

Welcome to your Community Mental Health Center

Creating Change for a Healthier Community

Annual Report 2012-2013

May 2014

Lapeer County Community Mental Health's mission is: "Promoting Recovery: giving hope; respecting individual choice; improving health; fulfilling dreams."

CMH building on past success to promote future hope

By Dr. Robert Sprague, CEO Lapeer County
Community Mental Health



Dr. Robert Sprague

On October 31, 1963, President Kennedy signed revolutionary legislation that created the Community Mental Health System transforming care away from the custodial care of large state institutions toward a model of recovery and full participation in the community. We celebrated that historical event last fall through a special partnership with the Michigan Humanities Council. The Michigan Great Read Project this year

focused on the book "Annie's Ghost" which explored one family's experience with mental illness and the history of the mental health system in Michigan. Fifty years ago there were over 29,000 people housed in state hospitals throughout Michigan. Today there are fewer than 700 in state facilities and most of these are for relatively short episodes of care.

Despite this tremendous success there are huge challenges facing community mental health now and in the future. On March 31, 2014, President Obama signed "The Excellence in Mental Health Act" that will establish a two-year, eight state Medicaid demonstration project. Participating states will receive 90% Federal Medical Assistance Percentage (FMAP) for a range of services including primary care screening, mental health, substance abuse and crisis services provided by Certified Community Behavioral Health Clinics. Senator Stabenow championed this bi-partisan bill, described as the most

significant mental health legislation in 51 years. Change is happening all around us at the national, state and local levels. It will be interesting to see how this federal program impacts services in our state and community.

Lapeer County CMH, which had been a member of the Thumb Alliance with St. Clair and Sanilac counties, joined the newly created Region 10 Pre-Paid Inpatient Health Plan (PIHP). This is a partnership between the former members of the Thumb Alliance and Genesee Health Systems. The State reduced the number of mental health regions from 18 to 10, with the goal of improving services across the state. The Region 10 PIHP is responsible for managing Medicaid behavioral health services within the four counties, while encouraging each of the community mental health centers to develop services to meet the local needs of each county.

On April 1, 2014 the State implemented the Healthy Michigan Plan, expanding Medicaid to almost 500,000 low-income citizens. This will provide preventative health care for thousands of people and will improve the overall health of people in our state. However, one of the unfortunate consequences of the way the Healthy Michigan Plan was implemented resulted in a massive reduction of approximately \$88.9 million dollars in General Funds to the mental health system across the state. The Healthy Michigan Plan is 100% federally funded Medicaid for

the first three years and then up to 90% federally funded after that. The State General Fund dollars saved by this program represented a more flexible source of revenue to support many local collaborative projects. Loss of General Fund dollars will result in reduction in

some non-Medicaid funded services locally.

In the midst of all this change Lapeer County CMH remains a strong, vibrant member of the local health care community. Soon you will see our new onsite pharmacy, developed in partnership with Advanced Care Pharmacy to improve medication care for the people we serve. We



now have three certified trainers for Mental Health First Aid. We plan to train 4,000 people in the next two years to better recognize mental health symptoms and help get people the care they need. We are actively supporting the Lapeer County Collaborative Suicide Prevention Network and have established local survivor groups. We continue to collaborate with Inspiring Hearts for Autism by providing space within our Maple Grove facility and are working with local parents to develop treatment and residential services for children and adults with autism spectrum disorder. We will continue our partnership with the County Parks, Lapeer Team Work, and Michigan Rehabilitation Services to preserve these valuable resources for our community. We are expanding employment and skill building services for the people we serve via a local Employment Coalition that includes Lapeer County CMH (Harmony Hall Clubhouse & Stepping Stone), Lapeer Team Work, Growth & Opportunity, the Lapeer ISD, the Lapeer Schools, Michigan Rehabilitation Services, Goodwill of Southeast Michigan, and more community partners as they join. We will also continue to offer a wide range of services to meet the needs of those we serve, including: Integrated Dual Diagnosis Treatment for persons with mental illness and substance use disorders; our Summer Camps for children with severe emotional disorders; specialized residential programs for persons with mental illness and/or intellectual disabilities; and a wide range of individual, group, and family counseling services. While the times are changing we remain a bedrock agency focused on meeting the mental health needs of our community.

Lapeer County Community Mental Health Services Board

April 1, 2014 – March 31, 2015

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Kay Morris, Secretary
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Annual Report Editor

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Meet Commissioner Linda Jarvis, Lapeer CMH Board Member



Linda Jarvis

Linda Jarvis, Lapeer County Commissioner and Lapeer CMH Board member may have been raised in the city but she has Lapeer County and country living in her heart. Since she moved from Lincoln Park to Lapeer County in 1977, Ms. Jarvis has enjoyed getting down and dirty while caring for her animals on the farm. She dug right in to shoveling manure from the barn and transferring it to the fields of a small farm she owned in Silverwood, while raising three boys and working as a legal clerk.

Seventeen years ago, Linda married her current husband, Bill Jarvis who owns a fourth generation farm in Lapeer Township where he and his sons previously ran a dairy operation and now grow crops and raise a few cattle. Her husband lived in the family farmhouse where he was raised until they moved across the road recently. Together they have 6 sons, 18 grandchildren, and two great grandchildren, keeping them busy with family time which they greatly enjoy.

Ms. Jarvis decided to run for the County Commissioner's office while working in Attica Township as Deputy Clerk and Precinct Election Chair believing that she could make a difference. She won the seat and is now in her 4th term and eighth year as a County Commissioner representing Dryden, Attica, and Lapeer Township precinct 2.

Ms. Jarvis requested to represent the county on the Lapeer County Community Mental Health board because during her time as Probate Court Deputy Register, she developed an interest in issues of Mental Health. She was involved in guardianships, conservatorships, and Mental Health hospital admissions, where she helped many with a serious mental illness and adults with Developmental Disabilities. She is in her second year of service to CMH.

She sits on the policies and procedures committee and the strategic planning committee for facilities at CMH. She finds it all very interesting and indicates she learns new things all the time. Ms. Jarvis stated she finds the CMH staff to be very dedicated and they "don't view their work as just a job. Everyone from the therapists, case managers, and the front desk clerks are all hard working, pleasant, and go the extra mile to be helpful to those they serve." Linda prefers to learn all she can about the services at CMH and visits as many of the programs and special projects as she can to see first-hand how they are managed and the reactions of the persons served by the evidence based programs. She is always impressed with the quality of services, the dedication of staff, and the satisfaction of the participants. Ms. Jarvis also is concerned for the future; she feels that "change is happening so quickly on the integrated care front, that sometimes our political leaders can't fully comprehend the impact new legislature has on the services to those we serve in our community with Mental Health needs."

While her days of happily shoveling manure are behind her, Ms. Jarvis spends any free time with her husband and their large extended family and then scrapbooking the great times that they share.

Lapeer County Community Mental Health

Fiscal Year 2013	Persons Served	Expenditures
Persons with Developmental Disabilities	381	\$ 9,221,278.
Adults with Mental Illness	1019	\$ 6,175,502.
Children with Serious Emotional Disturbance	292	\$ 1,310,704.
Total Persons Served/Expenditures	1692	\$ 16,707,484.

Including just some of our many programs:

- 6974 Outpatient therapy visits
- 1,116 Family therapy sessions
- 866 paid days in a state hospital
- 921 paid days in local hospitals
- 27,323 units of case management (13,661 visits in the home or community)
- 289 people participating in work training environments
- And 65 paid contracts with other community agencies

Family Fun Fair and Open House

MAY 31, 2014 • 10:00 AM -2:00 PM

Learn about mental health and wellness!

- Prize drawings for 4 new bikes, a large flat screen TV, or Community Center gift certificates!
- **FREE**, healthy lunch served to the first 200 people!
- Bring the kids! Bounce house and slide!
- Arts and Crafts Show & Sale!
- See our new pharmacy & remodeled space!
- **FREE ADMISSION**, open to the public!



Lapeer County Community Mental Health

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Find us on the web: www.lapeercmh.org; Follow us on facebook

Contact Melody Wolfe at mwolfe@lapeercmh.org for more information



Lapeer County Community Mental Health Introduces Mental Health First Aid to Lapeer County:

Joins National Initiative to Increase Mental Health Literacy

Lapeer County Community Mental Health (CMH) is now offering the Mental Health First Aid program in Lapeer County. CMH will train police officers, first responders, nurses, counselors, school personnel, bus drivers, social service workers, pastors, and members of the general public including small business owners, for a total of 4% of our population. The goal is to improve mental health literacy – helping them identify, understand and respond to signs of mental illness.

"We are thrilled to bring Mental Health First Aid to our community," said Dr. Robert Sprague, CEO of Lapeer County Community Mental Health. "This important educational effort goes a lot further than emergency help; it really helps people understand the cloud of fear and misjudgment facing individuals and families who experience mental illnesses and addiction. It will help rid this community of the associated stigma and move more and more people toward recovery." With one in four people experiencing a mental illness in any given year, the chances are high that individuals will witness a mental health emergency, perhaps with a family member, a friend, or co-worker and will be able to use their skills learned in Mental Health First Aid training to help. With the inclusion of suicidal risk evaluation and intervention included in the 8 hour training, they may even save a life."

Mental Health First Aid is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, choose a means of helping and locate appropriate care for the individual. The certification program reviews risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. Research studies have proved the CPR-like program is effective in improving trainees' knowledge of mental disorders, reducing stigma and increasing the amount of help provided to others.

"We welcome Lapeer County Community Mental Health's involvement and enthusiasm in the Mental Health First Aid community," says Linda Rosenberg, MSW, president and CEO of the National Council for Behavioral Health, the organization who brought Mental Health First Aid to the United States in 2008. "We know they will have a great impact on the mental health communities throughout Lapeer County and will be key players in improving mental health literacy nationwide."

In its pilot year, the program was introduced in nearly twenty states and more than 40 communities nationwide. Susan Clement, LPC and Melody Munro-Wolfe, LMSW, and John Wilson of Lapeer County Community Mental Health, and Deputy Jeremy Howe of the Lapeer County Sheriff's Department all completed instructor's training to provide the Mental Health First Aid program through their intense instructor certification course. The thumb Alliance PIHP sponsored the training with a grant. Lapeer CMH and all the sites across the nation that replicate this program maintain strict fidelity to the original, proven program.

For more information or to participate in Mental Health First Aid training in Lapeer County, go to our website at www.lapeercmh.org. There you will find a list of upcoming scheduled trainings and locations and a downloadable registration form to complete. You can also contact us by email at mentalhealthfirstaid@lapeercmh.org and we will arrange a training class for your office or group, when it is convenient for you.



Meet Kay Morris, CMH Board Member

Laissez-nous présenter (Let us introduce you to) Kay Morris, a retired French and Art teacher from Lapeer Community Schools, who has been a board member at Lapeer County Community Mental Health for the past 9 years. She brings her 32 years of teaching experience to her work on the board. Kay, who grew up on a dairy farm in northern Bay county, moved to Lapeer with her husband Don and their two daughters, when they were just babies. Don is now a retired teacher of Music and English and her two daughters are



Board Member Kay Morris awards Best of Show award for art, last year.

now grown and are also teachers. Kay started out teaching Art and French to many different ages from pre-school to adults, and feels it "is a gift to find that opportunity to work with kids and I liked watching the teens become adults."

"I really found my niche when I obtained a Master's Degree in Special Education and began to teach students with special needs," she admits. With endorsements in learning disabilities and emotional impairments, she feels her teaching experiences brought her to her position on the Community Mental Health board of directors. Lapeer County Community Mental Health serves children with severe emotional disorders and children with cognitive disabilities, as well as adults with developmental disabilities. "As an educator, I appreciate that this board doesn't quit with just the basic services, but that we create for the people we serve, opportunities where they can continue to grow and develop for the rest of their lives."

She was invited by one of the county commissioners to accept a position on the board at Lapeer County Community Mental Health. Kay admits that her first choice would be to be in room with people but that she has come to enjoy the work of developing policies as the board uses that process for looking to the future and dreaming about the possibilities. She believes, "Everyone deserves to pursue their hopes and dreams."

Kay and her husband have also been volunteers at the hospital McLaren-Lapeer Region where Kay currently assists the Human Resources department with paperwork. Kay is enthusiastic when she says, "I am encouraged by the progress that has been made in our community to reduce the stigma for the people we serve." She recognizes the power of education to change minds and attitudes towards those who have a mental health or developmental disability. Always positive, Kay hopes to "look forward to continuing opportunities for all people to find their place in our county." This past year, CMH leaned on her artistic abilities and invited her to be a judge in an art contest to choose the winning painting for the state wide traveling art show. For sharing her artistic talents, positive outlook, and dedicated service, we say, *Merci beaucoup!*

MICSS Provides an alternative to Psychiatric Hospitalization

Lapeer County Community Mental Health (LCCMH) recently expanded their Triage or emergency response team to include Mobile Intensive Crisis Stabilization Services (MICSS). The Triage Team is available 24 hours a day, seven days per week to provide crisis intervention and assess the need for hospitalization or other mental health services. Persons experiencing a mental health crisis may be seen at the local hospital emergency room, as a walk-in at CMH, or may call the CMH crisis-line. The Mobile Intensive Crisis Stabilization Service provides another alternative to hospitalization. A team that may include therapists, nurses, peer support specialists, and a psychiatrist are available to provide crisis intervention and ongoing support services.

The CMH Triage Team continues to provide a mental health evaluation for persons who have Medicaid or who are indigent who may meet the criteria for hospitalization. Most of the time a person meeting criteria for hospitalization would agree to voluntary treatment. If inpatient services are required they can be authorized by this team, however, the Mobile Intensive Crisis Stabilization Service can provide an alternative to hospitalization.

This team can go to the person's home on a daily basis to provide support and coordinate services that will meet their mental health needs and allow them to remain in their home with family and to continue with many daily activities.

Hospitalization can be helpful to provide an emergency respite and to help the person stabilize in response to a psychiatric emergency. However, inpatient care tends to be short-term, generally less than a week, and it may not address the ongoing needs of the person to be able to regain their footing in their everyday life. The MICSS can provide daily crisis services up to 28 days and serves as a bridge to many ongoing longer term services to help with their recovery.

Another alternative to hospitalization is Crisis Residential Unit (CRU). LCCMH contracts with a provider in Flint for these services. A CRU is a specialized, licensed adult foster care home that has additional mental health treatment services imbedded in the program, including a psychiatrist, nurse and social worker. Admission to a CRU is voluntary as an alternative to hospitalization. It is not a locked program and people can choose to

leave if they change their mind. Generally, people do not stay at the CRU longer than 14 days. This is another good option for people needing a short break from their current living situation, but it also takes them out of their community and they still need to make plans to cope once they are discharged.

Program Supervisor, Roy Ramirez states that, "the person who is in danger of hurting themselves or attempting suicide is referred to one of the members of the Triage Team who can offer MICSS as an alternative to hospitalization." Deciding to be served in the MICSS program is voluntary and the person makes a commitment to a daily contact. The person is generally seen by the team psychiatrist within 48 hours and if needed started on medications. A member of the MICSS Team then makes daily contact either via telephone, home visits or office appointments. They are assigned a therapist from the MICSS team who works with them during the time they are in the MICSS program, usually about two weeks. Mr. Ramirez states, "Most MICSS participants know when they are feeling better and daily contacts are no longer necessary and will let us know they are ready to move to

more traditional weekly therapy sessions." At that point they are transferred to a therapist who will help manage their care and assist them in their road to recovery. If they are not eligible for further CMH services we will work with them to ensure a smooth transition to other clinics or family physicians in the community.

The average hospital stay costs more than \$600.00 per day and averages 5 ½ days per episode of care. The MICSS program saves money, but Mr. Ramirez stresses the most important advantage is, "the person can remain at home while they begin their recovery, allowing them to remain with their family and continue to work." The program serves both children and adults who have Medicaid and are experiencing a mental health crisis. It is a new program, the goal was to serve 7 people this year and we have already served 11 people. Our team can assist people in signing up for the new Healthy Michigan Plan/Medicaid to help them qualify for these new services. It provides people in our community another choice of services to meet their mental health crisis needs. The MICSS Team can be reached at (810) 667-0500.

Loyal Tigers Fan, Lyle, enjoys life in recovery

Lyle P stands 6'5" tall and easily talks about participating in sports when he was in high school including basketball, baseball, and track. He is proud to say he was his high school's Most Valuable Middle Distance runner for the half mile. Lyle is a huge Michigan sports fan and follows U of M, the Detroit Tigers, Pistons, Lions and Red Wings whenever he can. Lyle also has a serious mental health diagnosis, diagnosed when he was in his first year of college.



Lyle P

working about 16-24 hours a week. Lyle also moved into his own apartment last summer, after residing for many years in group homes. He really enjoys watching sports on TV with his friends. He saved his earnings to purchase a stereo, TV, DVD player and cable service. When asked what was his favorite thing about working? he replied, "I like that I get paid on Thursdays and I like being around people". The staff and fellow members at

Harmony Hall agree, "Lyle is a hard worker, has a big heart, is helpful and a good guy." He is also active in his Church and plays on the church softball team every summer. Lyle states, "I am fast for a tall guy!"

Because of his successes in employment, independent living, and his recovery from his mental illness, Lyle acts as a mentor and positive role model to other members needing help in their recovery journey.

He doesn't really remember his first episode but does remember that he has been receiving services for 15 years at Lapeer CMH. Now in successful recovery, he attends a CMH sponsored clubhouse called Harmony Hall, where he likes to socialize, cook, and go on field trips like camping and to Mackinaw Island.

Lyle has been employed at Meijer's for 13 years where he brings in the carts,

Torzewski & General Squier County Parks

Located five miles West of Lapeer on Pero Lake Rd.
& One-mile S. of Dryden village on South Mill Rd.

Opening Day June 14, 2014

Park Amenities:

Amphitheater & pavilions for rent
Shore fishing and fishing on Mill Pond
Nature Trails • Concessions
Children's play equipment
Horseshoes and sand volleyball



**Both Water Slides open 11am-6pm
daily, weather permitting,**

**Both parks open 8AM to 8PM for public use
For more info; maps, reservations, & prices,
for both parks, please visit the website at
www.lapeercountyparks.org or call (810) 245-4794
or email us at jstock@lapeercounty.org**