

LAPEER COUNTY Community Mental Health

RECOVERY



hope; choice; health; fulfilling dreams

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LETTER FROM THE CEO

2019: A year of growth and achievement for LCCMH

At Lapeer County Community Mental Health (CMH) our mission is simple: We offer recovery through hope, choice and health with the aim of fulfilling dreams.

Our team works incredibly hard to complete this mission day in and day out as we serve individuals living with a serious and persistent mental illness, a serious and persistent mental illness with 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.

Each year we aim to improve our range of services by offering new programs. In 2019 our services expanded to include two new programs.

Mobile Intensive Crisis Stabilization for Children

This program is available to children with a serious emotional disturbance or intellectual/developmental disability and provides structured treatment with support services to address crisis situations. The team, consisting

of Master Level Clinicians, case managers and parent support partners, meets with those served in the home or a community setting with the goal of providing crisis intervention and de-escalation of the immediate situation to avert psychiatric hospital admission or out-of-home placement of the child so he or she can remain in their usual home and community environment.

Youth Peer Support Specialist

A Youth Support Specialist is a young adult ages 18 to 26 who received mental health



Lauren Emmons, CEO

services when he or she was younger and is willing to self-identify as a person who has or is receiving public behavioral health services. Specialists use their own experience to help others after being trained by the Michigan Department of

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The 140-member team at Lapeer County Community Mental Health works incredibly hard day in and day out as they serve individuals living with a serious and persistent mental illness, a serious and persistent mental illness with co-occurring substance use, individuals with intellectual/developmental disability, and individuals with autism. They also provide services to children and/or adolescents with severe emotional disorders and their families.

ACT provides “outside of the box” treatment for those in need

Independence, community inclusion, building a strong support network and more are the ultimate goals those on the Lapeer County Community Mental Health (CMH) Assertive Community Treatment (ACT) team have for their clients.

Lead by ACT Supervisor Brooke Sankiewicz, LLMSW CADC, the ACT team at Lapeer County CMH provides a multidisciplinary treatment approach for people with severe and persistent mental illness, including but not limited to, Schizophrenia Spectrum Disorders, Bi-Polar, Borderline Personality Disorder, Post-Traumatic Stress Disorder (PTSD) and Major Depressive Disorder. The team prides themselves on their “out of the box” treatment plan for these clients, many of whom have a troubled past because of their mental illness.

While most picture mental health treatment as a caregiver and a patient sitting in an office talking, that is not how ACT works.

A major part of that treatment plan, said Sankiewicz, is meeting the client where they are.

“Our team travels to a person’s home, work, their parent’s home, wherever they need us to be,” she said. “This allows us a better relationship with those we serve. We are able to see them in their environment, and we can better assess where they live, who their support system includes, if they have access to reliable transportation and food, what their hygiene routine is and more.”

ACT, which has been used for more than 30 plus years to treat patients, is an evidence-based model, proven to work.

An ACT team includes social workers, a nurse, a psychiatrist, a certified peer support specialist, case managers and a supervisor.

“Having that team of people all working together to best support those served is



The Assertive Community Treatment (ACT) team works to gain their clients independence, community inclusion, a strong support network and more.



BOARD MEMBER PROFILE: Rick Warren

For more than 35 years Rick Warren has helped people prepare for retirement, navigating items like insurance policies, estate planning, annuities and more.

Raised one of 15 children in Macomb County, Warren, who is the oldest boy with five older sisters, moved to the Metamora area in 2004. Right away he felt at home in

the Lapeer County community and began to find ways to support and give back to those who were so welcoming to him and his business.

Four years ago, Warren became a Lapeer County Commissioner. In that capacity, he was appointed to the Lapeer County Community Mental Health Board one year ago. Two of the board’s 12 members are Lapeer County Commissioners.

Warren said since joining the CMH Board he has been impressed by the team and the many services offered at CMH.

“Helping those in need is what it’s really all about,” said Warren.

Along with his roles as County Commissioner and CMH Board member, Warren is a member of the Sunrise Kiwanis Club, 100 Club, Lapeer County Economic Club and more.

In his spare time he enjoys relaxing, swimming and boating with his wife Cindy.

what makes this a successful method,” said Sankiewicz.

The ACT team at Lapeer County CMH starts each day with a meeting to review each client and assign tasks to each team member. Each person served is seen anywhere from two to seven days a week. Sankiewicz said of the 39 clients currently in the Lapeer County CMH program, most live independently.

Sankiewicz said she and her team do whatever is necessary to treat those in need. Sometimes that includes a daily phone call at 5 p.m., sometimes that includes ensuring a client has access to coloring pages, and in one particular success story, it involved a Lapeer County CMH team member helping a client get signed up for Social Security benefits. Team members also deliver and monitor medication.

“Initially we are a link to a need for a lot of persons served,” said Sankiewicz. “Then we aim to teach that person the skills they need to fulfil that need themselves.”

While some people do “graduate” from the program, the ACT team ensures that anyone leaving their care has a plan in place for continued care.

As ACT Supervisor, Sankiewicz oversees the program and ensures it follows the proven model. Part of the ACT team’s requirement is to spend 80 % of their time in the community.

“We get to develop relationships with individuals, some of whom have no one else. I have a passion for this program, because I see how well it works when we commit to an individual.”

The program also provides various groups for those served, including a health and wellness group and in the warmer months, a gardening group.

Sankiewicz has been with Lapeer County CMH just over a year and has worked in ACT programs for 16 years. She said she discovered her calling to help people while in college exploring a variety of options.

“This is where I’m meant to be,” said the Lapeer County native, adding that the career is extremely rewarding.

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Krissy Swett: CMH Employee of the Year

Swett said her job can be like having a million pans in the fire and knowing exactly which ones needs to be moved at what time.

Swett graduated from Atherton High School and attended Mott Community College and then the University of Michigan earning a degree in Social Work and Psychology. She worked first in the dual diagnosis program in Lapeer County, but soon moved over to children’s services.

“I always wanted to work with kids,” she said. “I love what I do.”

Swett said she is so grateful to work side-by-side with a great team.

“I work with the most incredible women on Earth,” she said. “They are not just my colleagues, they are family.”

As a mom to a severely impaired child, Swett said she has a special understanding for the type of care and assistance needed for families at CMH. To her, the job is personal.

“I live that life. I know how hard it is,” she said. “We don’t treat families as a case number ... You don’t just get a case manager, you get a teammate ... I want to give people the

quality of care I expect for my son and I feel like — thanks to my amazing team — I am doing that.”

The entire team at CMH, said Swett, is high quality.

“From the smile those served receive at the front desk, to the attention of our pharmacists to the knowledgeable billing department to our phenomenal medical staff and beyond, I am proud that I work at CMH. The quality of care we offer is something to be extremely proud of.”

Swett is married to her high school sweetheart Aaron and together they have an 8-year-old son Justin and 6-year-old daughter Makalynn.

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When Krissy Swett found out she was the Lapeer County Community Mental Health (CMH) Employee of the Year, she said she nearly passed out from excitement.

“I burst into tears,” she said. “I’m so honored. I can’t even tell you.”

The recognition is given each year to one CMH employee and voted on by peers.

“It’s such an honor to be serving my families and to have my colleagues see what this job means to me is amazing,” she said.

Swett works as a Children’s Case Manager and has been with CMH for 13 years. She coordinates services for an average of 30 families at a time, helping them to navigate and understand various processes along a child’s mental healthcare journey.

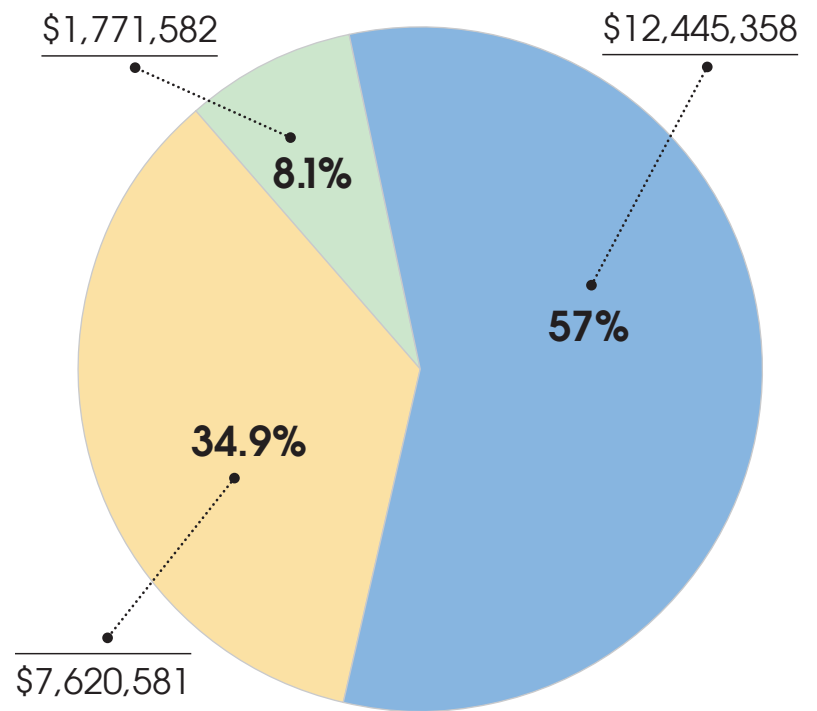
“I’m kind of the hub of the wheel,” said Swett of her job. “I keep all providers on the same page — doctors, therapists and outside service providers as well. We help parents to advocate for themselves.”

Among other services, for example, Swett may help a family with a child’s Individualized Education Program (IEP), which is developed for each public-school child in the U.S. who needs special education. Swett and her team help to re-establish and re-open lines of communication for families, whether that’s with a school or Child Protective Services or another organization.

“You don’t just get a case manager, you get a teammate... I want to give people the quality of care I expect for my son and I feel like — thanks to my amazing team — I am doing that.”

LAPEER COUNTY COMMUNITY MENTAL HEALTH FY 2018/2019

Persons with Developmental Disabilities	384
Adults with Mental Illness	847
Children with Serious Emotional Disturbances	325
Total Persons Served	1556
Full Time & Contractual Employees	140
Outpatient Therapy Visits	5,273
Family Therapy Visits	679
Group Therapy Visits	267
Paid Days in Local Hospitals	2,091
Units of Case Manatement	24,765
Persons Served in Skill Building Environments	201
Persons Served with Autism Spectrum Disorder	55



Total Cost: \$21,837,521

Becky: A successful return of self-esteem

Doris Manthei has a little extra help in the kitchen these days thanks to the achievements of her daughter Becky in the Stepping Stone program at Lapeer County Community Mental Health (CMH).

Along with a number of other life skills, Becky has learned to help prepare a meal by chopping vegetables.

Manthei said that while Becky is working with a plastic knife and is always supervised, it's help that she never expected to receive from Becky, and she credits the Stepping Stone team at CMH lead by Stepping Stone Supervisor Andrea Casler, MPH.

The Stepping Stone program serves those age 26 and older, and is a skill building program for people with developmental disabilities. Casler stresses that each person in the program receives a very individualized plan to assist them in increasing their self-sufficiency.

"Everybody's goals are completely different," said Casler.

Located at Maple Grove School, Stepping Stone programs run 8 a.m. to 3 p.m.

Monday to Friday. Clients attend as many hours as their individual goals call for. Casler said there are about 45 people enrolled in the program currently learning a variety of personal care skills, independent living skills, employment skills and volunteering in the community when appropriate. The Maple Grove facility includes a sensory room, daily living skills room and more to help clients achieve a



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up with new ideas and new ways to help their clients achieve their goals. The team celebrates every win, ensuring clients feel successful.

"Becky feels a lot of success there," said Manthei. "She enjoys Stepping Stone. She certainly enjoys the staff, because they enjoy her... It's given her her self-esteem back... She's happy. It's easy to tell when Becky is happy."

career with CMH. "I can't imagine working anywhere else. I've been given the gift of being able to help people."

Earning the title of Employee of the Year has only further inspired Swett to keep doing the work she does.

"To have that recognition is such an honor and a boost," she said. "It's the highest compliment I've ever received."

sense of independence, community integration and other goals as defined by the Stepping Stone team.

Becky is a stand out in the program. Nonverbal and diagnosed with Autism, Casler said that Becky has made tremendous progress during her time with Stepping Stone.

"Becky has made some significant improvements," said Casler. "She's really doing fantastic."

Of course, Becky's mom agrees. "She will stay focused on an activity long enough to accomplish it," said Manthei. "What she really enjoys is being with somebody and helping somebody do something."

Manthei said Becky likes to be involved. She likes to feel needed and the Stepping Stone program allows her to do that — both through interaction with her peers and through planned activities and skill-building fun.

Manthei gives the Stepping Stone team a lot of credit for Becky's progress.

"They do a wonderful job of working with their clients where they are," said Manthei. "They are very positive, very connected and their plans are very individualized. They do what's best for your child."

Casler said the Stepping Stone team is a dedicated group of individuals.

"The entire team has a passion for what they do," said Casler, adding that they are always coming



hope; choice; health; fulfilling dreams

CEO FROM PAGE 1

Health and Human Services using approved curriculum. The specialists aim to support children with a serious emotional disturbance through shared activities and interventions including direct support, information sharing and skill building. With the goal of supporting

Perhaps the biggest accomplishment in 2019 was the Harmony Hall Clubhouse achieving the highest possible level of accreditation — "Three Year Accreditation" for the second time.

and empowering youth, the Youth Peer Support Specialist assists youth in developing skills to improve overall functioning and quality of life. The Youth Peer Support Specialist works collaboratively with others involved in delivering care to the youth.

Our annual report provides a great time to look at the accomplishments of the CMH team. Perhaps the biggest in 2019 was the Harmony Hall Clubhouse achieving the highest possible level of accreditation — "Three Year Accreditation" for the second time.

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.

Harmony Hall received their initial accreditation in 2016 and continues to follow International Standards best practices for the Clubhouse model including encouraging, supporting and assisting people living with mental illness as they pursue recovery and a personally meaningful and satisfying life.

Two representatives from Clubhouse International visited Harmony Hall for three days in June of 2019 to conduct the accreditation site review. Harmony Hall was rated on 37 standards that cover the areas of membership, relationships, space, employment, education, functions of the house, funding, governance and administration.

May is Mental Health Awareness Month and I hope that the programs and achievements highlighted in the CMH 2019 Annual Report bring to light the importance of the work done inside — and outside — of our four walls. We wish you and your family a safe and happy year ahead.

KRISSY FROM PAGE 3

"I am very, very blessed," said Swett. In her free time, she enjoys spending time with her family.

"We swim a lot, we hike. I love snuggling up and watching a movie," she said. "As long as I'm with my family, I'm happy and at peace."

Swett said she looks forward to a long and rewarding