



REPORT

400 Johnson Street • Alpena, Michigan 49707
May 2016



Accredited in 21 Programs

Letter to the Community

Dear Citizens of Northeast Michigan,

Heraclitus, a Greek philosopher, is quoted as saying "change is the only constant in life." At NeMCMH things continue to evolve and change, which has been in large part for the betterment of supports and treatment to the individuals we are privileged to serve. The Applied Behavior Analysis treatment for young children with an Autism diagnosis is yielding remarkable results for the 19 children presently in treatment and the program has been expanded to include older children and young adults. The supported employment programs are assisting many more people in finding jobs and developing careers of their choosing throughout the four counties. The size of the specialized residential program continues to diminish as more and more people are living in their own homes and apartments, some with supportive services but most are independent.

There is still so much more to do for those persons living with mental illness or intellectual/developmental disabilities. An article in the [New York Times](#) written by Sabina Tavernise (4/22/16) reports: "Suicide in the United States has surged to the highest levels in nearly 30 years, a federal data analysis has found, with increases in every age group except older adults. The rise was particularly steep for women. It was also substantial among middle-aged Americans, sending a signal of deep anguish from a group whose suicide rates had been stable or falling since the 1950s.

The suicide rate for middle-aged women, ages 45 to 64, jumped by 63 percent over the period of the study, while it rose by 43 percent for men in that age range, the sharpest increase for males of any age. The overall suicide rate rose by 24 percent from 1999 to 2014, according to the National Center for Health Statistics, which released the study on Friday."

Increased efforts in prevention and raising awareness about signs and symptoms of mental health disorders, suicide prevention, the effects of trauma on child development, will continue to be our focus.

Three community partners, Carlene Przykucki, Mary Schalk (Partners in Prevention) and Madeline McConnell (Catholic Human Services) are now all certified instructors of Mental Health First Aide. 'Greg's Promise Trauma Informed Care Team' is also available to provide training on the effects of trauma on children and families. If you have a group interested in the training, please contact us.

Sincerely,


Gary Nowak, Chairman


Edwin M. LaFramboise, Director

LaFramboise to Retire June 30



June will mark a "changing of the guard" for Northeast Michigan Community Mental Health (CMH).

After spending the majority of his career at CMH – 9 years as Director of Residential Services, 23 years as Director for Developmental Disabilities and the past 4 years as Director, Ed LaFramboise will retire June 30.

One of the most significant changes during his tenure has been transitioning individuals from institutional settings to living in their own homes. He initially led staff who brought 190 people out of institutions and into less restrictive community settings. The Agency has not let the group homes become 'the institution' but has kept pushing toward independence. Eight of the 21 group homes remain today in favor of this independent, less restrictive option.

Cathy Meske has been named by the CMH Board to succeed LaFramboise. Cathy obtained her Bachelor's Degree in Human Services from Ferris State University in 1976 and her Master's Degree in Social Work from the University of Michigan in 1982.

Hired in 1972 as an Activity Aide, Cathy has held a variety of positions within the agency that spans over a 40-year career commitment to serving children and adults with a serious and persistent mental illness, serious emotional disturbance and intellectual/developmental disabilities. Cathy has held positions with the Agency such as Activity Counselor, DD Case Manager, Outpatient Therapist, Assertive Community Treatment Team Supervisor, Mental Illness Division Project Manager and Mental Illness Services Director. She has a broad base of experience with all population groups served by the Agency and for the past four years has served as the Director of Clinical and Support Services. Her experience, knowledge and skills are unmatched and based on her history she will serve this Agency well as the Executive Director. Please give her a warm welcome.

MISSION STATEMENT

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

Meet Michael Stern...

Michael Stern, a 27-year-old man, is determined to see his life’s dreams become reality. His friendly nature, keen sense of humor and outgoing personality make him a joy to be with! Despite many obstacles in his life including Brachial Plexus of his left arm and an intellectual disability, Mike’s positive attitude, determination and energy are shown in the meaningful, active life he lives. Over the past years, Mike has flourished utilizing services offered from Northeast Michigan Community Mental Health Authority (NeMCMHA). Along with his hard work and determination, a Supports Coordinator, Supported Independence staff, Emergency Response System and Employment Services have assisted him with achieving some of his life goals.

Through a process called “Person-Centered Planning,” Mike was able to express his life goals and what is most important to him; to live on his own and obtain employment. His Supports Coordinator assists him in creating goals and objectives to promote his independence and desires for his life. During his transition from youth to adult life, Michael lived in Adult Foster Care Homes until making his dream of living on his own a reality when he moved into his own apartment with a roommate in April 2015. He worked very hard to achieve this goal and continues to make many strides towards total independence with help from the Supported Independence Program. Staff assists him with learning the skills he needs to live independently and maintain his own home. In addition, he also receives assistance from the Emergency Response System also provided by NeMCMHA. This system provides Mike with a sense of security and safety via its open line monitor and response staff that are available 24 hours a day, 7 days a week.



An additional goal of Mike’s was to be employed. In May 2015, Michael’s desire to find employment was realized when he was hired to work at The Habitat for Humanity ReStore. Initially, Mike spent time volunteering at the ReStore and with the assistance of Employment Services job development he is now a valued employee. His job duties include dusting, moving furniture, pricing items, recycling and lawn maintenance. Mike displays the traits an employer is looking for: motivation, a desire to do a good job and possessing a strong work ethic. In addition to his job at the Restore, Mike does snow shoveling frequently for extra income. “Working at the ReStore and shoveling snow has helped me financially so I can pay my bills. If I didn’t have a job, I couldn’t afford to live on my own,” Mike stated. Through employment, Mike has met new people, learned new skills and says he feels “happiness.” Mike works with a job coach provided through NeMCMHA as well. “My job coach helps me to be safe and teaches me my job tasks,” Mike states.



Mike has many friends, a supportive family and is also very active in his church. In his spare time, Mike likes to sit on his deck with coffee and watch the deer. He also attends and participates in community activities such as Bump and Runs, basketball, Frisbee Golf, concerts and fishing. His future goals include becoming more independent at work and thus requiring less assistance from his job coach and living as independently as possible which includes spending more time with his girlfriend. According to Mike, “CMH services have taken me from a person who relied on everyone else to a grownup who is respected and independent. I now live on my own and have two jobs.”

Congratulations Mike on all your successes in life. We wish you many, many more as you continue on your path. Your determination and active lifestyle is an inspiration to all!



MC3 Update

Last year’s Report to Community informed readers of the collaboration our Agency has with the Michigan Child Collaborative Care Program. This program is a free psychiatric consultative program offered by Child and Adolescent Psychiatrists from the University of Michigan Health System. MC3 provides psychiatry support to primary care providers who are managing pediatric patients with mild to moderate behavioral health problems. We are pleased to report statewide 766 providers are enrolled in this program in 208 clinics. There have been 33 referrals from primary care providers in our region and 33 providers have enrolled in 12 various clinics.

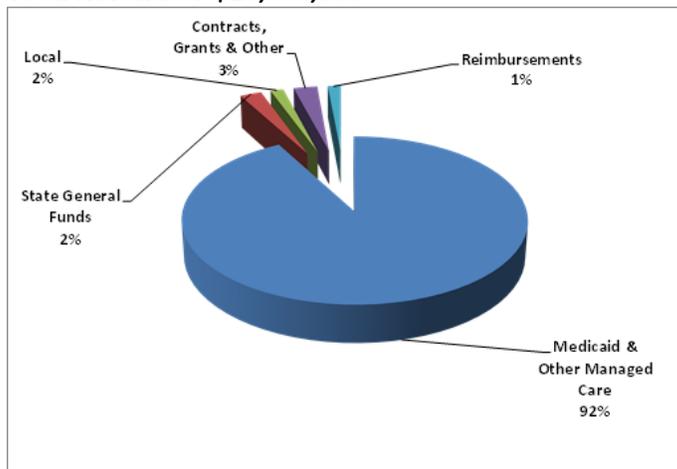
**Northeast Michigan Community Mental Health Authority
October 1, 2014 – September 30, 2015**

Sources and Uses of Funds

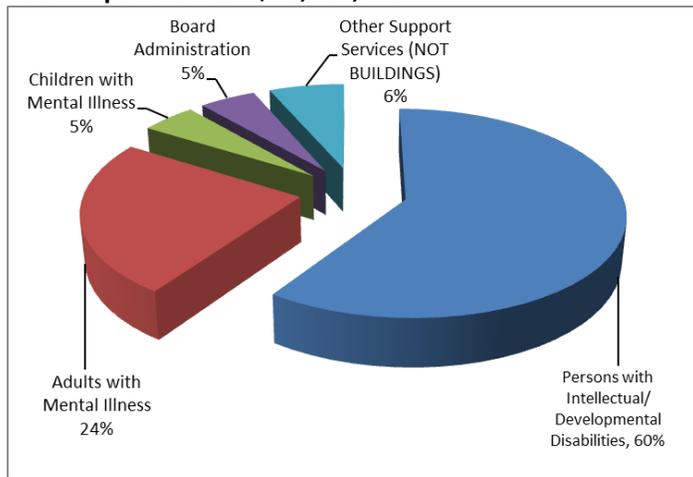
Total Revenue	\$26,983,355
Total Expenditures	\$26,734,029
Net Income	\$ 249,326

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

Total Revenues: \$26,983,355



Total Expenditures: \$26,734,029



People Served

	<u>FY '14</u>	<u>FY '15</u>
Adults with Mental Illness	1,359	1,305
Children with Mental Illness	355	349
Persons with Developmental Disabilities	408	398
Total People Served	2,122	2,052



Lester Buza and Bonnie Cornelius 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.

Bonnie Cornelius was appointed last May by the Alcona County Commissioners to fill the seat vacated by Virginia DeRosia due to residency change. Lester Buza was appointed by the Presque Isle County Commissioners, replacing outgoing Board Member Marie LaLonde.

2016 Northeast Michigan Community Mental Health Authority Board

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|--|---|
| Alcona County
Bonnie Cornelius
E. Alan Fischer, <i>Secretary</i> | Montmorency County
Roger Frye, <i>Past Chair</i>
Albert LaFleche |
| Alpena County
Linda Canfield
Judy Jones
Pat Przeslawski, <i>Vice Chair</i> | Presque Isle County
Lester Buza
Terry Larson
Gary Nowak, <i>Chair</i> |

Bay View Center

The Bay View Center, located at 710 N. 2nd Avenue, on the north side of Alpena, is now in its sixth year of existence. It contracts with NeMCMHA to provide "drop-in" services to individuals in a



four-county area who have experienced, or are experiencing, mental illness. Everyone at the Bay View Center is a "peer;" members, staff members and members of the Board of Directors, which means it is a place where people can be accepted and where they will experience less of the stigma so pervasive in society. Classes, group activities and relaxed socialization all work to lessen the impact an illness may have had in the life of a member and interruptions in social and emotional development are regularly overcome. Exercise machines enable members to become healthier physically. Shirley, a long-time member said, "I've grown a lot since coming to the Bay View Center. Inside of me, I'm doing better. It's a very uplifting place."

One group offered is the Depression group, which meets on Thursdays at 1:00 p.m. Tim said, "It was while attending a depression group that I heard myself saying I felt responsible for bad things happening to people. I had written that in the workbook during the class. I don't think I would have been aware of feeling this way if I hadn't gone to group that day." Peer-to-peer counseling is a hallmark of the Bay View Center. Bowling, camping and attending concerts at the APlex are examples of activities members have participated in.

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

Meet Lexi...



Applied Behavior Analysis (ABA) Services is a program at CMH designed to provide children with Autism Spectrum Disorders from age 18 months to 21 years of age with one-on-one treatment. Lexi began receiving ABA services in June 2013. At that time, her verbal language was limited to the sound “Buh,” which she used for everything. Her mother described her as closed off, violent and despondent. Lexi’s mother reports at times it was so bad you could not even touch Lexi and it was even recommended to her that Lexi be institutionalized. Lexi began with a few hours of ABA therapy per week and has since increased to 14 hours per week with therapy occurring both at the Agency and in the community. Her family provides her with extra support by continuing with treatment when therapy is not in session. Additionally, Lexi’s school has worked closely with the ABA Program to define goals and measure progress. Now, Lexi looks for and interacts with other people, calls people by name and sings songs. Lexi seems to enjoy social interactions and loves to engage in pretend play. She is very gentle with her stuffed animals and baby dolls and will even tuck them in and say “Awe... night, night” and sing them lullabies. Lexi’s mom describes her as the amazing, polite, sweet and happy child her mother always knew she was, and now the world can see too.



CARF Survey Scheduled

A survey team from CARF International* will be visiting on

May 18, 2016 through May 20, 2016

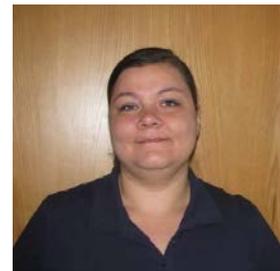
We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may earn or continue accreditation.



Jennifer’s Independence...

Jennifer has completely turned her life around during the last eight years. There was a time when symptoms of her mental illness controlled her life and she became estranged from her family. Because of her depression, she was unable to maintain her apartment or manage her own money. She required additional support and was appointed a Conservator by the Probate Court to manage her finances and was placed in an adult foster care setting for several years.

In spite of severe depression, Jennifer kept on trying to improve herself and set goals which included attending college. When her depressive symptoms increased and she had to withdraw from college, Jennifer did not give up and continued to set new goals for herself, with hopes of returning to independent living. Two years ago Jennifer was able to secure employment outside of her home community. The distance away from family and friends was difficult. She had developed many friendships while attending the Bay View Drop-In Center and missed this connection.



Jennifer held her job for over six months but chose to return to the area and went to live with her family – something she was not able to do for many years. Jennifer and her father were able to reestablish a loving relationship and she stayed with him until he passed away. Because Jennifer and her dad had resolved their past differences, she was able to grieve his loss, as she continued to move towards independence. Jennifer was successful in finding her own employment and has held this position for eight months. She, again, is able to live in her own apartment and takes pride in her home. In addition, Jennifer petitioned the Court to discontinue her Conservatorship, and because of her great strides in independence and her demonstration of financial responsibility, the Court granted her request.

Jennifer receives supported employment services from NeMCMHA, and the staff is available to provide support for Jennifer and her employer in order that Jennifer and her employer remain satisfied with her work. At Jennifer’s request, the Supported Employment staff met with Jennifer and her co-workers to discuss strategies that would help them work better together as a team. Both Jennifer and her team were accepting of the suggestions and Jennifer developed even more confidence in the workplace.

Jennifer continues to challenge herself in recovery. She has joined the Consumer Advisory Council with NeMCMHA and was voted Vice Chairperson. Jennifer has also joined the Northern Michigan Regional Entity Partners group whose Mission is to “Advocate for others by sitting on committees and provide input and information based on our experiences. We work to improve communication, legislation, opportunities, services, education and supports for all consumers.” Advocacy is important to Jennifer and she plans to go on to further her education in order to become a social worker. Because of her hard work and determination, Jennifer will reach her goals!