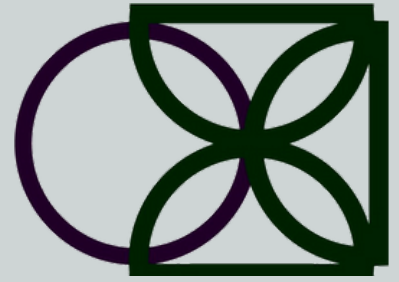


# SCCMHA PROVIDER NEWS

December 2022



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## A Message from the CEO, Sandra Lindsey

Happy Holidays SCCMHA Network Providers,

It is my hope after two and a half years of living and managing the conditions of the COVID-19 Pandemic we are all smarter about protecting ourselves and loved ones from contagious viral diseases and that you are creating safe spaces to connect with friends and loved ones this holiday season. I am convinced that the balance between self-care and the care and service to others is the key to personally managing the current environment.

On behalf of myself, the SCCMHA Board of Directors and our administration, we want to thank you all for your ongoing commitment to serving consumers this last year. Let us acknowledge up front that workforce shortages have made service delivery to existing consumers

and new consumers extremely challenging. We are not alone in this struggle as many industries are experiencing workforce shortages, but especially healthcare providers struggling to hire an adequate workforce and SCCMHA is among them.

We all had some idea that the pandemic and all the related economic repercussions combined with kids falling behind in school, gun and domestic violence and the political polarization of the American experience, would also bring an increased need for behavioral health services across our communities, state and nation. However, the volume and seriousness of the need was underestimated and the current reality unprecedented. Candidly, my survival strategy is patience and tolerance and when that starts to fray, stepping back to reassess what we are doing that is right, good, and adaptive.

There have been lots of good things happening across the network, more cooperation between providers, more persons getting access to care even if the wait time is a little longer, improved stabilization across much of the residential programs, many fewer COVID infections, and more return to community activity especially now that the holidays are just around the corner.

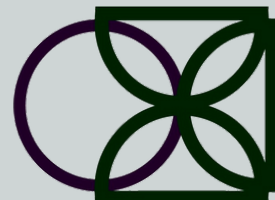
There have been several successes and new opportunities for our system that are worth mentioning and a brief report on each follows.

### **Council on Accreditation of Rehabilitation Facilities (CARF)**

CARF representatives completed an accreditation site survey at SCCMHA on November 2-4, 2022, for the first time virtually. This accreditation survey is a reoccurring event every three years. The scope of the survey included virtual tours for health and safety standards including agency vehicles at the Hancock, Albert & Woods, Towerline and Bay

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**SUICIDE PREVENTION LIFELINE CALL OR TEXT: 988**



Road locations. SCCMHA was surveyed against 1,730 CARF standards. These standards included the subjects of governance, many administrative functions and a wide variety of clinical programs that render services and supports to all three primary populations including, persons with mental illness (MI), persons with intellectual and developmental disabilities (IDD) and children and youth with serious emotional disorders (SED). The survey outcome based upon the exit conference and the CARF Report of this survey was the best result of the last 20 years, despite most of the period under review happening during a pandemic. SCCMHA received only two recommendations and CARF called out 13 organizational strengths and awarded the organization another 3-Year Accreditation. The CARF Accreditation Letter and full CARF Report can be found on our website at the following link <https://www.sccmha.org/about-us/quality/carf-accreditation.html>.

### **Diversity Equity and Inclusion (DEI) Initiative**

The SCCMHA DEI Team, a cross functional staff group working with Paul Elam, PHD, delivered significant contributions to SCCMHA in FY 2022. An Organizational Diversity, Equity and Inclusion Assessment Report for the organization was completed by Dr. Elam and it informed the development of a Three-Year DEI Implementation Plan, which can be found on our website. See these documents and read about the history of this important work at SCCMHA at <https://www.sccmha.org/about-us/dei/>.

Additionally, DEI 101 trainings have commenced for SCCMHA staff members and planning and the development of virtual trainings later in 2023 to make the content more accessible is underway. In February we will be launching DEI Facilitation Training for directors and supervisors to help them develop better skills at facilitating conversations about race and culture.

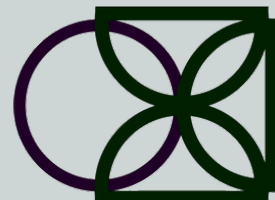
Year One of SCCMHA as CCBHC Implementation Site for MDHHS Demonstration as Expansion State  
SCCMHA was named by MDHHS as one of thirteen implementation sites in FY 22 for their federal CCBHC Demonstration as an Expansion State, funded by the Substance Abuse and Mental Health Service Administration. Provisional certification by MDHHS was awarded about a year ago and SCCMHA became fully certified as a CCBHC on April 28th of this year.

Certification substantiates that we are meeting the new CCBHC federal standards for behavioral health services to adults and children/youth. It also will permit the enrollment of persons with IDD if they have an accompanying psychiatric diagnosis. Certification also allows us to draw down extra funding for select service billing codes in an arrangement called a Perspective Payment that draws down a daily rate per enrolled consumer on days when select service encounters occur.

Our implementation has begun with services through our own board operated programs, and we are building the infrastructure now to continue to bring more of our contracted network under the CCBHC umbrella this fiscal year. In addition, we will be adding services for persons with mild/moderate diagnosis and those with primary substance use disorders not previously eligible for our services. This will allow us to open our doors to service wider and include more persons with commercial insurance or those who are under or uninsured.

To date 2,934 persons have been enrolled in CCBHC, with additional persons being added each week. As we include more of our contracted network providers in our efforts, the enrollment will expand dramatically this year. The MDHHS CCBHC Demonstration will run through 2027.

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## **Behavioral Health Home Start-Up Yet This Year**

MDHHS is seeking federal approval from the Center for Medicare and Medicaid Services (CMS) to expand the Behavioral Health Home (BHH) model into the MSHN PIHP Region. Once CMS approves the regional expansion, SCCMHA will be one of several MSHN CMHSP partners that will serve as implementation sites. Planning is currently underway for start-up with a soft target of early April of the new year.

The target for enrollment will be Adults with Serious Mental Illness and Kids with Serious Emotional Impairments and co-morbid chronic health conditions. BHH Programs focus on care coordination and integration with primary care, not unlike our currently funded Promoting Integration of Primary and Behavioral Health Care (PIPBHC) SAMHSA grant.

Because we are in the last year of this grant funding, luckily BHH status and related funding will become the sustainability strategy for this work.

Let me close by thanking you all again for your service to consumers and families or the support functions you provide to support these staff and your agency operations. I hope you and yours have a very Merry Christmas, Happy Hanukkah, Happy Kwanza and if your holiday orientation is not a religious or cultural one or your religion does not celebrate in the month of December, Happy New Year.

A handwritten signature in cursive script, reading "Sandra M. Lindsey".

Sandra M. Lindsey, CEO

## **Public Health Emergency (PHE) Unwind**

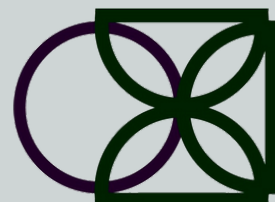
Submitted by Jennifer Keilitz

As the federal public health emergency is looking to end in April 2023, we would like for all providers and consumers to be prepared. The Michigan Department of Health and Human Services (MDHHS) agreed to let all Pre-paid Inpatient Health Plans (PIHP) and Community Mental Health Services Programs (CMHSP) end at least 60 days in advance of the Michigan PHE ending. In this case we should know something in February 2023 about the end of the PHE.

### **What does the ending of the PHE mean for consumers?**

During the pandemic, consumers received continued coverage of their Medicaid benefits. Once the PHE ends consumers will have to complete a Medicaid application in order to continue coverage. These applications will be mailed to the consumer and/or guardian to complete. Right now, we are asking everyone to remind those persons with Medicaid coverage to please make sure they visit or call the MDHHS County Office Website and assure all mailing information is up to date. We do not wish to have anyone lose their Medicaid insurance. This website has information needed to make any changes or assure information is correct [COVID-19 PHE Frequently Asked Questions](#) ([michigan.gov](http://michigan.gov)). Please also see the information on the next page about what people with Medicaid can do right now.

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## x What can people with Medicaid do right now?

Be sure your address, phone number, and email address are up to date. The best way to update your information is online at [Michigan.gov/MIbridges](https://Michigan.gov/MIbridges). You can also call your local MDHHS office. Visit the [MDHHS County Office webpage](#) to find your local office information. If you do not have an online account for MI Bridges to access your Medicaid case or report changes, visit [Michigan.gov/mibridges](https://Michigan.gov/mibridges) to sign up for a MI Bridges account. You can also locate organizations that can help you by searching for Community Partners.

*\*If you already have a MI Bridges account, creating new accounts will limit the information you can see. We strongly suggest using your original account if you are the Head of Household. Remember! Head of Households can see case information and report changes to the case information. If you are not Head of Household, you will only be able to see resource information.*

Report any changes to your household or income. You can report changes at [Michigan.gov/MIbridges](https://Michigan.gov/MIbridges). Or, call your local MDHHS office. Visit the [MDHHS County Office webpage](#) to find your local office information.

If you get a renewal packet, be sure to fill it out, sign the forms, and send them by the due date with any proof we need. If you do not complete your renewal, you may lose your Medicaid coverage. If we complete a review and you no longer qualify, you can choose to buy healthcare coverage through HealthCare.gov.

Renewal packets will be mailed after the PHE ends. The end date has not been determined at this time.

Please share information with beneficiaries so they do not lose their coverage. We have attached a couple of flyers on the next two pages for you to copy and post or hand out to consumers/families to remind them to make sure they get ready to renew their Medicaid benefits. One titled ["Have You Heard the News?"](#) the other titled ["What you need to know about your Medicaid Renewal"](#).

What does the ending of the PHE mean for Providers?

We will need to assure consumers have Medicaid coverage prior to providing services. We should also monitor and remind consumers to open mail from MDHHS. This website has more information, [Healthcare Provider and Community Partner Questions](#) ([michigan.gov](https://michigan.gov)).

There are many questions about telehealth/telemedicine services and what can be continued as telehealth/telemedicine and what services can only be provided as a face-to-face service in order to be billable to Medicaid. MDHHS has stated that as part of their post PHE a policy will be issued for public comments, and they encourage all to participate in the public comment prior to issuance of the telehealth/telemedicine policy.

We know that continuation of telehealth will be audio and visual and that audio only will not be billable. We do know that all consumers that wish to have telehealth and telemedicine will need to continue to sign consents that indicate telehealth/telemedicine services are what they wish to receive and that the plan needs to reflect the desire of the consumers to have telehealth services. Also, consumers' plans must have a signature that shows the desire for telehealth/telemedicine visits. As we prepare for the PHE unwind it is important that we prepare consumers of the audio and visual requirements.



# Have you heard the news?

## Michigan

will restart Medicaid eligibility renewals.



Don't risk a gap in your Medicaid, Healthy Michigan Plan or MIChild coverage.

# GET READY TO RENEW NOW.

Following these steps will help determine if you still qualify:



**Make sure your contact information is up to date.**



**Check your mail or text messages for a letter.\***



**Complete your renewal form (if you get one).**

*\*Letters/messages will not be sent until an end to the public health emergency has been announced.*

**For help or to update your contact information today:**

**Visit**

**[Michigan.gov/MIbridges](https://michigan.gov/MIbridges)**

**or contact**

**your local MDHHS office**

**Have Questions?**

**[www.michigan.gov/mdhhs/end-phe](https://www.michigan.gov/mdhhs/end-phe)**

*Rev. 10/22*

**Important  
Information  
About your  
Medicaid  
Renewal**

**What you need to know about your Medicaid Renewal**

You may have to fill out a new Medicaid renewal yearly to stay in the Medicaid program. If you receive the renewal form, you must complete it. Information such as your income or immigration status may change from year to year, so you will be asked to provide an update every time you renew your Medicaid. Your Medicaid coverage may be closed because of incomplete information on the renewal form.

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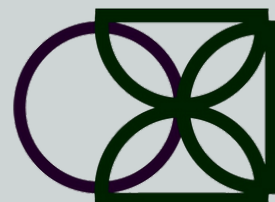
Before you submit your Medicaid renewal, be sure to have the following documentation ready:

**You May Need to Provide These Documents (Send copies not originals)**

- Proof of age (birth certificate or driver's license).
- Proof of all sources of income (paystubs or tax return, Social Security, Veteran's benefits, retirement accounts, and any other income).
- Proof of assets and other resources. Include copies of bank statements or other financial items if told to on your Medicaid renewal form.
- Proof of citizenship or immigration status.
- Proof of your disability: if you think you qualify because you are disabled, you may need to include documentation in your Medicaid renewal form.
- Proof of other insurance: include a copy of your other insurance ID card(s), or red, white, and blue Medicare card with your Medicaid renewal form.

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**After you send in your renewal, you may receive a Verification Checklist if any documentation is missing. BE SURE TO REVIEW AND RESPOND TO THIS REQUEST. If you do not, your Medicaid may be closed.**



## First Choice Holiday Event

Submitted by Jenna Brown

December 2, 2022 marked the return of the First Choice Consumer Holiday & Health Event after two years of COVID restrictions. Nominated consumers were excited to attend to pick up their gift card and participate in some holiday fun! Thanks to generous donors, consumers snacked on cookies, coffee, and lemonade while socializing with their peers and making Christmas cards. Santa even made a special appearance and took pictures by the tree. A highlight of the event was a brother and sister being reunited after 14 years apart! Consumers were also happy to receive warm gloves for the winter, courtesy of SCCMHA.

An enormous thank you goes out to everyone that donated to, volunteered at, and participated in First Choice Fundraisers and events throughout the year. Your support made it possible to provide a record breaking **356 consumers** with \$50 Meijer gift cards to meet a need or obtain a personal wish this holiday season!



Danny is going to purchase  
a shirt and new shoes!

## January 16, 2023 - Martin Luther King, Jr. Day

Written by Tom Caylor

The third Monday of every January is set aside as a federal holiday to mark the birthday of Dr. Martin Luther King, Jr. It is officially named Birthday of Martin Luther King, Jr. and sometimes referred to as MLK Day. Born in 1929, his actual birthday is January 15.

Dr. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after he was assassinated in 1968. President Ronald Reagan signed the holiday into law in 1983 and it was first observed in 1986. It was officially observed in all 50 states for the first time in 2000.

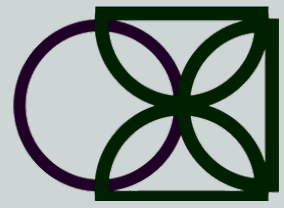
An American Baptist minister, Dr. King advanced civil rights for people of color in the United States. Inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi, he participated in and led targeted, nonviolent resistance against various forms of discrimination. He oversaw the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference.

Dr. King was one of the leaders of the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial. He also won the Nobel Peace Prize in 1964 for combating racial inequality through nonviolent resistance, and he was awarded posthumously the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2003. The Martin Luther King, Jr. Memorial on the National Mall in Washington, D.C. was dedicated in 2011.



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Dr. Martin Luther King, Jr. Day is a National Day of Service which encourages all Americans to volunteer to improve their communities. For more information, visit:

<https://www.thisnation.com/government/learn/history-of-martin-luther-king-jr-day/>

<https://www.presidency.ucsb.edu/documents/proclamation-5597-martin-luther-king-jr-day-1987>

**In observance of Martin Luther King, Jr. Day, SCCMHA offices will be closed on Monday, January 16, 2023.**

If you have a mental health emergency, you can contact our Crisis Intervention Services Unit at 792-9732 or Toll Free 1-800-233-0022 24 hours a day 7 days a week.

## Thanksgiving Kroger Donation

Written by Tom Caylor

Saginaw County Community Mental Health Authority (SCCMHA) recently assisted Kroger and the Third District/Tri-City Post of the Michigan State Police (MSP) with distributing free Thanksgiving meals to 20 families in the City of Saginaw.

According to Nancy Johnson, Supervisor of Crisis Intervention Services, SCCMHA was contacted by MSP to identify families to receive this generous donation. She worked with program directors and supervisors to select a good representation of families residing in the City of Saginaw and served by SCCMHA, including Children's Services, Self Determination (Developmental Disabilities), Crisis Intervention Services, Assertive Community Treatment and Adult Case Management.

Each family received fully-prepared Thanksgiving meals that serve four people. MSP troopers and SCCMHA staff delivered the meals to family homes on November 21.

According to Christopher Kustra, MSP Community Service Trooper/Recruiter, "These dinners allow us to interact with families and have a positive impact in the community. This is sometimes the only positive time the family and/or children have with us. These are great opportunities for us to share positive light with a family who may not otherwise."

Kustra also thanked SCCMHA and "everyone else involved for not only helping the families, but also allowing us an amazing opportunity to make a positive impact. (Your) time, effort and dedication are greatly appreciated!"







# MyPlate Holiday makeover



visit **choosemyplate.gov** for healthier options during the holidays

## tweak the sweets



VS



fruits make delicious desserts

## cheers to good health



VS



drink water to manage calories

## bake healthier



VS



use recipes with pureed fruits instead of butter or oil

## spice it up



VS



use spices and herbs instead of sugar and salt

## brighten your meal



VS



fill half your plate with fruits and vegetables

## skim the fat



VS



try skim evaporated milk instead of heavy cream

## swap the grains



VS



choose whole wheat flour instead of white flour

## go easy on the gravy



VS



a little bit of gravy goes a long way

# TURN YOUR RESOLUTIONS INTO REAL SOLUTIONS

## 1. Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



## 2. Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!

## 3. Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



## 4. Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

## 5. Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you’ve earned it!



**MyPlate**  
**MyWins**

December 2016  
For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
USDA, Center for Nutrition Policy and Promotion.  
USDA is an equal opportunity provider, employer, and lender.