

# Piece OF MIND

03 2015 Edition

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## Local Resident Represents SCCMHA and Saginaw County at 2015 Special Olympics World Games

For years, Steven Shapland has been a familiar face at Saginaw County Community Mental Health Authority (SCCMHA), where he previously received Supported Employment services. Currently Steven receives Support

Coordination services for medication reviews and therapy, and was honored in 2012 with an Everyday Heroes award. You'd be lucky to catch him at home or sitting still for long though, between his schedule at the Home Depot store in Kochville Township, volunteering with the Saginaw County Animal Shelter, surprising visitors at the Junction Valley Railroad Halloween Spook Train, participating in the annual Special Olympics games, and so much more. This year, Shapland wanted to do even more. He had always enjoyed being involved in the Michigan Special Olympics on and off for the past 20 years, participating in track and field, soccer, basketball, bowling, snow shoes and softball. But this year, he had dreams of playing a part in the bigger picture also — the Special Olympics World Games — and he finally got his opportunity.

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On Tuesday, June 9<sup>th</sup>, surrounded by family, friends and coworkers, Shapland carried the Special Olympics Flame of Hope on a portion of its Unified Relay Across America northern route through Michigan's state capitol, Lansing. "I've dreamed about being a part of the World Games for a long time," Shapland said. "I heard about the possibility of carrying the torch while participating in the winter games last year, and I knew I had to do it."

To participate in the relay, Shapland was responsible for raising a minimum of \$1,500 to carry the torch. By the end of his fundraising efforts, he had collected \$2,030, all of which goes to the Special Olympics to provide sports training, competition opportunities and additional programming to empower people with intellectual disabilities.

"I can't tell you what I felt seeing him surrounded by people that care about him so much, carrying that torch," Shapland's mother Margaret Dinnan said. "The Home Depot store had to call in managers from other locations to cover for them because everyone at his location wanted to go to Lansing to support him and be a part of this dream with him. It was amazing."

The Special Olympics Unified Relay Across America mobilizes and unites the nation to welcome and include people with intellectual disabilities. Over the course of 46 days, in a hand-to-hand exchange led by celebrity and Special Olympics athlete co-captains and more than 20,000 movement supporters, the Flame of Hope will be carried across the country and delivered to Los Angeles for the 2015 World Summer Games.

Shapland has cerebral palsy and a trisomy 8 genetic disorder, but he doesn't let his diagnoses interfere with the goals he sets for himself. His late father worked as a carpenter and Shapland always tagged along with him to his favorite store, Home Depot, hoping to one day follow in his footsteps. Now Shapland not only works at Home Depot, but participates in the local Home Depot Foundation volunteer build projects that benefit veterans in the community. "His Dad would be proud of him," Dinnan said. "His work ethic, drive and dedication are hard to match. He puts 100% of himself into everything that he does and I know his Dad is looking down on him smiling every day because he simply refuses to give up on any of his dreams."

So what's next for Shapland now that he's checked yet another item off of his bucket list? "I want to drive," he said with a smile. Dinnan said she has started looking into different programs for her son that offer driving lessons for individuals with developmental disabilities, but hasn't made any concrete plans yet. "This is something he really wants to do," she said. "So I'm going to do everything in my power to try and make it happen for him. Everyone deserves the opportunity to chase their dreams and I'm honored that I get to be a part of his journey while he pursues his."

# A Community of Support

If the American Dream were to be summed up as the idea of owning your own home and spending time doing what you love, you could say that Mike Schuster and Vicki Samuel have that dream in spades. The pair jointly own a condominium off Bay Road and spend much of their time volunteering in the community, attending local events or participating in activities with their respective skilled programs. They both receive Community Living Supports, Support Coordination and Self Determination services from Saginaw County Community Mental Health Authority (SCCMHA). These services facilitate an individual's independence, productivity and promote community inclusion and participation. "I like that owning this condo and living here means that I get to come and go when I choose and do the things I want to do," explained Mike. "I get to live my life exactly how I want and call the shots."

The condominium complex is a community of mixed homes. Some of the individuals are consumers of SCCMHA services, some are not. Originally supported by Carolyn and Ted Rapson as a semi-independent program for individuals with developmental disabilities and mental illness called Open Arms Supported Living, the condos now function as any other typical housing unit in the community. Carolyn, who still lives in the condominium complex, has since transitioned into a natural support system for the consumers living there, advocating during condo association meetings and offering a helping hand and guidance when possible.

In fact, this past winter Carolyn came to the rescue of some consumers when traditional support staff were not able to make it to the condos because of the weather. "Some of the consumers were counting on staff to assist with medications for the day," explained SCCMHA Self Determination Supervisor Nancy Clark. "But the snow piled so high that staff physically couldn't make it back to the complex. Carolyn jumped into action and visited all of the consumers in the building, making sure they had their proper medications, as well as necessities to get through the day. It's such an amazing atmosphere to have her living alongside Mike and Vicki, helping them to live the independent lifestyle they have worked so hard to achieve."

Mike and Vicki are grateful for the support and friendship they receive from Carolyn and the other consumers living in the complex, however they especially appreciate the freedoms and responsibilities that come with living independently. Mike enjoys doing the laundry, taking care of their pet hamster Scooby Doo and keeping the floors vacuumed. Vicki on the other hand enjoys spending her time in the kitchen. "I like to cook and take care of the dishes," she said with a smile. "I like that we bought a condo

instead of a house though," Mike explained. "We don't have to worry about big outside responsibilities like taking care of the lawn during the summer or shoveling during the winter."

When not working around the house, Vicki can be found doing arts and crafts, watching movies, visiting with her favorite therapy dogs through her involvement with Guardian Angel Respite Care, or volunteering at a local thrift store where she helps sort and display donations through Saginaw Valley Rehabilitation Center (SVRC). Mike can be found out and about in the community, participating in outings and events that he attends with the Friends for Recovery Center. "I wouldn't do this without her," he said, referring to Vicki. "We're in this together and it's because of the support we provide each other along with the support of SCCMHA that we are able to live the life we chose for ourselves in this community. I hope others trying to figure out what independence and responsibility looks like for them see that it can be done and you really can live your dream if you have the proper supports in place."



# Celebrating Everyday Heroes in Our Community

Saginaw County Community Mental Health Authority (SCCMHA) celebrated its twelfth annual Everyday Heroes banquet on May 21, 2015 at Horizons Conference Center in conjunction with National Mental Health Awareness Month. The banquet honors consumers and their families for successes, personal growth, participation and leadership skills. It also honors volunteers and organizations who contribute to the mission and vision of SCCMHA. More than 20 area individuals and organizations were honored.

Awards were presented in two categories: Everyday Heroes and Special Heroes.

Everyday Heroes honored included Carl Booker, Sparkles Dixon, Nicholas Fowler, Yvette Gonzales, Irene Gray, Monique Latimore, Michael McGovern, Annette Sian and Brion Younk.



Special Hero Awards were presented to:

1. Agnes Rambo Quality of Life Award to Saginaw Meadows Crisis Residential Unit
2. Bernice Barlow Community Partnership Award to Michigan Public Health Institute
3. Improving Practices Champion Award to Ruth Fraiss, LLPC, CACD
4. Carolyn Rapson & Ted Rapson Living the American Dream Award to Warren "Ben" & Sue Leonard
5. Eileen & Lou Vescio Leadership, Advocacy and Family Support Award to Judith Taylor, Ph.D.

Additional Special Hero Awards were presented to Jean Colby and her therapy dogs Joey and Mia; Sgt. Gary Fitzmaurice; Julie McCulloch; Kathleen Meyer; Peers are Linked for Social Success (PALSS) of Freeland Schools; Sharon Patton; Officer Doug Stacer; Susan Smith, Judge Janet Boes and Judge James Borchard of the Saginaw County 10th Circuit Adult Felony Drug Court; Tanya Blehm, Tom McGarrity and Mike Bacigalupo of Temple Theatre; and Lynn White.

"These recipients have inspired us to live well despite life's adversities. They have been leaders in changing the way help is provided to those with mental illness and developmental and intellectual disabilities. They are advocates, consumers, providers and community partners who are paving the way for a brighter future," says Sandra Lindsey, CEO of SCCMHA. "They are heroes who go above and beyond. Our organization and our community are richer for their many contributions."

# Building a Healthier Community

For mental health consumers, receiving adequate overall healthcare traditionally meant navigating disjointed resources and systems. Seeing a professional for mental health services meant visiting an SCCMHA location, while addressing other acute health concerns such as diabetes or high blood pressure meant visiting a different professional across town. For consumers with limited transportation options and multiple schedules to juggle, regular healthcare checkups and maintenance presented too many barriers. The overall health of consumers and the community suffered. However, SCCMHA is determined to make changes and reduce the barriers that prevent consumers from getting the care they need and deserve.

In an effort to move toward a more integrated healthcare approach, the first floor of SCCMHA's main headquarters at 500 Hancock Street is being remodeled in a two-phase project. The result will be a healthcare hub for many consumers.

Phase I, which was completed in May, focused on remodeling the space where Centralized Access and Intake (CAI) and Crisis Intervention Services (CIS) were located. The units were moved to a temporary space while renovations took place, and have since moved back to the finished space which now includes two new waiting areas and nine interview rooms — tripling the former area's available resources. A Department of Health and Human Services kiosk is also available in one of the waiting areas,

providing consumers an opportunity to apply for Medicaid and other resources at their convenience. The space is much more open and welcoming, and technology upgrades allow staff to easily project medical charts on television screens to review with consumers. This makes the experience more streamlined and engaging for consumers when first accessing services or experiencing a mental health crisis.

Phase II of the remodeling project is planned to start this summer and will focus on renovating the first floor area that once housed the Family Services unit. Once completed, the area will include a permanent location for the new specialty health home operations as well as SCCMHA psychiatry staff, injection nurses, clinical nurses and lab and expanded examination rooms for primary care through Health Delivery, Inc. Advance Care Pharmacy will remain in their adjacent first floor location.

“The whole goal of this remodeling project is to create an environment for consumers where all of their healthcare needs can be met at once,” explained SCCMHA Director of Clinical Services Linda Schneider. “By creating a space where physical health professionals and mental health professionals can easily communicate with each other about treatment options, and consumers can have multiple needs addressed at once, the barriers to achieving better overall health are greatly reduced.”



# Do You Know The Five Signs?

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition. Half of all lifetime cases of mental disorders begin by age 14.

Often our friends, neighbors, co-workers and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Compared to widespread health concerns like cancer and heart disease, mental health has often been the underdog in gaining any real national recognition and coverage — except when tragedy strikes, stirring up tough conversations in the immediate aftermath. In an effort to create a comprehensive and ongoing dialog about mental health concerns across the country, the non-profit organization Give an Hour, along with leading mental health experts and organizations and First Lady Michelle Obama, have launched The Campaign to Change Direction.

The Campaign to Change Direction was inspired by the discussion at the White House National Conference on Mental Health in 2013, which came on the heels of the Newtown, Connecticut tragedy. This movement aims to help people understand mental health as having equal value to our physical health, create a common language that allows people to recognize the signs of emotional suffering in themselves and others and encourage everyone to care for their mental well-being and the mental well-being of others.

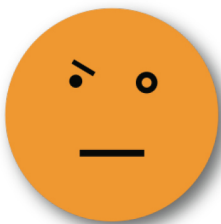
The five signs that indicate when someone is in emotional pain and may need help include: personality change, agitation, withdrawal, poor self-care and hopelessness. There is also an opportunity to make a pledge, either as an individual or as a community/group, to learn the five signs and encourage mental health and well-being for everyone.

To learn more about the campaign and the five signs, explore downloadable resources, view pledge videos and to make a pledge of your own, visit their website at [changedirection.org](http://changedirection.org). Join the movement to change direction on mental health conversations and care across the country!



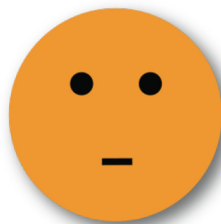
## Personality Change

You may notice sudden or gradual changes in the way that someone typically behaves.



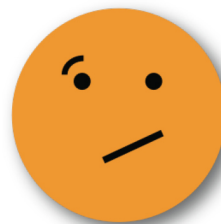
## Agitation

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down.



## Withdrawal

They withdraw or isolate themselves from other people.



## Poor Self-Care

They stop taking care of themselves and may engage in risky behavior.



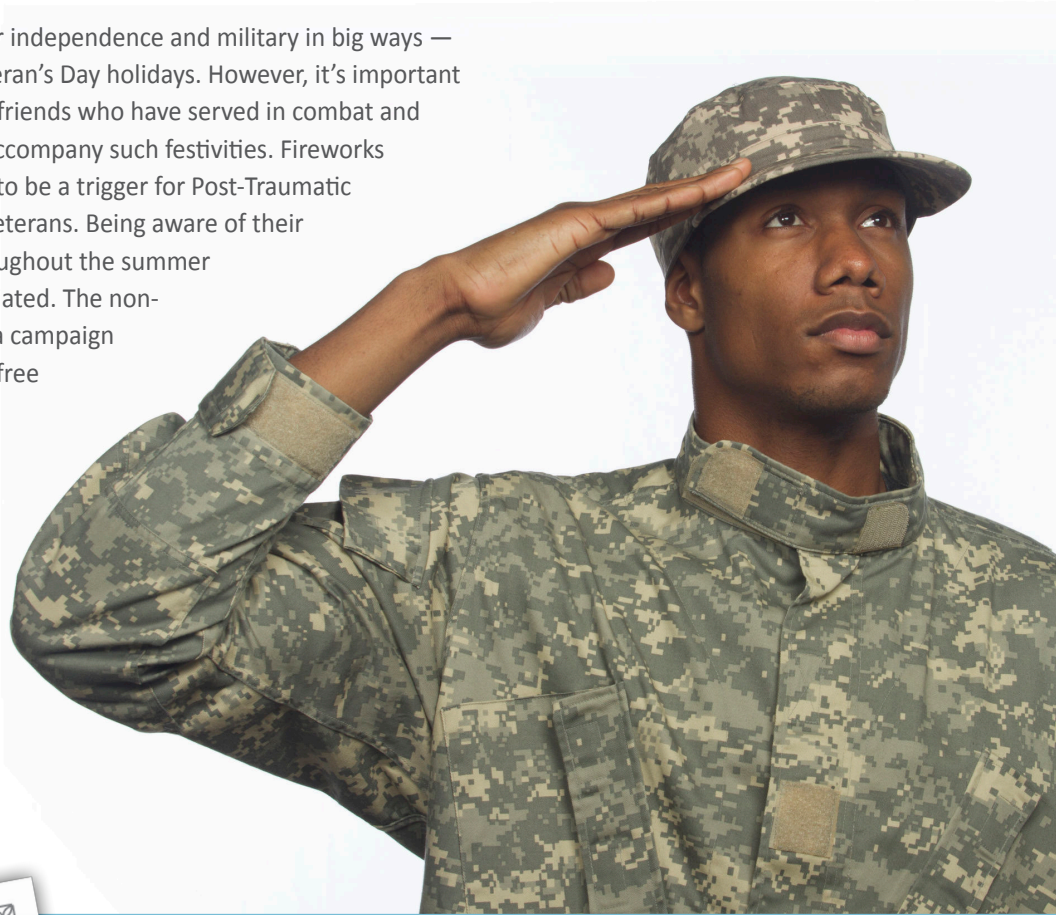
## Hopelessness

They seem overcome with hopelessness and overwhelmed by their circumstances.

## Explosion of Kindness: Veterans with PTSD

Traditionally, Americans like to celebrate our independence and military in big ways — especially during the Fourth of July and Veteran’s Day holidays. However, it’s important to be mindful of our veteran neighbors and friends who have served in combat and may be sensitive to loud noises that often accompany such festivities. Fireworks and other loud activities have the potential to be a trigger for Post-Traumatic Stress Disorder (PTSD) symptoms in many veterans. Being aware of their proximity to your outdoor celebrations throughout the summer and adjusting as necessary is greatly appreciated. The non-profit group Military with PTSD has started a campaign called “Explosion of Kindness” by providing free yard signs to educate people on the effects fireworks may have on veterans and other individuals who are afflicted with PTSD. If you are interested in learning more or donating to help fund the production of these signs, visit their website at [militarywithptsd.org](http://militarywithptsd.org).

Please be aware there are people who did not serve in the military who may also experience trauma related to the discharge of weapons which is triggered by the sound of fireworks.



## 2014-2015 Annual Progress Report

The 2014-2015 SCCMHA Annual Progress Report is available for viewing at [www.sccmha.org/news-information/annual-progress-report.html](http://www.sccmha.org/news-information/annual-progress-report.html). This publication celebrates the progress of consumers, their families, our program partners and many others who have helped us move our vision and mission forward in Saginaw County.

# Holidays, Observances & Events in Saginaw August – October

## August

- 4 – National Night Out @ Saginaw Soccer Complex
- 4-8 – Saginaw County Fair
- 16 – Walk for Hope 5K Walk/Run @ Northwood University

## September

### **National Recovery Month**

- 7 – Labor Day

## October

### **National Disability Awareness Month**

- 8 – SCCMHA Disability Awareness Month Celebration
- 12 – Columbus Day
- 31 – Halloween



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