



FOR IMMEDIATE RELEASE

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For more information, please contact:

Melissa Lee at (989) 272-7209

mlee@sccmha.org

Saginaw County Community Mental Health Authority Welcomes Psychologist Dr. Stanley-Kime to Team

SAGINAW, MI – Saginaw County Community Mental Health Authority (SCCMHA) is pleased to announce the newest member of their clinical team, Dr. Karen Stanley-Kime. Beginning March 9, Dr. Kime will be joining SCCMHA's staff and will be responsible for assisting in developing mental health recovery treatment plans with consumers, as well as working to identify and enhance behaviors and skills that will enable consumers to get closer to achieving the goals they have set for themselves.

"We are absolutely thrilled to have Dr. Kime on staff," said SCCMHA Clinical Director Linda Schneider. "She comes to us with a great deal of experience in positive behavioral supports and recovery and will do great things with our consumers in Saginaw County."

Dr. Kime grew up in Melvindale, a suburb of Detroit, and attended Eastern Michigan University where she earned her master's degree in clinical behavioral psychology and her doctorate in clinical psychology. Her professional experience includes an internship at the Battle Creek VA Medical Center, a residency at Louis Stokes Cleveland VA Medical Center, the VA Ann Arbor Healthcare System Home, and the Eisenhower Center in Ann Arbor.

"The Veterans Administration is an amazing and competitive place for training," explained Dr. Kime. "It was an honor to work with our veterans. After they have sacrificed, served and been a part of some of the most intense scenarios imaginable, it was a privilege to help them get back on their feet mentally and emotionally now that they're home. It's very rewarding and humbling."

Dr. Kime comes to SCCMHA with a passion and enthusiasm for recovery, noting that taking this position was an easy choice. "I want to align myself with people who are just as enthusiastic about recovery as I am, and SCCMHA is an outstanding leader in the recovery movement," she said. "I left the interview excited about the possibilities. I'm so excited to have been offered an opportunity to be a part of this team and use my skills to help consumers live the life of their dreams."

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SCCMHA WELCOMES DR. KIME

Her office will be located at the SCCMHA Towerline facility in Buena Vista Township, where she will meet regularly with consumers to assist with overhauling and developing treatment plans that align more closely with the principles of recovery. These principles, outlined by the Substance Abuse and Mental Health Services Administration (SAMHSA) include:

- **Hope** - The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.
- **Person-Driven** - Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals.
- **Many Pathways** - Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds — including trauma experience — that affect and determine their pathway(s) to recovery.
- **Holistic** - Recovery encompasses an individual’s whole life, including mind, body, spirit, and community.
- **Peer Support** - Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.
- **Relational** - An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.
- **Culture** - Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person’s journey and unique pathway to recovery.
- **Addresses Trauma** - Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.
- **Strengths/Responsibility** - Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery.
- **Respect** - Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems— including protecting their rights and eliminating discrimination — are crucial in achieving recovery.

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Saginaw County Community Mental Health Authority is the local, separate governmental unit serving Saginaw County, a Community Mental Health Services Program (CMHSP), which provides and manages publicly funded specialty mental health and substance use disorder services.

SCCMHA is headquartered at 500 Hancock Street in Saginaw and provides numerous services including evaluations, screenings, treatments and referrals. SCCMHA assists approximately 5,000 Saginaw County citizens each year.