

Lapeer County Community Mental Health

Lapeer County Community Mental Health's Mission is:
"Recovery: hope; choice; health; fulfilling dreams"

Annual Report 2017-2018

Keeping the Focus on Community



Lauren Emmons

By Lauren Emmons, CEO

Lapeer County Community Mental Health (LCCMH), through contracts with the Region 10 PIHP and the State Department of Health and Human Services (MDHHS), provides services to individuals living with a serious and persistent mental illness, a serious and persistent mental illness and co-occurring substance use, individuals with intellectual/developmental disability, and individuals with autism. We also provide services to children and/or adolescents with severe emotional disorders and their families. We refer to these population groups as our "priority populations." There are rigorous eligibility criteria set by Medicaid

Standards and MDHHS, to assess for admission into priority population services.

The past couple of years LCCMH has been focusing on implementing the Home and Community Based Services Standards that are a requirement in our contracts for services to our priority populations. These standards focus on engaging the people we serve more in community settings. The Stepping Stone Skill Building Program has established skill development based community volunteer and social experiences for persons with intellectual/developmental disabilities. The Harmony Hall Psychosocial Rehabilitation Clubhouse, in addition to mental health rehabilitation focused services, has a very successful work program that engages individuals recovering from a serious and persistent mental illness in community based jobs. The Adult Case Management Program has been working with our



See Community page 4

This art mural is a reminder that CMH is Lapeer COMMUNITY Mental Health.

Kate Spencer: The Force is strong with this one!



Kate Spencer, our new Children's Services Supervisor appreciates the sage wisdom of Yoda.

When you first enter Kate Spencer's office at the CMH Children's Services location, you can almost "Feel the force," to quote one of her favorite characters Yoda, the master Jedi from Star Wars. Her office is decorated with quotes, pictures, and statues of Yoda. Like Yoda, Kate is calm, but strong, providing wise supervision for her program staff, since accepting the role of Children's Services supervisor in September of 2018. She states there was no need for any big changes to the program when she took over as manager, because it was already running smoothly as a team. She does feel that in her first 6 months, she mostly "put out fires" but now things are settling down and she can move forward.

Kate is excited to be developing community relationships and collaborations with our courts, schools, and other agencies who work with children. "One for all and all for one, let's get together and solve our problems",

is her approach in planning for a meeting with our court juvenile probation officers to strength the collaboration to better serve the children of Lapeer County. Kate is also part of a newly formed County Trauma Team. This team includes Children's workers from the Department of Health and Human Services. The team's mission is to teach the community about trauma including the effects on the brain caused by the traumatic events experienced by children. Kate feels that Lapeer County is "tardy to the party" when it comes to trauma informed care and with the "baby steps" being taken by the Trauma Team, she hopes to teach and inform our community about why it is important to consider trauma when assessing a child's behaviors. Kate explains that, "Trauma related behavioral symptoms can look very similar to the symptoms of ADHD (Attention Deficit and Hyperactivity Disorder) and for a very long

time, we had students taking ADHD medications when their symptoms could possibly be attributed to trauma, rather than ADHD"

The Children's department staff includes Bachelor level case managers, Master's trained therapists and Clinical Case Managers, Parent Support Partners, a Psychologist, and Support Staff. A Child Psychiatrist is available by video conferencing appointments at the main CMH building. Amanda House, LMSW, is certified as an Infant Mental Health Specialist as is Kate herself. Amanda is also trained in Trauma Focused Cognitive Behavioral Therapy TF-CBT. Several other staff members will be completing this training as well. Leah Julian and Stefanie Pender make up the Home Based Services team. They provide in home services to children and their families who need a short-term intensive program, who

See Kate page 2

Lapeer County
Community Mental Health
Board of Directors
2017-2018

Officers

Ms. Catherine Bostick, Chairman
Mr. Tim Brown, Vice Chair
Ms. Kay Morris, Secretary
Ms. Mary Linn Voss, Treasurer

General Members

Mr. Ronald Barnard
Mr. Jeremy Howe
Ms. Lori E. Curtiss
Ms. Linda M. Jarvis

Mr. Laird Kellie
Ms. Regina Starr
Mr. Wayne Strandberg
Ms. Carol Winn

Chief Executive Officer
Lauren Emmons, L.M.S.W.

Annual Report Editor
Melody Munro-Wolfe, LMSW

Harmony Hall: Opportunities for Recovery

Have you driven south on Saginaw Street and saw the sign out front, just past the RR tracks with the positive messages and wondered what Harmony Hall Clubhouse is all about? You may notice that it is a busy place with people coming and going and GLTA making regular stops. Brian Schmitt, clubhouse director describes it, "A Clubhouse is an evidence based program that promotes opportunities for its members to pursue." He goes on to say, Clubhouse International accredits Harmony Hall thru a complicated process where they have to meet many standards. Their mission statement sums it up, "Harmony Hall is a recovery based program dedicated to supporting people with serious mental illness so they may experience independent living, social opportunities/community integration, and effective life management to the best of their abilities."

All activities at the clubhouse happen side by side with members, staff, working together as equals, to develop positive social relationships. These relationships build confidence and increase social skills that members can apply to their lives. Brian explains that this is important because "relationships make us stronger". Brian says the clubhouse allows members to take ownership of the decisions and the direction in which the clubhouse chooses to go. The clubhouse is warm and welcoming with colorful artwork created by the members hanging on the walls. Brian reports that the welcoming environment helps members to feel comfortable and safe to take on new challenges, learn new skills, and make new friends.

Prior to joining, their mental illness was likely having a negative impact on their daily lives, and they were not in a good place. Many members may not have had a strong support system but they can find one at Harmony Hall. Brian believes that "Without the clubhouse, members would be spending their time isolating themselves by sitting at home, watching Judge Judy or something and not living the life they want." At Harmony Hall, members plan the daily lunch meal by planning, shopping, and preparing as a group allowing them to learn about each other in the process. The clubhouse also promotes wellness. One of their group activities includes a successful "biggest loser" competition with groups and individuals competing for prizes for the most weight loss. They produce weekly videos that they post on Facebook. They also have activities outside of the walls of the clubhouse to offer support to each other on weekends and holidays. Many friendships also extend outside of the clubhouse. They take exciting trips to many different vacation locations on occasion.

One of the things that Harmony Hall does really well is engage members in work. Presently, there are 24 members working in the community making at least minimum wage. Brian explains that work puts money in your pocket and for persons who live on a limited disability income, this can mean more choices such as movies, eating out, trips, and other fun things. He points out, "No one wants to go to the Mall with no money in their pocket!" During this past fiscal year, members earned a total of \$74,525.00

in income. Sometimes they lose members to full time employment and that is a good thing. They have members working at Farmers® Insurance scanning documents, AAA® Insurance doing mailings, Mott Community College as custodians, Meijer®, and other local businesses. Harmony Hall offers support in the way of transportation, resume writing, interviewing practice, job coaching, and finding job placements.

Harmony Hall was approached by Clubhouse International to become a mentor clubhouse. They will be assisting other clubhouses around the state of Michigan in the accreditation process and meeting the 37 required standards. The State of Michigan believes in the success of the clubhouse model and already has more clubhouses than any other state. Harmony hall members and staff have also participated in four different training programs at other clubhouses across the country, learning how to make our clubhouse stronger.

Brian thanks his advisory members, Laird Kelly and Kay Morris, (CMH board



Angela and Laura work together to prepare lunch at Harmony Hall Clubhouse

members), Sherry Lavery from Michigan Rehabilitation Services, Kaleigh Zapata from TEAM Work, Inc, Jim Alt from the DDA, and Robert B. representing the clubhouse membership for their commitment and support. He says, "They believe in the clubhouse." For more information, you can follow Harmony Hall on their Facebook page @HarmonyHallClubhouse1. Employers with jobs to fill can call Brian Schmitt at 810-667-0251 or email bschmitt@lapeercmh.org.

Lapeer County Community Mental Health FY 2017/18

Total Cost \$21,002,271

Cost by Population

	Persons Served	Cost
Persons with Developmental Disabilities	377	\$11,934,973
Children with Serious Emotional Disturbance	386	\$2,039,941
Adults with Mental Illness	925	\$7,027,357

Total Persons Served/Expenditures 1,688 \$21,002,271

Full Time & Contractual Employees	123
Outpatient Therapy visits	5,388
Family Therapy Visits	695
Group Therapy Visits	463
Paid Days in Local Hospitals	2,212
Units of Case Management	27,729
People Skill Building environments	222
Persons served with Autism Spectrum Disorder	37

Kate from page 1

may have multiple agencies involved, or are in danger of having a child removed from the home or who have high family needs.

The Parent Support Partners are parents who have experience in parenting a child with behavioral health needs and who receive special training to work with the families we serve at CMH. They are Melissa Gibbs and Christine Jarros. Kate plans to expand this program by hiring two Youth Peer Support Specialists and adding one more part time Parent Support Partners.

The remainder of her staff includes Howard Nitz, III, and Brittany Brothers, both clinical case managers, Martha Hall, Clinical Case Manager, and Dr. Smith, child psychiatrist, Krissy Swett and Jenny Bechtel, both case managers, and Candace Vanderploeg, support staff. Kate hopes to hire on a contractual basis, one more child therapist.

The Children's Program has been host-

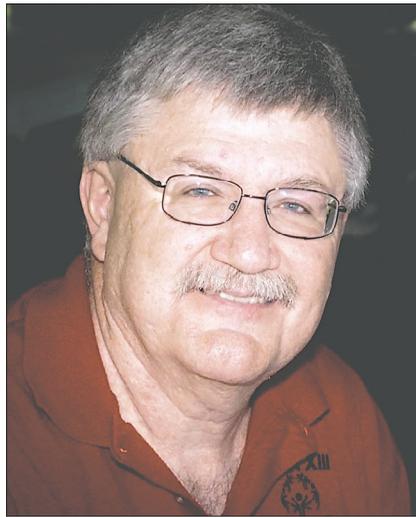
ing monthly events except for summer months with holiday themes to encourage families to have some fun together including an Easter Party with crafts and egg hunting, a slime party, and a Valentine Dance. In June, they will host their annual week long Summer Camp for children ages 5 to 11. This year's theme is Super Heroes. It is usually all hands on deck for Summer Camp and Kate believes all of her employees are Super Heroes. The teens who attend a separate summer camp will be planning outings to special places like a trampoline park.

When asked about the future of the program, Kate was uncertain, perhaps she remembers what Yoda had to say about it; "Difficult to see. Always in motion is the future". She is happy to wait it out and see what time brings. What she is sure of is Yoda's observation about children, "Truly wonderful the mind of a child is." Kate, we wish you great success in your new role of Children's Services Supervisor and "May the force always be with you!"

T. John Wilson: CMH Employee of the Year

T. John Wilson is Lapeer County CMH employee of the year for 2018, elected by his co-workers for this honor. John has worked at CMH since 1993, in the role of case manager or supports coordinator. In his twenty-five plus years working at CMH, he says, "I have met a lot of people and I have learned a lot." John did not plan to become a case manager in behavioral health; he earned a Bachelor's Degree in Secondary Education from Central Michigan University, and later earned his license as a social worker.

Before CMH, John worked as a substitute teacher and at Growth and Opportunity, where he found he enjoyed working with adults with intellectual disabilities. "I like interacting with the people we serve. I really like to see that look of accomplishment on their faces when they realize they have been successful." John's co-workers will all tell you that his most helpful trait is his sense of humor. John loves to make puns out of everyday language, always making people smile when they do not expect it. John feels most people appreciate



T. John Wilson is "CMH Employee of the Year for 2018."

his use of humor and he points out that he is serious when the situation calls for it.

John works with adults who have intellectual disabilities or a serious mental illness. He works with both people who live independently and those who live with their families or in Adult Foster Care. John is successful in building relationships with the families and the group home staff members. His job duties include advocating for people in the school setting, monitoring their AFC home placement, arranging for programs, transportation, respite, independent living supports, and working out health, legal, work, or family difficulties. He assists to identify needs and writes a care plan, directed by the person, and

based on their personal goals.

John gives a lot of credit to his co-workers including the case-managers, physicians, and office clerks, "We all support each other and work well as a team." Four years

See Wilson page 4

Lapeer Meijer honored with an Award

Harmony Hall clubhouse members nominated Lapeer Meijer at their annual clubhouse employer recognition event. They selected Meijer for being a wonderful partner to work with for supported-employment. Lyle Parker, a clubhouse member, has worked at Meijer for 18 years. Meijer continually demonstrates their commitment to providing employment opportunities for clubhouse members.

Members traveled to Lansing for an award ceremony at the capitol in March. While Representative Howell or Senator Daley was unable to attend due to committee obligations, their staff presented our Clubhouse Michigan plaque and their own special tribute from the 100th legislature of Michigan. Thomas Abney accepted a plaque presented to him to honor Meijer for the commitment to provide employment opportunities to clubhouse members. Both Senator Daley and Representative Howell signed the tribute. Thomas Abney, store director of the Lapeer Meijer,



Thomas Abney accepts an award in Lansing on behalf of the Lapeer Meijer Store. Left to right: Eric Chappell - Rep Howell's office, Mike Goschka - Rep Howell's office, Jesse Counselis - Harmony Hall staff, Thomas Abney - Branch Manager for Meijer Inc., Lyle Parker - Meijer employee, Matthew Bierlein - Sen Daley's office, Brian Schmitt

is holding the plaques in the center of the photo. He had kind words to say about the clubhouse and but specifically Lyle. Abney called Lyle "the face of the Lapeer Meijer" and

noted his work ethic saying, "He is an example of an employee who demonstrates great customer service". Congratulations to Lyle and to Thomas Abney at Meijer!

Aaron: Overcoming Barriers

Aaron, (30 yr. old) moved from Ohio to Michigan after meeting some friends playing Internet video games. He was living with his grandmother in Ohio in a rural area where no services were located anywhere near his home. Besides having a serious mental illness since age 12, Aaron also has juvenile diabetes and thyroid disease and admits he was not eating well or exercising, neglecting his health. He was at a low point, feeling, "I was just my mental handicap."



Aaron

Aaron found CMH once he moved to Lapeer County and started receiving services from our Imlay City office for its convenience. His roommates and case manager strongly recommended that he get out more socially and that he should consider joining Harmony Hall, two years ago. Now he feels, "I can be more than my mental illness; I can do more than stay in my apartment and be isolated." Brian Schmitt, director of Harmony Hall agrees that Aaron has taken full advantage of all the opportunities offered by the clubhouse. Aaron now lives in his own apartment, is working two part time jobs, has traveled with the group, and he says his mental and physical health are better managed with proper medication and a full life.

While Aaron does not watch "Judge Judy", he admits without Harmony Hall, he would be sitting at home, "wasting my life away in front of a TV or computer." He credits his case manager, Christian Przybysz and former therapist, Stephanie Rudow at CMH for helping him to find people that he can get along with and that who understand him. "I love the help I get from CMH, the members and staff members are fun to be around. I went to Chicago and Ann Arbor with the clubhouse and had a blast! Who doesn't like going on trips and having fun with your friends?" He even finds himself feeling "bummed" when he is sick and cannot attend the clubhouse. Aaron has one special friend he met at Harmony Hall, his fiancé, "She is the best thing in my life right now". Brian Schmitt says that Aaron has really fought to overcome any barriers to living the life he wants. Aaron hopes to work at a video game company someday. Brian feels that the clubhouse experience helps members to "remember who you are, and to become everything you meant to be."

Community from page 1

network of Adult Foster Care and Group Home providers to develop innovative approaches to assist persons served with achieving more independence and community engagement. The Intensive Recovery Services Program works with individuals recovering from a serious and persistent mental illness and a co-occurring substance use disorder engage in community based social activities that promote sobriety and provide the development of recreational opportunities that do not include the use of substances. These services reinforce the positive outcomes of the intensive individual and group therapies. The Assertive Community Treatment Program provides intensive mental health services to individuals recovering from a serious and persistent mental illness in the person's home and other community settings. The Home Based Services Program provides community based in home therapy and case management services to children and adolescents recovering from serious emotional disorders and their families. Children's Case Management Services assists children and adolescents recovering from serious emotional disorders and their families with accessing community based resources and coordinating services in the school setting. LCCMH just launched a Children's Intensive Crisis Stabilization Services that focus on providing community based mental health crisis services to children and adolescents recovering from serious emotional disorders who are at risk of being placed in a psychiatric hospital. These services focus

on stabilizing the home environment and maintaining successful community participation. Community is at the center of all the services provided by LCCMH.

In addition to the services provided to the priority populations LCCMH is also involved in many other efforts to promote the mental health and wellbeing of the community at large. LCCMH is a primary funder and is actively involved in the Lapeer County Community Collaborative and has representatives on many of the sub committees and work groups. The Lapeer County Community Collaborative brings together representatives from the various human services agencies in the county to coordinate services and address identified areas of need in the community. LCCMH staff members participate in the Lapeer County Mental Health Court and the Lapeer County Drug Court. The Mental Health and Drug Courts assist individuals in their recovery with intensive treatment and monitoring, while also holding them accountable for the crimes they have committed. LCCMH is a partner agency with the Lapeer County Sheriff's Department, the Lapeer County Health Department, and the Hamilton Community Health Network in a new treatment program focused on reducing the use of Opioids in the community. In addition LCCMH provides in jail mental health assessments and treatment groups to inmates serving time. These services also include consultations performed by a Psychiatrist that are provided using the agency tele-psychiatry technology. Through a grant partnership with the

Valley Area on Aging LCCMH offers Senior Outreach Services (SOS) in which a mental health therapist provides brief therapy and assists seniors with accessing needed community based services. LCCMH staff members participate in the Lapeer County Suicide Prevention Network which works to reduce the number of deaths by suicide in Lapeer County. The Kids in New Directions (KIND) program receives funding from LCCMH through a partnership with Lapeer County. KIND provides prevention services focused on children identified as at risk for the development of mental health issues. Creative arts programming is provided in partnership with the Family Literacy Center for writing and literature classes and Gallery 194 for art classes. Through a partnership with the Lapeer County Parks Department, Michigan Rehabilitation

Services and Lapeer Teamwork LCCMH provides a work training project commonly known as the "Parks Program." This training program provides a paid summer work experience for persons served by LCCMH and Michigan Rehabilitation Services who are interested in developing job related skills. The work experience is supervised by Lapeer Teamwork and provides maintenance and concession stand staffing at the two Lapeer County Parks. This staffing arrangement allows the parks to offer a full range of activities including access to the water parks for the community at large.

As an agency we are proud of our community involvement and we work hard to make Lapeer County a better place to live. If you did not already know.....now you know the reason we are Lapeer County **COMMUNITY** Mental Health.

Wilson from page 3

ago, John became a certified instructor of the Mental Health First Aid course. He enjoys having this chance to use his teaching experience. Those who take his course appreciate his knowledge and presentation style as evidenced by his high satisfaction ratings.

When not at work, John is a sports photographer, taking images for Lakeville High's yearbook, active in his Church and a very active member of the Masons, where he is currently their

chaplain and past president. He is the father of two adult children, one son Mathew, a Pharmacist living in Florida and one daughter, Sarah who lives locally and works in a Veterinarian's office. He has been married to Veronica for 39 Years. He enjoys volunteering as a chaperone for Special Olympic Summer Games in Mt. Pleasant. He does not deny that there are challenges to the job, mainly the paperwork and other requirements but explains, "I like to think I am making a difference." John, we know you make a difference every day!

General Squier Park

One mile South of Dryden Village on South Mill Rd.

Torzewski County Park

Located five miles West of Lapeer on Pero Lake Rd.

Open June 15th to Labor Day

Park Amenities:

- Forest Hall and Pavilions for rent
- Nature Trails
- Children's play equipment
- Horseshoes and sand volleyball
- The Concession
- Fishing on Mill Pond
- Mill Race Water Park - *Open 11am-6pm daily, weather permitting*

Park Amenities:

- Amphitheater & pavilions for rent.
- Shore fishing.
- Nature Trails
- Children's play equipment
- Horseshoes and sand volleyball
- Torzewski's Water - *Slide 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.net or call (810) 667-0304 or email us at jstock@lapeercounty.org