

Piece OF MIND

Winter 2014 Edition



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



Bayside Lodge — Where Friends are Family

By: Jill Armentrout, Board Member

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I joined the Saginaw County Community Mental Health Authority (SCCMHA) Board of Directors three years ago and was honored by the invitation. I have written about SCCMHA for seven years at *The Saginaw News* and have personal experience as the daughter and mother of people with disabilities.

My life experience and serving on the board has taught me how important it is to welcome consumers or “persons with lived experiences” to boards and community leadership — and how we can best support them in these roles.

At the recent Michigan Alliance of Community Mental Health Boards fall conference, I learned

about ways people with intellectual and other disabilities are experiencing transition to independence and how important it is to offer them “the dignity of risk” when possible.

In October 2014, SCCMHA held its first event honoring exclusively people with developmental and intellectual disabilities. It included a panel of consumers doing great things — coaching basketball, running businesses, owning homes. But the words of their credo — explaining what they deserve and expect from society — best demonstrated their power and call to become educators to society.

A CREDO FOR SUPPORT

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Do Not see my disability as the problem.
Recognize that my disability is an attribute.• Do Not see my disability as a deficit.
It is you who see me as deviant and helpless.• Do Not try to fix me because I am not broken.
Support me. I can make my contribution to the community in my way.• Do Not see me as your client.
I am your fellow citizen. | <ul style="list-style-type: none">See me as your neighbour.
Remember, none of us can be self-sufficient.• Do Not try to modify my behaviour.
Be still & listen. What you define as inappropriate may be my attempt to communicate with you in the only way I can.• Do Not try to change me, you have no right.
Help me learn what I want to know.• Do Not hide your uncertainty behind “professional” distance. | <ul style="list-style-type: none">Be a person who listens, and does not take my struggle away from me by trying to make it all better.• Do Not use theories and strategies on me.
Be with me. And when we struggle with each other, let that give rise to self-reflection.• Do Not try to control me. I have a right to my power as a person.
What you call non-compliance or manipulation may actually be the only way I can exert some control over my life. |
|--|--|--|

Bayside
Many Goals, Many Faces, One Family



Continued on page 2

- Do Not teach me to be obedient, submissive, and polite.
I need to feel entitled to say No if I am to protect myself.
- Do Not be charitable towards me.
The last thing the world needs is another Jerry Lewis. Be my ally against those who exploit me for their own gratification.

- Do Not try to be my friend. I deserve more than that.
Get to know me. We may become friends.
- Do Not help me, even if it does make you feel good.
Ask me if I need your help. Let me show you how you can best assist me.
- Do not admire me. A desire to live a full life does not warrant adoration.

- Respect me, for respect presumes equity.
- Do Not tell, correct, and lead.
Listen, Support, and Follow.
- Do Not work on me.
Work with me.

Dedicated to the memory of Tracy Latimer
1995 © Norman Kunc and Emma Van der Klift

I recently visited Bayside Lodge Clubhouse, a peer-driven club for people with mental illnesses.

While there, I talked to Erica Wagner, 29, a Saginaw single mom. “When everyday stress builds up I go to Bayside,” she said. “I can forget my problems there. The members are loving and they miss you when you are not there. It means a lot to me.”

Some days, she is at the Clubhouse all day. A van picks her up in the morning and takes her home at 4 p.m. She is working with another SCCMHA service called Supported Employment Services on her micro-enterprise — a rubber band bracelet business. She also formats the newsletter for the young person’s group, Bright Beginnings.

Jim Nesbit, Bayside’s director, recognizes the need for more tools and attractions at the Clubhouse. He is working to provide a broadcasting room with audio visual equipment and additional flat-screen TVs. “Our members have computers, smart phones; they live independently,” he said. “These additional tools will help them learn even more.”

A regular over the past seven years is Broc Seibert, 33, of Saginaw Township. He lives on his own and learned living and work skills here by serving in the kitchen and snack bar. “I can stay busy and this feels like a family,” he said.

Both Seibert and Wagner said they enjoy the regular member outings into the community.

“We are more comfortable in a group,” Wagner said. “We have outside friends, but have stronger friendships here. We have things in common. Many of us have had a difficult time in the community. For a lot of people, this is the world to them.”

As a board member, I want to keep getting to know the people who are receiving services through SCCMHA. It is so important to break down barriers, reduce stigma and make our society a place where all people can feel comfortable. If not, we are missing out on building a better world.

Envisioning the Potential – All Year

Saginaw County Community Mental Health Authority (SCCMHA) hosted its first Disability Awareness Month event on Thursday, October 30 at The Dow Event Center. Approximately 100 SCCMHA staff, consumers, caregivers and families filled the banquet hall to celebrate the achievements, potential and contributions of individuals with intellectual and developmental disabilities.

“The evening was an excellent outward expression of the amazing things that are happening to and for persons with developmental and intellectual disabilities,” said Angie Irish, Self Determination coordinator at SCCMHA. “The speakers were genuine and honest, and their stories speak to the very heart of every person in the community in some form or fashion.”

The event included speeches from Saginaw County Probate Court Judge Pat McGraw and SCCMHA CEO Sandra Lindsey, and a viewing of “A Credo for Support,” a video which offers a series of suggestions for people who care about and support someone with a disability. For the main portion of the program, SCCMHA consumer Mike Cierzniewski led peers Dee Campbell, Lelon Chism, Terry Gotham and Joyce Tithof in a panel discussion on topics regarding employment, independence, technology, accessibility and stigma.

SCCMHA Vision

*“A belief in potential, a right to dream,
an opportunity to achieve.”*

“In planning this event, we really wanted to address the concerns that many families and caregivers of persons with intellectual and developmental disabilities at a ‘transition’ age might be experiencing,” explained Nancy Clark, Self Determination supervisor for SCCMHA. “There are families in our community who are grappling with the fact that they are getting older and will not be able to help care for their loved one forever. They might not know about all of the services and supports that are available through SCCMHA and throughout Saginaw, so we wanted to give them an opportunity to see that there are a range of options and that persons with disabilities can not only survive, but thrive in this community.”

Throughout the month of October, SCCMHA recognized National Disability Awareness Month with advertisements in local media, promotional banners inside all of its locations in the community and street banners above Michigan Avenue and Court Street. “Our goal with this campaign was to not only fight the stigma associated with intellectual and developmental disabilities,” said Clark, “but educate the community about the wide range of services available at SCCMHA. A lot of people in general do not know that

Expanding Quality Care and Physical Health in Saginaw County

Leadership at Saginaw County Community Mental Health Authority (SCCMHA) learned this past October that the Substance Abuse and Mental Health Services Administration (SAMHSA) was awarding SCCMHA two substantial and innovative grants to be used in implementing and expanding quality mental and physical health care for residents of Saginaw County with serious mental illness.

“This is an exciting time for all of us at SCCMHA,” said SCCMHA CEO Sandra Lindsey. “These two grants are meant to help change the way mental health services and care are viewed and provided across the board, and the fact that Saginaw received both of them indicates that SAMHSA recognizes the initiative SCCMHA has demonstrated at all levels in leading this charge.”

Improving the physical health of people with mental illness

The first award, a \$1.6-million grant for primary and behavioral health care integration (PBHCI), is intended to improve the physical health status of people with serious mental illnesses. Currently SCCMHA, through its partnership with Health Delivery, Inc., identifies eligible consumers with one or more chronic health conditions such as insulin dependent diabetes, congestive heart failure, chronic obstructive pulmonary disorders and seizure disorders, and works to provide care coordination and management

of these illnesses in the home. SCCMHA is participating in the transformation of health care to include behavioral health and physical health services within the physician office setting as well as expanding primary care already present in the mental health center. This grant from SAMHSA will help SCCMHA enhance and extend these services to all eligible consumers.

“Emotional, behavioral and physical health do not function independently of one another,” explained Colleen Sproul, SCCMHA’s new director of Health Home and Integrated Care. “Each has a direct impact on the other and by approaching healthcare in this way, we can create community and public health strategies that are more effective and help prevent other public health issues such as teen pregnancy, community and interpersonal violence, tobacco use and homelessness. We are excited for the positive impact this grant will have on our community’s health and wellbeing in the very near future.”

Addressing needs of youth with emotional and behavioral challenges

The second award from SAMHSA; a \$4-million, four year expansion grant for continuing and expanding the Saginaw MAX System of Care (SOC) initiative; is intended to address the unmet needs of youth with emotional and behavioral challenges and their families that have been identified in the Saginaw community. It will also help distribute aspects of the System of Care initiative to a statewide level.

Funds from the expansion grant will be used to increase services to better serve populations that the Saginaw MAX System of Care initiative has not had the resources to serve to date. These may include: youth with substance use disorders, LGBT youth, youth with private insurances including youth of returning veterans who would not otherwise be eligible for specialty mental health benefits. The grant would also expand the age of children served by providing mental health consultations to children and families in pediatric clinics and schools.

Implementation of these efforts will include a variety of increased partnerships and new endeavors both locally and beyond. Most notably, Saginaw MAX will leverage the well-established relationship with Partners in Pediatrics (PIP) to build an integrated pediatric medical home that provides integrated medical and behavioral health care. They will also leverage resources to target mental health services to children and youth in foster care and the juvenile detention center and provide intensive home-based services to families of children and youth through the age of 17 who lack adequate insurance coverage for their condition. They will also expand the existing cultural and linguistic competency training to other community mental health organizations in Michigan to help develop a proactive planning process for early engagement of youth and ensure effective age-appropriate services.

“I am very excited about having the ability to not only sustain the SOC initiative but to enhance our efforts to meet the needs of the children, youth and families we serve,” said Saginaw MAX System of Care Project Director, Wardene Talley. “The expansion grant will allow us to carry the SOC message of transformation from Saginaw County throughout the State of Michigan and beyond.”



Panel participants discuss employment, independence, technology, accessibility and stigma at the Disability Awareness Month event on October 30 at The Dow Event Center. From left to right: Joyce Tithof, Terry Gotham, Lelon Chism, Dee Campbell and Mike Cierzniewski.

Saginaw County Community Mental Health is not just about addressing emotional needs and challenges. We have the honor and privilege to work with individuals who span the entire spectrum of emotional, behavioral and physical health care needs. It is important that the community know of all the resources available to them so we can continue to work on improving our overall health and wellbeing.”

SCCMHA consumers, staff and leaders hope to make this event an annual celebration. For more information on services and supports offered by SCCMHA and how you or someone you know may benefit, visit www.sccmha.org or call 989-797-3400.

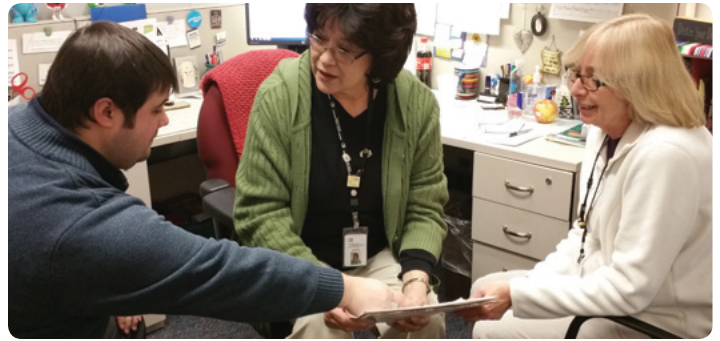
When a Child is in Crisis, MUTT is There

Superheroes come in many forms and are depicted wearing a variety of costumes, but at Saginaw County Community Mental Health Authority (SCCMHA) the superhero Mobile Urgent Treatment Team (MUTT) members prefer to wear their casual clothes. Designed as a prevention and crisis intervention service for children and families involved in services through SCCMHA or their partners, MUTT has multiple teams and is made up of staff from the Family Services Unit and Wraparound from SCCMHA and the local juvenile justice system.

“The purpose of MUTT is for parents or caregivers to call us first if their child is experiencing a mental health crisis,” explained Christina Gutierrez, a family intervention specialist at SCCMHA. “Before this service was available, if a child was in crisis, parents would call the police. The child would more than likely end up in the hospital or in the juvenile justice system simply because there weren’t any other appropriate resources or supports to help the family get through the crisis as it was happening.”

Now, when a child who is receiving mental health services is experiencing a crisis, day or night, MUTT is available as an alternative resource to support the child and family through the situation and avoid costly hospitalizations or unnecessary involvement with juvenile justice. The service is even being utilized by area schools to help children who experience a crisis during classroom hours to avoid as much lost educational time as possible. The MUTT team on duty visits the child where the crisis is happening, whether at home or school, and helps them through the situation.

“We always try to make a plan before we leave the scene,” explained Cheryl Mayle, family intervention specialist at SCCMHA. “We want to give them the tools to at least make it through the immediate situation and then they can work with their therapist and case worker to develop a long-term solution that works for them. When the child is at school, we might help them put together a plan to avoid the trigger that caused the crisis behaviors, at least for the rest of the day. Sometimes it is even as simple as the family agreeing to sit down and watch a movie together that night and then reevaluating the situation in the morning when everyone has had time to cool down. Other times it’s working with the child or youth to find an alternative location for them to spend the night to give everyone some space. Whatever the solution



The MUTT team, from left, Joseph Kreger, Christina Gutierrez and Cheryl Mayle, discuss the status of current consumers being seen. Not pictured: Lori Denter, MUTT Supervisor.

is for that particular family and that particular situation, we want them to be able to avoid drastic interventions that only aggravate the immediate behaviors and do not address the actual problem in the long run.”

The teams schedule times to call and check in on each of their assigned families, offering support and helping connect the family to community resources that might be of use to them while they work through high-risk and crisis situations. “Sometimes I get a call from a parent just wanting to know they are not alone,” said Mayle. “They are not necessarily in crisis at that moment, they just need to know someone is on the other end of the line to help them navigate the ups and downs with their child as they find the right treatment plan that works for their family.” The team also makes a point to follow up with children and youth who have been released from the hospital or juvenile detention for mental health related behaviors, offering additional support while they transition back into their routines.

Saginaw MUTT is modeled after the Wraparound Milwaukee MUTT unit. “We chose this model after we explored a variety of evidence based models that had worked in other communities and then visited Milwaukee and spent time with their team,” said Linda Schneider, clinical director at SCCMHA. “Based on what we learned and saw on that visit, their model seemed a good fit for our community and has done well so far on the ground in Saginaw.” Currently the MUTT unit at SCCMHA operates on a day shift, from 8 a.m. to 5 p.m. Monday through Friday, and a night shift, from 5 p.m. to 10 p.m. seven days a week. Mayle shared that the vision of Saginaw MUTT supervisors and staff is to expand their services to 24 hours a day, seven days a week, but that will take time as they continue to build relationships and develop funding options.

For more information on SCCMHA’s MUTT unit and to learn how to connect youth and families to this service, contact Cheryl Mayle at 989-797-3474 or cmayle@sccmha.org.



Presentation Addresses Hoarding Behaviors



Laura Lokers

LMSW, University of Michigan Health System, Anxiety and OCD Treatment Center of Ann Arbor and The Hoarding Task Force of Washtenaw County.

Many people might claim that, at least at one point in their lives, they could be classified as a “pack rat” or a “closet clutterer.” However, compulsive hoarding is an anxiety disorder that involves much more than keeping extra papers and magazines around, or collecting CDs under your desk. Severe compulsive hoarding can interfere with a person’s activities — such as cooking, cleaning, showering and sleeping. There is more awareness of the issue today, due in part to several reality TV shows. However, there is still so much more educating that needs to be done regarding this issue.

“One of the charges of Saginaw Pathways to Better Health is to identify and advocate for addressing community resource gaps and unmet needs in the community,” explained Saginaw Pathways to Better Health Project Manager Barb Glassheim. “Through our work and outreach efforts, hoarding behaviors were identified as a concern in Saginaw so we wanted to find resources to educate our Community Health Workers and come up with a community-wide plan to address hoarding.”

Glassheim and the team at Saginaw Pathways to Better Health began reaching out to community partners and agencies for resources and information on hoarding behaviors, but quickly realized that they would have to expand their search radius. “We talked to a lot of our local partners and everyone recognized that this was something they wanted to see addressed, but no one had any substantial resources to get started,” Glassheim said.

As a result of increased interest, Saginaw Pathways to Better Health hosted Laura Lokers, a licensed clinical social worker with the University of Michigan Health System and the Anxiety and OCD Treatment Center of Ann Arbor. Lokers, who also serves on The Hoarding Task Force of Washtenaw County, offered a presentation on identifying and treating hoarding behaviors to Saginaw Pathways to Better Health HUB staff, Community Health Workers and clinical supervisors, as well as community partners and staff from the two other Michigan Pathways to Better Health sites. The presentation

was held at Saginaw County Community Mental Health Authority (SCCMHA), the Pathways HUB and local project fiduciary.

The Saginaw Pathways to Better Health team is currently working to collect more data and information on how extensive a concern hoarding is for the community and is leading the way in addressing how to approach it. “We would like to see the community come together to address this health concern in a unified manner,” explained Glassheim. “Creating our own community-wide task force is a possibility, but right now we are just hoping this presentation serves as a kickoff to start thinking about our options and opportunities to tackle this issue that we have identified.”

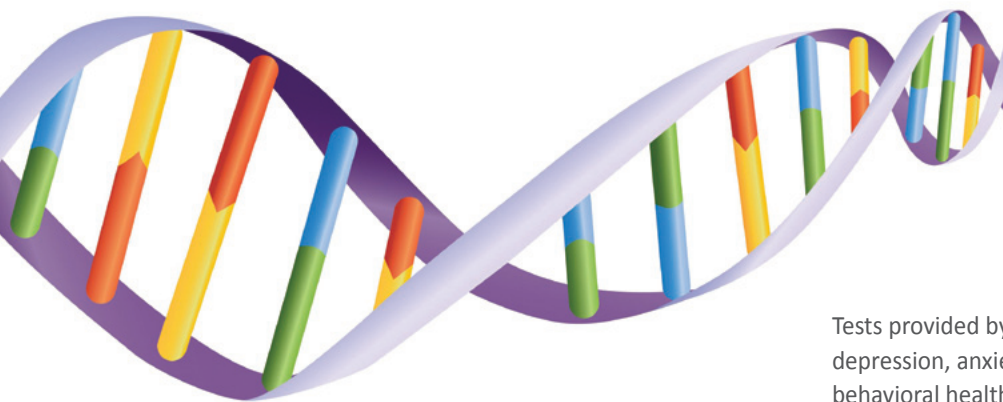
If you would like more information on hoarding behaviors, please call the Saginaw Community Care HUB at 989-498-2266.

The project described was supported by Grant Number 1C1CMS331025 from the Department of Health and Human Services, Centers for Medicare & Medicaid Services. The contents of this publication are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services or any of its agencies.

Someone who hoards may exhibit the following¹:

- Inability to throw away possessions
- Severe anxiety when attempting to discard items
- Great difficulty categorizing or organizing possessions
- Indecision about what to keep or where to put things
- Distress, such as feeling overwhelmed or embarrassed by possessions
- Suspicion of other people touching items
- Obsessive thoughts and actions: fear of running out of an item or of needing it in the future; checking the trash for accidentally discarded objects
- Functional impairments, including loss of living space, social isolation, family or marital discord, financial difficulties, health hazards

¹ ADAA, Anxiety and Depression Association of America



How Genetic Testing is Helping SCCMHA Identify the Right Medication Choices

A new technology called GeneSight by Assurex Health analyzes genes and helps healthcare providers select medications that are more likely to be effective for that individual patient.

“We have been using GeneSight for about a year now,” said Dr. Anne Tadeo, SCCMHA medical director. “It is actually kind of exciting because a lot of the other community mental health directors I have talked to have not even heard of it. We really are on the cutting edge of using this technology.”

The GeneSight process is pretty simple, at least for the physicians and patients who use it. At SCCMHA, a nurse on Dr. Tadeo’s staff swabs the inside of each cheek of the consumer being tested to collect a thorough sample of DNA. The sample is then sealed and shipped by FedEx to a GeneSight accredited lab where it is analyzed. Within 36 hours, a report is generated and made available to Dr. Tadeo which she can then use to evaluate with the consumer which medications are going to be most effective for them based on their genetic makeup.

“I can access the individualized report online within 36 hours and then they send a hard copy through the mail four to five days later,” explained Dr. Tadeo. “Each report is different for each person, but they put it together in a way that is consistent and easy-to-understand. It clearly outlines which medications are going to be the most effective, which ones should be approached with caution and which ones should be avoided altogether. What I really like about the report though, is that it explains the reasoning behind why certain medications would not be as effective — they want you to really understand the results.”

Tests provided by GeneSight include analysis of medications for depression, anxiety, bipolar disorder, schizophrenia or other behavioral health conditions, acute and chronic pain, attention deficit hyperactivity disorder (ADHD), attention deficit disorder (ADD), narcolepsy and folic acid deficiency.

“The goal of this technology is to reduce the trial and error time for finding the right treatment plan for consumers and cutting down on expensive hospital costs due to visits for unexpected side effects and ineffective medications,” explained Dr. Tadeo. “These reports help me and the consumers understand what medications will work best and any probable side effects — so all of us know what to expect. The success we have had over the past year when using this technology is astounding. It is very exciting.”

GeneSight is covered by Medicaid in the State of Michigan and most private insurances. “I have not had a single issue with Medicaid coverage since we started using this technology,” Dr. Tadeo said. “I think that shows how much the state values the results GeneSight has been producing for medical professionals and patients. The future of individualized health care is here and we are ahead of the curve in Saginaw.”



SCCMHA Supported Employment team enjoying their new office space at Bayside Plaza. Front: Annie Midcalf, Tracey Madigan-Fannin. Back: Jefferson Mathews, Todd Dixon, David Owens. Absent: Ernie Ahmad.

New Tool Helps Individuals with Intellectual and Developmental Disabilities Live Life on Their Own Terms

The Michigan Department of Community Health has been working towards implementing a statewide supports assessment for individuals with intellectual and developmental disabilities for a couple of years. In November 2014, the consumers of Saginaw County Community Mental Health Authority (SCCMHA) with developmental and intellectual disabilities began to receive the new assessment under the direction of the Mid-State Health Network. The new tool is called the Supports Intensity Scale (SIS) and is a strength-based, comprehensive assessment tool that measures an individual's support needs in personal, work-related and social activities. It includes areas of home living, community living, lifelong learning, employment, health and safety, social activities and protection and advocacy.

According to the Michigan Department of Community Health's guidelines, an SIS must be conducted at least once every three years for all Medicaid-eligible individuals age 18 or older who have intellectual or developmental disabilities, and are currently receiving case management or supports coordination or respite only

services. Additionally, new Medicaid eligible consumers entering the community mental health services program system should be assessed using the SIS at the time of initial eligibility determination.

"What it comes down to is that this tool helps us better serve mental health consumers across the state," said Kim Hall, coordinator for SIS at SCCMHA. "It gives the consumer a chance to address supports they need to participate in activities that are important and of value to them. It also helps the case managers and supports coordinators establish goals that are important to the consumer and their person-centered planning process, and it helps leaders at the state level better understand the population we are serving."

"This tool is just another way to incorporate person-centered planning into the treatment process," said Hall. "SCCMHA has been supporting and following the person-centered approach for quite some time, but there can never be too many tools at our disposal. The whole point of what we are trying to do here is help individuals with intellectual and developmental disabilities live a full life on their terms, and the implementation of this tool across the state shows how much leadership values the importance of this practice in moving forward with how standards are set for behavioral health care."

Part B: Community Living Activities	Frequency	Daily Support Time	Type of Support
1. Getting from place to place (transportation)	0 1 2 3	0 1 2 3 4	0 1 2 3
2. Participating in recreation/leisure throughout the community	0 1 2 3	0 1 2 3 4	0 1 2 3
3. Using public services in the community	0 1 2 3	0 1 2 3 4	0 1 2 3
4. Going to visit friends and family	0 1 2 3	0 1 2 3 4	0 1 2 3
5. Participating in preferred leisure activities (church, volunteer, etc.)	0 1 2 3	0 1 2 3 4	0 1 2 3
6. Shopping and purchasing goods and services	0 1 2 3	0 1 2 3 4	0 1 2 3

Supported Employment Team Moves to Bayside Plaza

The Supported Employment team, made up of four employment specialists and one peer support specialist, helps consumers seek and maintain competitive part-time and full-time employment in the community. The staff keeps an up-to-date list of employment opportunities, helps consumers build resumes and apply for open positions, performs mock interviews and researches and coordinates any needed training for employment.

On October 20, 2014, the Supported Employment team officially relocated from the Saginaw County Community Mental Health Authority (SCCMHA) building on Towerline Road to 2715 State Street in the Bayside Plaza. The team is now in the same complex as Bayside Lodge, Friends for Recovery Center and Salter Place Housing Resource Center — services many consumers already use.

"When it came down to it, the Towerline location just was not the most accessible for our consumers," explained Todd Dixon,

Supported Employment supervisor. "There is not a bus route that travels out to that site so transportation was a challenge and space was limited for meetings. At Bayside Plaza we are more centrally located and because we are now in the same location as other resources consumers use, it will be easier for consumers to utilize our services.

"The motto we follow in Supported Employment is that we are always working towards a common goal of getting consumers employment where they are happy and thriving," Dixon said. "The opportunities that have opened up for us to partner and grow by moving to the Bayside Plaza are endless and that translates to more opportunities for consumers which is what matters most. We have already been collaborating with the Housing Resource Center — they have opened up space for us to hold our monthly orientations and mock interviews. It has been great and we could not be more excited about what the future holds."

For more information on Supported Employment, to alert the team of employment opportunities for consumers and to get involved, contact Todd Dixon at 989-797-3489 or tdixon@sccmha.org.

Saginaw Dual Recovery Anonymous Members Visit Michigan's Adventure

On August 4, 2014, six members of Saginaw's Dual Recovery Anonymous (DRA) group spent the day enjoying the attractions at Michigan's Adventure in Muskegon. "It is just a fun trip to get some of those who may not get to travel much out to see some new sights," said Morgan Notestine, peer support specialist at Saginaw County Community Mental Health Authority (SCCMHA).

Group members who went on the trip spent the day shopping, enjoying the food and testing their nerves on the rides. "It was interesting — something new," said Glorious Feagin who was visiting the amusement park for the first time. "I was glad to get out and meet new people."

The DRA group holds chili dog sales every couple of months throughout the year in the lobby of SCCMHA at 500 Hancock Street to help raise funds to purchase tickets for the outing. "This was our second time visiting Michigan's Adventure as a group," Notestine said. "Everyone really seems to enjoy the day, so we will likely continue to make the trip every year as long as we can raise the money."



DRA members ready to make the trek to Michigan's Adventure. From left to right: Carol Young, John Vance, Mike Renz, Willie Lytle, Glorious Feagin, Jesse Saldana.

"I enjoyed it," said Willie Lytle, who attended with the group. "I was glad to get away with friends." Lytle serves as treasurer of the DRA group and was responsible for purchasing the tickets to Michigan's Adventure with the money from their fundraisers.

John Vance, chairperson for DRA, was glad the group was able to spend some time enjoying themselves outside of their normal routines. "The fellowship was good for all of us," he said.

DRA is a 12-step program for persons with emotional or psychiatric disorders as well as a substance abuse disorder, commonly referred to as co-occurring disorder, dual illness, dual diagnosis or dual disorder. Currently, meetings are held at the Friends for Recovery Center (FFRC) located at 2720 West Genesee Street in the Bayside Plaza.

For more information on Dual Recovery Anonymous and how to get involved, contact Miley Stuller, FFRC director, at 989-401-7588.

Holidays, Observances & Events in Saginaw January – March

- January
- 1 – New Year's Day
 - 19 – Martin Luther King Jr.'s Birthday

- February
- American Heart Month
 - 2 – Groundhog Day
 - 14 – Valentine's Day
 - 16 – President's Day

- March
- Brain Injury Awareness Month
 - 17 – St. Patrick's Day

