

Welcome to your Community Mental Health Center

Promoting hope for recovery and wellness

Annual Report 2013-2014

May 2015

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

CMH: A vital partner in the evolving healthcare of our community

By Dr. Robert Sprague



Dr. Robert Sprague

This is an exciting time at your community mental health center, Lapeer County Community Mental Health (CMH). More change is happening than at any time in the last 40 years. The availability of the Affordable Care Act and expansion of Medicaid through Healthy Michigan, the alliance with the new Region 10 PIHP (Pre-paid Inpatient Health Plan), a focus on integrated health care, and introduction of many new evidence-based services have been game changers.

Over 600,000 Michigan citizens now have health insurance and access to primary medical care, thanks to the Healthy Michigan Medicaid expansion. Why is this important? People with mental illness die on average 25 years younger than the general public. This stems primarily from poverty, disrupted social supports, sedentary lifestyle, and lack of access to preventative and early intervention medical care. The combination of behavioral and medical health care is now more affordable for thousands of Michigan citizens. Better health directly affects quality of life, including one's ability to work, engage in meaningful relationships, and actively participate in the community. Individual health care cost averages have actually dropped during the last two years, the first time ever, and health care inflation is at the lowest level in 60 years.

Did you know if you have a major mental illness and a chronic medical condition the average cost for your care triples? Over 25% of the population will experience some form of mental illness or substance use disorder in their lifetime. However, despite the progress made, there is a threat to the Healthy Michigan program. General fund savings from the Medicaid expansion was supposed to be deposited into a savings account ensuring full payment for this coverage for many years; however, our legislature chose not to create this savings account. After three years the State will be expected to pay a small portion of the cost of Healthy Michigan. Some



legislators view this as an opportunity to discontinue this program, which would leave hundreds of thousands of people with no health insurance. Healthy Michigan has greatly helped many of the working poor who are also served by CMH. Better access to healthcare, a healthier community, reduced average medical costs – do we really want to return to a system that does not provide early medical interventions and forces people to utilize hospital emergency rooms as their primary medical care? Ask your local State Representative and Senator about their plan to improve the health of our county residents.

One of the major trends in behavioral healthcare is a focus on integrated care – collaboration between community mental health and primary care physicians represents an opportunity to improve the health care experience and outcomes, while also reducing costs by eliminating unnecessary duplications of tests and ensuring medications and treatments do not conflict. CMH is participating in a statewide learning community focused on developing innovative ways to improve health-care integration. We first focused on ensuring that everyone receiving services at CMH also has a primary care physician. We hired a nurse to encourage persons served at CMH to visit their primary care doctor. Many feel uneasy and unwelcomed at their doctor's office. Staff members will often go along with them to reduce these fears and encourage follow through with appointments and prescribed treatment. Many community physicians are seeing the value of this service. Instead of frequently using the emergency rooms or urgent care clinics, persons are now keeping appointments for outpatient medical services with their physicians. There has been a dramatic increase in collaboration and sharing information between CMH staff and primary care physicians resulting in better care

and a healthier community.

In 2014, Lapeer County CMH joined a four county alliance with Genesee, Sanilac, and St Clair counties to create the Region 10 PIHP. This is the mental health entity responsible for Medicaid Managed Care for behavioral health. Michigan is recognized as a national leader in Behavioral Health Managed Care and is one of the few states to integrate services for mental illness, intellectual/developmental disabilities, and substance use disorders. The Region 10 alliance allows for sharing information and training, as well as developing electronic medical records and information management systems to improve quality and outcomes. LCCMH has a fully functional and certified compliant electronic medical record. Information is entered directly into this system, including lab orders and prescriptions that are sent directly to the laboratory and the pharmacy (now conveniently located onsite at our main facility). Persons served can walk down the hall from the psychiatrist to fill their prescriptions, increasing the likelihood they will take them. We also offer a patient portal – we can set you up with an online account to access your medical information through a secure system.

Region 10 is also working with all four CMH Boards to provide centralized access to a common set of services based on the needs of the individual. CMH is working to reduce access time for people to get help. Our goal is to provide same day access for a screening appointment. Further changes to speed access include establishing satellite clinics in Imlay City and North Branch. Because transportation and distance pose barriers to services for many, these clinics are one more step towards making service access easier for the Lapeer County

See CMH Page 4

Lapeer County
Community Mental Health
Board of Directors

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Meet Board Member Ronald Barnard



Ronald Barnard

Wearing many different hats is not enough for Ron Barnard. He wears many different uniforms while pursuing his interests including that of a hockey goalie, Boy Scout leader, a member of the society of the War of 1812, and the Scottish kilt of a Bag Pipe player. The one role that requires no special uniform is that of Board member at Lapeer County Community Mental Health.

Mr. Barnard has served on the board of directors since 2012, invited by Dr. Sprague and other staff members, who provided services to his 21-year-old son, for several years. His son, Cornell is on the Autism spectrum. He describes his working relationship with all CMH staff as one of mutual respect. With his keen interest in Autism services and his experiences in public administration, Mr. Barnard has been a great asset to the CMH Board. He states, "My background in public administration helps me to understand budgets and their long term impact, and leads me to carefully consider and think things through." Mr. Barnard retired at age 50 from the City of Troy to provide needed assistance to Cornell, when he realized, "We are parents of an adult child with special needs, and we are not going to be around forever; our son will need other help." He began to focus on Cornell's needs for housing, school, and employment. Mr. Barnard and his wife Judge Laura Barnard, adopted him from Romania at age 18 months, at age three, he was diagnosed with autism.

Mr. Barnard is also a member on the parent advisory committee for the Intermediate School District, and helped to charter a Venture Scouting group for adults with disabilities. Mr. Barnard, an Eagle Scout, states he has always had a passion for the Boy Scouts, serving as an adult leader for forty years, and presently as Chairman of the Blue Star District.

Mr. Barnard uses the word passion to describe many of his interests and activities whether it be playing the bagpipe for the award winning Flint Scottish Pipe band, or volunteering at church, The Refuge, local soup kitchen, or at Banbury Cross. He states, "I have compassion for people. It is a positive experience for me because I like to do things to help others and to serve the community." The most rewarding thing about serving on the CMH Board for Mr. Barnard is "helping other people to find services they need at CMH." Mr. Barnard feels that he is approachable to others once they know he is the parent of an adult child with special needs and a CMH board member.

Mr. Barnard and Laura have two other adult sons and two grandchildren. At Lapeer CMH, we are grateful that mental health issues are included as one of his many passions and that he still has time to serve on our board and on the board for Region 10, which serves Lapeer, Sanilac, Genesee, and St. Clair CMH. Mr. Barnard also serves on the Region 10 personnel committee. He serves with compassion and experience, no special uniform needed!

Lapeer County Community Mental Health

| Fiscal Year 2014 | Persons Served | Expenditures |
|---|----------------|---------------|
| Persons with Developmental Disabilities | 369 | \$10,741,215. |
| Adults with Mental Illness | 917 | \$6,035,416. |
| Children with Serious Emotional Disturbance | 276 | \$1,238,088. |

Total Persons Served/Expenditures 1562 \$18,014,719.

Including just some of our many programs:

- 5849 Outpatient therapy visits • 820 Family therapy sessions
- 587 Paid days in a state hospital • 1227 Paid days in local hospitals
- 29,246 Units of case management (including visits in the home or community)
- 260 People participating in work training environments
- 144 Full time and contractual employees

Family Fun Fair & Open House

Saturday, May 30, 2015 • 10am - 2:00pm

1570 Suncrest Dr. • Lapeer, MI

ENTER to win a prize drawing for 4 new bikes, and other prizes!

EAT FREE, healthy lunch served to the first 300 people!

VISIT our new pharmacy and remodeled space!

FREE

**admission,
open to the public!**

LEARN about mental health and wellness!

PLAY on the bounce house and slide!

SEE the Arts and Crafts show & sale!



Lapeer County Community Mental Health

1570 Suncrest Dr., Lapeer, MI 48446 810-667-0500

Find us on the web: www.lapeercmh.org

Contact mwolfe@lapeercmh.org for more information





David C. and Frankie

One foot forward towards success

By Melody Munro-Wolfe, LMSW

Mental Health Court participant, David C. who is 40, looks more like 20. He has a new attitude and a new lifestyle that helps him to shine. David describes a past life in the streets of drugs, alcohol, mental illness, and legal troubles. He states, "This is my last chance, it was Mental Health Court or Prison, and I didn't like it at first, but I ended up liking it (Mental Health Court program)." David admits, "I made a mistake that got me into trouble." He wanted to set a better example for his twenty-year-old stepson and knew he needed to take the steps to make a change in his life.

David grew up in Waterford with his adoptive family. He spent time in both a children's mental health facility and a juvenile detention center, when younger. He says they labeled him as having Attention Deficit and Hyperactivity Disorder but now he knows he has a mental health diagnosis of Bi-polar disorder. He moved to Flint about 13 years ago where his path headed in a negative direction and his serious troubles began. David realizes that the people he knew, who continued on this path, are either dead or in prison. He needed to find a different path.

David states that Mental Health Court is "a good thing, not a failure." David reports that he took down his old Facebook page and changed his phone number in order to cut the connection to his old neighborhood and start fresh. A surprise source of help came from Francesca McKelvie, known as Frankie, who works as a Certified Peer Support Specialist at CMH. David states, "I knew Frankie from the streets before and I couldn't believe that she was supposed to

help me." When Frankie told him "If I can do it, you can do it," he realized that, she had really turned her life around, and was the person most able to relate to his story.

David meets with Judge Laura Barnard and the team for Mental Health Court every Tuesday. The participants review their week with the team. David says, "I do what I am supposed to do, I keep busy, I don't smoke marijuana anymore and I don't even think about it." David sees the CMH psychiatrist who treats his Bi-polar disorder with specific medications and closely monitors him to be sure the medication is working well. David also participates in a CMH sponsored clubhouse, Harmony Hall, where he hopes to get some help to find a job. Previously he had many anger issues but regularly attends an anger management class at CMH and has learned to control his feelings better. He attends Alcoholics Anonymous meetings, art class at Gallery 194 sponsored by CMH, and works out with the health mentor Justin McHugh for the In SHAPE program at CMH. He really enjoys going to exercise classes with Justin because it "helps me keep my mind focused, I'm happier and in a better mood and I can continue on with my day."

David was all smiles the day that I took this photo; he had passed the driver's test and received a driving permit. Many CMH staff members greeted him with high fives, congratulations, and smiles. One Peer Support Specialist offered to help him with some driving practice. The positive reinforcement is an important part of the program. When asked what he would tell others about it, he says, "If you put one foot forward, they will put 2 forward to help you."

Meet Catherine Bostick, Board Member

Catherine Bostick is one of the newest board members at Lapeer County Community Mental Health, joining the board in 2013. She first learned about Community Mental Health when she did a student internship there in 1987, working in the office. Ms. Bostick grew up in North Branch and after college, she returned to the area to practice law in Lapeer County. She is a local attorney who specializes in family law issues, divorce, custody, child abuse and neglect, and criminal defense. She states "I have always wanted to serve on the CMH Board but was unaware of any board opening until Lapeer City Mayor, Bill Sprague mentioned it to me". She elaborates on her interest in Mental Health issues, "I see a lot of problems with the different people I come across in my work. In my practice, I often see people who are dealing with emotional issues and sometimes substance abuse or both." Ms. Bostick is especially concerned that people with dual diagnoses of a serious mental illness and a substance use disorder get the services that they need for recovery.



Catherine Bostick

Ms. Bostick also has had past experience working in the juvenile drug court and most currently with the local Jail Diversion program, a collaborative program between the court system and CMH to see that people with a serious mental illness get treatment and supervision rather than time in jail, when it is appropriate. Ms. Bostick is a busy person, and is very active on five different boards including Habitat for Humanity of Lapeer County and is a Board of Trustee on the Michigan Municipal League. She is the President of the new Lapeer County Criminal Defense Bar Association, which she has helped establish. She is a past President of the Lapeer County Bar Association, and presently serves as a City Commissioner for the City of Lapeer. For Lapeer County CMH she sits on the standards committee, the committee for the annual review of the performance of our CEO, and sits on an ad-hoc committee to study the feasibility of Lapeer County Community Mental Health becoming an authority.

Ms. Bostick has been married for fourteen years and has two children who keep her busy in her free time with their "high intensity sports" of hockey and gymnastics. When asked what she does for fun, she laughs, and states, "Just sleep." She mentioned she was almost able to finish reading a book on her recent family vacation but that typically she does not have much time for pursuing any of her interests as her law practice, family, and civic commitments keep her schedule very full. About CMH, Ms. Bostick realizes that while she believed she was well versed in the services CMH provides, since becoming a board member, she has found the number of additional services provided by our local agency to the meet the needs of so many to be amazing. "I learn something new every time. It is a refreshing thing to know these great services exist."

CMH From Page 1

residents.

CMH is listening to input from the community and have acted to start or enhance many innovative services to improve the county we live in. This is the sixth year of the County Parks Project – it represents collaboration between CMH, the County, Lapeer Team Work, Inc., and Michigan Rehabilitation Services that saved the county parks and continues to provide work training for approximately 30 people per year. Employment services are another major initiative for CMH. The unemployment rate routinely is over 90% for persons with a mental illness. CMH is working with several community partners to develop job placements for the people we serve. The Transitional Employment Program offered through our Harmony Hall Clubhouse assures employers they will have qualified, trained people, who are eager to work.

Too frequently, people experiencing mental illness go undetected and un-treated until they either are arrested or attempt to harm themselves. In response to these issues of great concern, CMH has developed a new Mobile Intensive Crisis Stabilization Team to provide rapid access to a mental health risk assessment and alternative to inpatient services. We have expanded the Mental Health First Aid program, training over 350 Lapeer County residents in spotting and responding to mental health symptoms. We have increased our collaboration with the County Jail, law enforcement and the courts. Through our jail diversion and mental health court programs people are offered structured treatment as an alternative to incarceration.

CMH has increased other evidenced-based treatment services. These include: Assertive Community Treatment – a team-based approach to take treatment out to people who have frequently not taken prescribed medications and experienced repeated hospitalizations and Dialectical Behavioral Therapy – teaching self-monitoring skills to reduce behaviors that otherwise may result in self-harm and hospitalization. We also added to our Intensive Dual Diagnosis Treatment program– providing group support and therapy for persons with co-occurring mental illness and substance use disorders. Our Stepping Stone Program designed for adults with intellectual/developmental disabilities has gone through a re-birth at the Maple Grove Campus. Adaptive equipment and enhanced training under the guidance of several Occupational Therapists has resulted in rehabilitation services that restore physical functions and enhance involvement in community activities. The Aktion Club, a branch of Kiwanis now boasts over 60 members, many also part of the Stepping Stone Program. This club promotes fellowship and raises funds for various community charities through the sale of dog biscuits, made by its members. It is a way to not only be a part of the community, but also to give back to the community.

The In SHAPE Program offering better nutrition advice and improved fitness through a personal trainer was recognized in a recent research article in collaboration with the U of M School of Nursing in the Journal of Psychosocial Nursing. CMH has expanded In SHAPE to provide groups for children and adults with intellectual/developmental disabilities and we are seeing the same amazing benefits of improved general health. CMH has also offered free classes for the public and recently began construction of a community-walking track around the garden area at the main CMH building. You may also note the raised garden beds and concrete walks providing access for persons using wheelchairs to enjoy work in the garden.

Services for children and families have also started several new programs. A drop-in program for adolescents began with the New Year to go along with other groups such as equine therapy, the high ropes groups, and the annual summer day camps. Children with autism can now receive applied behavioral analysis (ABA) as an early intervention to improve lifelong functioning skills. This program will expand again in January 2016, offering ABA for children and young adults up to age 21.

CMH has added housing options for the people we serve. Two new six-bed, specialized residential programs opened serving adults with mental illness and adults with intellectual/developmental disabilities. A specialized treatment team was added to one of the existing homes to serve young adults with autism. Finally, we have also expanded choice and opportunities for people we serve to live independently in apartments or homes with supports.

It has been a remarkable year of growth and change. Lapeer County Community Mental Health looks forward to the challenges and opportunities in the coming year, finding ways to make this a healthier community and an amazing place to live.

Mental Health Court

Lapeer County Community Mental Health (CMH) recently started working with a new program in Lapeer County called Mental Health Court. It began 6 months ago as a collaborative project with the Court, Prosecutor's office, and CMH. Lori Curtiss, the Court Administrator for Probate and Family Court wrote a grant with assistance from CMH to offer the specialized Mental Health Court.

Beth Boyd, LPC, is the clinical coordinator from CMH, Maya Gertsburg is the Assistant Prosecutor assigned to the program, and Judge Laura Barnard is the Judge for cases that come before Mental Health Court. Others involved include probation officer Chris Clarks, Defense Attorneys Marc Sackin and Colen Starr, and Francesca McKelvie, a CMH Peer Support Specialist who has her own experiences with mental health and the law. Peer Support Specialists receive special training and support others in their recovery journey, using their own experiences and successful recovery. It is estimated that 80% of state prisoners and 82% of jail inmates had mental health or substance use disorders. Mental Health Court is designed to give a better solution for the person with a mental illness, cognitive disability, or co-occurring substance use disorder while still protecting the safety of society. When someone with a mental illness is sent to jail or prison, it affects the individual, the family, community, and society. Often they do not receive necessary mental health treatment while incarcerated.

Mental Health Court is an alternative to putting someone in jail or a psychiatric hospital. It places the focus on personal responsibility and provides close monitoring for persons charged with a crime. Defendants are removed from the crowded courtrooms of the traditional criminal justice system and are placed instead in a new type of courtroom environment. Anyone can make a referral to the voluntary program, an assessment is completed prior to sentencing, and the case is presented to The Mental Health Court Program Team. They admit defen-

dants to the program after considering community safety issues, the individual's level of commitment to the program, and their appropriateness.

Mental Health Court offers a more intense experience of services, and includes help in finding housing, food, transportation, and employment. Barriers to services such as transportation are reduced, making participation in mental health services easier. Beth Boyd, clinical coordinator for the program reports that Mental Health Court is serving eight individuals and all are doing very well, with none having any legal trouble since starting the program. Ms. Boyd is very pleased with the outcomes so far, stating that two who were homeless have found housing, several have received assistance in applying for and receiving Medicaid benefits, others have had home visits to keep them engaged. Ms. Boyd indicates that on average, the participants have contact with someone in the program every two days, and they come into the court and meet face to face with the judge once every week. She is convinced that without this program, they would have gone to jail or prison. Ms. Boyd describes how the program is different, "we give them lots of positive feedback, rewards, and encouragement, treating them like individuals, not numbers. I think it is phenomenal to see the genuine empathy offered by members of the court to the defendants. This is not the typical way that the courtroom works." Judge Laura Barnard agrees, "The Mental Health Court proceeding is of such a different nature, there is no adversarial feel, it is much more relaxed." Judge Barnard reports that, "The whole focus is on change and it is a community effort. The team provides much oversight." The judge also commented that, "The Mental Health Court team is so encouraged and inspired by the hard work that all of the participants have engaged in to change their lives. The program is very important to me and it has become the favorite part of my job."

General Squier &
One mile South of Dryden Village on South Mill Rd.

Torzewski County Parks
Located five miles West of Lapeer on Pero Lake Rd.

Opening Day June 15, 2015

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

Both Water Slides open 11am-6pm daily, weather permitting
Both parks open 8AM to 8PM for public use