



# REPORT

400 Johnson Street • Alpena, Michigan 49707  
May 2015



Accredited in 21 Programs

## Letter to the Community

As difficult as the past year has been, due to budgetary woes, 2015 is looking brighter. One year after the introduction of the Healthy Michigan Plan (HMP) over 4,300 residents of the Northeast area are now enjoying health care coverage because of the expansion of Medicaid under the Affordable Care Act. Many people who had their services terminated in 2014 have returned to services and, for the year, over 2,100 people were served in a variety of ways. Throughout the State over 600,000 people were enrolled in the Healthy Michigan Plan (HMP). Enrollment in the plan has been extremely successful thanks in large part to our partners at Alcona Health Center, Thunder Bay Community Health Services and staff at the Departments of Health and Human Services and District #4 Health Department.

Last year our General Funds were reduced by 51.34%, which caused us to reduce or terminate services to a large number of individuals. While many of those people are now covered under the HMP there remains a sizeable group of people not eligible for the expanded Medicaid program. The good news is the structure reforms implemented last year are having positive effects on our General Funds benefits and we have successfully eliminated our waiting list for services and have restored some of the supports that were previously terminated.

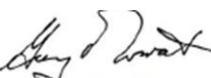
Accessing services was one of the changes that took place in October of 2014, which has helped serve people more quickly and save money to serve people without Medicaid. Requesting services from CMH no longer involves a phone call to Petoskey. Instead, anyone interested in treatment or supports can merely call or walk into our Alpena office to begin the process. We have reduced the time it takes to get into services and it has permitted us to make immediate referrals to those not eligible for care.

Another change happened in December of 2014 when Dr. Paul Rajasekhar decided to retire after a long and very successful career. Dr. Rajasekhar's departure opened the door for Dr. Monika Arora to become our new Medical Director. Dr. Brian Krause and Dr. Paul Liu continue to provide tele-psychiatric services to children and adults in need.

A more recent change is an MC3 service available to primary care providers through a Department of Community Health Grant with the University of Michigan [see page 2 for more information]. Primary Care Providers can access a pediatric psychiatrist for case consultation when they have concerns regarding the behavioral health of a child. Primary providers can enroll in the services by contacting Ashley Wirgau at (989) 255-5180.

The Board and staff of NeMCMHA 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



Eric Lawson – Alpena County

## Eric Lawson 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.

Eric Lawson of Ossineke was recently appointed by the Alpena County Commissioners to fill the seat vacated by Tom Mullaney.

### 2015 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*

Judith Hutchins  
Eric Lawson

#### Presque Isle County

Marie LaLonde  
Terry Larson  
Gary Nowak, *Chair*



Pat Przeslawski receiving recognition certificate from Board Chair, Gary Nowak

## Board Member Recognition

Board member recognition is held annually at the Board's March meeting. Vice Chair, Pat Przeslawski, was recognized for 15 years of service.

Cake and refreshments were served to recognize all serving Board members. Board members had just over 131 years of service in total. A big thank you to our dedicated Board members for their service to our organization and the individuals we serve.

# Meet Christopher Spencer...

Meet Christopher Spencer a young man determined to make his dreams come true. Christopher, with the assistance of his loving family, has always focused on his abilities and never let Autism stand in his way. From the time Christopher was little, his family instilled in him anything is possible if you are willing to work hard and not give up. Christopher continues to prove that time and time again.

As Christopher grew into adulthood, he transitioned to Northeast Community Mental Health Authority (NeMCMHA) where Chris was provided with a Support Coordinator to assist him with attaining the services he would need to be as independent as possible. During his transition to adult life, Christopher attended Alpena Community College for one semester before deciding to enter the work force. In 2009, Christopher became a valuable and dedicated supportive employee at NEMROC. With assistance from his job coach, Christopher works two days a week on the mobile janitorial crew servicing MDOT, AMA-ESD and NEMROC. Christopher lives by this statement, "I like to work my best" and it has paid off for him. This past February, Christopher began a new opportunity two days a week working in the storeroom at the Lafarge Cement Plant where he does inventory and some janitorial tasks. He also completed training for miners in order to be employed at Lafarge. Christopher enjoys his work, especially his co-workers. Christopher saves money for Christmas and other special events and also likes to purchase art supplies for projects he enjoys working on in his leisure time.

Christopher began receiving Community Support Services through NeMCMHA in 2009. His support staff assists him with a variety of activities in the community. With this service he was able to learn how to access the



community, utilize public transportation and learn one of his most favorite achievements- independently riding a bike.

Christopher is an active member of the Bay Athletic Club. In 2011 he was awarded the Thinner Winner award for the most percentage weight loss. A positive

outlook, healthy diet and exercise helped Christopher to achieve a 70-pound weight loss. As the recipient of this honor he won an all-expense paid trip to San Diego, CA and was featured in the 60-second Inspiration series sponsored by the health club.

Christopher is very artistic and is an excellent cartoonist. He is currently expanding his skills by drawing classic cars. Christopher also volunteers at a local preschool where he reads to the young students and helps them with art projects and recreational activities. The children fondly refer to him as "The Gentle Giant".

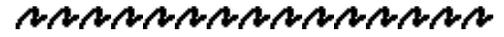
Christopher is anxiously awaiting his new home to be built where he will be able to achieve one more of his goals; to live independently. He receives additional support to do this with assistance from his Self Determination staff which he and his family hire. Christopher has been working



toward this goal for several years now by learning financial skills such as how to use a check book, arranging his busy schedule by using a cell phone to set up appointments and arranging transportation, and honing various household skills such as cleaning, shopping, and safety procedures. Once Christopher moves into his new home, he will receive staffing support from NeMCMHA's Supported Independence Program. The staff will continue to assist by teaching him the last few skills he needs to achieve total independence to care for his home. Christopher will also have support from NeMCMHA's Emergency Response System which provides 24-hour support to individuals via phone contact or face-to-face contact. This system also offers an

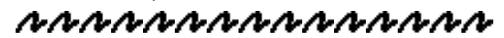
innovative phone monitor and emergency pendant allowing staff to hear and respond to any crises or needs expressed by the individual.

Congratulations Christopher on all your life successes! We wish you many more as you continue your journey. You are truly an inspiration!



## What is MC3?

The Michigan Child Collaborative Care Program (MC3) 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. This includes children, adolescents, and young adults through age 26. In addition, Perinatal Psychiatrists and Behavioral Health specialists are open to receiving phone calls about women who are contemplating pregnancy, pregnant, or postpartum with children up to a year. The intent of this program is to offer guidance on diagnosis and psychopharmacology, as well as suggestions on psychotherapy interventions so primary care providers can better manage patients in their practices. Support is available through same day educational phone consultations to referring providers, as well as remote consultation to patients through tele-psychiatry. (The Letter to Community on page 1 includes contact information.)



### Contact information

**Northeast Michigan Community Mental Health Authority 400 Johnson St., Alpena**

**To request services:** 989-356-2161

**Toll free:** 1-800-968-1964

**After hours:** 1-800-442-7315

**Administrative offices:** 989-356-2161

**TDD/TTY hearing impaired services:** 711

**Alcona Office,** 177 N. Barlow Rd, Lincoln 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

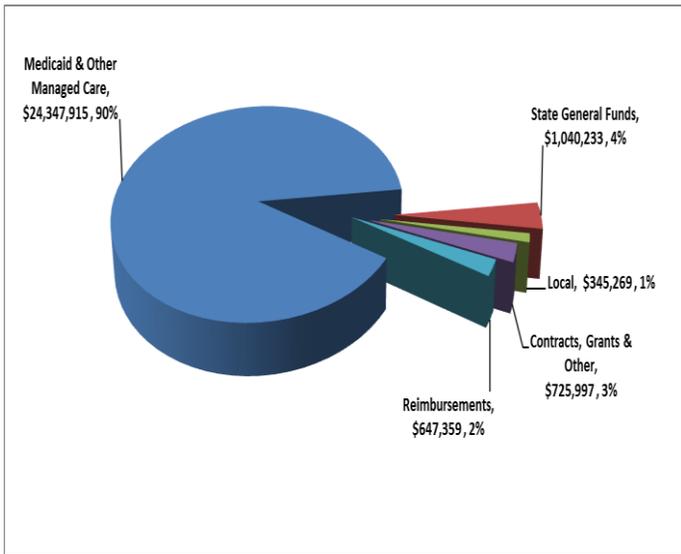
Northeast Michigan Community Mental Health Authority  
October 1, 2013 – September 30, 2014

Sources and Uses of Funds

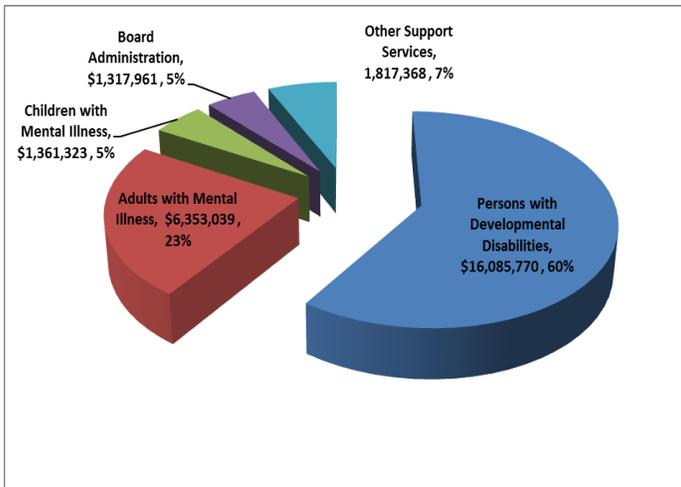
<b>Total Revenue</b>	<b>\$27,106,773</b>
<b>Total Expenditures</b>	<b>\$26,935,461</b>
<b>Net Income</b>	<b>\$ 171,312</b>

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

**Total Revenues: \$27,106,773**



**Total Expenditures: \$26,935,461**



People Served

	<u>FY '13</u>	<u>FY '14</u>
Adults with Mental Illness	1,548	1,359
Children with Mental Illness	343	355
Persons with Developmental Disabilities	414	408
<b>Total People Served</b>	<b>2,305</b>	<b>2,122</b>

# Peer Support Services



Peter Roznowski, Certified Peer Support Specialist, provides peer-delivered services to individuals served by NeMCMHA. A 1980 graduate of Alpena High School, Peter went on and received an Associate's Degree in Law Enforcement at Alpena Community College and his Bachelor's Degree in Criminal Justice at Ferris State University. He worked for the Department of Corrections for 12 ½ years as a Resident Unit Officer. During this time, he began experiencing some disease symptoms and returned to the Alpena area. He contacted NeMCMHA and was referred to the Assertive Community Treatment (ACT) Program. Peter was able to overcome his illness and became interested in sharing his experiences of recovery with others.

Initially employed as a Peer Support Specialist, Peter attended certification classes and became certified in November 2010.

An individual receiving services is introduced to the Peer Support Specialist by their case manager in a "Meet and Greet" meeting. The Peer Support Specialist then assists the individual in activities to work toward the individual's recovery. This might include just talking with the individual in a comfortable setting such as their home, assisting with socialization in the community, engaging in volunteer work, setting individual's goals, assisting with housing resources, providing education on recovery and many other activities. Peter reports one individual he worked with was basically a recluse and barely ever left his residence. After gaining his confidence and letting him know what services were available, the individual began allowing services such as securing an apartment in Alpena, living independently, securing employment and now contributes to his community. Another individual, also a recluse, found he enjoys activities at the Clubhouse and now looks forward to going out for walks. Some might be small steps but they all add up to recovery.

Several groups through NeMCMHA are offered to assist in recovery. The Illness Management Recovery (IMR) group is co-facilitated by an MSW and a Peer. The Whole Health Action Management (WHAM) is facilitated by two Peer Support Specialists. This group focuses on the individual's whole health addressing subjects such as: stress management, healthy eating, physical activity, sleep, support network, and others. The Healing Voices group is a support group for those individuals experiencing auditory and/or visual hallucinations. It is facilitated by two Peer Support Specialists (Deb Nefske and Barb Murphy). The group's mission is to provide persons served with a safe, non-judgmental environment to address their mental health symptoms and how it impacts their recovery.

Peter is now the Agency's Customer Service – Peer and provides front line access to intake appointments. He provides assistance in completing the forms and assessment tools required and does so in a trauma focused way to assure the individual feels comfortable during the intake process.

NeMCMHA also employs a Peer Mentor Specialist who provides positive support to individuals with an intellectual and/or developmental disability to avoid or diminish instances of crises situations jeopardizing community placements. Gentle Teaching techniques are utilized which contribute to a more independent, integrated lifestyle and assist with developing natural supports.

# Steve's Story...

Steve is a 29-year-old man who lives in the city of Alpena. Steve came to our agency in 2011. At that time, Steve was homeless, about to be a father and without a job. Steve was about 100 lbs. overweight. He had three prior psychiatric hospitalizations. Steve was a very sad man. He rarely looked up when spoken to and did not initiate conversation with others.

Steve was a referral to MI Supported Employment from Michigan Rehab Services in late 2011. It was Steve's desire to get a job as a janitor and to support his infant daughter. He had gone to Michigan Career and Technical Institute and completed a certification program in janitorial services. Steve had several janitorial positions but was



unable to hold those jobs for more than a few weeks at a time. Steve's first job through Supported Employment only lasted a few days.

With a lot of hard work, Steve has turned around his life. He is no longer homeless. He is currently working part-time, doing janitorial work and grounds-keeping. Steve made the decision about two years ago to get in shape. Steve has lost almost 100 lbs. Even though he does not live with his daughter, Steve is a constant in her life.

Earlier this year, Steve made a huge decision. He decided that he was ready to seek full-time employment and to get off disability. When asked what helped him to make this decision, he stated "I have a daughter. I want to give her more than just child support." Steve has applied for and has been interviewed for a couple of full-time janitorial positions in the area. He knows it is just a matter of time before he is hired.



## 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 Health and Human Services.

### Mission

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