the drop in.

Inter-Connections is open to adults with mental health conditions. Everyone working at the drop in lives with a mental health condition and many have experience with substance recovery too.

We enjoy meeting new people and we would love to meet you! Inter-Connections is at 209 W. Maumee St. in downtown Adrian. We are across from Huntington Bank and the Adrian Armory Events Center. Stop in between noon and 6:00 pm 7 days a week.

For more info, call 517-265-9588.



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



FAMILIES AGAINST NARCOTICS CHAPTER COMES TO LENAWE

Families Against Narcotics (FAN) is an organization for individuals seeking recovery, actively in recovery, and those affected by substance use disorder (SUD). FAN's mission is to remove stigma around SUD, educate, provide resources and inform the community.

Lenawee County's FAN chapter was established to provide a space for support for those in recovery, as well as families that are affected, and community members who want to help address the stigma.

FAN public forums will be at 7pm on the fourth Tuesday of every month at the Adrian District Library's community room.



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

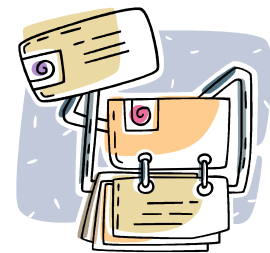
If you **do not** wish to have future newsletters mailed to your home, please notify: Customer Service at 1-800-664-5005

If you would also like The Grapevine to be sent directly to your email, please provide Customer Services (bbriggs@lcmha.org) with your email address.



CURRENT RESIDENT, OR

HAS YOUR ADDRESS
CHANGED
RECENTLY, OR
TELEPHONE NUMBER?
IF SO, DON'T FORGET TO
CONTACT CMH TO LET
THEM KNOW.



PERMIT NO. 127

ADRIAN, MI

PAID

U.S. POSTAGE

PRSRV STD

ADRIAN, MI 49221

1040 S. WINTER ST. SUITE 1022

LENAWEE COMMUNITY
MENTAL HEALTH AUTHORITY

LENAWEE COMMUNITY