Guided by the values, strengths, and informed choices of the people we serve, Macomb County Community Mental Health provides an array of quality services which promote community participation, self-sufficiency, and independence.

Macomb County Community Mental Health
Annual Report for Fiscal Year 2009

Dear Friends and Partners of MCCMH:

As always, it is our pleasure to provide you with the FY 2009 Annual Report, featuring service statistics, budget summaries, and service highlights for that year.

First, you’ll notice a new name at the right of this letter. After 40 years of service to the mental health community, Don Habkirk has retired as MCCMH Executive Director. The Board gratefully honors his service, and is pleased to welcome John Kinch into the organization’s leadership role. John has been with MCCMH for nearly 25 years. He assumed leadership of the organization in March of 2010. John’s energy and vision will be an asset to our community well into our future.

Amid changing resource pools and shifting service demands, we are working more than ever to assure that our consumers and their families are connected to the resources available to meet their needs. Together with our partners, we want to assure that those most in need receive the right service at the right time.

Sincerely,

Louis J. Burdi, Chair
Macomb County CMH Board

Board of Directors
Louis J. Burdi
Chairperson
Janice A. B. Wilson
Vice-Chair
Joan Flynn
Secretary-Treasurer
Patricia Bill
Marilyn Brown
Linda K. Busch
Nick Ciaramitaro
Mary Louise Daner
Rose Ann Mrosewske
Brian Negovan
Betty Slinde
Kathy D. Vosburg

Executive Director
John L. Kinch

2009
Citizens Advisory Council
Dorie Bawks
Pat Brock
Carole Coonan-Cox
Donna Grubb
Judy Hulle
Dan Lalka
Don Nagy
Richard Stoey
Jackie Uhrick

2009
Citizens Advisory Council
2009 Service Highlights

Community Forums: In 2009, MCCMH began hosting Community Forums for Macomb County residents, MCCMH service users, and others interested in mental health issues. The forums provide an opportunity for participants to provide MCCMH with feedback about its operations, to learn about mental health services and resources, and to become informed about policy and other issues facing the mental health service system. The forums also provide an opportunity for MCCMH to learn about and collaborate with non-profits, faith-based groups, and others in our community concerned about those we serve. Community Forums are expected to be offered regularly in 2010.

Peer Support Services: In 2009, MCCMH continued its expansion of Peer Support Services. Peer Support Specialists enhance other available mental health services by using their own life experience with mental health conditions to help others. They provide mentoring, education, and support services to peers living with mental illness or developmental disability. Peer Specialists may provide one-to-one help with accessing community resources, learning illness-management strategies, or other individual needs.

Trauma Informed Care: Awareness of the impact of specific trauma is critical to providing effective mental health intervention. Along with other Community Mental Health agencies across the State, in 2009, MCCMH expanded its use of trauma informed care treatment models. The Trauma Recovery and Empowerment Model is a dynamic approach specifically aimed at the needs of trauma survivors, particularly those exposed to various forms of violence.

Evidence-Based Practices: Evidence-based practice refers to the preferential use of treatment interventions for which systematic research has provided evidence of meaningful effectiveness for specific issues. To ensure effective outcomes in treatment (and thus effective use of treatment dollars), MCCMH has expanded its review and use of evidence-based treatment practices. Examples include expanded dual-diagnosis services for persons with both mental illness and substance abuse; development of family psychoeducation and problem-solving groups for persons with mental illness and their families, and enhancements to Assertive Community Treatment for persons with mental illness.

Integration of Physical and Mental Healthcare: To improve quality of life for consumers, communication and collaboration between physical and mental health care providers is essential. In 2009, MCCMH initiated efforts to expand collaborative care activities with primary care providers in the community. Increased physician training, communication, and collaboration is expected to make accessing care easier and to make treatment itself more effective for both physical and mental health conditions.

Did You Know? • That the National Institute for Mental Health’s statistics estimate that 5 million adults and nearly 7.5 million children in America have some form of mental illness in any given year. That’s roughly one in five Americans.
MCCMH continues to serve as the lead agency for the Macomb County Human Services Coordinating Body. As such, we remain integrally involved with County Departments and agencies throughout Macomb, and have supported such projects as Suicide Prevention Education and Outreach and Student Engagement/Dropout Prevention.

DHS Staff Liaison with MCCMH: To increase the efficiency of processing Medical Assistance (Medicaid) applications, MCCMH has contracted with the Macomb County Department of Human Services to place a Medicaid Specialist in our Administrative Office. This staff member assists our staff to identify Medicaid-eligible consumers and follow those applications to completion through the DHS system. This results in an increase of Federal and State Medicaid dollars to Macomb County and allows MCCMH to provide the fullest possible array of services to citizens who need them.

Partnership with Mt. Clemens Regional Medical Center: In 2009, MCCMH partnered with Mt. Clemens Regional Medical Center to provide free and low-cost physical healthcare services to uninsured MCCMH consumers as well as other county residents. Medical services are provided twice a month by MCRMC physicians at a Macomb County Community Mental Health location.

Suicide Prevention Coalition: Working with the Community Mental Health Crisis Center, CARE, the Department of Human Services, local hospitals, the MISD and local schools, and many other community partners, in 2009, the Macomb County Suicide Prevention Coalition developed an expanded suicide prevention strategy for the community.

The approach includes developing marketing materials to heighten awareness of the Coalition, and providing “training of the trainers” on suicide prevention for school counselors, social workers, and faith ministry professionals.

A wallet-sized Safety Plan was also developed, which outlines steps an at-risk person may take to protect his or her own safety, including identifying a trusted friend who will help.
SUBSTANCE ABUSE TREATMENT AND PREVENTION

Macomb County Community Mental Health is the designated coordinating agency for substance abuse services in Macomb County. The Macomb County Office of Substance Abuse (MCOSA) is the division of MCCMH that manages these services. MCCMH, through MCOSA, subcontracts with community agencies to provide publicly-funded substance abuse prevention and treatment services to people with Medicaid and others in Macomb County. Treatment options include inpatient, outpatient, specialized outpatient, and residential alternatives, depending on the need.

Did You Know?

- Nearly 1 in 10 people in the US has or has had an alcohol or drug problem. Over 40% of US adults have been exposed to alcohol use in the family.
- Every dollar spent on substance use disorder treatment saves $7 in additional healthcare costs.

Peer Support Project: Sacred Heart Rehabilitation, a residential substance abuse treatment provider under contract with MCOSA, began a Peer to Peer Support Project in 2009. Similar to the Peer Support Specialist model in mental health, Peer Support staff work with substance abuse treatment clients in the aftercare phase. Peers help those newly in recovery to connect to follow up services, community resources, and healthy living alternatives. The Peer Support Project augments traditional peer groups like AA and NA.

The Prevention Network worked with local communities, including Utica and Sterling Heights, to develop social media campaigns utilizing Facebook, Myspace, and Wikipages to promote substance abuse prevention and awareness among youth.

Supporting Recovery: Working in partnership with community agencies and recovery groups, MCOSA supports the development of substance-free lifestyles by promoting events for the recovery community. One such event is the annual “Celebrate Recovery” Walk and Rally, featuring speakers, a “Recovery March,” food, music and games for the whole family. In 2009, 2500 people from around the state participated in the event, held on Belle Isle.

Treatment is available. If you or someone you love is in need of substance abuse treatment in Macomb County, contact Community Assessment, Referral and Education (CARE) at 586-541-2273. Calls are confidential.

Project Remedy worked closely with several local community coalitions in 2009, in an effort to reduce both underage drinking and drinking and driving fatalities. Comprehensive, community-wide strategies have been implemented to address the access to and availability of alcohol, to change community norms, and to support heightened enforcement. Strategies included media campaigns, compliance checks (at point of sale locations), party patrols, and numerous community-based education activities.
**Electronic Medical Records**: MCCMH has continued to expand its use of electronic medical records to manage and monitor consumer treatment. Electronic medical records protect consumer privacy and ensure accurate, complete, and immediate communication between treating professionals, as well as reducing paper and record management, and storage costs.

**Remote Audits**: During the past year, MCCMH has significantly expanded its use of teleconferencing and web-based services to conduct “remote audits” of contractor and consumer records, saving time and travel expenses while still assuring compliance with state and national service standards.

**Review of Long-Term Contracts**: Many of MCCMH’s long-standing contracts for services such as building cleaning and outdoor maintenance, medication and sharps disposal, and other operational expenses have been reviewed and re-issued as cost-saving measures.

**Energy Efficiency**: MCCMH offices have been equipped with automatic set back thermostats to reduce heating and cooling costs.

**Cost Savings and Environmental Awareness**

Lights and equipment are turned off when offices/rooms are not in use. In an effort to be sensitive to the environment, staff are actively engaged in recycling: paper, plastic, cardboard, ink cartridges, and other recyclables are routinely collected and returned in an effort to reduce waste, and waste removal costs!

**Intranet and Web Based Training**: To insure that its staff remains current in treatment trends during difficult economic times, MCCMH has significantly expanded its use of intranet and web-based training opportunities. These technological and communication resources allow staff to connect with other professionals, locally and from around the country, right from their desks, without the time and mileage costs associated with traditional training models.

---

**What Services are Available?**

**Crisis and Hospital Services**: Counselors are available at the Crisis Center 24 hours a day to help with any situation. Hospital and alternative emergency services are available when necessary to manage an acute episode of illness or to stabilize medications.

**Outpatient Services**: Outpatient services, like medication and counseling, help people manage their illness and achieve their life goals. Outpatient services are usually provided in a clinic setting.

**Community Living Supports and Services**: Community Living Services teach and support people with mental illness or developmental disabilities to interact successfully in the community.

**Children’s Services**: Services are available to help children with serious emotional disturbance manage their behavior and get along better at home and at school.

**Substance Abuse Treatment**: Alcohol and drug treatment services are available in community or residential settings.
**Office of Substance Abuse Persons Served FY 2009**

- Adults, PSA Alcohol = 2050
- Children, PSA alcohol = 40
- Adults, PSA other than alcohol = 5156
- Children, PSA other than alcohol = 161
- Adults, Significant Others = 17
- Children, no PSA = 35

**MCOSA Expenditures by Service Type Fiscal Year 2009**

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Expenditure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Treatment</td>
<td>1,575,596</td>
</tr>
<tr>
<td>Other Drug Treatment</td>
<td>4,349,924</td>
</tr>
<tr>
<td>Prevention Services/ Education</td>
<td>1,133,216</td>
</tr>
<tr>
<td>Administration</td>
<td>1,071,472</td>
</tr>
<tr>
<td>Total Expenditures</td>
<td>$8,130,208</td>
</tr>
</tbody>
</table>

**MCOSA Funding Sources**

- Federal & State Block Grant, SDA, SIG: 49.71%
- Federal & State Medicaid: 27.90%
- County Match and Other Local: 17.37%
- Fees, ABW, & MIChild: 5.02%

**Did You Know?**

- That as Medicaid is cut there is a corresponding increase in use of more expensive emergency room care. This cost is passed on in increased insurance premiums paid by all businesses.
- Medicaid is a boost to Michigan’s economy. Each million that Michigan invests in Medicaid results, through Federal matching funds, in 2.5 million in new business activity and at least 25 new jobs, in health care, technology, and other sectors.

Source: Final 2009 Legislative Report of MCOSA Actuals and MCOSA TEDS admission data. Figures rounded to the nearest dollar.
Mental Health Services
Persons Served FY 2009

- Prevention Services = 18,379
- Adults w/ MI = 7,820
- Children w/ SED = 1,695
- Persons w/ DD = 3,109

Enrolling in Medicaid

MCCMH services are predominantly funded by Medicaid. If you would like to receive MCCMH services, it is helpful (but not required) to apply for Medicaid first.

If you would like to enroll in Medicaid, contact your local office of the Michigan Department of Human Services (DHS):
- Mt. Clemens: 586-469-7700
- Sterling Heights: 586-254-1500
- Warren: 586-427-0600

If you already receive Medicaid and would like to learn about different Medicaid Health Plans in Macomb County, or you want to change your Medicaid Health Plan, call Michigan Enrolls: 1-888-367-6557.

Sources: MCCMH 2008-2009 Sub Element Cost and MUNC reports; Final 2009 MDCH Revenue and Expense Report; Final IFAS Revenue Report; and Macomb County Crisis Center Annual Statistical Report. Figures rounded to the nearest dollar.
Thank you

To the community leaders and partners who help make Community Mental Health Programs successful!

2009 Substance Abuse Advisory Council

JoAnne Smyth
Chair

Theresa Morin
Secretary

Jolene Becket

Gary Burnett

Eric Jackson

James Skelton

Jeffery Oldham

Patti Steele

Kathy Rager

Karen Stetson

Elizabeth Risher

Kim Szajna

Kenneth Roberts

Janet Teltow

2009 MACOMB COUNTY
BOARD OF COMMISSIONERS

Paul Gieleghem
District 19
Chair

Kathy Tocco
District 20
Vice Chair

Andrey Duzyj, District 1

Don Brown, District 13

Marvin E. Sauger, District 2

Brian A. Brdak, District 14

Phillip A. DiMaria, District 3

Carey Rengert, District 15

Toni Moceri, District 4

Carey Torrice, District 16

Susan L. Doherty, District 5

Ed Bruley, District 17

Joan Flynn, District 6

Dana Camphous-Peterson, District 18

Sue Rocca, District 7

Irene Kepler, District 21

Dave Flynn, District 8

Frank Accavitti, District 22

Robert Mijac, District 9

William A. Crouchman, District 23

Ken Lampar, District 10

Michael A. Boyle, District 24

Ed Szczepanski, District 11

Kathy D. Vosburg, District 25

James Carabelli, District 12

Jeffery Sprys, District 26

2009 Human Service Coordinating Body
Executive Council

Donald I. Habkirk, Jr.,
Lead Agency Chair
Macomb County Community Mental Health

John Bierbusse
Michigan Works!

Mike Rozny
Planning Department

Cynthia Davis
Martha T. Berry Medical Care Facility

Nicole Dejong
Circuit Court - Juvenile Division

Suzanne Faunce
Prosecuting Attorney’s Office

Joan Flynn
Macomb County Board of Commissioners

Lynn Fontanive
MISD Preschool and Assessment Center Services

Thomas Kalkofen
Macomb County Health Department

Gino Gonzales
Department of Human Services

Kristen Grifka
MSU Extension

Chuck Seidelman
Juvenile Justice Center

Frank Taylor
Macomb County Community Services Agency

Jennie Tunnell
Michigan Rehabilitation Services

Bernell Wiggins
Department of Human Services

Angela Willis
Senior Citizen Services