



REPORT

400 Johnson Street • Alpena, Michigan 49707
May 2014



Accredited in 21 Programs

Letter to the Community

The previous year has been full of challenges and accomplishments; probably none greater than the passage and implementation of the Healthy Michigan Program. On April 1, 2014 the Department of Human Services began enrolling people in the health plan that will provide physical and behavioral health care to nearly 500,000 citizens of Michigan. In Northeast Michigan over 1,000 people have been enrolled and many more are expected to be added to the program.

For many people served by Community Mental Health it has been a particularly difficult year as a significant budget reduction has resulted in the termination of services to over 300 individuals. Many individuals were recently notified that CMH could no longer provide behavioral health services and they have been referred to other agencies that might be able to provide for their needs. It has likely been one of the most trying times in the agency's long history.

The addition of Dr. Brian Krause, a board certified psychiatrist, to the agency's staff has been a welcomed event. Dr. Krause provides telepsychiatry services from his office in Virginia. Dr. Paul Liu, a board certified child psychiatrist, may begin providing a similar service for children within the coming weeks. We are pleased to have both physicians available to supplement the existing medical staff.

The Applied Behavioral Analysis service to young children, diagnosed with Autism, is in full swing. Eight families are presently involved in the treatment and the early results are exciting. Four additional families are awaiting services to their children. (See article on Page 3)

Employment Services continues to assist people in finding jobs and developing micro-enterprises. The lofty goals set by the board continue to be achieved in spite of the high unemployment in the four counties

The reorganization of regions by the Department of Community Health, from 18 regions to 10, took effect on January 1, 2014. NeMCMH has joined with AuSable Valley CMH, Centra Wellness, North Country CMH and Northern Lakes CMH to form the Northern Michigan Regional Entity which is successfully operating as a Pre-paid Inpatient Health Plan for the 21 northern most counties of the Lower Peninsula.

The Board and staff of NeMCMH look forward to serving the citizens of Alcona, Alpena, Montmorency and Presque Isle counties in the coming year.

Sincerely,


Gary Nowak, Chairman


Edwin M. LaFramboise, Director

Mental Health First Aid

...Is a class to instruct participants how to help a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves. This course is offered locally by Northeast Michigan Community Mental Health Authority (CMH) with a collaborative partnership of the National Council for Community Behavioral Healthcare, Maryland State Department of Mental Hygiene and Missouri Department of Mental Health.

There are courses for people that work or live with youth/adolescents or adults. Both courses are available to register for by calling Genny Domke at 358-7842. CMH is providing the course and text book free of

charge. The adult course is offered June 20th, 7:30a-3:30p. If you would like to arrange for this course at your worksite, please contact Tom Hainstock at the number listed below.



A recent qualitative study has indicated that the course is effective as it:

- Increases mental health literacy
- Expands individuals' knowledge of how to help someone in crisis
- Connects individuals to needed services
- Reduces stigma

For more information call Tom Hainstock at 358-7865.

Albert LaFleche appointed to NeMCMHA Board

Members of the four-county board of directors governing Northeast Michigan Community Mental Health Authority are appointed by each county's board of commissioners.

Albert LaFleche of Hillman was recently appointed by the Montmorency County Commissioners to fill the seat vacated by Tom Young.

2014 Northeast Michigan Community Mental Health Authority Board

Alcona County
Virginia DeRosia, *Secretary*
E. Alan Fischer

Montmorency County
Roger Frye
Albert LaFleche

Alpena County

Linda Canfield
Judy Jones
Pat Przeslawski, *Vice Chair*

Presque Isle County

Marie LaLonde
Terry Larson
Gary Nowak, *Chair*

Meet Hope Romel...

...an optimistic, enthusiastic, young woman with a radiant smile determined to succeed! In 2009, Hope graduated from high school and requested assistance from Northeast Michigan Community Mental Health Authority (NeMCMHA) with her transition to adult life.



Hope is a person with Osteogenesis Imperfecta, which is a genetic disorder, also known as brittle bone disease. Hope has endured about 200 broken bones and 35 surgeries to repair those fractures, sometimes using rods and pins. Other challenging health issues related to Osteogenesis Imperfecta are lung disease, scoliosis and high blood pressure. Hope does not let any obstacles stand in her way as she continues to live an active, meaningful life in her community. She is confident and advocates for herself and her

life has been richer because of her positive outlook.

Hope lived with her family until she decided it was time to move out on her own in 2011. To assist with her fear of living on her own, Hope utilized the Emergency Response System offered by NeMCMHA to make this transition possible. A Main Street phone and



emergency pendant was installed at her home. This provided Hope with an added sense of security in knowing if she had a need, she could push the pendant and have a trained staff respond to her home and assist her. The Main Street Monitor was installed in March 2011 and removed in May of 2013 when Hope no longer needed that level of support. In regard to her experience, Hope reports, "I wouldn't be able to live on my own without the assistance of NeMCMHA;" and the best choice for her was to choose the self-determination approach to Community Mental Health services. The self-determination arrangement provides her a budget allocation based on her person-centered plan. Hope has used her budget to hire people to assist her with educational needs, job coaching, leisure and daily living skills in her apartment. They also assist her in the community; keeping her safe. Hope's assistants provide her with the supports she needs to maintain a high level of independence and autonomy over her life. Hope has grown in her management skill as an employer who hires her own staff. Hope's life is structured and set up by her, to the specifications she defines. Through the self-determination model, Hope was able to hire employees to help her attend ACC where she received an Associate's Degree in Fine Arts in 2011. In 2012, Hope pursued her dream to become a Nail Technician and enrolled in the

Alpena Hollywood School of Beauty Nail Technician Program. With the help of the CMH employment team, she was able to access tuition and costs for this program, which included using personal funds, a grant from the Community Foundation and funding from Michigan Rehabilitation Services. Hope graduated in February 2013 and received

her Nail Technician License in June of 2013. Currently, Hope is working at Reflections Salon as a Nail Technician and enjoys doing



something she loves. She states, "I enjoy my job as it allows me to be creative and it's given me the opportunity to be in the community and meet new people."

Hope's future plans include expanding her clientele at Reflections and enjoying everyday activities like spending time with family and friends, scrap booking, photography, painting and time on her computer. When asked what advice she has for others, Hope stated, "Set goals for yourself and be persistent." Working with Hope is a

pleasure; she models to the people in her life the importance of being in control and determined to make your dreams a reality, no matter what

barriers we are faced with. We wish you continued success Hope! You are truly an inspiration for others!



Contact information

Northeast Michigan Community Mental Health Authority
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/TTY hearing impaired services 711

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

To schedule **Mental Health First Aid training:** 989-358-7865

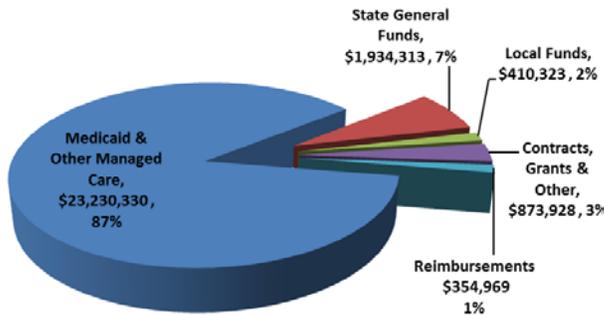
Northeast Michigan Community Mental Health Authority
October 1, 2012 – September 30, 2013

Sources and Uses of Funds

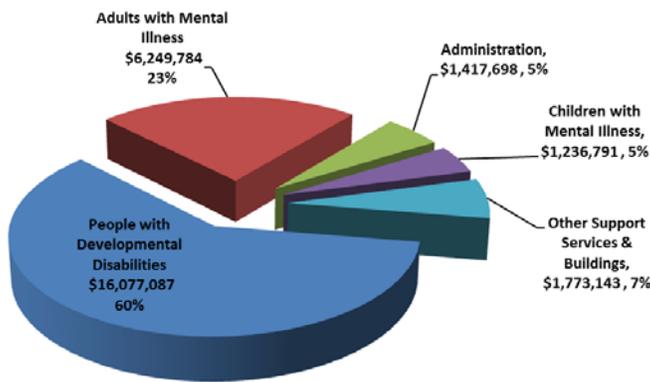
Total Revenue	\$26,803,863
Total Expenditures	\$26,754,503
Net Income	\$ 49,360

Post-retirement benefits are not offered at NeMCMHA. Employee Pensions are 401 Plans, which are fully funded.

Total Revenues: \$26,803,863



Total Expenditures: \$26,754,503



People Served

	<u>FY '12</u>	<u>FY '13</u>
Adults with Mental Illness	1,707	1,548
Children with Mental Illness	450	343
Persons with Developmental Disabilities	453	414
Total People Served	2,610	2,305

Our Mission

To provide comprehensive services and supports that enable people to live and work independently to their potential.

Autism Program – One Year Later...

ABA (Applied Behavior Analysis) Services is a new program at CMH designed to provide children with Autism Spectrum Disorders from 18 months to 6 years of age with one-on-one treatment. Jarod began receiving ABA services last summer. At that time, he was very much a child who was involved in his own world. His grandmother described him as not needing other people and stated that even as an infant when she or her husband would walk into the room, he wouldn't even look at them.



months that followed, Jarod received 20 hours a week of treatment provided by a behavioral technician and his family provided him with extra support by continuing with treatment after the technician left. Now, Jarod looks for and interacts with other people, calls people by name including his grandma and grandpa, and responds when he is asked questions. He now seems to enjoy social interactions and plays games like hide and seek. The other day, he

name including his grandma and grandpa, and responds when he is asked questions. He now seems to enjoy social interactions and plays games like hide and seek. The other day, he

Most of his speech consisted of repeating what he heard from TV shows at that time. In the

grandmother with a smile and asked "Grandma, you want more hugs?" She did want more hugs.



Dr. Brian Krause joins the Medical staff

Dr. Krause, a Board Certified Psychiatrist, has joined the staff of Northeast Michigan Community Mental Health, via telemedicine. Dr. Krause, located in Virginia now provides psychiatric services via video. Individuals being treated by Dr. Krause communicate with him through a video connection to his office with the assistance of a nurse, usually Marlene Barkley. Marlene reports this has been a positive and new experience for both consumers and staff. Dr. Krause has been available for Psychiatric Evaluations as well as Medication Reviews. We are looking forward to increasing his services for people in need.

Michigan increases commitment to mental health and wellness by supporting independence and self-determination

Bipartisan panel recommends comprehensive changes

Michigan can increase its commitment to mental health and wellness, improving access to help and eliminating the stigma that is often becomes a barrier to people getting the assistance they need, according to a bipartisan panel of state leaders.

The Mental Health and Wellness Commission’s groundbreaking report “Improving the Quality of Life by Supporting Independence and Self-Determination” offers comprehensive changes to the way Michiganders look at and treat mental health, developmental disabilities and substance use.

Gov. Rick Snyder created the commission through an executive order in February 2013, charging it with reviewing the state’s past mental wellness efforts and developing recommendations to strengthen and improve the state’s system of support and delivery of services.

Headed by Lt. Gov. Brian Calley, the commission included state Sen. Rebekah Warren, D-Ann Arbor; state Sen. Bruce Caswell, R-Hillsdale; state Rep. Matt Lori, R-Constantine; state Rep. Phil Cavanagh, D-Redford Township; and James Haveman, the director of the Michigan Department of Community Health who co-chaired the group.

“These bipartisan recommendations are the first steps of a long-term plan intended to increase independence, promote self-determination and improve the quality of life for Michiganders affected by mental illnesses, developmental disabilities and substance use disorders,” Calley said.

“Each of us knows someone affected by these struggles. I’m optimistic that we can do better by renewing our commitment to mental health and wellness, treating people with the respect and dignity they deserve, and improving the quality of life for all Michiganders.”

The commission offers nearly 60 unanimously agreed upon recommendations for changes, focused around the ideas of removing barriers, eliminating the stigma, streamlining procedures to assist healthcare providers and governments and helping our most vulnerable residents.

“After months of feedback from communities across Michigan, I firmly believe that this report is a strong step forward for our residents,” Haveman said.

“The recommendations in this report go a long way to address gaps, update outdated policies and systems, and reduce the stigmas associated with living with mental illness in Michigan. The Michigan Department of Community Health is eager to get started on implementing the recommendations in this report and making Michigan a better place for all residents.”

A full copy of the report can be seen at www.michigan.gov/documents/mentalhealth/CommissionReportFinal1212014_445161_7.pdf

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 gif/pledge is made in honor of or in memory of:

(Name) _____

Please send an acknowledgement to:
(Name) _____

(Address, City, State, Zip)

Northeast Michigan Community Mental Health Authority is funded, in part, by the Michigan Department of Community Health.