



REPORT

400 Johnson Street • Alpena, Michigan 49707
May 2018



Accredited in 21 Programs

Letter to the Community

Dear Citizens of Northeast Michigan,

The partnerships we have with one another make us stronger individuals living and working in our communities. Our partnerships continue to provide us opportunities to enhance our services and focus on the citizens of Northeast Michigan and Northeast's Mission – "To provide comprehensive services and supports that enable people to live and work independently."

During the last Public Hearing, community members responded to our question "What are the mental health needs of this community?" Some of those priority issues included: Develop a trauma informed community; Increase the behavioral health support for our local schools; Increase educational opportunities for community members and teachers in addressing the needs of children and adults who have experienced trauma; Increase suicide prevention services for youth and veterans; and Increase services for persons with a substance use disorder. This past year was spent working on those issues identified by our community partners and participating in the development of new initiatives.

Specific to areas focusing on children and services to children in schools, NeMCMHA contracts with Alcona Health Center (AHC) to provide additional outpatient counseling services for children with a serious emotional disturbance in one of the elementary schools up to two days per week. Thunder Bay Community Health continues to provide school-based services, including behavioral health services to students in Montmorency and Presque Isle Counties. To use existing services, or as in this case enhancing existing services, with our community partners provides needed services without duplication.

Two NeMCMHA staff are participating in the Michigan Department of Health and Human Services (MDHHS) sponsored training by University of Michigan, "TRAILS" (Transforming Research into Action to Improve the Lives of Students) model. "TRAILS" provides free training to school professionals in core concepts of cognitive behavioral therapy (CBT) and mindfulness -- two evidence-based strategies shown to reduce anxiety and depression in youth. "TRAILS" is unique in that school partners receive not only classroom instruction but also are provided a personal coach (trained CMH staff) who helps implement a CBT- and mindfulness-based skills group to students in need, right at school. Once trained, our staff will work with Northeast Michigan Community Service Agency (NEMCSA) School Success staff already in place at our schools with the ability to offer "TRAILS" skill groups for students. NeMCMHA also worked with the NEMCSA School Success staff, local DHHS staff and the Children's Trauma Assessment Center (CTAC) in developing a protocol to screen children for trauma. Those children who may need further assessment are referred to NeMCMHA for assessment and services as appropriate.

Four Board Members Re-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 to serve a three-year term. Due to staggered terms, four Board members are appointed each year. The returning Board members for an additional three-year term are:



Alan Fischer



Eric Lawson



Pat Przeslawski



Albert LaFleche

2018 NeMCMHA Board

Alcona County
Bonnie Cornelius
E. Alan Fischer, *Secretary*

Montmorency County
Roger Frye, *Past Chair*
Albert LaFleche

Alpena County
Steve Dean
Judy Jones
Judith Hutchins
Eric Lawson, *Vice Chair*
Pat Przeslawski

Presque Isle County
Lester Buza
Terry Larson
Gary Nowak, *Chair*



NeMCMHA Technology Upgrades

The Information Services Department at Northeast Michigan Community Mental Health Authority (NeMCMHA) has been busy this past year with some progressive, new technology updates. Since May 2017, staff members have been using a unique Electronic Health Record (EHR) package called Majestic. This EHR system has enhanced clinical record keeping, streamlined workflows for better efficiency and improved communication for a more positive consumer experience. Children’s Services Supervisor, Lauren Tallant, said, “Majestic has allowed some of the paperwork to be done more quickly, and it is easier to keep track of things. The reports that supervisors have access to are amazing.” Jane Standen, Support Coordinator had this to say about Majestic, “I like that as soon as an individual on my caseload is admitted or released from ER or hospital, I am notified through a Majestic message.” When asked what he liked about the new system DJ Dehring said, “With Majestic, you have everything right there regarding the consumer. There is no more need to have to go between different programs and desktop icons to look up different things. Majestic makes doing progress notes and your work in general easier and more efficient. Being able to have that access out in the community is amazing. You are able to give consumers answers faster and are able to assist them more in one meeting than previous.”



In moving forward with trends in technology, the Agency acquired tablets and iPads to offer flexibility and enhanced safety to case holders and community support workers. These portable devices allow clinicians to complete documentation while with consumers in the field. When asked how tablets and iPads have affected her work, Clinician Caitlin Stahlbaum said, “We have better connectivity so we can do the job right there. We can do annuals in the home and it’s more convenient.” Clinician Sarah Garbutt added, “The iPad has helped me do my job faster. We can get things signed right there.”

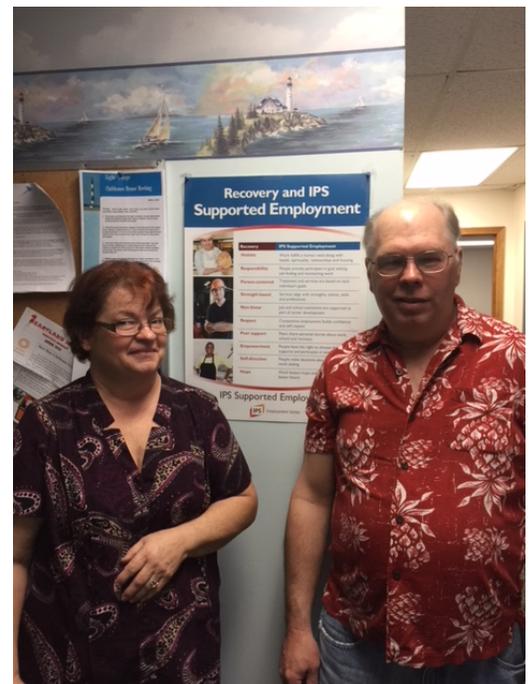
Majestic also offers a portal for consumer access where they can look up appointments and other information. The consumer portal will be updated continuously with information about local community resources including, the Friendship Room, food pantries, smoking cessation programs and more! Additionally, consumers may communicate with nursing staff via the portal, access certain information about their visits and check on the dates of upcoming appointments.

Another technological advance for our Agency involves the exchange of health information. Majestic will soon be integrated with Great Lakes Health Connect’s electronic health record system, VIPR. This integration will allow providers to access medical information from many other hospitals and clinics throughout Michigan. This coordination of care will positively impact the services provided by NeMCMHA and assist in improving clinical outcomes for our consumers.



Meet Roger...

March 1, 2011, the Evidence Based Practice Supported Employment program began at Northeast Michigan Community Mental Health Authority. We have had many successes both with our program and with the individuals served. Let me tell you about Roger. Roger was one of the first individuals served in our program. Roger had been employed in the past doing janitorial type work in the community. His hours were minimal and the pay he received was minimum wage. Roger wanted more. He applied to several different positions in the community including being on-call through the schools to do janitorial work. Roger wanted more. Roger became employed part time at an area service provider in June 2012. He has been employed in that position almost six years. In January 2018 Roger was notified by the Social Security Administration that he had worked long enough and enough hours over the past six years that he is now eligible to receive Social Security Disability. This is a huge milestone for Roger. It has gained him a new sense of pride in being employed and, when asked, he knows it was all him. He couldn’t have achieved this milestone without belief and determination in himself.



We, who know Roger, who have worked side by side with him, are proud to call him our co-worker. He’s an inspiration to us all.



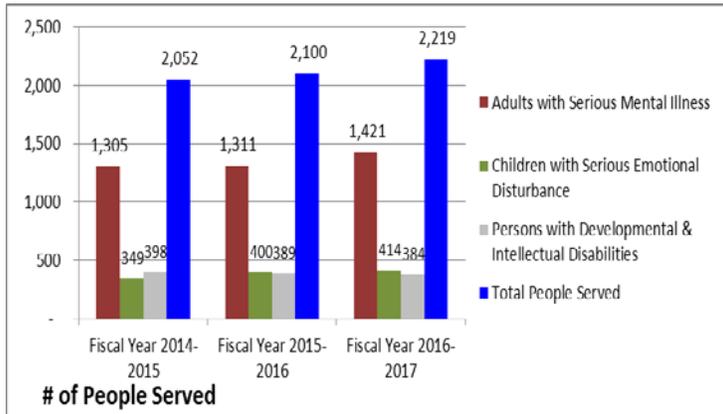
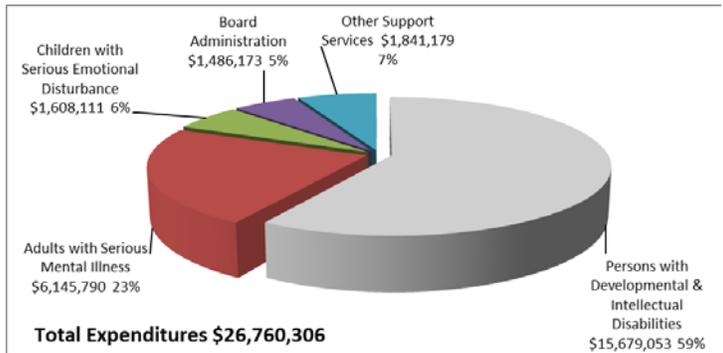
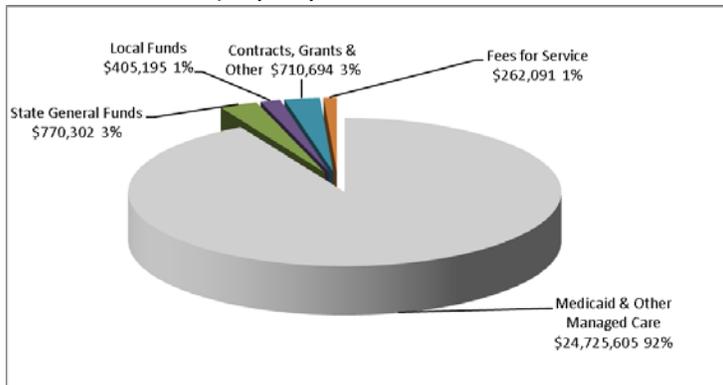
Northeast Michigan Community Mental Health Authority
October 1, 2016 – September 30, 2017

Sources and Uses of Funds

Total Revenue	\$26,873,886
Total Expenditures	\$26,760,306
Net Income	\$ 113,580

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

Total Revenues: \$26,873,886



NeMCMHA is funded, in part, by the Michigan Department of Health and Human Services.

Michigan Employment First Initiative - Rate Restructuring Technical Assistance Grant



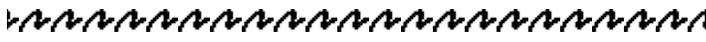
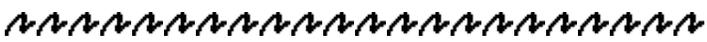
**EXECUTIVE ORDER
No. 2015 - 15**

EMPLOYMENT FIRST IN MICHIGAN

Northeast Michigan Community Mental Health Authority (NeMCMHA) has a strong philosophy to ensure persons served have the opportunity to work.

For over 25 years, NeMCMHA has been committed to helping persons with Intellectual/Developmental Disabilities find and maintain employment. Employment not only provides a person with a paycheck, but improves self-esteem, enhances social connections and provides for self-sufficiency and quality of life.

Efforts to improve employment outcomes continue to progress not only in our local area but throughout the State of Michigan. The State of Michigan has established an Employment First policy prioritizing the importance of competitive, integrated work for people of all abilities. The Employment First Michigan Executive Order No. 2015-15 mission states, "The purpose of Employment First is to maximize opportunities for persons with disabilities to achieve independence and economic self-sufficiency promoting individual competitive integrated employment through a collaborative, seamless service model." The 2018 State of Michigan budget has funds appropriated to support objectives in Executive Order 2015-15 to enhance service delivery, and we are excited to announce that on March 1, 2018, NeMCMHA was awarded the "Michigan Employment First Initiative-Rate Restructuring Technical Assistance Grant." We are committed to improving our service delivery, and this grant will assist us in our mission by supporting NeMCMHA to use alternative payment methodologies to increase outcomes and independence for persons served through competitive, integrated employment.



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Another valued collaborative we have enjoyed for many years is with Partners in Prevention. NeMCMHA contracts with Partners in Prevention to provide community training Youth and Adult Mental Health First Aid and Caring for Children who have Experienced Trauma. In addition, Partners in Prevention and Presque Isle Suicide Prevention Task Force will also be providing suicide awareness and prevention training using "safeTALK" from Living Works. NeMCMHA staff has provided and continues to offer mental health training and jail diversion for our local jail staff.

NeMCMHA staff is a member of the new Family Recovery Care Team (Catholic Human Services, Alpena/Montmorency County DHHS, Courts and Freedom Recovery Center) targeting families involved with DHHS Child Welfare Services and have a caregiver identified as having a substance use disorder or concern that substance abuse is present in the home. This project is a result of the Health Endowment Fund grant awarded to Catholic Human Services. Northeast staff are members of the Substance Use Coalition. In addition, Northeast staff is scheduled to participate in training specific to adolescent substance use.

The ongoing partnerships and the new ones developing will further enhance the lives of our community. On behalf of the Board, staff and the persons we serve, thank you Northeast Michigan.

Sincerely,

Gary Nowak, Chairman

Cathy Meske, Director



Partners in Prevention Trainers – Mary Schalk and Carlene Przykucki provide Adult and Youth Mental Health First Aid trainings, suicide prevention and the effects of trauma on individuals for residents of Northeast Michigan

Trauma Initiative...

NeMCMHA has continued participation in a trauma initiative initially launched in fiscal year 2017. This initiative has strengthened community partnerships with DHHS, NEMCSA's School Success Programs and the area school systems in general. The initiative's focus has been to increase community awareness of the importance of providing trauma-informed care. We have built into our new electronic health record a trauma screening tool known as the ACE screening tool to better assess trauma in adults.

DHHS has implemented a protocol to screen all children for trauma within the child welfare system and make appropriate referrals to NeMCMHA. NeMCMHA has supported this protocol by developing an internal process to provide increased communications to DHHS staff regarding services and recommendations to ensure mental health needs are met and trauma-informed clinical services are provided when necessary.

NeMCMHA staff participated in a Secondary Traumatic Stress Learning Cohort, Trauma Focused – Cognitive Behavioral Therapy (TF-CBT) Training Cohorts and TRAILS. Currently, the Agency has seven trained TF-CBT Clinicians and an additional four Clinicians working towards certification. Two Children's Services Clinicians are participating in the TRAILS Program to assist school staff in effectively managing mental health concerns within the school system. The agency has also supported three Clinicians obtaining Trauma Therapy Certifications in Eye Movement Desensitization and Reprocessing (EMDR).

NeMCMHA will continue to provide clinical services to help individuals receiving services, both adult and children, who have been struggling with the negative symptoms of trauma and how it continues to impact their lives.



MISSION STATEMENT

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

