

Welcome to your Community Mental Health Center

Expanding to meet the needs of our communities

Annual Report 2014-2015

May 2016

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

Extending our services with satellite clinics and partnerships

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

Lapeer County Community Mental Health is implementing new projects to take services to people in our county. Lack of transportation is the number one reason people cannot access services. Public transportation only serves part of Lapeer County and many people living in rural areas cannot afford to drive to get the services they need. Our solution is to collaborate with other health care providers to establish satellite clinics and to develop mobile services that can go where people live.

CMH recently partnered with two Federally Qualified Health Centers to help bring fully integrated medical and behavioral health services to Lapeer County. The Hamilton Community Health Network opened a new clinic in Lapeer and Health



Dr. Sprague congratulates Clarence Pierce, M.S., C.E.O. of Hamilton Community Health Network at the grand opening of the medical clinic at Lapeer Community Mental Health.

Delivery, Inc. opened a medical and dental clinic in Imlay City. CMH is co-located with both of these partners to provide more comprehensive treatment in a quicker and more convenient manner.

CMH also opened a new satellite office in North Branch and introduced a Senior Reach project to connect people with services they need to support continued independent living. This will be an exciting year as we change and implement more new services, including efforts to better serve people with substance use disorders (including the current heroin and opioid addiction crisis); supports for veterans and their families; and expanded outpatient treatment for persons with mild to moderate mental illness. CMH will continue to build on the many excellent programs and partnerships we currently offer and bring new services to meet the changing needs of people in Lapeer County.

Telling their stories of Recovery

By Melody Munro-Wolfe, LMSW

In this year's report, we are telling the stories of the people we serve. You will learn that people can work and manage their mental health symptoms effectively, and achieve recovery. They can thrive with a developmental disability and discover a new purpose. We also are counting on you to help others with similar symptoms to take action and reach out for help. The people in these stories were willing to share them to help others understand their personal struggles and recovery journeys and hopefully to change any negative attitudes and stereotypes. With proper treatment and supports, the people we serve have a chance for a full life that has purpose, is integrated in the community, is structured, and filled with love and support. The key here is treatment; treated mental illnesses and substance use disorders are very different from untreated disorders.

To learn how to help others, sign up for our Mental Health First Aid course and become a certified Mental Health First Aider by going to our website at www.lapeercmh.org. You can also stay informed by following us on Facebook or sending me an email to be added to our email mailing list (mwolfe@lapeercmh.org). And of course you are all invited to attend our annual Open House and Family Fun Day. Come and have a fun day and learn more about all that we have to offer.

Lapeer County Community Mental Health

CMH Persons Served & Expenditures

Fiscal Year 2015	Persons Served	Expenditures
Persons with Developmental Disabilities	376	11,388,228
Adults with Mental Illness	854	6,834,801
Children with Severe Emotional Disturbance	232	1,390,417
Total	1462	19,613,446

CMH By The Numbers

- 3 new sites: satellite office in Imlay City, satellite office in North Branch, and Children's Department at Maple Grove Campus
- 675 people trained in Mental Health First Aid since we started trainings
- 1,334 Family/Group Therapy sessions
- 5,609 Outpatient Therapy Sessions
- 33,916 Units of Supports Coordination
- 3,091 Hours of Respite Services
- 195,788 Hours of skill building
- 34,370 Paid Days in Residential Homes

Lapeer County
Community Mental Health
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Richard and “The Three Musketeers”

Richard, the father of five children, found himself the sole parent of two very young children when their mother abandoned them. A few years later, he was awarded full custody of his three younger children when protective services removed the children from their mother and asked him to come and get them. Working 60 plus hours a week, he had to adjust his life to raise these young children. Richard admits he became “depressed and hostile, I swore and cussed, I was angry about taking care of the kids alone.” His children too were showing signs of severe childhood emotional disturbances. He sought help at two private counseling agencies but because the needs of his family were so great, they referred him to Lapeer Community Mental Health where they would be better served with a variety of programs offered for families in crisis. Richard says he was fearful that they would take his children and place them in foster care and so he came to CMH with a lot of distrust. He reports they told him, “We are different; we can help you.” Richard was raised by grandparents after his own mother abandoned him, which contributed to his own severe depression.

At CMH, Richard was impressed right away with the positive attitudes and hope CMH workers offered him. He remembers first meeting Andrea, an adult therapist at CMH, and Amanda, a child therapist. He also had a children’s Intensive case manager assigned, Leah. “Leah impressed me when she was able to talk to my daughter who was having outbursts of rage and calm her down,” describes Richard. “I thought, this is someone I need.” He was referred to a Love and Logic class on parenting and learned better parenting techniques. With his second family, the oldest child exhibited some negative behaviors at school, and so she was assigned a case manager, Jennifer from the Children’s Services department at CMH, and a parent advocate, Christine to help with school issues that were difficult for him to understand. He is honest when he says, “All the yelling that I did at Jennifer, I was amazed she stuck with me.” Because she did stick with him, he gradually learned to trust the professionals



Lapeer CMH Children’s Services have relocated to the Maple Grove Campus. They will host an Open House later this summer, watch for coming details.

providing services to keep his family together. His oldest child also received help from a respite worker for a while which gave her some time alone with an adult female role model, improving her behaviors considerably. Two of the children attended a week long summer CMH sponsored Day Camp. The Day Camp serves as respite for the families who almost never get a break from the high needs of their children with emotional disturbances and it is a chance for the children to enjoy swimming, canoeing and crafts in a supported environment. Meanwhile, Richard was working on his GED, and raising his children. His team told him that he could get some assistance in paying for childcare from the Department of Health and Human Services, something he did not know.

At one point, when things were the bleakest, Richard and his three children were homeless sleeping in a van. They went into the Refuge shelter for a total of 8 months, moving every night from Church to Church. He had lost his job as a plant manager, lost his apartment, and a grandparent could only take in one child. Christine, his parent support partner, always amazed him by finding needed resources, like helping him to apply for Social Security Disability when he was diagnosed with a chronic illness. She helped him to get disability for the children, find an affordable car to purchase and locate a home for rent that was big enough for all of them as well as supporting his positive parenting changes. He had some difficulty with a pharmacy so his medications were transferred to Advanced Care pharmacy located at CMH, where he is satisfied with the service. Richard states, “I just did not trust anyone, but my team members (adult case manager, child case manager and parent advocate) are like “The Three Musketeers”, they have pulled me up from the very bottom. I did not expect to be doing so well at this point in my life, I was so depressed and lonely and I did not know where to turn.” Richard cries softly as he recalls all that the CMH has done for him, calling his latest case manager Mike, his rock.

Jennifer sits in on appointments with the staff psychiatrist when medications are reviewed and at school meetings and explains it all to him in a way he can understand.

Currently things are looking up, with help from Christine his Parent support partner; he now has steady income, and has straightened out his finances. His entire family is looking forward to moving from a small apartment to a larger home with a yard, where they can ride bikes and play. Richard says, “I had many goals, and I am down to my last goal, the move to a bigger home.” Together with his “Three Musketeers”, he has achieved his goals. Richard sums up his experiences by sharing, “I was lost, and I had no other choice but to get help. I had these kids.”

Jessica is Dynamite!

When you first meet Jessica, she seems quiet and shy. But once you learn what she has been through, you realize she has a quiet strength, she has not only survived but has thrived. Jessica has a serious and persistent mental health disorder and had been hospitalized several times in the past. Jessica who is 47 years old admits that her life was “difficult before I came to CMH”. She states she was unable to work, and had symptoms that became unmanageable. When first diagnosed, her insurance was not covering for mental health treatment until her father helped her to apply for Social Security disability, and insurance. Her father passed away and her mother lives out of state, so when her mental health deteriorated, she moved into an Adult Foster Care home. One of her sisters was appointed her guardian, and she lived with lots of rules, sched-

ules, and restrictions in the Adult Foster Care home. Lisa Jolly, CMH Recipient Rights officer explains it as “the system became an uphill battle for Jessica but she prevailed.” Jessica went to the court on at least two occasions to report that her guardian was taking away all of her money that did not go towards room and board. The court did not listen to her or acknowledge that this was financial abuse of a vulnerable adult. The guardian even took the small checks she earned by working part time, leaving her no personal spending money at all.

Jessica has been receiving services from CMH in Lapeer for about 4-5 years now and has been a member at Harmony Hall clubhouse for most of that time. Lisa Jolly invited her to sit on the Recipient Rights committee and there she began to grow stronger and find her voice. She

became a strong advocate for herself and with the help of her CMH “team” as she calls them; she was able to petition the court for a new guardian and won. Jessica has an individual therapist, a case manager, the program staff at Harmony Hall, and a psychiatrist helping her. Her new guardian is working out much better and Jessica was able to move to independent living 5 months ago. On the recipient rights committee, Jessica advocates for the members at Harmony Hall as well as herself. Today she works with the TEP work program, and completed a placement working at The Blend and now is trained to be a chore provider with the Department of Health and Human Services because “I like helping people”, she declares. Brian Schmitt, supervisor at Harmony Hall describes her as “Dynamite! she is hardworking, contributes every day, is thoughtful, professional,



Jessica makes outreach calls to other members.

and rises to any challenge.” He states “she is always moving forward and looking for more, whether it is work, or moving into an apartment. The clubhouse is fortunate to have someone like Jessica who was willing to take on a leadership role while we are applying for Clubhouse International accreditation. I just think she’s great.”

LCCMH launches new Senior Reach® program for older adults

This spring, Lapeer CMH began offering a new program called Senior Reach®. It is being funded by a grant received from The Michigan Health Endowment Fund and is being supported by The Michigan Association of Community Mental Health Boards

This grant award will help fund Senior Reach® to connect seniors who are isolated or in need of social support and to address behavioral health needs before a crisis occurs. Senior Reach® is a program that works with multiple community partners to identify older adults who may need emotional or physical support and/or connection to other community services. It targets older adults experiencing mental and emotional problems; personality and physical changes; poor health; social isolation; substance abuse; physical abuse or neglect; and risk factors for suicide. Dr. Robert Sprague, CEO of Lapeer CMH states, "This grant fills a glaring gap in services for home-bound seniors in Lapeer County. Senior Reach® allows Lapeer County CMH to reach out to people in need and provide help to address issues and continue to lead fulfilling lives in their homes and our community."

The Senior Reach® program, a nationally recognized evidence based practice, will provide the Lapeer County with the tools to reach and inform seniors about a range of health and human services resources available to them. This kind of outreach and education is essential in promoting the health and vitality of the seniors in our area. Non-traditional community partners such as hairdressers, neighbors, motor meal delivery people, as well as traditional partners including primary care physicians, social workers, and hospital discharge planners, serve as referral sources to the new Senior Reach® program. To refer a senior, anyone can call our call center at 810-245-8781, and our Senior Reach® social worker will then contact the individual to engage them and provide information about the program. After an in-home assessment, the senior is referred to the best combination of Senior Reach® services tailored to his or her needs, which could



include mental health care, care management, and/or a combination of services. An individual treatment plan is developed with the senior based on their strengths and is recovery oriented. Services are provided on a short term basis, usually about 8-12 sessions and are solution focused and are based on current needs identified with the senior. There is no charge to the senior for this program.

Our goals for the program include the community education of community partners, those people in the community who may be in touch with seniors and who wish to refer them for services. The team will be providing community partner training to any interested group and can give a 15 minute or longer up to 45 minute presentation at a social, church, or staff meeting. To schedule a brief training on the warning signs of a senior at risk and how to refer them to Senior Reach®, call us at 810-245-8781.

The mission of the Michigan Health Endowment Fund is to improve the health of Michigan residents and reduce the cost of health care, with special emphasis on the health and wellness of children and seniors. The fund was created as part of 2013 state legislation that allowed Blue Cross Blue Shield of Michigan to become a nonprofit mutual health insurer. Nearly \$46.5 million in grants were awarded by the Michigan Health Endowment Fund during 2014 and 2015 to 29 Michigan community health foundations.

"Heeeeeere's Johnny!"

This is a story about Johnny, not that Johnny, but another Johnny- Johnny Nelson. Johnny is a member of the Harmony Hall Clubhouse sponsored by Community Mental Health, and has participated for about 2 years. He enjoys playing guitar, soft rock mostly including his idol, Eric Clapton. He drives his Hyundai car four days a week to Arby's where he works as a janitor mopping, cleaning trash and wiping counters. He lives with his father and when not working, attends the Harmony Hall Clubhouse activities and socializes or goes bowling with his family. It wasn't always this way though. Johnny has a diagnosis of Schizophrenia, a serious and persistent mental illness. An illness of the brain, Schizophrenia typically shows the first symptoms in the early teens or young adulthood. It can deter a person from achieving the usual levels of success in school, work, health, and relationships without early and proper treatment. About 10 years ago Johnny, now 40, was drinking too much alcohol and finding himself in trouble with the law, eventually losing his license to drive. He also was injured in a car accident. Johnny admits that he had "bad days and good days." He states he was ready for a change. "I quit drinking alcohol and my bad days were easier to handle."

Through his membership at Harmony Hall and with proper treatment for his mental illness, Johnny now enjoys a more stable lifestyle in recovery. He recently travelled to Lansing to receive an award on behalf of his employer, Arby's from Senator Mike Green, in recognition of Arby's willingness to provide employment opportunities for persons with disabilities. Johnny's position with Arby's started out as a transitional job through a new program at the Clubhouse called TEP or Transitional Employment Placement. The Clubhouse holds the job and matches members with a desire to work with employers with positions to fill. The member is hired by the employer to work part time and the employer is guaranteed that they will always have coverage. When the employee cannot report for work, the Clubhouse placement manager will cover the shift themselves. It is a win-win situation for employer and employee. Employees stay on one job for approximately 6 to 9 months, working 15-20 hours per week, then can transition to another job with another employer, or seek independent employment with support of the Clubhouse. In Johnny's case, Arby's decided to hire him on directly at the end of his transitional employment as they were pleased with his work.

Harmony Hall has been working hard on obtaining certification as an accredited Clubhouse with Clubhouse International and expects to hear soon on the status of their accreditation. Clubhouse International is a nationally registered Evidence Based Practice.

Any employer who may have entry level jobs to fill and who would like to talk more about TEP opportunities, please call Brian Schmitt at Phone: 810-667-0251 or Email: bschmitt@lapeercmh.org.

Warning signs for Older Adults

- **Mental State:** Confusion, disorientation, memory loss, repetitiveness
- **Physical:** Difficulty in seeing, hearing or walking, alcohol or substance abuse
- **Emotional:** Recent loss of spouse, appears depressed, anxious or withdrawn, loss of appetite
- **Social:** Isolated, possible victim of abuse, neglect or exploitation
- **Appearance:** Unkempt, dirty clothes, weight loss
- **Environment:** Home needs repair, trash or debris in yard, neglected pets
- **Economic:** Confused about money matters

Stepping up and stepping out

Some of the adults with developmental disabilities served by Community Mental Health participate in a skill building program called Stepping Stones. It is a very descriptive name as they have been both stepping up to give back to the community with their volunteerism and stepping out with their community outings in the past three years since Kelley Quijano became the supervisor. Kelley reports that outings into the community have increased from 200 each month to 800 each month. The participants choose their outings which have included museums, parks, restaurants, coffee shops, movies, Bingo at the senior center, sledding, fishing, swimming at the Rec Center, and visiting nearby towns like Port Huron and Frankenmuth. Kelley describes it as "true community integration meeting their vocational and leisure goals". They have also increased their volunteer hours providing services to HomeTown Heroes, Motor Meals delivery, and cleaning at Buck's Cut salon.

Besides the volunteer efforts, vocational training includes in-house training such as the 7th Avenue Eatery where one room makes a meal for another room, taking the orders, preparing it, serving it, etc. just like at a restaurant. They are foodsafe certified. They also clean at a local Church, and plant flowers in the community. Other vocational goals are met with the crafts that they make and sell at craft shows. They shop at garage sales for items that can be repurposed and reused into something beautiful, generating good sales. Others may work at Growth and Opportunity or TeamWork, Inc. where they can earn some money and learn new vocational skills.

Kelley brings to the organization her degree in Occupational Therapy, one of few programs across the



Annie is a regular participant in the Stepping Stones program where she has found a new purpose in working in the craft room.

state to have an O.T. in an administrative role. She has been able to use her expertise to improve participant's range of motion, and to improve their gait training and transfer techniques helping them to be more indepen-

dent and mobile while reducing the risk of injury to caregivers in the home or on the job. Every participant gets an Occupational Therapy evaluation and based on their needs, services can be tailored to provide behavioral, physical, or sensory integration interventions or adaptive equipment. Physical activity has increased too with Justin McHugh, CMH's Health Mentor and personal trainer coming over twice each week to conduct a light exercise class in the gym featuring light stretches, group games T-ball, soccer, relay races and their favorite, according to Kelley, Dodge ball. Frank Bublitz, CMH's Creative Arts Peer Support Person comes once a week to provide music class, which they also really enjoy. The participants also go to a local elementary school where 4th graders read to them for practice. One fourth grader wrote about this experience, "I had fun because I got to meet really cool people. Now they have some new friends and so do I."

One of those really cool people is Annie. Annie is 74 years old and comes every day to the craft room where she enjoys sanding and repurposing garage sale finds into beautiful new pieces of art. Karen Musgrove-Zayas who works in this class room explained that Annie was a participant in the "seniors room" but she wanted to be more involved and active with the crafts and requested to come to this room. Karen reports that she works very hard all day from beginning to end and is always smiling. Pretty much, the only time Annie is not working is when she attends Bingo at the Senior Center. Kelley explains that her program is all about "the meaningful and purposeful engagement" of the program participants.

So whether they are stepping out or stepping up, Stepping Stones participants are all "really cool people."

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.

Opening Day June 17, 2016

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 or call (810) 667-0304 or email us at jstock@lapeercounty.org

CMH Open House & Family Fun Fair

Saturday, May 21, 2016 • 10am-2pm

- Learn about mental wellness and the services we offer
- Free lunch for the first 300 visitors
- Drawing for free door prizes such as bikes, and other fun items
- Craft Show and Sale
- Free and open to the public!
- Bring a friend!
- Unused Prescription drug take back day

Lapeer County
Community
Mental Health

810-667-0500

mwolfe@lapeercmh.org

1570 Suncrest Drive
Lapeer, MI 48446

Across from Suncrest
Nursing Home