

# Welcome to your Community Mental Health Center

## "HOW CAN WE HELP YOU?"

Annual Report 2015-2016

May 2017

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

## CMH and Consumers Advocate to Protect the Publically Managed Mental Health System

**By: Dr. Robert Sprague**

Community mental health first began during the terms of Presidents Kennedy and Johnson and for over 50 years has served as the fiber holding the community safety net together. Change from placing people in segregated State institutions toward helping people live as active participating members of their home communities has been one of the great civil rights issues of the past several decades. Health care in general is a National Issue being fully debated as a fundamental right in America. Integration of behavioral health and primary physical health has financial and social implications. Michigan is blessed with a highly efficient and effective public behavioral health system, with its Community Mental Health model, considered to be one of the best in the country. Our state is one of the few blended systems combining services for children with severe emotional disorders, adults with mental illness, substance use disorders, intellectual/developmental disorders, and autism. Over the last 20 YEARS the Community Mental

Health system, which is a public managed care system has provided clear, open local public oversight, saving the state billions of dollars while providing some of the most highly regarded services in the country.

Over the past two years Lapeer County CMH has put in place a plan to make services more convenient and to improve the health and well-being of citizens throughout our county. We now have clinics in Imlay City and North Branch. We have collaborative services with the Hamilton Community Clinic in Lapeer and the Great Lakes Bay Health Center in Imlay City; both are Federal Qualified Health Centers. Our Case Managers and nurses work to actively encourage the people we serve to see their family doctor for early intervention and preventative care, greatly reducing the need for emergency room visits or hospital stays. At the Maple Grove School we have expanded children's services and services for persons with autism. We have partnered with the Lapeer County Courts to operate a Mental Health Court which helps to keep people from going to jail while providing

the treatment they need. We have expanded treatment options for substance abuse disorders and through the Senior Reach Grant have implemented outreach to many seniors who may live alone and feel lonely or depressed. This program can help many seniors stay in their home while decreasing their isolation and connecting them with various community services. We are collaborating with the County Veteran's Office to provide more local service for veterans and their families. We continue to build our employment services including helping to sustain the County Parks system, while providing job training for about 30 people per year, over the last seven years. We are actively working with many community employers to provide competitive employment for the people we serve. Paid work not only helps with recovery but also opens a new world of making choices and giving back to the community.

Despite this long history of innovation and service to local communities, the public mental health sys-

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Lapeer County CMH main office.



Lapeer County CMH Imlay City office.



Lapeer County CMH North Branch office.

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Community Mental Health  
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# Senior Reach Celebrates One Year

By: **Melody Munro-Wolfe**

Senior Reach is celebrating a one year anniversary at Lapeer County CMH in May. Started with a grant from The Michigan Health Endowment Fund, Senior Reach is an evidenced based program providing a valuable service to seniors in the community who are at risk for depression and social isolation. Senior Reach has three components, short term counseling provided by a Masters Level Social Worker/Therapist, case management provided by a Bachelor level social worker/case manager, and education of the community of the needs of seniors. Services are avail-

able to seniors over the age of 60 who live in Lapeer County.

In the past year Senior Reach has seen approximately 100 seniors in their homes for counseling and or case management. About 250 people in our community have been trained to recognize a senior at risk and how to refer them to Senior Reach. I had the chance to interview three clients of Senior Reach and hear of their successes.

Brad told me he was one of the first older adults to use Senior Reach Services, admitting, "I was severely depressed." Brad had been diagnosed with a stage 4



Brad was able to reach his goal of starting over with the help of Senior Reach services.



Valerie is all smiles after receiving the services of Senior Reach.

cancer with a terminal prognosis and was referred to Hospice. As a result, he gave away his belongings, sold his home and moved in with his son. Then, against the odds, he learned he was in remission and he was no longer eligible for Hospice care. He was overwhelmed with the idea of starting over. The Karmanos Cancer Institute Social Worker referred him to Chelsey at Senior Reach for some counseling. Brad states, "They were quick to respond, and the therapist was very professional." Brad says that together they set 3 goals and he reached all of them. Cancer treatment forced him to quit his job, which added to his depression as he prided himself on never having missed a day of work as a Physical Plant Manager of a major metro area hospital. One of his goals was to start over and find his own independent living situation. With Chelsey's help, using evidence based short term-solution focused therapy method, they worked towards this goal and he now is living in his own mobile home. He is growing tomatoes in pots, and is rebuilding his dream car, a 1995 Thunderbird. Brad is now more hopeful and has even starting to plan to move up north to live closer to nature, a retirement goal he never thought he would meet prior to working with the Senior Reach therapist.

Other seniors opted to just receive the services of the case manager. They received help with home repairs, arranging for in home skilled nursing care, physical therapy, obtaining a lift chair, food assis-

tance and help to resolve Medicaid and Medicare issues or to apply for Medicaid or reinstate Social Security benefits, and other referrals.

Another older adult interviewed had many more good things to say about her experience with Senior Reach; Valerie had been so depressed she admitted to having suicidal thoughts. She is now happy to report that after receiving therapy with Chelsey, she is no longer thinking of suicide. Valerie lives alone in a senior apartment complex with the company of her bird named Tweetie. Valerie states, "My family is glad that I called for help." Valerie also states that she reached her goals and now feels "More independent and confident that I can do things." When asked if she had any suggestions for other seniors who might benefit from the services of Senior Reach, Valerie said it clearly, "Call them, don't be afraid to call and admit that you need help. Life is too precious. They'll get you through it."

If you know of an older adult who is socially isolated or perhaps depressed, call and make a referral to Senior Reach at 810-664-0500. The team will call the senior and offer their services at no charge to the senior.

The Michigan Health Endowment Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. More information about the Health Fund can be found at [mhealthfund.com](http://mhealthfund.com).

## Lapeer County Community Mental Health FY 2016

**Total Cost \$19,620,055**

### FY 2016 Cost by Type of Service

	Cost	Percent
Administration	\$1,434,034	7.31%
State Hospital Inpatient Services	\$137,679	0.70%
Community Hospital Inpatient Services	\$1,142,008	5.82%
Residential Services	\$5,392,681	27.49%
Clinical/Clinical Support Services	\$11,513,653	58.68%
<b>TOTAL</b>	<b>\$19,620,055</b>	<b>100.00%</b>

### FY 2016 Cost by Population

	Persons Served	Cost	Percent
Childrens Services	291	\$1,490,023	7.59%
MI Adult Services	872	\$6,537,218	33.32%
Developmental Disability Services	364	\$11,592,814	59.09%
<b>TOTAL</b>	<b>1,527</b>	<b>\$19,620,055</b>	<b>100.00%</b>

Outpatient Therapy Visits	5,966
Family Therapy Visits	535
Paid days in State Hospitals	1,934
Paid days in Local Hospitals	1,850
Hours of Case Management Services	8,859
Days of Residential Care	35,468
Persons Served in Skill Building Services	239
Full Time & Part Time Contractual Employees	142

## New Veteran's Navigator assists local Veteran to find new housing

By: *Melody Munro-Wolfe*

David W. is a Vietnam War era Veteran of the U.S. Army, where he used his technical knowledge to work with the radar systems during the war. Now a senior citizen, widowed, and retired from his civilian career as a Robotic Engineer, he acknowledges that he is at a crossroads. "I am facing two different worlds, the one I lived in and the one I am trying to fashion for myself." David just moved into a senior apartment high rise with his beloved dog Tessa, a beagle who is his Emotional Support Dog. He was able to make the move with the help of CMH's newest program, The Veteran's Navigator. Nicole Gauthier is a Veteran herself and was hired for this new program to be able to help other Veterans navigate what can be a complicated web of Veteran's benefits, and other state and local medical, financial, mental health, and housing resources.

Nicole met David at the Project Homeless Connect event last November. It is an annual event put on by the community to connect persons who may be homeless or at high risk, with resources to help them find stable housing. David had attended with his best friend Norm. At the time, David was living in the basement of some friends with little space to himself as the basement was filled with storage boxes. It was an unsafe living environment. He also did not realize that he might qualify for assistance from the local Veteran's Affairs office like volunteer transportation to the VA hospital in Ann Arbor where he received his medical care. He no longer is able to drive independently.

The great thing about a small county like Lapeer is the interagency cooperation. A local bank teller contacted

Ron Belcher of Project Homeless connect to ask how to get help for one of the bank customers and Ron said, "Send him over to Project Homeless Connect's annual event. Then Ron notified another case manager from Blue Water Center for Independent Living that David was a Vet who was coming for some help. This case manager, Brianna was also very helpful in getting David rehoused in a more suitable living situation. She worked with a housing grant specifically designed to assist homeless Veterans. The Center was able to fund his first month's rent so he could afford to move and also found him a new mattress and box spring for the new apartment. David gives the two of them much credit, "They helped me tremendously!" Nicole had laminated the important phone numbers David would need to know, as his memory is not always the best due to a brain injury he had back in 2001. She will post the numbers on the wall by the phone. She arranged for motor meals to be delivered and he still goes to the soup kitchens with his friend Norm for an evening meal a couple of times a week. She is working with the V.A. system to obtain home health care for assistance with showering and house cleaning as he has felt dizzy when in the shower and is at risk for falling.

On the day that I met David, both Norm and Veteran's Navigator Nicole were there, they had met him and accompanied him to a pot luck luncheon to be sure that he met some of the other residents in his new building. Nicole was busy crawling on floor, trying to figure out why his cable and internet connections were not working. David showed me some of his poetry awards and introduced me to his dog. With a little coaxing, he played a short tune on



**David enjoys pursuing his music and poetry in his new apartment, thanks to the Veteran's Navigator.**

his guitar for us.

David is able to recognize that to remain independent; he needs to rely on others he can trust. He states, "Ask and you shall receive" when I asked what advice he had for other veterans in need. David likes writing poetry and music, reading, watching westerns on TV, and playing his guitar, and walking his dog Tessa. His final comments about the Veteran's Navigator Nicole were, "She hooked me up with the right people, she is better than all the hospitals I've been to, and I am showing gains with her help." He said she is like a "baby sister to me", to which Nicole laughed and said, you are making me too old, how about a granddaughter? To which he easily agreed.

If you served in any aspect of the Armed Services and are in need of services from our Veteran's navigator, please call and ask for Nicole Gauthier at 810-667-0500. This program is grant funded at no charge to the Veteran.

## Meet Wayne Strandberg, CMH Board Member

Mr. Wayne Strandberg of Lapeer is our newest board member. He first joined the Regional Board of directors for Region 10, which oversees Sanilac, Genesee, Lapeer, and St. Clair counties in July 2013, at the encouragement of Lauren Emmons, Chief Operating Officer of Lapeer County Community Mental Health. He serves as a member at large representing persons with developmental disabilities and foster children.

He joined the Lapeer County CMH Board in August of 2015 to fill a vacated spot and was reappointed to a full three year term in March of 2016.

Mr. Strandberg, and his wife Lynne, were active foster care parents for many years, fostering a total of 26 children. It was during these life experiences that he realized the importance of mental health and substance use services. Many of their fostered children came to them with behavioral problems such as reactive attachment disorders, fetal alcohol effects, substance use issues, etc. and needed special attention. They found help from LCCMH staff therapists, Maureen Marunczak, LMSW, and Dr. Susan Clement. Maureen specialized in working with foster care and adoptive parents to strengthen their parenting skills so parents can be better equipped to handle the difficult situations these children can present. Dr. Clement specializes in substance use disorders. Mr. Strandberg was



**Mr. Wayne Strandberg is the newest member of the Board at Lapeer County CMH.**

very complimentary about the help they received at CMH, stating it was one of the reasons he wanted to serve as a board member.

He and his wife have 4 adult children of their own, including one son with Down syndrome. His son continues to use the services of CMH, including job training at Growth and Opportunity, something his son really loves. CMH supported services like GO is another reason Mr. Strandberg gave for serving.

Mr. Strandberg serves on two Board Committees, The

Citizen's Advisory Committee and the Standards and Policy Committee, possibly one of the less exciting committees; he said chuckling, "Lori Curtiss, our Board Chairperson, assigned me to the Policy Committee because it is a good way for a new board member to learn how things are done at CMH." This Committee recently reviewed a new policy regarding animals visiting the buildings. The goal was to balance allowing the use of emotional support or therapy animals while keeping others safe.

On the Citizen's Advisory Committee, board members, staff, and people who use CMH services meet to review policy changes that impact the people served by CMH and to listen to their suggestions and concerns. Recently they reviewed the various safety drills and safety recommendations for the CMH buildings.

Mr. Strandberg is retired from General Motors as a design release engineer, since 2002. He has remained very active serving his community working on a number of committees at the First Presbyterian Church and Families Against Narcotics.

Wayne Strandberg is a quiet, reserved person, and you are most likely to find him in a library reading a good book. He also enjoys helping his adult children and spending as much time as possible with his three grandchildren, ages 4, 3, and 7 months old.

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tem is again under attack from a few State Legislators who are attempting to privatize the public mental health system. In other words, they want to turn our community mental health system over to the for-profit health insurers to manage. These efforts ignore the year-long 298 process that was fair and objective and reflected the voices of thousands of consumers, families and various advocacy groups. There is no evidence that privatization would improve services or reduce costs, in fact, information available suggests just the opposite. Section 234 of the Senate budget proposal seeks to privatize the public mental health system, while the House proposal will reduce the PIHPs from 10 to 1. Both proposals will reduce local control and severely impact the ability of your local CMH to partner with other local agencies and respond to the needs of our community. The Medicaid Health Plans have for 20 years managed

a benefit plan for persons with mild to moderate mental illness and have done a very poor job with it. The average number of mental health visits authorized for Medicaid Health Plan enrollees in 2014 was 4, in 2015 only 10% of all contacts for Medicaid recipients seeking behavioral health services were with a behavioral health professional. The Medicaid-Medicare multi-year demonstration project has been a failure with over 65% of those enrolled choosing to leave the Medicaid Health Plans. Please contact your local legislators and make your voices heard on this important topic. Ask them to remove the section 234 language and support the current public mental health system and your Community Mental Health services.

Come visit us at our annual Family Fun and Health Fair on May 20th to learn more about the many services offered by your Community Mental Health Center. HOW CAN WE HELP YOU?

## CMH starts special Trauma Recovery Groups

Trauma: It's a word that gets thrown around a lot today, but many do not know what it means. Trauma is caused by many different experiences we consider to be traumatic in life, including sexual abuse, rape, domestic violence, war combat, physical assault, childhood neglect, disasters, and even witnessing some of these events. These experiences can have lasting negative emotional impact for the victims.

David Rawlins, a supervisor at CMH for a new program to treat trauma states, "Men and women experience trauma differently." Our new program uses a psycho-educational model to teach people how trauma and violence from their past is affecting their mental health today." CMH is providing separate Trauma groups for men and women, as well as a group for LGBTQ persons at the Lapeer

office and groups for men and women at the Imlay City office. CMH also received a two year grant to provide treatment groups to persons currently in the Lapeer County jail. Several staff members were sent for training in the specialized, evidence based treatment called Trauma Recovery Empowerment Model or TREM. The Trauma team hopes to start a new group for Veterans soon. David states, "Persons in jail who participate in TREM are realizing that everything (the trauma) that happened to them before is related to what led them to being in jail today." The hope is that by recognizing the impact of trauma, they can be more aware and respond differently to life challenges.

Persons who already use CMH services can ask to be referred to one of the TREM groups.

## General Squier & Torzewski County Parks

One mile South of Dryden Village on South Mill Rd.  
Located five miles West of Lapeer on Pero Lake Rd.  
Open June 17 thru Labor Day

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

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.net](http://www.lapeercountyparks.net) or call (810) 667-0304 or email us at [jstock@lapeercounty.org](mailto:jstock@lapeercounty.org)

### CMH Family Fun & Health Fair

May 20, 2017  
Saturday  
10 am - 2 pm



Join us to celebrate May as Mental Health Month. Bring the family for fun, lunch, and free services. For more info call: 810-667-0500. The public is welcome!

#### Highlights

- Free lunch for first 300 guests
- Prize drawing
- Health Fair
- Services Fair
- Prescription Drug Take back

**Drug Take back Day!**  
Don't store it, flush it, or throw it in the trash. Dispose of it safely at our Open House on May 20, 2017 from 10 to 2.



## Craft Show and Sale

Lapeer County Community Mental Health (CMH) is located at 1570 Suncrest Drive, Lapeer, Mi. Across from the Department of Human Services and Suncrest nursing home.

