



Serving Alcona, Alpena, Montmorency and Presque Isle Counties

# REPORT

400 Johnson Street • Alpena, Michigan 49707

May 2012

## CMH is new regional partner of Center for Positive Living Supports

Northeast Michigan Community Mental Health (CMH) has been selected as one of two Community Mental Health Authorities to partner

with the Center for Positive Living Supports to advance the “Culture of Gentleness” for individuals served. The Center’s training for Gentle

Teaching supports relationship-building in safe, respectful and nurturing environments. The goal is to facilitate successful community living by validating each individual’s humanity, offering an environment where the person feels safe connected to others.

Many of Northeast CMH staff and contractors have received introductory training in Gentle Teaching. A number have participated in advanced training to become mentors for new staff.

**Peggy Yachasz, Colleen Wieschowski, Julie Hasse and Deb Hemgesberg** have successfully completed the training requirements. They’ll be teaching the introductory and advanced practicum classes to Northeast CMH employees well as others working for non-profit corporations and other CMH Boards.

Future activities will include the development of skills to provide help to individuals who have a disability and are experiencing crisis wherever they live in the northern part of Michigan.

Julie and Deb have also completed the requirements to offer parents the opportunity to learn the principals of Gentle Teaching that might be useful in raising their child who may have behavioral challenges.

Muskegon County CMH is the other agency that will be partnering with the Center for Positive Living Supports, a division of the Macomb Oakland Regional Center which is

located in Clinton Township.

Gentle Teaching techniques have been successfully used with many individuals in the Northeast area, including “Sarah” and “Bob.”

The use of the approach has been the basis for Sarah’s successful return to the community from the Mt. Pleasant Center. While at the Center, Sarah was routinely placed in restraints and physically managed for behaviors considered “inappropriate”.

Since Sarah’s return to the Northeast area in July 2009, she has not been restrained or physically managed at all.

Gentle Teaching has allowed Sarah an opportunity to live an active and involved life in her community.

Bob previously lived in many group homes and adult foster care homes. Because of his challenging behaviors he frequently required physical management to prevent him from hurting himself or others.

Today, thanks to the Gentle Teaching approaches, Bob shares a house with a roommate, is employed and leads an active life in his community. He no longer exhibits behaviors that would require physical management nor does he require 24 hour supervision on a daily basis.

*The Gentle Teaching Philosophy is based on the work of Dr. John McGee. The core principles are based on a psychology of human interdependence. It asks care givers and providers to find ways to express warmth and unconditional valuing towards those who are the most disenfranchised from family and community life.*

### Letter to the Community

May is observed nationally as “Mental Health Awareness Month.” We suppose it goes without saying that for the Northeast Michigan Community Mental Health Authority, every month is mental health awareness month; but we are using the occasion to bring you this report highlighting important events and milestones for the agency. You will find articles about new interagency partnerships, staff transitions, office location changes, and consumer success stories.

As you are probably aware, the healthcare industry as a whole is on the cusp of major changes:

- The Affordable Care Act (ACA) is before the Supreme Court;
- the Michigan Department of Community Health (MDCH) has proposed integration of the financing and delivery of all healthcare services provided to people that have both Medicare and Medicaid coverage;
- here in Northeast Michigan, we are planning ways to assist people to coordinate services they receive from us with those they receive from their primary care doctor.

Regardless of the outcome of the Court’s decision on the ACA, this integration of care into one coordinated plan is a key step toward assuring better care. Though this is a natural evolution, it is complex. Even so, the Board and staff of the Northeast Michigan Community Mental Health Authority look forward to meeting these challenges for the best interests of Northeast Michigan residents.

Thank you for the opportunity to serve you.

Sincerely,

Gary Nowak, Chairman

Tony White, Executive Director

After 38 years with Northeast Michigan Community Mental Health, Charles A. (Tony) White (right) will retire as its Executive Director Sept. 30. Ed LaFramboise (left), a 32-year staff member, has been appointed to succeed White.



## White to retire September 30

This fall will mark a “changing of the guard” for Northeast Michigan Community Mental Health (CMH).

After spending his entire career at CMH--the past 26 years as its director--Tony White will retire September 30.

Ed LaFramboise of Hillman has been named by the CMH Board to succeed White.

Hired in 1974 as a “psychiatric aide” in the Day Treatment Program, White moved into administration in 1978 as Program Analyst. He became Assistant Administrative Director

## Name Frye to Board

Roger Frye of Hillman was appointed by the Montmorency County Board of Commissioners to fill the CMH Board seat held for 20 years by the late Maggie Clay. She died in March.

Frye previously served on the CMH Board for 18 years, including terms as chair from 1992 to 1994 and again from 2001 to 2009.

He joins Virginia DeRosia and E.A. Fischer of Alcona County; Richard Anderson, Linda Canfield, Judith Hutchins, Thomas Mullaney and Patricia Przeslawski of Alpena County; Tom Young of Montmorency County; and Marie LaLonde, Terry Larson, and Gary Nowak of Presque Isle County.

in 1980 and was named Director in 1986.

One of the most significant changes in mental health care during his watch has been “moving people toward home,” White said.

“It’s taken sequential steps: state institutions to community-based group homes, and now from those group homes to their own homes.

“What makes me proudest is that we’ve not allowed the group homes to become ‘the institution’—we’ve kept pushing.”

Ten of the 21 group homes have been closed in favor of this option, White explained.

“It has been Ed leading this effort that has made it possible,” he added. “No doubt that will continue.

LaFramboise came to CMH in 1980 as Director of Residential Services. He led development and operation of a specialized residential system including case management and clinical support services for children and adults with developmental disabilities. He directed staff who brought 190 people out of institutions and into less restrictive community settings.

Since 1989 he has been Services Director for Developmental Disabilities.

## — CMH News Notes —

**System of Care Partnership**  
Northeast Michigan Community Mental Health Authority (CMH) is working with Alcona Health Center (ACH), Thunder Bay Community Health Services (TBCHS) and area schools in a System of Care partnership to bolster in-school counseling resources. Also assisting in this project is the Northeast Michigan Children’s Behavioral Health Initiative (a Kellogg Foundation supported effort).

The System of Care is an approach to increasing the array of children’s behavioral health services by using interagency collaboration and cost-sharing.

In this instance, CMH will provide funding for services for children with the most serious emotional disturbances, while ACH and TBCHS will cover the services provided to children with less severe conditions. The Kellogg Initiative will provide phase-in funds during the first year of the project.

This System of Care partnership will provide at least two social workers available on-site in schools throughout the four-county region. The geographic phasing of these services is still in the planning stages.

### Dual-Eligibility Update

In our last issue, we addressed this very confusing yet important topic. We mentioned in the Letter to the Community on Page 1 of this issue that the state of Michigan plans to integrate all healthcare services (primary care and behavioral health) for people that simultaneously qualify for *both* Medicare and Medicaid; this would also integrate the healthcare financing of these two programs.

Michigan’s Community

Mental Health system has strongly advocated with the State to treat people with complex chronic conditions, including mental illness and developmental disabilities, as “specialty populations.” Doing so keeps intact the provider/consumer relationships that have been built, in many cases, over a number of years.

In essence, any healthcare reform activity needs to recognize that “healthcare is local (and personal)!” The State of Michigan has agreed with this approach and has included plans for “health homes” that incorporate these concepts. These plans have been submitted to the Federal government; if approved, the transition is planned to begin in July of 2013.

### Mental Health First Aid

CMH Trainer Tom Hainstock continues delivering the 12-hour interactive Mental Health First Aid training we introduced to Northeast Michigan a year ago.

School Success workers and a number of school employees have been trained as part of the System of Care (see first item). He will be providing sessions in all schools districts.

Participants learn, among other things, the potential risk factors and warning signs for a range of mental health problems. A 5-step action plan encompasses the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.

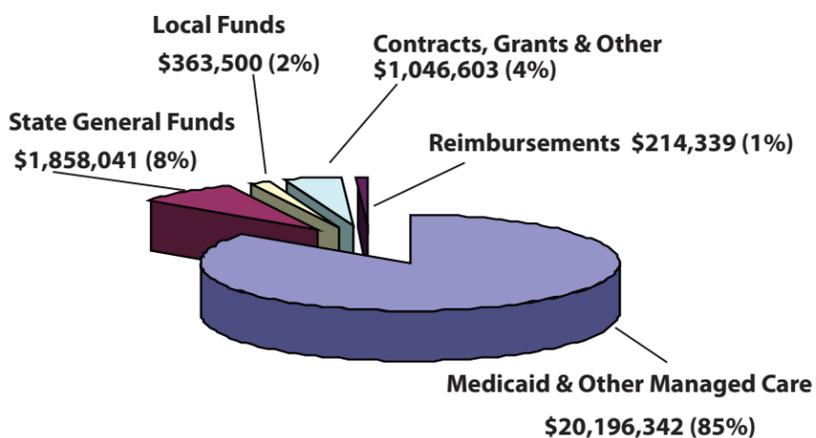
For information on providing Mental Health First Aid for employees, youth workers or other community groups, contact Hainstock at 989-358-7865.

**Northeast Michigan Community Mental Health Authority  
October 1, 2010-September 30, 2011  
Sources and Uses of Funds**

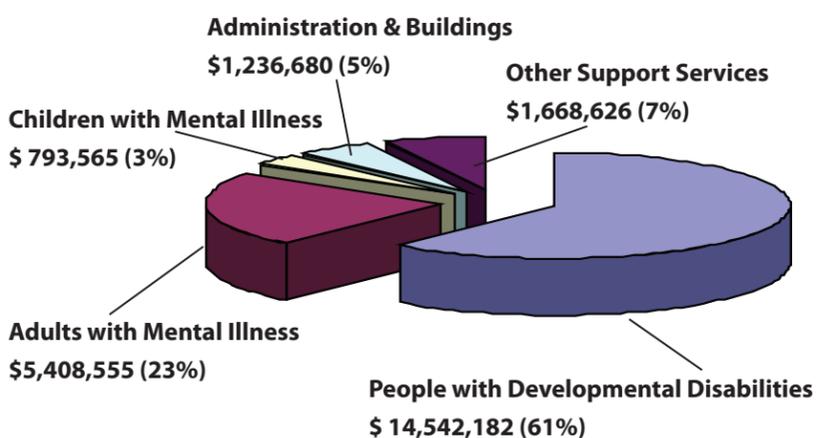
Total Revenue	\$23,678,825
Total Expenditures	\$23,649,608
Net Income	\$ 29,217

Northeast Michigan Community Mental Health Authority has no unfunded pension or retiree benefit costs.

**Total Revenues \$23,678,825**



**Total Expenditures \$23,649,608**



**Total People Served 2,465**

Adults with Mental Illness	1,624
Children with Mental Illness	410
Persons with Developmental Disabilities	431



Staff for Community Mental Health programs that serve people with mental illness now work out of this building at 318 Fletcher Street in Alpena.

**CMH mental illness programs outgrow space; relocate staff to Fletcher Street**

Staff who provide services for adults with mental illness relocated in April from the Alpena main office of Northeast Michigan Community Mental Health (CMH). The move followed renovation of a building located at 318 Fletcher Street and leased from Alpena Marc LLC.

Community Living Supports, Employment Solutions, Older Adult Services, Peer Support, therapeutic groups, and case management services were running out of room at the

agency offices at 400 Johnson Street, Alpena.

Some 45 staff members are based in the new location. Psychiatric services remain at the main office.

The move also frees up some space for future needs as Michigan advances plans to integrate mental health and primary care.

People making their first visit to CMH for mental health services will still start at the Johnson Street main office for intake.

**Contact information**

Northeast Michigan Community Mental Health, 400 Johnson St., Alpena  
 To request services: 1-800-843-3393 After hours: 1-800-442-7315  
 Administrative offices: 989-356-2161 Toll free: 1-800-968-1964  
 TDD/TYY hearing impaired services 989-354-8826; toll free 1-800-836-6282  
 Alcona Office, 311 Lake St., Harrisville by appointment only  
 Hillman Office, 630 Caring St., Hillman 989-742-4549  
 Presque Isle Office, 156 N. Fourth St., Rogers City 989-734-7223



Dennis Powers created this rendering of the Presque Isle County office of Northeast Michigan Community Mental Health. It is on display with "Meet the Artist" information at the building, located at 156 N. Fourth Street in Rogers City. His drawings of CMH offices in Alpena and Montmorency counties are similarly displayed at those facilities, 400 Johnson Street, Alpena, and 630 Caring Street, Hillman, respectively.

## Drawings displayed at CMH offices



DENNIS POWERS

We've had the privilege of providing services to Dennis Powers for a number of years.

Over that time, we thought we had gotten to know Dennis pretty well, but we recently had the pleasure of discovering that Dennis is an artist.

He particularly loves to draw buildings and completed renderings of Northeast Michigan Community Mental Health offices in Alpena, Hillman and Rogers City.

These remarkable drawings are now framed and displayed in the lobbies of those buildings along with "Meet the Artist" information.

Thank you, Dennis!

### Our Mission

Northeast Michigan Community Mental Health Authority will provide support and treatment for people with mental, emotional and developmental disabilities, including those whose disabilities co-occur with substance abuse. We will strive to prevent risk factors leading to these conditions. These services will be offered within a Culture of Gentleness and designed to enhance each person's potential to recover, live and work independently within the community.

## Today's contributions build CMH endowment fund for future needs

An endowment fund has been established at Community Foundation for Northeast Michigan to receive your gifts, honorariums and memorials that will help meet future needs for local mental health services.

Funding from Federal and State sources for Northeast Michigan Community Mental Health can vary greatly, not only in dollars received but also in the way it can be used. Building an endowment fund that will provide an annual allocation from earnings while preserving the principal is a prudent fiscal strategy.

The endowment fund also provides family members and associates a fitting way to honor or memorialize living and deceased persons who may have special interest in or connections with mental health issues and advocacy.

Community Foundation for Northeast Michigan will acknowledge your gift (but never the amount) to the honoree or to the family of a loved one named in a memorial gift.

### CONTRIBUTION FORM

Yes, I would like to make a **one-time gift** to the **NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH FUND** as follows:

Enclosed is my gift of \$ \_\_\_\_\_.

Yes, I would like to make a **pledge** to the **NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH FUND** as follows:

I hereby pledge a total of \$ \_\_\_\_\_ to the NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH FUND to be paid in payments of \$ \_\_\_\_\_ (monthly/quarterly/year) for \_\_\_\_\_ (months/years), for which I understand the Community Foundation will send me payment reminder notices.

\_\_\_\_\_  
Signature (required for all pledges)

Make your check payable to the Community Foundation and mark the name of the **NEMCMH FUND** in the memo line and forward it and this form directly to the Community Foundation, P.O. Box 495, Alpena, MI 49707.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Please check this box if you do not want your name printed in Community Foundation publications.

My gift/pledge is made  in honor of or  in memory of:

(Name) \_\_\_\_\_

Please send an acknowledgement to:

(Name) \_\_\_\_\_

(Address, City, State, Zip) \_\_\_\_\_