

## Saginaw County CMH shows improvement in Evidence-Based Practices numbers

SCCMHA would like to recognize outstanding performances from staff in our Evidence-Based Practices (EBP) in FY26 Q1.

Increasing numbers of positive improvement and work in EBP could be found in such practices as Motivational Interviewing, Dialectal Behavior Therapy, and Parent Support Partners, seeing strong upticks in those areas.



We'd like to recognize the following staff for excellent work in the first quarter of 2026:

- Elise Hodgins
- Laine Hilts-Forcade
- Myesha Crockett

We'd also like to note Dakota Cook of Saginaw Psychological for their positive work as well.

Thank you for all that you do, we appreciate your hard work and strong efforts to those we serve at SCCMHA!

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## SCCMHA Training Updates

*Written by Continuing Education Supervisor Alecia Schabel*

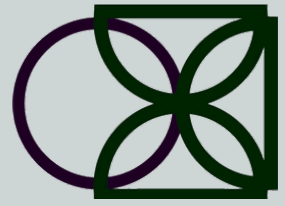
### **SCCMHA Annual Training Renewal:**

SCCMHA will undergo several audits in 2026, including a CARF audit scheduled for early April. To ensure compliance, all staff are required to review and complete SCCMHA annual renewal trainings in a timely manner.

SCCMHA CEU has been sending individual notifications to teams regarding updates within the LMS. Additional information is also available through the dedicated CEU link on the SCCMHA intranet: [Annual Training Renewal | SCCMHA](#)

To assist staff, CEU has created a brief 3.5-minute video tutorial in the LMS catalog titled "How to Complete Required Courses – A Tutorial." A Navigation Guide is also available through the mentioned CEU intranet link.

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Please log in to the Absorb LMS to review your assigned training requirements and completed courses to ensure your training record is accurate and up to date.



## **Upcoming Mental Health First Aid Trainings**

Saginaw County Community Mental Health Authority would like to announce three upcoming Mental Health First Aid training sessions open to the community:

- Tuesday, March 31 – Adults Intervening with Youth
- Tuesday July 28 – Intervening with Adults
- Wednesday, July 29 – Adults Intervening with Youth

This training is not for clinical professionals. In this training, enrollees will learn how to provide initial support to a person going through a mental health crisis, going through thoughts of suicide, or developing a mental health or substance use problem and assist with directing them to the best care available.

Training is \$30, at a reduced rate from \$170 and is a great tool to help those in your community who may need it at their toughest and most vulnerable moments.

Space is limited for this training.

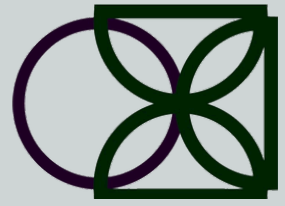
For information on the training and how to register, follow the link: [Mental Health First Aid Information | SCCMHA](#)

## **Community ASIST – July 8-9, 2026**

SCCMHA would like to highlight the importance of assisting individuals going through a behavioral health crisis by offering ASIST (Applied Suicide Intervention Skills Training) on July 8-9 from 8:15 a.m. – 4:30 p.m. at A&W.

This training is offered to the community at no charge and staff is encouraged to share this with community members.

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In this no-cost training, enrollees will learn how to

- Help someone with thoughts of suicide to develop a safety plan to keep safe-for-now and connect with further help
- Apply a Safety Framework to guide the development of this SafePlan through collaborative, helping relationships
- Understand how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it
- Build confidence and capacity in providing suicide first aid
- And more helpful information

Space is limited for this training and CEs are available for Licensed Social Workers.

To enroll, follow the link:

[LIVINGWORKS ASIST Suicide First-Aid Intervention Training – Fill out form](#)





**Suicide First-Aid Intervention Training**  
**At No Cost**

**July 8-9, 2026 from 8:15 a.m. - 4:30 p.m.**  
For those who live or work in Saginaw County

**LivingWorks ASIST (Applied Suicide Intervention Skills Training)**

*Recognized as the global leader in suicide intervention training, LivingWorks Asist is a two-day interactive workshop in suicide first aid.*

**In this training, you will learn how to:**

- Help someone with thought of suicide to develop a safety plan to keep safe-for-now and connect with further help
- Apply a Safety Framework to guide the development of this SafePlan through collaborative, helping relationships
- Understand how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it
- Build confidence and capacity in providing suicide first aid

**How will you learn?**

- Trainer presentations and videos to stimulate discussion and support learning
- Extensive opportunities for skills practice
- Shared participant experiences that enrich learning
- Trainer-facilitated workgroups to optimize participation

Anyone aged 16+ years is encouraged to take LivingWorks ASIST. No previous training is required. This training strengthens your whole community, building a network of safety that helps you apply suicide first aid in many settings, such as schools, homes, workplaces, and as a part of formal caregiving roles.

**Space is limited**  
**To register: <https://forms.office.com/r/Dgx7u1Qinq>**  
**Or scan the QR code**



- Lunch provided both days
- CEs available for Licensed Social Workers

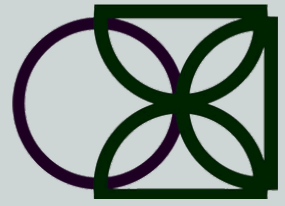
## HCBS Documentation Reminder: Community Outing Logs

*Written by Provider Network Auditing Supervisor Melynda Schaefer*

To support ongoing compliance with Michigan's Home and Community-Based Services (HCBS) Final Rule, AFC providers must ensure thorough and person-centered documentation of community integration activities. Recent Michigan compliance reviews have identified documentation gaps, particularly related to resident choice, community engagement, and how settings demonstrate autonomy and integration.



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## **Required Logging for Community Outings**

AFC homes should document the following for each individual, at a minimum:

- Community Outings at Least 2x per Week
  - HCBS requires settings to support full access to the greater community and meaningful participation. Logs should reflect opportunities provided for individuals to engage in activities consistent with their interests and goals.
- If the Individual Declined
  - If a community outing was offered but the person declined, the log must note:
    - That the opportunity was presented
    - The individual's choice to decline
    - Any alternative activity the individual preferred (if applicable). This supports the HCBS expectation that autonomy and daily choice are respected and not regimented.
- Narrative on Community Engagement & Personal Choice
  - For each outing attended, include a brief narrative describing:
    - How the individual engaged with the community
    - What they chose to do (documenting that participation was based on the person's preference)
    - Any supports provided to help the person integrate meaningfully

Michigan's compliance findings highlight that documenting individual choice and setting-level practices is essential for demonstrating adherence to HCBS requirements. HCBS guidance also emphasizes that settings must optimize independence, ensure access to the community, and support choice of activities—all of which should be reflected in logs.

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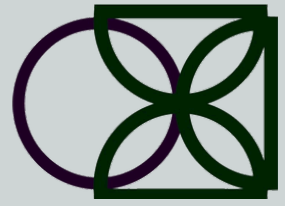
## **Submitting Documentation Before a Licensed Residential Audit: What Providers Need to Know**

*Written by Provider Network Auditor Tiffany Barnett*

Preparing for an audit can feel overwhelming, and the Auditing Department understands that gathering documentation ahead of time can be challenging and time-consuming. Our goal is to partner with Providers before the audit to ensure a smooth, efficient process for everyone involved.

When documentation is not provided prior to the audit date, it can lead to delays in the 30-day turnaround time, longer visits in the Persons Served home, and potential disruptions to the individuals receiving services. Preparing early helps avoid these issues.

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## **What to Expect Before the Audit**

Auditors send an audit notification 30 days prior to the audit.

This notification includes:

- The audit tool
- Notification letter
- An Audit Request Guide outlining the documentation needed for review
- An event verification letter listing items required for event verification



The first step in the process is the entrance conference. All auditors offer Providers the opportunity to participate in this meeting. It's a chance to:

- Review the audit tool
- Ask questions
- Discuss the Audit Request Guide
- Clarify expectations before the audit begins

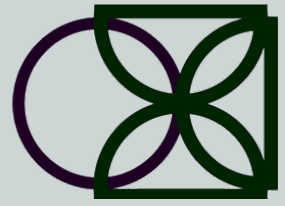
## **Submitting Documentation**

The Auditing Department typically asks that we receive these items two weeks prior to audit. We recognize that not all Providers are able to submit every document before the audit. Auditors are fully prepared to review items in the home. However, certain critical documents must be reviewed prior to the audit, as they cannot be reviewed during the home visit. These include:

- Progress notes
- Policies
- IPOS in-services
- Staff files
- Fire and tornado drills
- Medical, dental, vision, and psychiatric appointment documentation

Providing these items in advance helps ensure a smoother, more efficient audit and minimizes disruptions for Persons Served. The Auditing Team is very flexible and is more than willing to work with Providers.

Please remember to ensure the safety of Persons Served protected health information and send documents via encrypted email, Sentri message, or drop off to auditor at 1 Germania Platz. If you have any questions, please feel free to contact your specified auditor.



## Tornado preparedness tips to keep you safe this summer

*Written by Security Coordinator Kyle Lipp*

While Michigan is famous for its Great Lakes and winter weather, tornadoes are a real threat each spring and summer. The state averages 15–20 tornadoes per year, with the highest risk from April through July. Southern and central Michigan tends to see the most activity, but tornadoes can occur anywhere in the state.



When severe weather develops, alerts from the National Weather Service are critical. Remember the difference:

- Tornado Watch means conditions are favorable for a tornado
- Tornado Warning means a tornado has been sighted or detected by radar — take shelter immediately.

The safest place during a tornado is a basement. If you don't have one, move to a small, interior room on the lowest level of your home, away from windows. If you're in a vehicle, seek shelter in a building if possible or lay down in a ditch (if no other options are available) rather than trying to outrun the storm.

Every household should keep an emergency kit with water, nonperishable food, flashlights, batteries, a first-aid kit, and important documents. Just as important is having a family plan so everyone knows where to go and how to reconnect after a storm.

Staying informed and prepared can make all the difference. A few simple steps today can help protect your family when severe weather strikes.

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## 2026 SCCMHA Art Contest selections to have artwork submitted to CMHA Traveling Art Show

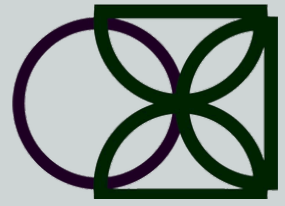
The SCCMHA Art Show has concluded and the choices for our submissions have been made.

This year, we have decided to submit two pieces as the representatives for the CMHA Traveling Art Show:

- "Winter" by Heather Castle
- "Cabin in the Woods" by Elizabeth Detweiler

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# SCCMHA PROVIDER NEWS



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These pieces will be on tour with the art show, put on by the Community Mental Health Association of Michigan in 2026-27.

Heather and Elizabeth are two of our persons served and both are very proud to have their work showcased around the State of Michigan.

Heather's artwork – a self-portrait of her going outside on a cold day in the winter – is a pencil/pen sketch that she worked very hard on.

She views artwork as a way to express herself creatively and a sense of therapy to occupy her mind and channel into a productive outlet to help her grow.

Elizabeth's piece – a pencil sketch of a cabin set in a snowy forest – was one of two submissions she made for the SCCMHA Art Show and was selected to accompany Heather's piece for CMHA show as well.

She views art as a great way to relax and working through any difficulties she is having.

"I love being creative," Elizabeth said. "It helps me stay in the present time and avoid thinking about the past and the negative things in life."

Both Heather and Elizabeth's work will be showcased beginning at the CMHA Summer Conference in Traverse City this June, before embarking on the Traveling Art Show tour and conclude in September of 2027.

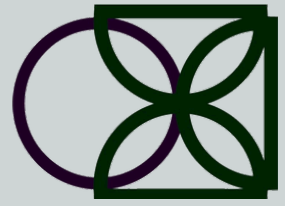
SCCMHA plans on being a host for the Traveling Art Show as it has been in years past, most recently in September of 2025.



2026 Winner  
*"Winter"* by Heather Castle



2026 Winner  
*"Cabin in the Woods"*  
by Elizabeth Detweiler



## Hemlock students create art for Early Childhood Court

Creating a sense of comfort in court.

As SCCMHA launches its Early Childhood Court, an effort was put forth to make the courtroom seem less intimidating to those who would be attending meetings and appointments.

To assist with this, students from Hemlock High School created pieces of art based off a series of prompts to inspire their creations.

In all, nine canvas pieces of art were created to be hung and displayed at the Saginaw Juvenile Court at 3360 Hospital Rd in Saginaw Township.



Hemlock Art Teacher RaeAnn Woodcock's students were given a list of words such as Stability, Hope, Love, Potential, Safety, Support and several others to create these pieces.



The pieces will be displayed at the courthouse for the next year, then another group of Hemlock High School students will create a set of new pieces.

SCCMHA and Hemlock High School hope to continue this partnership going forward.

The focus of the Early Childhood Court is to provide services to families with children ages 0 – 3 years who have become involved in the child welfare system. The goal is to increase the likelihood of reunification between children and

parents and reduce the potential for reentry in the child welfare system and foster care. Families will be working with an Infant Mental Health therapist through SCCMHA – an essential part of the Early Childhood Court team. The IMH therapist will assist parents and their babies in developing secure attachments and assist parents in improving their parenting abilities and overall family relationships. Families will also be connected to other treatment providers and community resources based on the individual needs of the family and its members.



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# MAKE AN IMPACT!



## WE ARE SEEKING APPLICATIONS FOR NEW CITIZENS ADVISORY COMMITTEE (CAC) MEMBERS!

Interested individuals should download the application at:  
[www.sccmha.org/about/citizens-advisory-committee.html](http://www.sccmha.org/about/citizens-advisory-committee.html)

Meetings held 1st Thursday of most months at 6:00PM  
SCCMHA, 500 Hancock St, Saginaw, MI 48602

**\$30.00 Meeting Stipend**

TO RETURN FORM OR FOR MORE INFORMATION CONTACT:

Ryan Mulder, Executive Assistant to CEO

PHONE 989.797.3501 EMAIL [ryan.mulder@sccmha.org](mailto:ryan.mulder@sccmha.org)

FAX 989.799.0206

[www.sccmha.org](http://www.sccmha.org)

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# Non-Emergency Medical Transportation

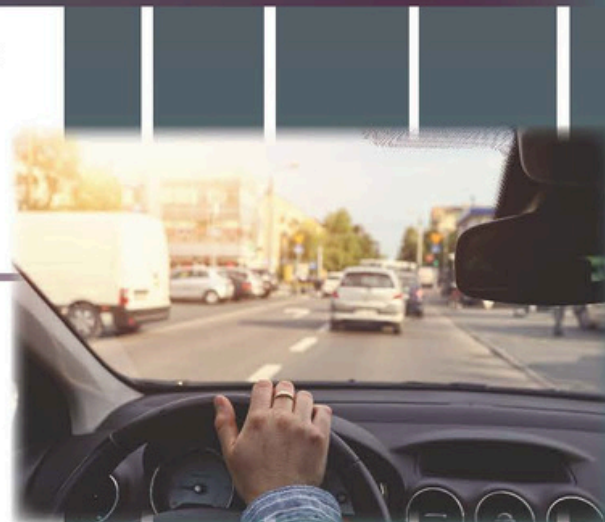
## Need a ride to your appointment?

- You can schedule transportation through your Medicaid Health Plan!

## How do I book transportation?

Need help? Join our Transportation Training!

- First Thursday, every month, 2:00 p.m.  
500 Hancock
- Training also available on our YouTube page



## Learn more!

Scan the QR code below to

- Get step-by-step instructions
- Access training links
- Learn how to book rides



## Want to know more?

Call **(989) 797-3400**

Ask for a Transportation Liaison

Scan to go to our **SCCMHA**  
Transportation page



### Additional Transportation Options

If your Medicaid plan does not cover your transportation needs

- 10 bus routes
- Fare \$1.50/\$0.75  
(seniors and disabled)

#### Rides to Wellness

- Door-to-door service
- Starting at \$25



#### Lift

- For seniors (60+)  
and disabled rides
- Fare: \$3





# SERVICE SUMMARY

## Bus Routes

10 Routes that extend across Saginaw City, Saginaw Township, Kochville Township, Buena Vista and Bridgeport. Fares are \$1.50/.75 Senior & Disabled

## LIFT

Curb to Curb service for seniors 60 and over and disabled riders with physician sign-off. Rides scheduled in advance. \$3



Door to Door service for any travel within Saginaw County and to neighboring counties starting at \$20\* each way. Covered by partner organizations or individuals.

\*\$25 starting December 1, 2025, +\$4 credit card processing as applicable.

## Specialized Services

- SVSU: students & staff ride free with ID)
- Delta Direct & students & staff ride free with ID)
- Pigeon Express (employees)
- HSC Silicon Express (employees)
- Corning (employees)
- Frankenmuth (visitors)



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY



Available 24 hours a day,  
7 days a week  
(989) 272-0275



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

**MRSS is a team of mental health professionals trained to assist you through a mental health crisis. We can provide phone or virtual support, or a team of two can respond in-person to wherever you are within Saginaw County.**

**If you are feeling anxious, stressed or depressed and need someone to talk to, help is available 24 hours a day, 365 days a year.**



For more  
information

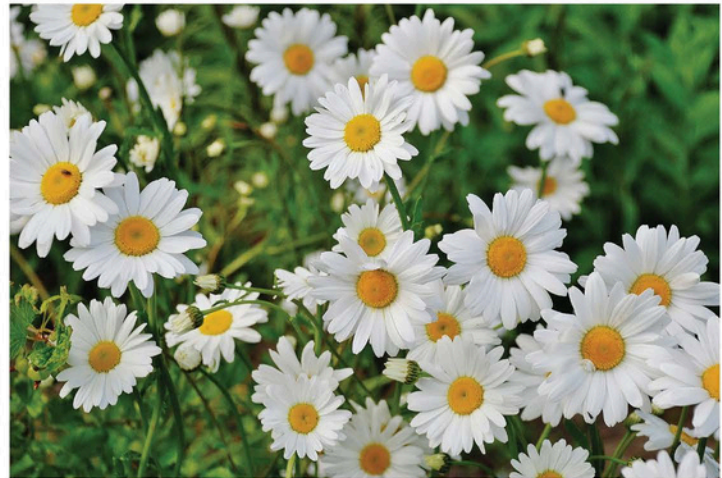
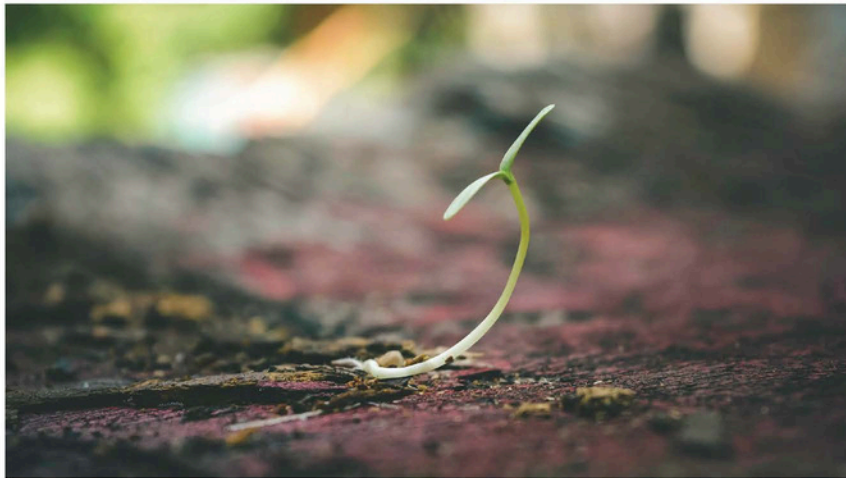


500 Hancock St.  
Saginaw, MI 48602  
[www.sccmha.org](http://www.sccmha.org)

24-Hour Mental Health  
Emergency Services  
(989) 792-9732  
Toll Free: 1-800-233-0022

# *Learning Links*

Tuesday, April 28 - 10 a.m. & 11 a.m.  
Andersen Enrichment Center  
120 Ezra Rust Dr., Saginaw, Michigan 48601



## **April Showers and Planting Flowers with SCCMHA's Tammy Johnson**

Tammy helps us bring in spring by planting flowers and preparing them for the sunny weather!

For questions, contact Lauri Brown at (989) 272-7701.

**SCCMHA Staff can use Better Together hours to attend.**

**\*By entering a Learning Links event, you consent to being photographed, granting SCCMHA the right to use your image in any media for any purpose in perpetuity\***

# Learning Links

Tuesday, May 26 - 10 a.m. & 11 a.m.  
Andersen Enrichment Center  
120 Ezra Rust Dr., Saginaw, Michigan 48601



## Mental Health and Social Support with SCCMHA Client Service Manager Heather Darabos

Join us as Heather talks about how to build your support system to help improve your mental wellness.

For questions, contact Lauri Brown at (989) 272-7701.

SCCMHA Staff can use Better Together hours to attend.

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SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Learning Links

Tuesday, June 23 - 10 a.m. & 11 a.m.  
Andersen Enrichment Center  
120 Ezra Rust Dr., Saginaw, Michigan 48601



## Fire Safety with Saginaw City Fire Department

Join us as the Saginaw FD takes us through helpful fire safety tips and what to do if one starts.

For questions, contact Lauri Brown at (989) 272-7701.

SCCMHA Staff can use Better Together hours to attend.

\*By entering a Learning Links event, you consent to being photographed, granting SCCMHA the right to use your image in any media for any purpose in perpetuity\*



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