

SCCMHA Provider Network Newsletter

JUNE 2010 Volume 9, Number 3

The SCCMHA Vision -- "A belief in potential, a right to dream, an opportunity to achieve"

2010 Annual Everyday Heroes Award Recipients

On May 25th, 26 individuals or organizations were recognized at the annual Everyday Heroes event held in Saginaw. Recipients of Everyday Heroes awards included: Dee Campbell, Robert Hummel, Brian Jensen, Brock Jesse, Carol Moorehead, Lorene Noel, Yulinda Peace, Georgia Reyes, Christina (Tina) Roedel, Leena Smith and Alexander York. Senator Roger Kahn received a special legislative award, and other special heroes included: Junction of Hope Restaurant, Special Employment Hero; Vertis Baker of Smith Manor; Sergeant Terry Carpenter & Detective Mark Walker of the Saginaw Police Department; Mark & Eleanor Manwell; Dick & Shirley McNeil, Boy Scouts of America; Jack Tany, CBS Outdoor; Drs. Stephanie Duggan & Terri Williams, Timberline Physicians Group/St. Mary's of Michigan Emergency Room; Tracy Sian, Under the Rainbow Resale; Elaine White, Saginaw Social Security Administration; and Steve Meyer, YMCA of Saginaw. The Bernice Barlow Community Partnership Award was given to Timothy Blasius, Jean Prast and Jill Ewend of the Saginaw Valley State University Department of Occupational Therapy. The Eileen & Lou Vescio Leadership, Advocacy & Family Support Award was jointly presented to Kathyne O'Grady, Director of Children's Services, Michigan Department of Human Services (DHS) and Mike Head, Director of Mental Health & Substance Abuse Administration, Michigan Department of Community Health (MDCH). Chris Bauman, SCCMHA staff member and client case manager received the Improving Practices Champion Award, and Trina Townsend of the Athens Home was recognized with the Agnes Rambo Quality of Life Award. Congratulations to all of the 2010 Everyday Hero award recipients! Go to the SCCMHA website www.sccmha.org for the complete event program.

ADVOCATING AGAINST ADDITIONAL STATE BUDGET CUTS - URGENT

Any and all efforts to continue communication to members of the legislature or in the media about the harm to SCCMHA and local or statewide mental health programs and PIHPs are still helpful immediately this month, as the leadership in Lansing seek to make tough decisions about both the current FY 2010 and the coming FY 2011 Michigan budget. Cuts to SCCMHA would be extremely detrimental given the funding history, lack of increases, previous and current cuts and limited resources and reserves. New, immediate cuts in Medicaid are now being proposed statewide. If you need more information about contacts or details, check out the SCCMHA website and click on the "Urgent Update..."

Multiple communications from individuals on this issue are encouraged given the seriousness of the potential negative impact to services and supports in Saginaw.



RECOVERY / SELF DETERMINATION SERIES

This is a continuation of the SCCMHA recovery and self-determination series. Self-determination includes the principles of freedom, authority, support, responsibility and confirmation. Recovery involves the principles of: Self-Direction, Individualized & Person-Centered, Empowerment, Holistic, Non-Linear, Strengths-Based, Peer Support, Respect, Responsibility and Hope. Both recovery and leading a self-determined life are necessary underpinnings of the person-centered philosophy and are key in the SCCMHA strategic plan component "A Life Like Everyone Else." Suggested articles on recovery and/or self determination, as well as featured individuals to share their recovery stories, are welcomed by SCCMHA at any time for this newsletter. Watch for future recovery and self-determination stories and experiences from individuals receiving services and supports from SCCMHA.

MICHAEL

Michael describes his recovery experience going back 20 years of his 51 years of life, but the roots of his journey date back to his childhood. Michael was a shy, insecure young man, who grew up without his birth father and was bullied as a child. "I was a loner, I felt safer by myself." He had a stepfather and he did not meet his birth father until he was 13 years old. His stepfather was in the picture when he was a small child, however, his mother was working much of the time and he describes his stepfather as "a good provider but not one who gave any guidance growing up."

"My first encounter was with marijuana. I started in the drug life at age 13 or 14, it became a bad, daily habit until I was around 20 or so. I wanted to be noticed by others, I had friends, but they didn't come to me, I had to reach out to them. I was trying to fit into the group with others and be cool." Michael played basketball, but in time he lost interest in sports. "I still had the shyness in me. I wanted to be noticed. Cigarettes, alcohol and marijuana took over my life. Things got out of hand by the time I was in Junior High; I started skipping school and was hooked on marijuana."

Michael did manage to graduate from high school, as a C student, and even before at around age 16, began working as a church custodian. In contrast to school, he didn't let drug use interfere with his job then. "My grandfather always said if you want to have money, you have to work for what you want. I wanted to dress nice, and then just hang around."

After high school, some of his friends began working at the GM plant, and he lost touch with them and again became more of a loner like he had been earlier in his youth. "It affected me emotionally, I would see them drive by in a new car and

not speak to me, I would think, 'I am going to show them'." "I felt that everybody just left me, my father, my older brother, my friends, I was hurt and put a shield around myself to protect myself. I struggled with loneliness. I felt people were against me."

When Michael was 19 or 20, he got a better job and purchased his first car. He was laid off and went to California to live, with an opportunity to work there and be closer to his father. He came back to Saginaw to get married and then moved back to California with his wife. But things did not work out as well as he had hoped. He felt resentment and anger, and struggled to get along with his father. He was still using marijuana. "I lost my job due to immaturity. Taking orders from others didn't feel right. I quit some jobs that I simply could not do. I stayed with my Dad until I could save some money, but I didn't really know who he was. And then I was introduced to stronger drugs, cocaine, which took over my life for many years. I hit rock bottom. Things got really bad for several years; I had a daughter, but my wife got tired and wanted to come back to Michigan. I wanted to work it out with her, but I was struggling with my addiction. I felt like I was living a hidden, secret life of drugging and deep depression. I became suicidal and manic at times."

Michael was admitted for an inpatient hospital stay when he was 25 or 26. "I tried to kill myself several times. I started coming to mental health and kept coming for years but was still in denial. It was hard to admit my drug and alcohol abuse. I saw different case managers, psychiatrists and counselors, but it was me. The drugs had a strong hold over my life; I kept coming to mental health and kept trying. Finally, I realized how much my current case manager cared about me. The more I saw her, the more I began to do things to get better. One day I said to myself, 'Enough is enough.' I am still struggling with my disease, but I really started fighting about two years ago. I attend co-occurring groups to deal with my depression and substance abuse. I started seeing that life can get better. I discovered that the more I talked about it, the more relief I felt. I had let things get to me emotionally, and I didn't know how to love myself, how to love Michael. I had felt beat up by life. I felt rejection by my family and others, and that no one could understand."

He feels that his case manager, therapy, medications, group attendance and also his daughter and his church have all helped him in his recent successful efforts at recovery. Listening to other's experience has been a powerful influence on Michael. "I started to see that life could get better. I prayed, I went to meetings, I started to believe what I heard, that I could do this. I told myself that I had to stop hurting myself. I finally stopped it. I surrendered to God. I am learning that I can live life without alcohol and drugs. I started to believe in myself. I still have a problem trusting people, but I don't drink and I don't smoke and I still continue to go to meetings and groups. God put the right people in my life. I started to get honest with myself. I now have the willingness to live. God has given me the willingness to live."

Part of Michael's recovery, he feels, has been his ministry with others. His faith has been a strong part of his recovery effort. He plans to attend Narcotics Anonymous for the rest of his life. "I still don't trust, but I am getting there. I am looking at others now instead of myself. I tried to avoid feeling bad through my addiction, but now I accept people where they are. I still feel bad at times, but I don't act out with cigarettes, drugs or alcohol. I was recognized with an award last year about my recovery. I am learning that I do not have to do this all by myself. I use my supports."

Michael has contact with his brother, and also now has two grandchildren. He is thankful that he was back in Saginaw when his mom became ill, even though he was still struggling with substance abuse then. He feels he had a chance to make amends with her while she was still living. He also has better communication with his father. He has recently started working at SCCMHA as a parking lot monitor. He volunteers at his church, picking up food, and he visits people in nursing homes and hospitals. He is thinking of going back to school, perhaps as a juvenile counselor. He is also interested in the idea of being a motivational speaker, 'sharing from the heart.' "My eyes and my mind have been opened. I get outside of myself more. I think I have made a difference with others. I want to continue to be a winner, my life is worth living. The more I continue to do positive things, the more I can make a difference. I am very grateful for my new job. I feel that I am gaining strength and receiving help here as well. The rejection I felt from my childhood and the substance abuse was very powerful, I didn't know who I was for a very long time. "

"My recovery means a lot to me. Staying clean and sober is my most important goal now. I need to continue to slow up, spend time with God, in prayer and meditation. My recovery comes first. It is a journey that I will be on for the rest of my life. I am loving it, the change in me. Since coming to mental health I have hope, I have learned to love myself more and others as well, and be around positive people. I have been given hope and strength. Being honest with both myself and others was my turning point. I am not in denial today. I continue to work on my denial one day at a time."

Michael wants his story to be dedicated to others who are struggling with life, in the hope that it will encourage others to reach out for help.

UPCOMING LEARNING LINKS SESSIONS

July 13th, 10 am - Gardening Basics by the MSU Extension Office

August 10th, 10 am – (DVD presentation to be determined)

August 24th, 4 pm - Saginaw Historical Museum, Executive Director Ken Santa

September 14th, 10 am - Tentative Topic: Using the Public Library system

September 28th, 4 pm - Tentative topic: Saginaw Spirit Hockey

The schedule is subject to change, so check with Customer Services to confirm and watch for update schedules. All consumers and accompanying staff are welcome to attend these sessions. Contact Mark Leffler at SCCMHA Customer Service office for LL questions or LL topic suggestions at any time.

Directions At SCCMHA

A brief summary of new projects, events or key notices of potential interest to provider network members.

- First Choice of Saginaw is hosting a **book sale** at SCCMHA on Friday, July 16. Donations of books, dvds, etc. can be made to Jennifer Keilitz by July 15. All proceeds will be used to purchase the gift cards for consumers residing in residential settings later this year.
- SCCMHA will soon be publishing a meaningful life guide and workbook, "**A World of Choices.**" Watch for future dissemination news about consumer access and use of this new publication.
- All providers are reminded in the critical need for their prompt assistance in all means to **support obtaining and maintaining proper Medicaid coverage and other entitlements** for persons served within the SCCMHA network.
- SCCMHA direct treatment programs were audited by **CARF** during this month. A reminder to all providers that the **MDCH site audit for 2010 is scheduled for August 9 - 20**; a detail schedule will be provided when made available.
- SCCMHA wishes to remind all providers to support staff and service recipients in the promotion of **personal safety** this summer season.

Reminders from prior newsletters:

- SCCMHA will publish consumer microenterprise or business advertisements on a regular basis in this newsletter, as well as the SCCMHA Residential News.
- SCCMHA continues to redesign and update the organizational website at www.sccmha.org. While it will continue to be improved upon in the coming months, providers are encouraged to check the website for posted information and news. SCCMHA also welcomes any feedback on any provider document needs that could be accommodated on this website.
- If you have questions or concerns or suspect unethical or illegal behavior in the SCCMHA system, you have an obligation to report such to the SCCMHA Regulatory Compliance HOT-LINE, at 797-3574 or 1-866-223-2435. All providers should have the SCCMHA provided Hot Line notice posted in a visible location for staff information.
- If you have quality concerns or commendations about any service provision area in the network, you should submit a Quality Alert form; you may email jmcculloch@sccmha.org to submit or request the form.
- All faxed documents for SCCMHA Customer Services or the Office of Recipient Rights (including incident reports) should be sent to 989-797-3595.
- Please direct all inquiries about consumer leadership opportunities at SCCMHA to the Customer Service office.
- All interpretive services needs in the system are to be arranged by SCCMHA Customer Service; while typical SCCMHA prior authorization is not required, Customer Service must verify consumer eligibility for the interpretive services to be paid by SCCMHA.
- Please let SCCMHA know if your contractor contact email address(es) change so that you do not miss any critical SCCMHA notices.
- After business hours, document delivery to SCCMHA is accommodated through the "Drop Box" located directly in front of the 500 Hancock Building. Providers may drop off any sealed and addressed mail at this box which is checked daily by SCCMHA for distribution.
- RSVPs for SCCMHA training may be made to Dawn Estrada; email is preferred at destrada@sccmha.org or you may leave voice mail at 989-797-3451. Be sure to indicate attendee name, and date and name of training session.
- Please inform SCCMHA when you have changes in key contact person(s), phone numbers, mailing or email addresses, as well as changes in accreditation, licensure or corporate status.
- Check the SCCMHA website, 'www.sccmha.org' for varied information, including past newsletters, forms, etc.
- SCCMHA hosts "Learning Links" generally twice each month. These informational consumer programs are open to SCCMHA providers. Contact the Customer Service office for more information and watch for scheduled topics on a regular basis; times may vary.

SCCMHA supports First Choice of Saginaw - www.saginawfc.org or 989-799-6451

Saginaw County Community Mental Health Authority issues this regular provider newsletter, highlighting areas of importance and interest for all SCCMHA provider network members, including staff and contractors. This bi-monthly newsletter - published in February, April, June, August, October and December - includes important reminders, notices and updates regarding SCCMHA business relevant to all SCCMHA providers of consumer services and supports. Content suggestion or feedback is welcomed from any provider member at any time. Newsletters are also available on the SCCMHA website.

SCCMHA also publishes a bi-monthly newsletter – “SCCMHA Residential NEWS” - in January, March, May, July, September and November for residential contracted providers.


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TRAINING SCHEDULE

JULY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Independence Day SCCMHA Closed 	6 Person Center Planning 9am- 10:00am Blood Borne 10:15am -11:15am	7 Training Room Reserved Solutions to Wellness 3pm-4pm	8	9
12	13 Refresher Pack (PCP, BBP & Rights) Renewals only 9am- 12:15pm CPR 1:30-4:30pm	14 Advanced Physical Intervention 9am-12pm	15 Recipient Rights 9:00am- 12:00pm	16 Training Room Reserved
19	20 Recipient Rights 9am-10:30am	21 Training Room Reserved 10am-12pm	22	23
26 Blood Drive 2010 CMH Staff 8am-4pm Lower level room 1	27 First Aid 9am-12pm CPR 1-4pm	28 CPR 9am-12pm First Aid 1:30-4:30pm	29 Person Center Planning 9am- 10:00am Blood Borne 10:15am -11:15am 	30