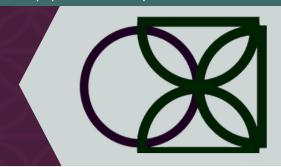
June 2024



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A Message from the CEO, Sandra Lindsey

Greetings SCCMHA staff and contracted network members. I hope this message finds you all well. I once again want to thank you all for your efforts and commitment to serving SCCMHA consumers and families as workforce shortages continue. Summer is upon us, and I hope you and yours will be making the best of the season. As I write this article, the weather forecast is for dangerously high temperatures this month so do be careful out there and remind the persons you are serving to hydrate and use sun protection.

In this issue of our newsletter, I would like to share several updates you may find of interest by subject matter.

Certified Community Behavioral Health Clinic (CCBHC) Certification Submission

SCCMHA, like all the Certified Community Behavioral Health

Clinic Demonstration sites across the state, has just recently submitted documentation to MDHHS for recertification. The submission required sites to submit evidence that they were meeting 114 different standards. We submitted 454 files to the state portal, as our evidence of meeting these standards by the due date of June 3, 2024. We are awaiting word that we have either met the standards or to find out if we have deficiencies that will require a Plan of Correction, which will need to be sent to MDHHS in three days from notification.

My thanks to all the clinical and support staff that assisted in the compilation of our CCBHC evidence of SCCMHA meeting the standards.

CCBHC Certification status is important to us because it allows us to receive extra revenue to support services to those with Mild and Moderate conditions and to support service to persons who are uninsured. Certification also means that we are meeting all the requirements of the Substance Abuse and Mental Health Service Administration (SAMHSA) the federal agency that oversees the CCBHC initiative across the country. CCBHC participation requires the individual enrollment of persons eligible which includes adults with mild/moderate to serious mental illness and youth with mild/moderate emotional disorders.

The current CCBHC enrollment of persons served as of May 31, 2024, was 4,552 persons. (4,211 persons are Medicaid insured and 341 are uninsured or commercially insured.)

Continued on next page...

SUICIDE PREVENTION LIFELINE CALL OR TEXT: 988



SCCMHA Medicaid Waiver and Behavioral Health Home Enrollment

Since I have been tracking the enrollment of persons served in the various Medicaid Waivers managed by SCCMHA, I thought I would share the enrollment counts for each.

ISPA Waiver - 842 (691 adults and 151 children/youth) enrolled as of June 12, 2024

HSW Waiver -151 persons as of May 31, 2024 SED Waiver - 9 youth as of May 31, 2024 CWP Waiver - 11 youth as of June 12, 2024 Behavioral Health Home - 408 as of May 31, 2024

Capital Projects at SCCMHA Facilities

Pardon our dust but space expansion needs and improved infrastructure are necessitating a number of capital improvements at our facilities.

Hancock Building

New Natural Gas Generator at Hancock

The first project is the purchase and installation of a natural gas generator at the Hancock building that went live on April 13, 2024. Weather conditions and other emergencies cause power outages from time to time and this new generator will restore power at the Hancock building on all three floors in an outage in near real time. The Hancock Building is the location of our information technology hub for all our eight locations and additionally supports all of our contracted providers that use our electronic health record. Supply chain issues caused equipment delays but we now have a way to keep our systems running even in a power outage and we are so pleased that the generator is on site, connected to natural gas and operational. The cost of the generator and installation was \$411,147.

Genoa Pharmacy / Community Support Services Renovation / and New Outpatient Clinic Space at Hancock

Genoa Pharmacy at Hancock has just recently completed their space upgrade and renovation in a reduced footprint in the building, freeing up a section of space on the first floor adjacent to the pharmacy. Ultimately the newly available space will be built out for a new Outpatient Clinic but in the short term, it is being converted as one of the places to temporarily relocate the staff from the Community Support Service (CSS) unit on the second floor at Hancock. This will then allow for the long-awaited complete renovation and redesign of the Community Support Services suite which we hope to get underway early this fall through the spring of 2025. The anticipated cost of the CSS renovation is between \$400,000-\$530,000.

Albert and Wood Professional Development and Business Center

Human Resources

The Albert and Woods Professional Development and Business Center is also seeing capital improvement activity. The Human Resources suite has been enlarged and redesigned to accommodate the addition of much needed new staff space to address the workload of this department. The new suite will add three new offices, one of which will be for the current clerk to join the suite and the other two offices are for new staff positions. The redesign also adds more storage space. To find the needed square footage for the redesign and expansion necessitated the inclusion of the Contracts Office conference room and reducing the size of the HR waiting room. The renovation is about complete and awaiting furniture delivery. The total cost of the renovation is not yet final at this writing, as time and materials invoicing is still in process.

Continued on next page...



Continuing Education Training Rooms

The training rooms on the upper level of the Albert and Woods building are also getting help with temperature control in the large training room with new motorized window blinds and portable, movable room dividers for sound control when a smaller space for training is needed. In the other two training rooms, the small room (#116) and medium room (#115) are being equipped with operable soundproof collapsing room dividers to replace the wall between the rooms. This will allow for another larger training room when needed. This renovation work and a new room divider will cost \$39,260.

Albert and Wood Building Signage at Parking Lot Approach

Because the Albert and Woods building sign at the entrance of the parking lot has been demolished by cars driven by bad or intoxicated drivers twice, the location of a new illuminated sign is being moved to the left side of the street approach and will be located on top of a much larger masonry foundation. Tree removal on both sides of the drive will hopefully make the approach easier to read and keep the sign safe. The cost of this project is \$25,437.

Albert and Woods Building Water Tower and Chiller Replacement

The Albert and Woods Building has needed a solution for building cooling. The same water tower has been in use since we bought the building many years ago. It has exceeded its life expectancy, and we need to modernize the way the building is cooled. A new air-cooled TRANE System was delivered on May 13, 2024, to the McNally crane yard where it is being stored until installation this fall. We are waiting until fall because the installation will take some time and we did not want the building to be without AC this summer. Once installed, this modern air-cooled unit can operate at any time 365 days a year, not just seasonally as is the case with our current cooling system. The cost of this project is \$549,700.

Welcome New SCCMHA Board Member, Maria Vela

Maria Vela is the newest member of the SCCMHA Board of Directors. She began her term appointment in March of this year. Maria was born in Texas and moved to Saginaw in 2021, where she currently lives with her four children.

She received her licensed vocational nursing degree in 2017 from Rio Grande Valley College's School of Nursing, located in Pharr, Texas.

Maria also serves as the Director of Community Outreach for the Mexican American Council of Saginaw, as well as running a local business and working with nonprofits in Saginaw County.

One of the things Maria prides herself on in her position with the SCCMHA board is her ability to represent the Hispanic community of Saginaw County, finding ways to inform and encourage mental health care among them.

That is all the news from me in this this newsletter issue. I hope you all have a wonderful summer.

Regards, Sandra M. Lindsey. CEO



13 Warning Signs for Potential Workplace Violence

By: SCCMHA Security Coordinator, Kyle Lipp

In any organization, it is everyone's responsibility to help maintain a safe environment. We often spend more time with our coworkers than with our own families, so we can usually tell when something is off or different. Being aware of warning signs can help prevent potential violent outbursts. Below are thirteen warning signs to watch for:

- 1. Verbal Threats: Making threats against individuals or the organization.
- 2. Physical Aggression: Exhibiting aggressive behavior such as hitting, kicking, or pushing.
- 3. Intense Anger: Showing extreme anger or rage disproportionate to the situation.
- 4. Mood Swings: Experiencing dramatic changes in mood or behavior.
- 5. Depression or Withdrawal: Displaying signs of severe depression or withdrawing from social interactions.
- 6. Obsession with Weapons: Showing an unusual interest in or possession of weapons.
- 7. Paranoia: Exhibiting signs of paranoia or irrational mistrust of others.
- 8. Substance Abuse: Abusing drugs or alcohol.
- 9. Poor Work Performance: Sudden decline in work performance or attendance.
- 10. Isolation: Isolating themselves from coworkers or refusing to participate in group activities.
- 11. Changes in Personal Habits: Drastic changes in personal appearance or hygiene.
- 12. Stalking or Harassment: Stalking or harassing coworkers.
- 13. History of Violence: Previous history of violent behavior or outbursts.

If you notice any of these warning signs, it's important to report them to the supervisor or security personnel. These signs may not lead to workplace violence, but by staying vigilant and proactive, we can help maintain a safe and supportive workplace for everyone. If you have any questions please don't hesitate to reach out to me at kyle.lipp@sccmha.org.

Meet Up and Eat Up - Free Summer Meals in Michigan

Eating well this summer can be easy! Organizations and school districts in your area have partnered with Meet Up and Eat Up to provide everyone aged 18 and under with delicious, nutritious meals. This year, we've added additional sites to serve more children in rural areas.

All summer, children 18 and under can eat healthy, satisfying meals in their communities at no cost. No application is required, no registration is needed, and no proof of residency is asked for — just show up and enjoy a meal!

Visit the <u>interactive map</u> to find the location nearest you. You can also text "FOOD" or "COMIDA" to <u>304-304</u> to find free meals in your neighborhood.

Meet Up and Eat Up's summer meals are for everyone in the community. When people come together to eat these delicious, healthy meals, your community benefits. So come pick up a plate and meet your neighbors!

Please note meals are intended to be consumed on-site.





Continuing Education Updates

- SCCMHA has several upcoming dates for Mental Health First Aid training. This training is especially targeted to those who want to understand more about mental health challenges and learn how to appropriately respond. More information can be found here: https://www.sccmha.org/training/mental-health-first-aid
- SCCMHA Continuing Education now has an electronic form for adding new and removing terminated staff. This electronic form speeds up provider training record maintenance.

Submit your Staff Add/Remove request(s) through one of these links:

Direct Care: Direct Care Provider Training | SCCMHA

SD Staff: Self Direction Provider Training | SCCMHA

Autism Staff: Autism Provider Training | SCCMHA

This form is used to automatically notify SCCMHA Continuing Education to Add a new staff training record for your provider.

This form must be submitted **before** your staff begins SCCMHA online training.

Providers will also use this form to **Remove** terminated staff from your provider training records.

This will also remove the staff from your required training reports.

- Please respond with any report questions or concerns to the CEU Direct Care Reporting Outlook box: ceu.direct.care.reporting@sccmha.org
- SCCMHA Training is experiencing low attendance with confirmed registrations. No shows displace those who
 need the training. Please be sure you are reminding your staff about the training dates and/or contact SCCMHA
 Training to cancel or reschedule if they cannot attend training.
- SCCMHA Trainers are noticing increased use of cellphones and staff falling asleep during training. Please remind your staff of SCCMHA training requirements.
- SCCMHA has a dedicated link to Direct Care Staff Training on the SCCMHA website. Most information you need can be found at this link, please take the time to review it: https://www.sccmha.org/training/direct-care-provider-training.html
- AFC Homes: New Home Manager training registration is open. ALL NEW HOME MANAGERS ARE REQUIRED TO ATTEND: Wednesday June 26 and Thursday June 27, 2024
- As a reminder, SCCMHA Continuing Education has implemented a paperless process for all external training documentation submissions via this link:

 $\frac{https://sccmha.teamdynamix.com/TDClient/766/ContinuingEducation/Requests/TicketRequests/NewForm?}{ID=tMOay4Mi5Zk_\&RequestorType=Service}$

Bayside Boutique Donations

We have had many individuals ask if there is a way to donate clothing to persons served. The Bayside Boutique within the Bayside Clubhouse at 2700 W. Genesee, Saginaw, MI 48602 accepts donations of clothing in good condition. Itemized donations are also tax deductible. Donations can be dropped off Monday through Friday from 9:30am to 2:30pm. Clubhouse members are available to assist with unloading during drop-off. The clothing items are available for purchase for \$1.75 each. Through the end of June, clothing is on sale for \$1 per item! The boutique is open to all!





SCCMHA Staff Member Receives Clubhouse Michigan Award

One of the hallmarks of the Transitional Employment program through Bayside Lodge Clubhouse is to motivate persons served to find success in the workforce. For Florentino (Tino) Garcia, he achieved that goal and then some, receiving an award from Clubhouse Michigan for Overcoming Challenges to Achieve Employment Success in early April.

Moving to the Saginaw area from Holland, Michigan 10 years ago, Tino has worked tirelessly to get into the workforce in many different ways, ultimately finding his success through Bayside Lodge Clubhouse. Through the Transitional Employment (TE)



program, Tino was able to secure temporary jobs around Saginaw. He held a custodial position with Training and Treatment Innovations for some time, before working for Goodwill, stocking and preparing clothes for resale. Ultimately, he was able to get a position with SCCMHA as a Continuing Education Clerk on a temporary basis. However, once his TE tenure was completed, he was hired as a permanent employee.

The focus of the TE program is to connect those who come in with jobs to help them get back into the workforce, get experience and provide further and more permanent job opportunities. Tino attended a ceremony which was attended by various Clubhouse Michigan representatives and Michigan Lieutenant Governor Garlin Gilchrist. He felt privileged to receive the award. "It was an honor, I've never received any kind of awards like this before," Tino said. "For a lot of people like myself, it's a challenge getting back into the workforce after having difficulties like I've had, but I'm grateful to have gotten here." Tino credits his time working with Bayside for where he is now and the work they do to help everyone achieve their successes. "The clubhouse is like a family, everyone there is supportive of each other's goals," Tino said.

Bayside Lodge Clubhouse in Saginaw, Michigan, is a community-based service that helps people with serious mental illness. The club's mission is to help members lead fulfilling lives in society by supporting their rehabilitation, education, employment, housing, wellness, and friendships. They have been a part of the Saginaw County Community Mental Health Authority for decades. The program is organized around psychosocial rehabilitation with emphasis on recovery and returning to the workforce for adults with mental illness.

Genoa Pharmacy Hours

As a reminder, in May the Genoa Pharmacy hours at 500 Hancock were update to the below:

- Monday-Friday: 8:00 am 6:00 pm (closed for lunch 12:15 pm 12:45 pm)
- Saturday (Not open to the public, only for Crisis and AFC Homes): 11:00 am 2:00 pm

To contact the pharmacy for emergency medications on Saturday, please call (989) 793-3130. To contact the pharmacy after hours, Monday to Sunday, please call (866)-242-7112.



SCCMHA DEI Update

As SCCMHA continues to develop efforts to advance Diversity, Equity and Inclusion (DEI) within the agency, we wanted to share an update as to the work that is being done to move our initiative forward. We have not let up on our goals and our team continues to meet and discuss the best ways to acknowledge and improve workforce diversity, appreciate equity and its impact and create a more impactful sense of belonging and inclusion here at SCCMHA for staff and those we serve.

Recently, the Action Team has selected the logos below to accompany any DEI program, project or communication from SCCMHA. The logo was chosen to reflect the message of diversity that we hope to instill across the agency

across the agency.



SCCMHA is currently seeking a Diversity and Workforce Development Officer to oversee the implementation of the DEI Action Plan. This position will work to support and guide DEI principles and endeavors at SCCMHA, assist to recruit and retain a diverse workforce, and improve overall workforce culture.

Our candidate requires human resource workforce recruitment experience, ideally in healthcare, colleges/universities and non-traditional recruitment audiences like college fraternities' and sororities. The ideal candidate must have DEI knowledge as specified in the job description. Paul Elam, PhD, who has been leading our current DEI initiatives, will be training and coaching the individual once hired.

To learn more about this position, click here.

Executive Director of Clinical Services and Programs Kristie Wolbert has been introducing activities with her team to encourage dialogue and educate staff on how we can support DEI efforts. These activities include things such as ice-breaking questions to learn what team members have in common with each other and lead to more in-depth prompts on disabilities and diversities that we encounter in our everyday lives. The focus of these is to promote a sense of belonging and acceptance among the workforce.

The plan is to build upon the path set in this way and create a resources tool kit to make instructions for DEI staff activities available for all supervisors to use with their staff.

As we continue to develop and roll out our DEI Implementation Plan, we look forward to learning more about our staff and making SCCMHA a more diverse and welcoming place to work and serve our community.

Genoa's 2024 Art Celebration

Genoa Healthcare's annual Art Celebration, which honors our persons served, their talents and the healing power of art, is now open for submissions.

Genoa invites persons served to submit their original portraits, landscapes, still lifes, and other forms of art for a chance to be featured on Genoa's social media, website and more.

Learn more about our annual Art Celebration and encourage persons served to share their original work by July 31 at this link <u>HERE</u>.

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Program Spotlight: Omnibus Budget Reconciliation Act of 1987 (OBRA) and Enhanced Health Services (EHS)

Saginaw County Mental Health Authority (SCCMHA) OBRA unit is a federal grant funded department that ensures individuals mental health & behavioral health needs are being meet while in a nursing facility and to advocate and support individuals to age in place, meaning nursing facilities should be the last resort as placement options. We work collaboratively with the MDHHS-OBRA office while maintaining and managing the OBRA MiLogin electronic referral system. We receive the 3877/



78 forms which are the referrals that initiate evaluation of individuals who are in and/or going into a nursing home placement. OBRA keeps track of who needs evaluation and tries to remind the facilities of when an individual's annual resident review (ARR) is coming up due and when appropriate to send for further evaluation. This means that for anyone who is going into a nursing facility, regardless of their type of insurance and/or if they are a person served at SCCMHA, we are required to receive the referral for review. This is known as the Level I screening to determine if they have a serious mental illness and/or intellectual & developmental disability as defined in the MDHHS-OBRA Operations Manual in which a full Level II evaluation is required.

If you have any questions or want to know more about OBRA and our process, feel free to give us a call.

Amanda Pennell-OBRA Coordinator @ 989-797-3419

Jordan Schantz-Clinical Social Worker Assessor @ 989-272-7209

Michelle Vance-Supervisor @ 989-272-7207

On the Enhanced Health Services team, SCCMHA continues to have two Occupational Therapists (OTs), two Registered Dietitians (RDs), and a Physical Therapist (PT). EHS addresses health conditions related to the person's mental health or intellectual disability and is composed of collaborative and integrative programs striving for mental and physical health promotion which will result in functional improvement that is significant to the individual's ability to perform daily living tasks appropriate to their chronological, developmental, or functional status.

Services may include direct treatment, staff monitoring, family and care giver training/education, and monitoring of established home programs, recommendations for specialized equipment and supplies, assistive technology, and enhancing community integration. Goals and outcomes established by the EHS staff will be integrated into the Individual's Plan of Service (IPOS) by the case holder. While these services are available for consumers over an array of populations which include children, adults, and the aged SCCMHA is the payor of last resort. Therefore, consumers must exhaust their medical benefit for these services prior to beginning the referral process. The following page includes graphics detailing the services our PTs and OTs can provide and the differences between appropriate and inappropriate referrals to the Dietitians.

If you have any questions or just want to know more about EHS and our process, feel free to give us a call.

Michelle Vance-Supervisor @ 989-272-7207

Felicia McRae, OT @ 989-797-3449

Jessica Huber, RD @ 989-272-7237

Suzanne Perkins, PT @ 989-272-0218

Janet Giem, OT @ 989-797-3444

Patricia Ruth, RD @ 989-272-7220





PT and OT services

Physical Therapy

- Address lower extremity losses of strength, mobility
- · Gait training and education
- · Balance re-training and education
- · Fitness and wellness programs
- Transfer training both manually and by mechanical lifts
- Community integration addressing barriers and stigma
- · Staff education and training
- Wheelchair consultation and training

Occupational Therapy

- · Address deficits in ADLs and life skills
- Address functional cognitive problem solving related to sequencing, motor planning, and home task
- Address sensory processing deficits
- Address upper extremity losses of strength, mobility, and dexterity
- Transfer training both manually and by mechanical means
- · Staff education and training
- Community integration addressing barriers and stigma
- Use of adaptive devices and environment

Appropriate Referrals to Dietitian

1. Diabetes Pre-diabetes, new diagnosis, poorly controlled blood sugars, insulin

dependent, etc.

Weight Overweight or underweight with a desire to change.

3. Nutritional Support Receiving tube feedings, receiving supplements (Ensure, Boost, etc.)

Cardiovascular Disease High blood pressure, abnormal cholesterol, or triglycerides, etc.

Picky Eaters Less than 20 foods consumed, difficulty with mealtimes.

6. Education General healthy eating / nutritional counseling, meal planning, grocery

tours, food models, healthy cooking, label reading, budgeting, etc.

Other Specific bowel diseases (Crohn's, Irritable Bowel Disease, Celiac, etc.)

Multiple food allergies or sensitivities.

Pressure ulcer.

Inappropriate Referrals to Dietitian

Eating Disorders or self Refer to therapist. Licensed therapist may make referral if

induced vomiting. appropriate

Problems chewing or Refer to Speech Language Pathologist

swallowing

Choking. Refer to Speech Language Pathologist

4. No transportation to get to the Refer to case holder, peer support, community support worker, etc.

store.

Blood in stool Primary Care Physician



SCCMHA Attends Community Events to Help Educate on Mental Health Services

It has been a busy start to 2024 for SCCMHA, partnering with organizations to sponsor events throughout the county and lend their voice to the conversation on improving mental health in Mid-Michigan.

In February, SCCMHA worked with the Barb Smith Suicide Resource and Response Network and sponsored the Saginaw Spirit Mental Health Awareness Game against the Erie Otters. The event saw thousands come through the Dow Event Center, picking up resources and having conversations with various agencies across the Great Lakes Bay Region of best ways to find the help they need.

April saw SCCMHA work with Francis Reh Academy in their Community Resource Fair on April 17. The event hosted students of the school and their parents and provided resources that would benefit the students in their development.

SCCMHA also attended a Mental Health Fair put on by students and staff at Delta Community College on April 22. This was a first-time event hosted by the school and saw several students and staff members discuss the importance of mental health care. Delta College also streamed a webchat for those who could not attend the event to have agencies talking about the services they provide and how to reach them for those in need. Delta College hopes to have further events like this in the future.

Westlund Guidance Clinic hosted their Stomp Out Stigma mile walk on June 1 at the SVRC Marketplace. The focus of the event was to stress the importance of mental health and eliminating the stigma attached with seeking help.

The 8th annual Men's Health Fair was held at the Dow Event Center on June 8 and Psychologist Evan Koehn and IDD Support Coordinator Michael Essenmacher attended for SCCMHA. The event was held in collaboration with other healthcare providers in the county to provide health resources to men across Saginaw County. Health screenings were provided by several of the other agencies and many attendees stopped by the SCCMHA table to engage in discussions with Evan and Michael on mental health care (pictured below).

SCCMHA is making more efforts to be further involved in more events going forward to reach more of the people and connecting them with resources.

"Having a presence in Saginaw County is an important message to send, letting our community know that we're here to serve them in their mental health needs," said Public Relations Specialist Andrew Fergerson. "We want to meet those who need assistance where they are."



Sun Care Tips and Facts





EVERYONE! Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime.



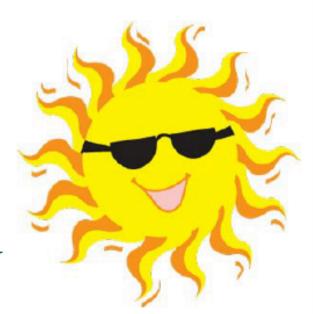


Even on cloudy days, up to 80% of the suns UV rays can reach your skin.

Water, snow and sand can reflect and Intensify the sun's damaging rays.

Practice Safe Sun

- Seek shade, especially from 10am to 2pm when the sun's rays are the strongest.
- Dress to protect yourself from the sun by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Remember to reapply every 2 hours or after swimming or sweating.





HOTDOG & SLOPPY JOE SALE

JUNE 28TH HANCOCK LOBBY 11:30AM - 1:00PM

\$5 for a meal - includes choice of hot dog or sloppy joe, baked beans, chips, and choice of dessert (cookie or brownie).
(Chips and beans may be substituted for each other or for dessert)
Only want the main dish? \$5 for 3 Hot Dogs or Sloppy Joes
Add an additional hot dog or sloppy joe onto a meal for \$1
Purchase a single hot dog or sloppy joe for \$2





SUMMER FUNDRAISER FRIDAY, AUGUST 9TH

12PM - 2PM AT A&W OUTSIDE, UNDER THE PAVILLION

ACTIVITIES

\$10 - TIE-DYE AN SCCMHA T-SHIRT
\$1 BAGS OF POPCORN
\$3 ICE CREAM SUNDAES
FREE LAWN GAMES AND ACTIVITIES

T-SHIRT SIZE

CONTACT JENNA BROWN AT

JBROWN@SCCMHA.ORG OR 989-498-2269

TO REGISTER OR FOR MORE INFORMATION