

Piece OF MIND

Spring 2016 Edition



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



50 Years of Serving the Saginaw Community

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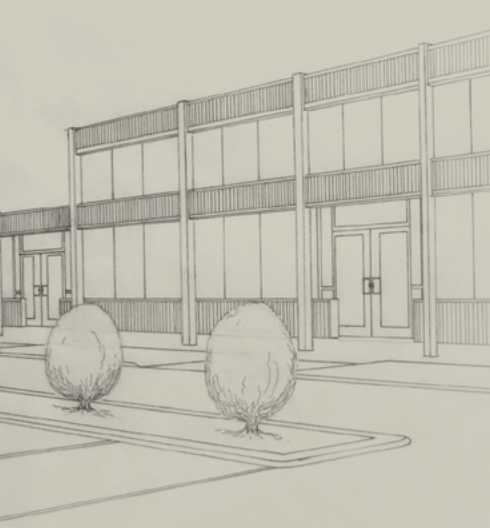
SCCMHA Celebrates 50th Anniversary with a Look Back

Fifty years ago, the United States was at war — overseas with troops in Vietnam and with each other over the Civil Rights Movement. There was tension and unrest in every corner of the nation and change was on the horizon. It was also during this time that the push for deinstitutionalization of mental health care took hold, with the focus shifting more towards community-oriented care. In the late 1800's, mental health care was primarily provided in psychiatric hospital settings overseen by state governments. However, with the Community Mental Health Centers Act of 1963, signed into law by President John F. Kennedy, strict standards were passed so that only individuals "who posed an imminent danger to themselves or someone else" could be committed to state psychiatric hospitals. The Act also provided federal funding for the establishment of community mental health centers. Practitioners and the public had begun to understand that

the needs of most mental health consumers could best be met in community programs located as close to a consumer's family as possible. With this change the community mental health movement took hold.

In 1966, the first Community Mental Health Board in Saginaw County was officially established with Dr. Victor Kershul as the appointed inaugural Director who served in this role until 1976. Dr. Kershul was eventually joined by James O'Brien who also served as a Director from 1970 until 1976. While a board had been established and work had begun to provide community-based mental health care in Saginaw, the Saginaw County Community Mental Health Authority (SCCMHA) that we know today didn't begin to take shape until 1975. It was then that grant funds were secured for the construction of a Mental Health Center at 500 Hancock Street and production of the facility finally began in 1977 under the direction of the new director Fergus Mann.

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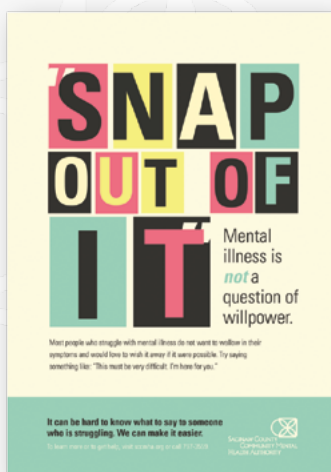


50TH
ANNIVERSARY

“[This campaign] grabs difficult subject matter and presents it in a very accessible way.”

Award-Winning Anti-Stigma Messaging

SCCMHA's Digital Anti-Stigma Campaign Turning Heads and Winning Awards



Saginaw County Community Mental Health Authority (SCCMHA)'s new anti-stigma campaign, created by Midland marketing communications firm AMPM, won top honors at the annual Great Lakes Bay Advertising Federation Awards on February 23rd. Conducted annually by the American Advertising Federation (AAF), the local Ad Club phase is the first of a three-tier, national competition. Concurrently, all across the

country, local entrants vie to win ADDY Awards — recognition as the very best in their markets. SCCMHA's anti-stigma campaign, currently running on MLive and other local sites, took home the top tier "Gold" award and coveted "Best of Show."

The campaign was developed after researching communications best practices, interviewing consumers in the Saginaw County area and also testing several ideas with community members. The objective of the campaign, which boldly confronts common misconceptions about mental illness and offers more positive and helpful ways to initiate conversations, is two-fold: de-bunk common misconceptions regarding mental illness and provide access to services. The digital campaign uses three separate ads that, when clicked on, direct viewers to a landing page (one-page, mini-website) where they receive more information about getting help, additional information and a link to the SCCMHA website.

"[This campaign] grabs difficult subject matter and presents it in a very accessible way," commented one judge from the Great Lakes Bay Advertising Federation Awards. "It takes all those clichés about mental illness and shows us that they just are not true."

For more information and to view the SCCMHA anti-stigma campaign materials, visit www.helpishere.support.



Addressing Autism Across the Developmental Spectrum



SCCMHA Welcomes New Autism Cases through Medicaid Expansion

As of January 1st, hundreds of additional Medicaid eligible youth and families on the autism spectrum in Michigan now have access to services and supports that were not available before. Michigan's Autism Benefit went into effect at the beginning of 2016, expanding services to eligible youth up to 21 years of age. Saginaw County Community Mental Health Authority (SCCMHA) has been planning for this expansion of services to take effect and is excited to welcome newly eligible youth and families into our service array.



"Under the previous guidelines, children aged out of autism-specific care through community mental health at age six," explained Heather Beson, SCCMHA Autism Program Supervisor. "The new guidelines open the door for many more youth and families to get the support they need until the age of 21, giving them the chance for specific services and interventions throughout many of the important developmental milestones."

Under this Autism Benefit, youth receive Applied Behavior Analysis (ABA) services, which use evidence-based techniques and principles to bring about meaningful and positive changes in behavior. Positive reinforcement is one such example of an ABA technique — when a

behavior is followed by some sort of reward, the behavior is more likely to be repeated. ABA methods are used to support persons with autism to help increase and maintain behaviors, teach new skills, to reduce interfering behaviors and more.

Since the expanded Autism Benefit took effect in January, 28 new youth and families have come into services at SCCMHA, bringing the total number of youth and families receiving services from the Autism Department up to 84. SCCMHA also contracts with Spectrum Health Autism Center, Westlund Guidance Clinic, Centria Health Care, Autism Centers of Michigan, ABC Resources and ABA Pathways — Pathways Learning Center to provide ABA services to eligible youth and families under the expanded benefit.

"With the expansion has come enormous benefits along with some challenges," Beson explained. "The increased number of referrals that we've seen with the new guidelines has been significant, so we're learning and putting processes in place to help maintain the high standard of services and supports that we offer through SCCMHA. Some days the challenges are bigger than other days, but it's worth every ounce of effort that we have put in. Youth and families are receiving services that some of them have never had access to before, and we can see this program making a difference."

Anyone interested in learning more about the services available through the Autism Department under the expanded benefit or wanting to make a referral, can call 989-797-3400. Referrals into the Autism Department are accepted internally and through the self-referral process through the Access and Intake Department at SCCMHA.



Mind Your Mind, Your Body, Your Health

SCCMHA Unveils New Health Home & Wellness Center for Consumers to Address Overall Health and Wellbeing

When most of us develop a stomachache, we schedule a doctor visit to figure out what is causing it. If we have diabetes, we schedule routine blood testing and dietary checkups. If we develop a cough and fever, we schedule a visit with our family doctor. For individuals with mental health needs, scheduled visits to a therapist or psychologist are usually part of the lineup as well. It's a fragmented system of health care that identifies and treats the physical ailments, but rarely addresses a person's physical and mental health as a whole and how one treatment can affect another. Add on top of that the transportation challenges that some mental health consumers have to overcome, and it's no surprise that many don't receive adequate overall health care. Saginaw County Community Mental Health Authority (SCCMHA) believes that the best way to treat someone is to treat the whole person, and is excited to introduce the new Health Home & Wellness Center at Hancock to do just that.

In the coming weeks, the Health Home & Wellness Center at Hancock will officially open its doors to SCCMHA consumers who currently have or are at risk for developing a chronic health condition such as heart disease, high blood pressure, diabetes and more. In partnership with Health Delivery, Inc. (HDI) and Advanced Care Pharmacy, the Health Home & Wellness Center at Hancock will be equipped to provide a wide array of services to address the overall physical and mental health wellbeing of SCCMHA consumers.

"The concept of Health Home isn't necessarily a physical facility, but a central point of access for consumers to get all of their healthcare needs met," explained Colleen Sproul, SCCMHA Director of Health Home and Integrated Care. "SCCMHA will have the

Health Home & Wellness Center located at our Hancock facility, but the overriding purpose of this project is that we will be the main access point for consumers to address all of their health concerns in one stop. Their mental health appointments, physical health appointments, laboratory testing needs and pharmacy are all in one place, and all of these components will be working and communicating with one another regularly to make sure that each consumer is getting the highest quality of care from every angle."

The new Health Home & Wellness Center at Hancock is part of a large scale construction project at SCCMHA's Hancock Street facility that has been occurring over the past two years. The first phase of the project, completed in May 2015, focused on remodeling the space where Centralized Access and Intake and Crisis Intervention Services were located, creating two new waiting areas and nine interview rooms — tripling the former area's available resources.



The second phase of the construction project, which will be completed in the coming weeks, focused on renovating the area on the first floor that once housed the Family Services Unit. This area is now known as the Health Home & Wellness Center at Hancock and includes space for HDI operations as well as SCCMHA psychiatry staff, injection nurses, clinical nurses and a lab.

"This project has been a long time coming," said Sproul. "The process of integrating health care is not new to us. We have been building a network capacity in this area for almost two years now. But creating a local Health Home option and a special place with the right staff with the right resources all in one new space is exciting. From a consumer perspective, this is a progressive and supportive change. We're excited to move past the planning and building phase and start implementing services in the new space. I think consumers are going to see a major improvement in their overall health and wellbeing in the long run, which means our community will see these improvements as well. It really does benefit everyone."

For more information on the Health Home & Wellness Center at Hancock and the services provided, visit the SCCMHA website at www.sccmha.org or call 989-797-3400.

First Aid for Your Brain

Most all of us know the basic principles of first aid. They're something we learned at a young age. How to bandage and care for scrapes, bruises, bee stings, splinters and twisted ankles. But what about first aid for your brain? Mental Health First Aid (MHFA) was created in 2000 by Australian couple Betty Kitchener and Professor Tony Jorm in order to improve the level of mental health understanding and support of their community. Since then it has spread to 23 other countries and has found its way into the training array at Saginaw County Community Mental Health Authority (SCCMHA).

SCCMHA was the local partner in a multi-county regional grant awarded by the State of Michigan to offer the evidence-based MHFA trainings. SCCMHA set a goal to train 1,000 persons locally by January 2016. Having surpassed that goal, SCCMHA continues to offer these all-day training programs free of charge as a community benefit to any Saginaw citizen who wishes to learn ways to intervene in the community with an individual who might be experiencing behavioral health symptoms.

"This is a wonderful program," notes Dawn Heje, Continuing Education Supervisor at SCCMHA. "We went into this project not having any trained instructors in Saginaw at the time, and now we have a pool of qualified instructors who can provide either Youth or Adult MHFA for us. We also continue to receive very positive feedback from those who attend — that they find it is so worthwhile."

Mental Health First Aid provides an easy to remember five-step system for supporting anyone in the community who might be developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. The curriculum not only provides core information about common mental health and substance use conditions, it also helps to reduce the common stigma about these conditions.

Leslie Foxx Simms, Director of the Saginaw Housing Commission, has found great value in the MHFA training program available through SCCMHA and has made it part of the training protocol for her staff. "The training was an eye-opener to considering difficulties individuals may be dealing with," Simms said. "Staff feels more confident and prepared when issues may come up, to be able to assist and provide support, rather than categorizing certain behaviors as withdrawn, unreasonable or uncooperative."

Police officers throughout the Saginaw community are also finding MHFA training to be a useful skill to have in their toolbox when interacting with the public. "Police officers, regardless of rank, may find themselves challenged with a mental health crisis while on duty," notes Gary Fitzmaurice, Sergeant with the Saginaw County Sheriff Department. "Mental Health First Aid training can be an important resource for an officer to resolve the situation, minimizing the chances of violent incidents. With 7% of police contact involving a person with mental illness there is no denying the importance of the training. Personally it has helped me to identify situations involving mental illness, and to communicate and intervene

effectively, to minimize the chances of violent incidents or simply direct the subject to access for care. MHFA has made me a better officer, and I have nothing but praise for the program."

Anyone in Saginaw County interested in attending an MHFA training may contact SCCMHA at 989-797-3400 to learn more. Upcoming MHFA sessions are also posted on the SCCMHA website at www.sccmha.org.



Parenting with a Plan

SCCMHA Offers Evidence-Based Parent Management Training to Develop Strong Relationships and Reunify Families in the Community

The Hollywood version of therapy for parents and children usually includes the therapist nodding and taking notes as parents and children sit on an oversized couch while trying to explain their family dynamic. The settings and outcomes vary, but the constant message is that the professional knows best and the patients must follow their expert analysis. It's a message with good intentions, but a message that doesn't reflect the real world. Today, mental health care still involves professionals and analysis, but care is much more heavily influenced by patients' needs and opinions. It's a model that emphasizes the patient's role in the outcome of their care, and a model that Saginaw County Community Mental Health Authority (SCCMHA) embraces.

One such intervention that SCCMHA is proud to provide is Parent Management Training — Oregon (PMTO™). PMTO is an evidence-based intervention that believes parents and caregivers are the best teachers for their child. The PMTO therapist acts as an advisor to the parent, providing tools to enhance their parenting skills. What separates PMTO from other types of therapy interventions though, is that role-play is utilized to help parents practice the skills they will use in the home. The PMTO therapist pretends to be the acting out child and sets up the parent for success by pre-teaching a certain set of skills. Positive encouragement also plays a big role in PMTO — therapists point out strengths they see in the parent that enhance self-confidence, which in turn helps the parent focus on the strengths of their child. This action causes the child to seek out behaviors that are positive because their parent has noticed and offered positive praise.

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In addition to offering PMTO on an individual basis, SCCMHA has expanded to providing the group model of this intervention called Parenting Through Change (PTC). PTC teaches the same components of PMTO, but in a larger group setting over 10 weeks. In 2016, SCCMHA was chosen as one of the test sites for a new version of PTC that focuses on families going through reunification with children that have been removed from the home. Parenting Through Change – Reunification (PTC-R) provides the same tools and encouragement as PTC, but is focused on getting children back into their natural homes and learning new tools to enhance the relationship between the parent and child.

“We have been encouraged by the families that have gone through this process and the success they have had,” said Matt Linkowski, who serves as Saginaw’s regional coordinator of PMTO. “Parents report a better sense of ‘what to do’ when situations arise in the home, that in the past, could have turned out negative. Parents who go through this intervention also say that they have a better handle on their own emotional regulation and are able to focus more on the strengths of their children.”

Currently SCCMHA has two certified PMTO therapists and three more in training. All combined, this dynamic intervention has been provided to over 40 families in Saginaw County.

Critical Information in Critical Times

Bringing Project Lifesaver and Care Alert to Life in Saginaw County

Emergency situations can be dangerous for anyone, but children and adults with disabilities are especially vulnerable. Physical disabilities may make it difficult or impossible for them to seek help on their own. Cognitive impairment can prevent them from finding their way to safety. Saginaw Care Alert and Project Lifesaver are two programs being implemented by Saginaw first responders that offer additional emergency protection for Saginaw County residents with physical and cognitive disabilities.



“As a mother of a special needs child, I wish I could protect her from every possible emergency situation,” said Jenny Dumont, founder of A Place for Grace Child Care in Saginaw. “I know that is not possible, so having the extra added level of safety in place through the Saginaw Care Alert registration program gives me a greater sense of security.”

Saginaw Care Alert is a free registration service that is designed to be an information-only project for individuals with any type of physical, cognitive, intellectual or developmental disability that would require special attention in an emergency situation. Subscribers complete a detailed packet that includes valuable information to first responders such as the person’s physical description, details of his

or her disability or impairment and communication skills to nicknames, hiding places and notes on how he or she might respond to sirens or people in uniform. If there is a 9-1-1 call from the subscriber’s address, dispatchers will be alerted that there is a packet on file. Dispatchers then use the information to help first responders meet the special needs of the subscriber.

Project Lifesaver takes the Saginaw Care Alert project one step further and includes wearable technology that allows emergency responders to find and rescue people with disabilities. It is designed for individuals with Alzheimer’s disease, autism, dementia and other disabilities. Children and adults who are enrolled in Project Lifesaver wear a small transmitter around the wrist or ankle. The size of a wristwatch, the device can be activated to help responders find them in an emergency. GPS technology allows responders to quickly locate the person wearing the device. Project Lifesaver wearers are found within an average of 30 minutes from notification.

“As the first agency to be notified when a medical patient or child is missing, Saginaw County 9-1-1 is pleased to be a partner in the Saginaw Care Alert program,” said Tom McIntyre, Executive Director of Saginaw County 9-1-1 Authority. “Having this detailed first-hand information on file will greatly assist law enforcement in locating these vulnerable residents and help save lives.”

Community partners involved in the Saginaw Care Alert and Project Lifesaver programs include Saginaw County 9-1-1 Central Dispatch, Saginaw County Community Mental Health Authority, Saginaw County Sheriff’s Office and Saginaw City and Township Police.

Anyone interested in participating can apply for either Saginaw Care Alert or Project Lifesaver by contacting the Saginaw County Sheriff’s Office at 989-790-5456, or in person or by mail at 618 Cass Street, Saginaw.



Fun in the Sun For Everyone

SCCMHA and Saginaw YMCA Team Up to Provide Summer Camp Experience for Children Receiving Services

For many children, the experience of going away to camp is part of growing up. Whether it's a day camp or sleep-away program, children who participate often learn to try new activities, develop social skills, learn problem-solving skills within a group and begin to develop a sense of independence. These are all important elements of healthy growth and development, but there are many children who haven't had the opportunity to experience these things because of emotional and behavioral challenges that make it difficult to interact with their peers. Saginaw County Community Mental Health Authority (SCCMHA) recognized the need to create opportunities for the youth and children that we serve to have the chance to experience summer camp. Saginaw YMCA happily stepped up to the challenge, working with us to create a Summer Respite Camp program specifically for Saginaw County children with intellectual and developmental disabilities.

Throughout the months of June, July and August, children receiving services through SCCMHA's Autism Department, Family Services Unit, System of Care and Wraparound Department will have the opportunity to participate in day camps at the Saginaw YMCA. New this year will be the opportunity to attend overnight camp sessions at YMCA Camp Timbers.

"The amazing thing about these camps is that, for the most part, Saginaw YMCA is taking the lead," said SCCMHA Autism Department Supervisor Heather Beson. "In addition to the YMCA staff that will be overseeing things, there will be Occupational Therapy students from Saginaw Valley State University and Occupational Therapy staff from SCCMHA on hand, and members of the Mobile Urgent Treatment Team available as well. These aren't SCCMHA camps, run exclusively

by SCCMHA employees in SCCMHA facilities, but community camps for children who happen to receive services from SCCMHA."

SCCMHA will provide YMCA staff with training specific to the children they will be working with and the emotional and behavioral challenges they may face. The camps will be divided into age groups and will have activities planned based on the developmental level of the group. The younger camp groups will participate in activities that address motor skills and positive social interactions, while the older camp groups will participate in activities geared towards work readiness and adaptive living skills, as well as activities that address positive social skills. The Camp Timbers overnight program will be developed by YMCA staff and will include activities found in many traditional overnight camps, such as daily responsibilities, group activities, arts and crafts, campfire activities and sports.

"We had so much success at YMCA with our autism-specific program, Camp Connect, last summer, along with the other Summer Respite Camps, that it wasn't even a question if we would continue them again," Beson said. "The kids who participated got to be kids in a setting that was safe and productive for them. I think that's the biggest message people should take away from these camps — that the children we serve at SCCMHA are children first and foremost. They happen to have emotional, behavioral and developmental challenges, but they have the same desire to play and learn and interact with other children their own age. We couldn't be more grateful to the YMCA organization and their staff for helping us create an opportunity for the children we serve to experience summer camp the way all kids should."



Since the Saginaw County Community Mental Health Center opened its doors on Hancock Street in December 1979 much has changed. The building still stands and serves as the hub for many consumers and staff alike, but Saginaw Community Mental Health has grown far beyond those four walls. To date, the organization has expanded to an additional nine locations throughout the county, not including our expansive network of contracted providers, all of which provide specific services and supports. From clinical services that address mental and behavioral health needs, to services that address overall health and wellness, help with finding adequate housing, job placement and so much more, SCCMHA leads the way for improving the quality of care and life for mental health consumers throughout the county.

“This is a year to celebrate not just the passing of 50 years as though longevity were the only measure of success, but also to reflect upon all that has changed to better

serve persons with disabilities, their families and this community,” said SCCMHA CEO Sandra Lindsey. “The advances in pharmacology, evidenced-based treatment and interventions, service delivery and life supports, and most recently a focus on health and wellness are all measures of how far the CMH system has come here in Saginaw, across our state and the entire country.”



Holidays, Observances & Events in Saginaw May, June & July

May
Mental Health Awareness Month
19 – **Everyday Heroes Banquet**
30 – **Memorial Day**

June
PTSD Awareness Month

July
4 – Independence Day

