

Lapeer County
Community Mental Health
is located at
1570 Suncrest Dr. in Lapeer.
Contact them at
810-667-0500.

National Suicide
Prevention Lifeline
1-800-273-TALK (8255)



SUPPORT & CARE FOR COMPLETE WELLNESS

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LETTER FROM THE CEO

Focus on transforming services to the community

By Lauren Emmons, CEO

In 2014, Congress enacted the bipartisan Certified Community Behavioral Health Clinic (CCBHC) demonstration program to test a model to improve the quality of addiction and mental health care and fill the gap in the unmet need for care. Research has proved the CCBHC service model is effective at improving the quality of care and controlling cost. The success of CCBHC's is grounded in the following principles:

- Engaging people in treatment early.
- Focusing on improved health outcomes.
- Linking people in crisis to a full continuum of care.
- Improving care coordination and integration to address physical health conditions.
- Strengthening partnerships across all social service and treatment systems.
- Building the capacity of the behavioral

health safety net to respond to community needs.

CCBHCs are required to provide a set of nine comprehensive services to address the needs of persons with mental health or SUD diagnoses. This full array of services must be available to everyone eligible and represent a service array necessary to facilitate access, stabilize crises, address complex mental illness and addiction, and emphasize physical/behavioral health integration. These services include the following:

- Crisis mental health services, including 24-hour mobile crisis teams, emergency crisis intervention services, and crisis stabilization.
- Screening, assessment, and diagnosis, including risk assessment.
- Patient-centered treatment planning or similar processes, including risk assessment and crisis planning.



Lauren Emmons, CEO

- Outpatient mental health and substance use services.
- Outpatient clinic primary care screening and monitoring of key health indicators and health risk.
- Targeted case management.
- Psychiatric rehabilitation services.
- Peer support and counselor services and family supports.
- Intensive, community-based mental health care for members of the armed forces and veterans, particularly those members and veterans located in rural areas.

SEE [CEO PAGE 4](#)



Integrated Employment Coordination

Why work? “Financial independence”, “To feel productive”, “To contribute to my family/to society”; these are only a few examples of why anyone chooses to work, but these are also a few exact quotes from people who have enrolled with employment support services at Lapeer CMH. In fiscal year '22, 88 individuals met with the employment services coordinator to develop an employment plan. This includes employment preparation activities, exploring new fields of employment, analyzing how income will affect public benefits and discussing how a work schedule may cause changes in other services.

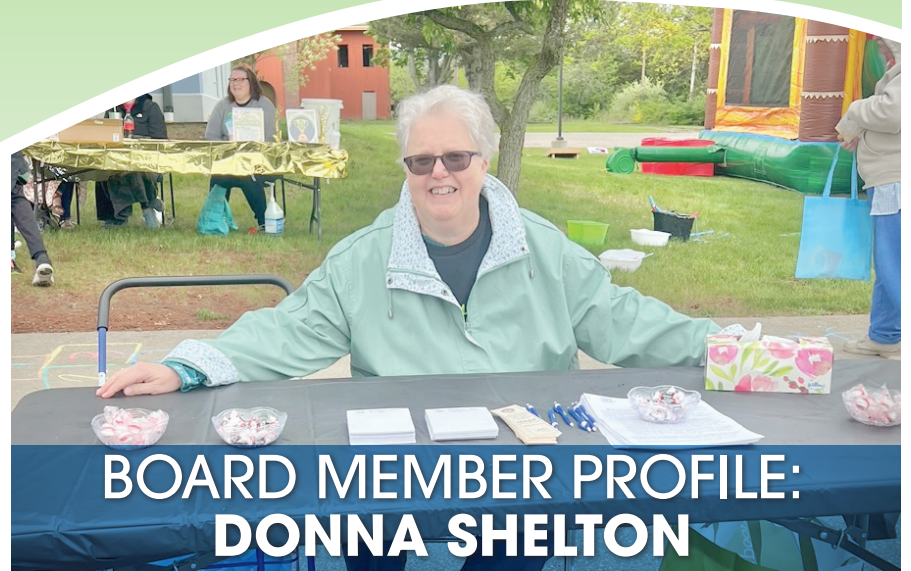
The planning meeting results in determining a structured approach to seeking employment. Referrals to agencies and programs of choice, accessing community organizations, tailoring health and mental health services to accommodate and assist with work activity, and increasing natural supports in a person's life are the first steps to ensure the person has the best network to support them. At this point each person's plan and progress is completely personalized. Success means something different to each person, but the overall goal is to secure employment that benefits a person mentally, physically, emotionally and financially.

Lapeer County CMH attempts to support individuals with accessing as many natural and community based resources as possible to ensure that success isn't overly dependent on service providers. Many times an employer becomes that extra level of support when they see the person's commitment to the employment opportunity. The supported employment programs and agencies that CMH utilizes are all focused on employer engagement to find the best fits for employment and to assist employers with any needs they might have. There are countless stories of local employees

going above and beyond to show their appreciation for and/or to assist employees when they recognize the need may be more than with their typical hiring processes.

In the past year, Lapeer County CMH was welcomed to the Individual Placement and Support (IPS) International Learning Community after being recognized by the State of Michigan as 1 of 25 IPS sites in the state. The employment specialists working in this program work 1 on 1 with program participants to prepare for, explore, obtain and maintain employment of their choosing. Following the guidelines of this evidence-based practice has resulted in over 67% of job seekers obtaining employment. Numerous employers have benefited from having the extra resource of the IPS specialists to assist them with identifying and retaining qualified employees.

As employment can be viewed as both the end result of the journey of recovery, but also as a factor that helps one in their recovery, Lapeer CMH works closely with contracted providers and through a cash-match agreement with Michigan Rehabilitation Services to ensure individuals at all levels of ability are able to explore the world of work. We recognize that complete care and wellness comes with independence and access to fulfilling activities, as well as opportunities to determine one's own financial standing. For those reasons, Lapeer CMH is proud to assist individuals with taking these life-changing steps.



BOARD MEMBER PROFILE: DONNA SHELTON

Donna Shelton, a native of Lapeer and board member of Lapeer County Community Mental Health, is drawn to community involvement and has been throughout her life. Growing up in Lapeer, Donna understood the importance of community members coming together to make a positive impact. She saw how small acts of kindness could make a big difference and was inspired by those who went out of their way to help others. Donna's dedication to community mental health is rooted in understanding the persons served and knowing that support is essential to a healthy lifestyle. She regularly volunteers at other community organizations. She knows the importance of mental health awareness and aims to end the stigma. Her passion for helping others is evident in her commitment to advocating for those living with mental illness and their caregivers. For Donna, being involved in CMH allows her to further serve members of her local community by providing resources that help them cope

with daily stressors while offering guidance when needed. “CMH is a community resource. They have partnerships with other community agencies which ensure persons served have access to important resources,” said Shelton.

Donna has been a member of the LCCMH Quality Council since 2013 but has been actively volunteering to help those in need for over ten years. She is incredibly passionate

“CMH is a community resource. They have partnerships with other community agencies which ensure persons served have access to important resources”

about helping persons served and takes great care in advocating for their rights. Donna believes that having her voice heard on the board gives her an opportunity to create positive

changes in her community. Donna strives to ensure everyone receives adequate care and support from their local community services.

Donna remains committed to providing resources and assistance to those who need it most and volunteers whenever possible. She recognizes the importance of ensuring no one is left behind, which drives her dedication to persons served and the quality of care they receive.

Brooke Sankiewicz: CMH Employee of the Year



Brooke Sankiewicz



Brooke Sankiewicz, LMSW, CADC, Chief Clinical Officer at Lapeer County Community Mental Health, is the 2022 Employee of the Year for her dedication to providing excellent care and support to her staff. Every day Brooke looks forward to coming into work knowing that through her job, she helps others improve their quality of life; that is one of the many reasons her co-workers voted her as Employee of the year. “I was shocked to hear that I had been chosen as Employee of the Year. Many other staff members also deserved recognition for their hard work and dedication. However, I am proud to have been selected,” said Sankiewicz. Brooke started working at LCCMH in 2019 as the Assertive Community Treatment Program Supervisor. Since beginning at LCCMH over 3 years ago, Brooke has gone above and beyond in providing a positive workplace environment and delivering quality care. She is a strong leader who leads by example, demonstrating compassion and respect in all interactions with both consumers and colleagues alike. She known for her unwavering commitment to ensuring that her team has all the necessary tools and resources they need. “I recognize the work we do isn’t easy and that’s why I enjoy interacting with staff and making them smile.” said Sankiewicz. She feels a sense of pride by helping to serve the community and being a positive influence in her team’s lives. Seeing smiles on their faces motivates Brooke to work hard every day. She

“I recognize the work we do isn’t easy, and that’s why I enjoy interacting with staff and making them smile.”

recognizes that each of them puts in extra effort to make sure the organization runs smoothly, despite any challenges they may face. Brooke makes it a priority to show her gratitude for all their hard work, as she knows how important it is for her team to feel appreciated. By taking an active role in keeping her staff content, Brooke is able to bring out the best in everyone’s abilities and help create a positive atmosphere within the workplace. She hopes this energy will be carried forward into other aspects of their roles and have a lasting impact on those they serve daily.

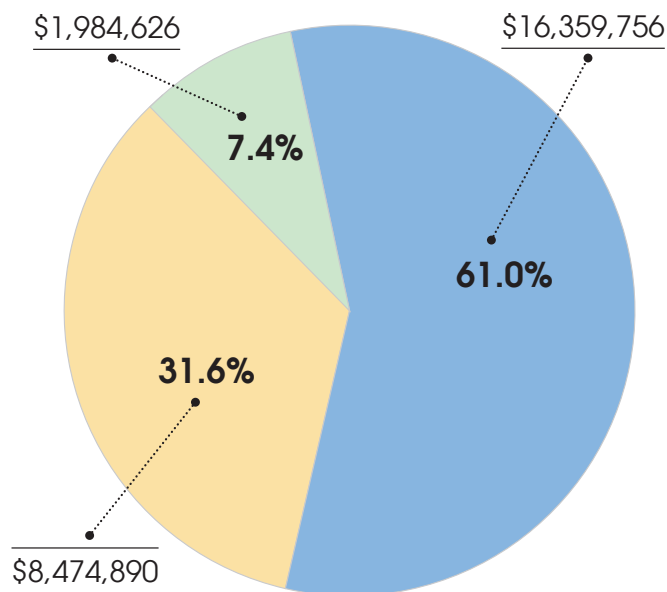
Brooke’s dedication and hard work make a positive impact on her colleagues and persons served at LCCMH. Her commitment to improving the lives of her staff and the quality of services is truly commendable. As Employee of the Year, she sets an example for all those around her to follow. We can all learn from her leadership and strive to make our workplaces better for everyone involved.

If you need more information about LCCMH Services, visit our website at lapeercmh.org, or call 810-667- 0500.

LAPEER COUNTY COMMUNITY MENTAL HEALTH FY 2021/2022

TOTAL COST:
\$22,969,752

Persons with Developmental Disabilities 429
Adults with Mental Illness 1,058
Children with Serious Emotional Disturbances 425
TOTAL PERSONS SERVED 1,912



Full Time & Contractual Employees	154
Outpatient Therapy Visits	7,196
Family Therapy Visits	462
Group Therapy Visits	277
Paid Days in Local Hospitals	1,955
Units of Case Management.....	20,813
Persons Served in Skill Building Environments	158
Persons Served with Autism Spectrum Disorder	36

Success stories from

harmonyhall

Don't judge a book by its cover, you need to read the pages.

I had the privilege to interview Donna F, a member at the Harmony Hall Clubhouse, and listen to her story. Through determination and courage, Donna has inspired people around her. She wants others to understand that help is available and do not to be afraid to reach out if they are struggling.

Donna's story began in foster care, where she experienced neglect and child abuse. Unless you have been through the foster care system, it can be challenging to understand the effects on an individual of that experience. As a child, Donna was not taught how to regulate her emotions; she spent hours crying in the bathroom, blaming herself for not being good enough.

Unfortunately, many children like Donna have been through similar. The trauma she experienced as a child left Donna feeling alone and angry at the world. Life became even more difficult for Donna as she became an adult and battled addiction while she was homeless with nowhere to turn. Her anger kept building and caused destructive behaviors, such as substance abuse or angry outburst toward others. Her world felt dark and gloomy, and she thought no one could help her. Donna is not alone in her experience; many individuals struggle with past trauma and find themselves overwhelmed with emotions. Fortunately, staff at the group home she lives at encouraged her to get help at Lapeer County Community Mental Health (LCCMH).

Donna started taking meaningful steps toward recovery. She went to therapy and began to talk about the trauma she had experienced. For the first time in her life, Donna

allowed herself to feel emotions instead of burying them inside as she did in the past. It was difficult for Donna to open up in the beginning, but with the help of the staff at the group home, LCCMH staff, and new friends at Harmony Hall, she has made fantastic progress. She is consistently working to improve her overall wellness. The Integrated Employment program at LCCMH helped Donna get a steady job. She is excited to work and hopes to accomplish her goals in 2023.

Donna's story is powerful and shows that it is possible to overcome past trauma and thrive. Your mental illness does not define who you are. The difficult journey of rebuilding her life is easier now with the kindness and support of others, and demonstrates the power of reaching out for help.

Donna's message:

"Never think low of yourself, and do not let people get you down. Do not be afraid of getting help. People want to help you. Reach out if you are struggling."

"We are all different but beautiful in our own way. You might miss an amazing story if you judge a book by its cover."

CEO FROM PAGE 4

Since 2014, Lapeer County Community Mental Health (LCCMH) has engaged in preparations to become a CCBHC. The Substance Abuse Mental Health Services Administration (SAMHSA) offers grant opportunities to assist agencies in planning, developing, and implementing CCBHC interventions. LCCMH was the recipient of a SAMHSA grant in 2022. LCCMH is using the SAMHSA grant funding to expand services with a focus on the core CCBHC required service array. The following are specific ways LCCMH is using the SAMHSA grant funding:

- Expand coordination of services with health care providers.
- Expand services to Veterans.
- Enhance services at the jail.
- Enhance the offering of Evidenced Based Practices (EBPs). (*currently offered)
 - Cognitive Behavioral Therapy (CBT)*
 - Motivational Interviewing (MI) for adults, children, and youth*
 - Screening, Brief Intervention, and Referral to Treatment (SBIRT)
 - Assertive Community Treatment (ACT)*
 - Dialectical Behavior Therapy (DBT)
 - Integrated Dual Disorder Treatment (IDDT)*
 - Medication Assisted Treatment (MAT)
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)*
 - Infant Mental Health*
 - Zero Suicide
 - Parent Management Training – Oregon (PMTO) or Parenting through Change (PTC)
 - "Air Traffic Control" Crisis Model
 - Illness Management and Recovery (IMR)*
 - Dialectical Behavior Therapy for Adolescents (DBT-A)
 - Supported Employment (IPS model) (Certification in process)*
- Add outpatient services for mild to moderate children and adults.
- Add Substance Use Services for the SUD only population.

As an agency, we are proud of our legacy in the community and we are looking forward to the opportunities that becoming a CCBHC will provide to improve our services to the community.

