

# Piece OF MIND

Fall 2016 Edition



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY



## Bringing Recovery to the Community

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When people think of traditional recovery programs, images of folding chairs, 12 steps to success and group meetings in quiet corners of the community come to mind. The group PEER360 Recovery Alliance wants to turn that image on its head and bring the recovery process into the center of the community's awareness.

While traditional recovery programs such as the well-known Alcoholics Anonymous are still successful and useful, PEER360 aims to break away from the 12-step model and focus on the multitude of sustainable recovery supports that can be found in our community.

PEER360, which is largely self-funded and receives additional assistance from Mid-State Health Network, currently has a presence in Arenac, Bay, Midland and Saginaw counties. Groups meet weekly at specific locations in each respective community and are led entirely by peers who have not only gone through the recovery process themselves, but are also trained in the Connecticut Community for Addiction Recovery (CCAR) Recovery Coach Academy.

"I have sat on the steering committee for PEER360 for a while now and every time I attend one of their functions it just seems to keep growing," said Amy Murawski, substance use disorder coordinator at Saginaw County Community Mental Health Authority. "It's really cool to see this recovery community integrating into the overall community as a whole, using the best the community has to offer like art and music and culture, to help guide each individual's road to sustainable recovery. The group that meets at Counter Culture right here in Saginaw recently did a bike tour of all the lifelike statues that were placed throughout the city this summer. They're getting out and utilizing the community as part of their recovery and busting stigma, not feeling like they should be ashamed of their journey."

PEER360 is open to anyone on a recovery journey, whether it's been two weeks or 20 years. If you are interested in attending meetings and learning more about the PEER360 Recovery Alliance mission, visit their Facebook page at [facebook.com/PEER-360-Recovery-Alliance-257505014367238/](https://facebook.com/PEER-360-Recovery-Alliance-257505014367238/).



# A Season of Change and Celebration

Recognizing National Recovery Month and National Disability Employment Awareness Month

Throughout the month of September, mental health and substance use organizations across the country celebrated National Recovery Month in an effort to increase awareness and understanding of mental and substance use disorders and by celebrating the people in recovery. Now in its 27<sup>th</sup> year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment and recovery services for those in need.

During October, communities celebrated National Disability Employment Awareness Month and used that time to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. Led nationally by the Office of Disability Employment Policy, this celebration's true spirit lies in the many grassroots observances held nationwide every year.

"By fostering a culture that embraces individual differences, including disabilities, businesses profit by having a wider variety of tools to confront challenges," said Jennifer Sheehy, deputy assistant secretary for the office of Disability Employment Policy.



"Our nation's most successful companies proudly make inclusion a core value. They know that inclusion works. It works for workers, it works for employers, it works for opportunity and it works for innovation."

Saginaw County Community Mental Health Authority proudly supports these observances during their designated months and throughout the year through our core values and operating principals. We believe recovery is possible and that disabilities do not define an individual's right to dream, believe and achieve. To learn more about these observances and how you can get involved, visit the National Recovery Month website at [recoverymonth.gov](http://recoverymonth.gov) and the National Disability Employment Awareness Month website at [dol.gov/odep](http://dol.gov/odep).

# Mental Health Court Hits Its Stride

The Saginaw County Mental Health Treatment Court, operating under the direction of Judge A.T. Frank since May 2013, recently celebrated its most successful program graduation to date. At the end of May 2016, six participants completed their court ordered treatment requirements and took the next step in their recovery process – a step that included a celebration with cake, gifts and well wishes.



*Judge A.T. Frank*

“For the past few years the Mental Health Court in Saginaw has had the unique opportunity to get to know the people in our program and to walk with them through their journey of recovery,” explained Judge Frank. “We’ve had our ups and downs, but with the help of our stakeholders and community mental health system, we have been able to help stabilize our fellow citizens who needed a little hand up to stop the revolving door through the criminal justice system. I’ve been honored to have a part in this process and see the transformations that have taken place.”

The Saginaw County Mental Health Treatment Court is a collaborative effort between the 10<sup>th</sup> Circuit Court, 70<sup>th</sup> District Court, Office of the Saginaw County Prosecutor, Saginaw County Sheriff’s Department and Saginaw County Community Mental Health Authority (SCCMHA). The model was developed throughout the country in response to the overrepresentation of people with mental illnesses in the criminal justice system. Select defendants with mental illness are invited to participate in the initiatives following a specialized screening and assessment, but may choose to decline. For those who agree to the terms and conditions of judicially-supervised, community-based supervision, a team of court staff and mental health professionals work with the participants to develop treatment plans and supervise them in the community. Duration of the program is individualized and based on each participant’s mental health needs in relation to the criminal charges they face.

“What makes Mental Health Court different is the team effort that is put forth to keep consumers out of jail and on the road to recovery,” said Steve Gonzales, supervisor of the Community Support Services unit at SCCMHA. “The charges against participants don’t ‘go away,’ but instead of automatically facing jail time, the Mental Health Court team and participants agree to a treatment plan that addresses the behaviors that got them into trouble while helping them to maintain progress towards recovery.”

Eligible participants must have previously been diagnosed with a serious mental illness or be developmentally disabled. All misdemeanor defendants are permissible, as well as certain felony offenders. Participation is voluntary and eligibility is at the discretion of the Mental Health Court Treatment team which includes the judge, SCCMHA representatives, case managers, the Saginaw County Prosecutor or designate and an appointed criminal defense attorney.

Marcia Sylvestri, whose son is currently an active participant in the Saginaw County Mental Health Treatment Court, believes the model can be the fresh start that many of the participants need. “My husband and I are active in the Mental Health Court to support our son,” Sylvestri explained. “We’ve seen how successful participants can be if they utilize the resources the team sets them up with, which is huge in the big picture of their recovery. Instead of spending long periods of time in jail cells where treatment is hard to maintain and needs are hard to meet, participants are given an opportunity to continue with their treatment and have meaningful growth from the experience. While our son is still actively involved, it’s invigorating to see the success that other participants are having – I always leave the courtroom with so much hope for our son and everyone else struggling with mental illness. There are some great supports available here in our community and they are making a huge difference, one person at a time.”



*SCCMHA Mental Health Court Team*

## Mental Health First Aid for All

Not all trainings are created equal, and Saginaw County Community Mental Health Authority (SCCMHA) proudly offers only the best. One such training is Mental Health First Aid (MHFA) – an eight hour class that takes the concept of physical first aid practices and applies them to mental health. The course, which has been offered regularly by SCCMHA over the past few years, is available with a focus on either adult mental health or youth mental health and has been implemented in communities across the country. Endorsements for these trainings have come from the White House and First Lady Michelle Obama. Groups and organizations outside of the mental health sphere understand the impact this training has on improving the acceptance and care for those who struggle with mental illness and have begun to incorporate it into their regular business practices.

“It’s been amazing to watch this course take off and grow in our community and beyond,” said Dawn Heje, SCCMHA continuing education supervisor. “Area groups have really embraced this model and run with it, making it a part of their own culture and expectations. It’s encouraging to see the uptake and shift in the way our community responds to mental illness.”

Organizations from the Saginaw County Sheriff’s Department to the Saginaw Chippewa Indian Tribe and the nursing program at Saginaw Valley State University (SVSU) have all become key partners in sharing the impact of MHFA to the Saginaw region.



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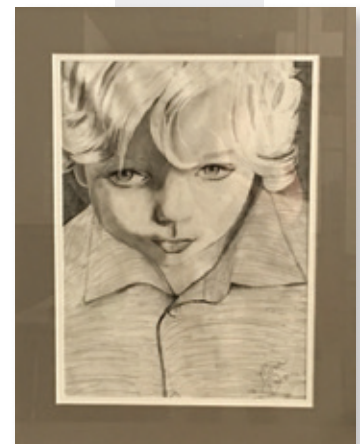


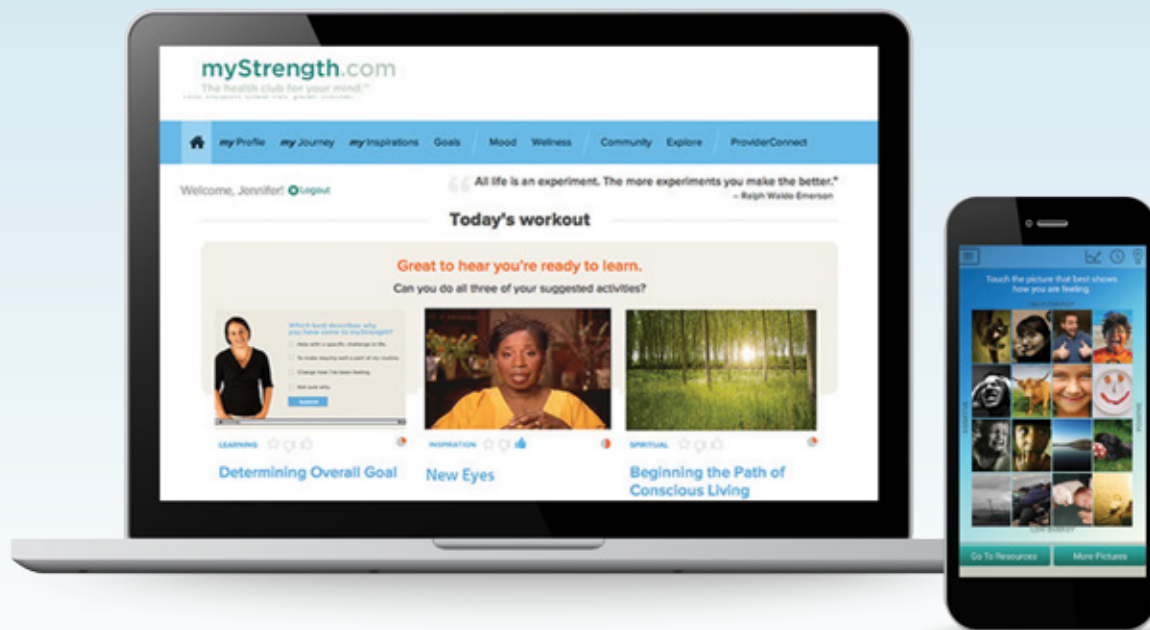
# Traveling Art to End Stigma

"Art enables us to find ourselves and lose ourselves at the same time." *Thomas Merton*

Art serves as a beautiful form of expression and as a window to see the world through someone else's eyes. It can be bold and bright or calm and minimal; it can be made of paper and paint or metal and glass. There is no right or wrong way to create art and for years it has been used as a therapeutic practice for many battling mental illness. The Michigan Association of Community Mental Health Boards (MACMHB), in partnership with mental health organizations and consumers from across the state of Michigan, has found a way to use this therapeutic practice to raise awareness about mental illness and put an end to the stigma that surrounds it.

The "Creative Minds, Changing Minds" Statewide Traveling Consumer Art Show, now in its fourth stint, is a traveling collection of art created by consumers from all over the state of Michigan. Each month, a local community mental health agency coordinates the display of artwork at venues in their region for the public to enjoy. Viewers can read about the unique pieces of artwork and the artists who created them. The artwork featured in the traveling show will also be available to purchase during an auction in the fall of 2017 when the show comes to an end. All proceeds raised from the sale of artwork will go toward the coordination of the next art show. The "Creative Minds, Changing Minds" Statewide Traveling Consumer Art Show makes its stop in Saginaw throughout the month of November and will be available for viewing at Saginaw County Community Mental Health Authority facilities as well as Hoyt Library at 505 Janes Avenue in Saginaw. For more information on when and where artwork from the show will be available to view in Saginaw, contact Melissa Lee at (989) 272-7209 or [mlee@sccmha.org](mailto:mlee@sccmha.org).





# Monitoring Mental Health One Click at a Time

We check our bank accounts online, buy necessities online, connect with friends and family online, schedule appointments online, so why not monitor and manage our day-to-day mental health online? Saginaw County Community Mental Health Authority (SCCMHA) has proudly partnered with the web-based tool myStrength to offer consumers, staff, providers and the community a free platform to track their day-to-day mental health and receive personalized content based on their needs.

myStrength is a dynamic website that offers clinically proven mental health applications to help with mental health challenges by utilizing personalized wellness resources. It provides a range of mood-improving, engaging resources including step-by-step eLearning modules, interactive tools, weekly action plans, self-help workbooks and daily inspirations to help with depression, anxiety and substance use – all designed to help improve your mental health from the comfort and privacy of your own home.

Users sign up for a free account using an access code and will immediately be able to start gathering and viewing content that directly relates to their needs based on answers they provided

during a brief survey. The more users sign in and engage, the more customized content and data they will receive.

“myStrength is easy to use, right from your phone or computer,” said Colleen Sproul, SCCMHA director of health home and integrated care. “It links you to helpful, interactive information to manage stress, depression and anxiety. It provides encouraging messages, and it helps you track your mental health progress. A free tool like this is an asset to anyone who wants to manage their mental health and wellness, and we hope everyone takes an opportunity to discover what it can offer for their own personal needs.”

SCCMHA’s goal with this partnership is two-fold: provide consumers with an additional tool to use in treatment and recovery both at home and with their mental health teams, and to provide staff and the community with a resource to track their own mental health and wellness for improved self-care. This technology is provided through SCCMHA at no cost and usage is completely anonymous. To sign up for your free account today, visit [mystrength.com](http://mystrength.com), click on the “Sign Up” button in the upper right corner and use access code “SCCMHA.”





# Memories from Summer Camp – A Tradition for All

If you were to ask your friends and colleagues about their favorite summertime memory from childhood, a majority would probably have tales of weeks spent at camp with new and old friends, learning to canoe and kayak, making crafts, challenging teams to epic capture-the-flag battles, swapping scary stories with their bunkmates and sharing mess hall chores. Summer camp is a summer vacation staple for many youth. However, for children with mental and behavioral health challenges, the summer camp experience seems out of reach. Saginaw County Community Mental Health Authority (SCCMHA) recognized the importance of summer camp to the development and well-being of the youth and families they serve and formed a partnership with Saginaw YMCA to make sure every child in the Saginaw CMH service network has the opportunity to attend camp if they would like to.

“When we looked at the numbers, we saw a significant amount of youth who fall within the mental illness spectrum not being considered for traditional summer camp settings because they didn’t have the proper supports in place to address their complex needs,” explained Matt Briggs, SCCMHA contracts and properties manager. “Leadership at SCCMHA really wanted to see something

Mobile Urgent Treatment Team (MUTT), Crisis Intervention Services, Community Living Supports (CLS) and Applied Behavior Analysis (ABA) trained staff. “We couldn’t have taken this on without everyone coming together the way we did,” said Briggs. “It was just an all-around huge success and I’m looking forward to continuing to grow this project for years to come.”

SCCMHA-sponsored camps through Saginaw YMCA grew exponentially this year, expanding from last year’s therapeutic autism camp for two- to six-year-olds, to include seven- to 21-year-olds. Therapeutic camps for ages three to five and six- to 12-year-old youths with mental health challenges were also available. Participants from SCCMHA-sponsored camps were also invited to an end-of-summer, three-day overnight camp at YMCA’s Camp Timbers in West Branch.



*Campers Cam'ren Bailey, Eryn Briggs and Cali Chatfield.*

“Participants experienced events and activities like they would if they attended traditional summer camps,” explained Carrie Moffett, Mobile Urgent Treatment Team supervisor. “They tie-dyed shirts, made bird houses, went on field trips to local splash parks and played on inflatables. They even had a movie and snow cone day. The only real difference between SCCMHA-sponsored camps and traditional summer camps is the additional sensory activities and behavioral supports which are so empowering for those youth and families.”

In addition to the SCCMHA-sponsored camps at Saginaw YMCA, therapeutic support camps for developmentally disabled youth and the Saginaw MAX System of Care population were also available at different locations throughout the community. In total, approximately 270 youth with varying levels of mental and behavioral support needs in Saginaw County and surrounding regions were able to have summer camp experiences just like many of their peers.

“I am so proud,” exclaimed Amanda Starks, the mother of autism camp participant Chyance. “This was his first time being away from home and he took to it like a fish takes to water. He came home talking about next year already. The whole experience has been a great start for him on his journey and I’m so happy to see him flourish and have the same experiences other kids his age get to have. Everyone deserves those kinds of memories.”



*Campers Carmen Villada, Kassidy McFadden, Mishaya Lee with camp coordinator Jessica Najera.*

put into place that would facilitate a fun summer camp experience for these youth, while still providing therapeutic support and intervention. Saginaw YMCA has a great traditional summer camp program in place and partnered with us last year on an autism-specific therapeutic camp. When we approached them with our vision to expand this summer, they jumped on board without hesitation.”

SCCMHA-sponsored camps are primarily overseen by YMCA staff members who have been trained to address and handle mental and behavioral health challenges. Staff from SCCMHA were also present during camp sessions to provide support, including the



# Partnering for the Health of Michigan



Comprehensive mental health care for everyone in need – that’s the direction the Substance Abuse and Mental Health Services Administration (SAMHSA) hopes to move in with the implementation of Certified Community Behavioral Health Clinics (CCBHCs) across the United States. Saginaw is proud to be part of this movement!

In October 2015, the Michigan Department of Health and Human Services (MDHHS) was awarded a \$982,373 planning grant by SAMHSA under the Excellence in Mental Health Act to develop certified community behavioral health clinics in the state. Certified Behavioral Health Clinics are designed to expand access to mental health and addiction care in community-based settings by providing a comprehensive array of mental health and substance use disorder services. These are necessary to create access, stabilize people in crisis and provide necessary treatment for those with the most serious, complex mental illnesses and addictions. They also integrate additional services to ensure an approach to healthcare that emphasizes recovery, wellness, trauma-informed care and physical-behavioral health integration.

As one of 24 states awarded grant funding for planning, Michigan needed to develop criteria for Community Behavioral Health Clinics in the state, establish a prospective payment system and prepare an application to participate in a two-year demonstration program. To accomplish the goals of the planning process, MDHHS requested bids from organizations throughout the state to serve as pilot sites on this project – of the organizations that submitted bids, SCCMHA was

given the second highest score in the review process and was one of 14 sites selected to move forward. SCCMHA was officially given pilot site certification from MDHHS this month after completing an evidence verification, gap analysis and site review.

“The hope and goal with all of this work is to officially serve as a Certified Community Behavioral Health Clinic pilot site for the state of Michigan should they get the demonstration funding from SAMHSA,” explained Ginny Reed, SCCMHA director of network services and public policy. “As a pilot site, we would be required to directly provide crisis behavioral health services; person-centered and family-centered treatment planning; screening, assessment, and diagnosis; and outpatient mental health and substance use services. We would be able to contract with other providers for an array of other services that include peer support, primary care screening and monitoring, targeted case management, psychiatric rehabilitation and armed forces veteran services. We are prepared and able to do all of this, so we’re anxiously awaiting SAMHSA’s decision to know if we will be able to move forward with the project at this time.”

MDHHS submitted Phase II of the application for SAMHSA demonstration funding in October 2016.

Of the 25 states that were selected to plan and submit Phase II applications, SAMHSA will award demonstration grants to eight states who will be allowed to pilot their Community Behavioral Health Clinics over two years. The projected launch date of SAMHSA’s Certified Community Behavioral Health Clinic project is January 2017.



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This coming October, all active participants in the local Police Academy will spend a day at SCCMHA being trained in MHFA. Additionally, officers from the Saginaw and Birch Run departments are working to bring the course to surrounding communities and rural areas,

sharing their unique perspective of incorporating MHFA concepts into their duty to protect and serve.

The Saginaw Chippewa Indian Tribe has also been integrating MHFA into their training program for their Housing and Social Services Departments and is looking at how the concepts can be used to improve the care and recovery for those in their in-patient substance use program. Furthermore, nursing students at SVSU are now required to complete MHFA as part of their curriculum

before they start their psychiatric rotations, adding another layer of evidence-based understanding and practice to their education.

“I think the most telling thing about the growth of this course in our community is that it’s all been primarily through word-of-mouth,” Heje explained. “People who have gone through the training have been impacted in such a significant way that they can’t help but encourage others to participate and incorporate it into their own practice. It’s invigorating to be a part of something that will be viewed as a catalyst to shift how society views mental illness.”

SCCMHA offers Adult Mental Health First Aid and Youth Mental Health First Aid as a regular part of their training lineup. For more information on upcoming trainings and how you can get involved, visit the SCCMHA website at [sccmha.org](http://sccmha.org).

# It Was a Bash on Bay Road

A lot of changes have occurred at Saginaw County Community Mental Health Authority (SCCMHA) over the past few years, including the expansion and addition of services and facilities. Most recently, quite a few upgrades and additions have been made to SCCMHA's presence along the Bay Road corridor in Saginaw.



SCCMHA staff, from left to right: Sylvester Liggins, SCCMHA Wraparound coordinator; Linda Schneider, SCCMHA director of clinical services and Tanual Gaskew-Collins, SCCMHA Wraparound coordinator.

On the afternoon of Tuesday, October 4<sup>th</sup>, all of SCCMHA's facilities located along Bay Road were open for tours to share changes that have occurred at their location. Staff and consumers were on site at each location to answer questions and show visitors around.

Facilities that participated in the October 4<sup>th</sup> open houses included Bayside Clubhouse, Friends for Recovery Center, SCCMHA Salter Place Housing Resource Center and SCCMHA Supported Employment – all of which are located in the Bayside Plaza between Genesee Avenue and State Street on Bay Road (2700 W. Genesee Avenue). SCCMHA's Child, Family and Youth Services building, located at 3875 Bay Road, Suite 7N, was also open to visitors.

Thank you for sharing our excitement with all of the progress made in our community to better meet the needs of the consumers that we serve and their families!



Megan Rosier (left), a member of Bayside Clubhouse, gives Danielle Shuler a tour of the facility.

## Holidays, Observances & Events in Saginaw November through February

November  
24 – Thanksgiving Day  
24 & 25 – SCCMHA Offices Closed for Thanksgiving Holiday

December  
23 & 26 – SCCMHA Offices Closed for Christmas Holiday  
25 – Christmas Day  
30 – SCCMHA Offices Closed for New Year's Holiday  
31 – New Year's Eve

January  
National Mentoring Month  
1 – New Year's Day  
16 – Offices Closed for Martin Luther King, Jr. Day

February  
20 – Offices Closed for Presidents' Day

