

Tuscola Behavioral Health Systems

***Annual Report
October 1, 2022 – September 30, 2023***

Community Message:

Sharon Beals, CEO from 10.1.2022-6.30.2023



As I am writing this message to the community, I am reflecting on my more than 40 years of employment with Tuscola Behavioral Health Systems (TBHS). As this article is published after the close of the fiscal year, I am currently enjoying my retirement from my role as Chief Executive Officer (CEO) at TBHS which was effective on June 30, 2023.

The experiences and the changes that I have been a part of during my tenure at TBHS are certainly too many to mention. I remain extremely grateful to the TBHS Board of Directors that believed in me when I was selected for the CEO position in 2006. I am so thankful for the wonderful co-workers that I had the pleasure to work with over the years, the opportunities that I had for interactions with individuals that we serve, the numerous relationships that I was able to develop with CMH Directors and with the many talented and dedicated Human Services workers here within Tuscola County. I am thankful to everyone that was a part of my experience at TBHS.

Fortunately, I am happy to report that the new CEO at TBHS, Julie Majeske has worked at TBHS for over 25 years and has spent the past 17 years as the Chief Operating Officer throughout my tenure as CEO. Julie has a vast knowledge of the mental health system in Michigan and will work tirelessly to ensure that TBHS continues to provide high quality services to individuals within Tuscola County. Please join me in welcoming Julie to her new role and I am sure that Julie will find this role to be as challenging and rewarding as I did. Once again, thank you TBHS for a great 40 years.

Guiding Values for Our Organization



Dedication

For Tuscola Behavioral Health Systems, dedication means determination of purpose. It is embodied in our commitment to excellence in all we do in remaining loyal to our organizational cause and our partnership with individuals served.



Empowerment

We believe in the empowerment of individuals to reach their greatest potential and to take ownership in decisions regarding their lives and their recovery.



Dignity

We believe in a welcoming environment in which each individual is treated with dignity and respect.



Quality

For Tuscola Behavioral Health Systems, excellence can be measured in the extent to which we help people achieve the quality of life they deserve. We empower our staff to develop and implement innovative approaches to their work and are committed to ongoing performance improvement.

Accountability: We measure these guiding principles yearly through performance reviews.

SERVICES AND MENTAL HEALTH AWARENESS

Tuscola Behavioral Health Systems (TBHS) works to ensure a comprehensive service delivery system that is integrated and responsive to the needs of Tuscola County residents, with a focus on enhancing health, wellness and recovery. TBHS is certified by the Michigan Department of Health and Human Services (MDHHS) as a Community Mental Health Services Program (CMHSP). In this role, TBHS provides and manages services for adults with serious mental illness, children with serious emotional disturbances, individuals with intellectual and developmental disabilities, as well as those with a co-occurring substance use disorder(s).

TBHS provides crisis intervention services 24 hours a day, 7 days a week, to anyone experiencing a behavioral health crisis, regardless of their ability to pay. TBHS serves as the community safety net for the state's most vulnerable citizens within Tuscola County, as outlined in Michigan's Mental Health Code, Public Act 259 of 1974.

In addition to service provision as noted above, TBHS also facilitates educational events and partners with other local community and human service agencies to promote and strengthen awareness of mental health and available resources. During Fiscal Year 2022 - 2023, TBHS was actively involved in more than 25 community events and participated in over 65 engagements, collaborations and committees to support and foster community understanding, overall wellness, and recovery.



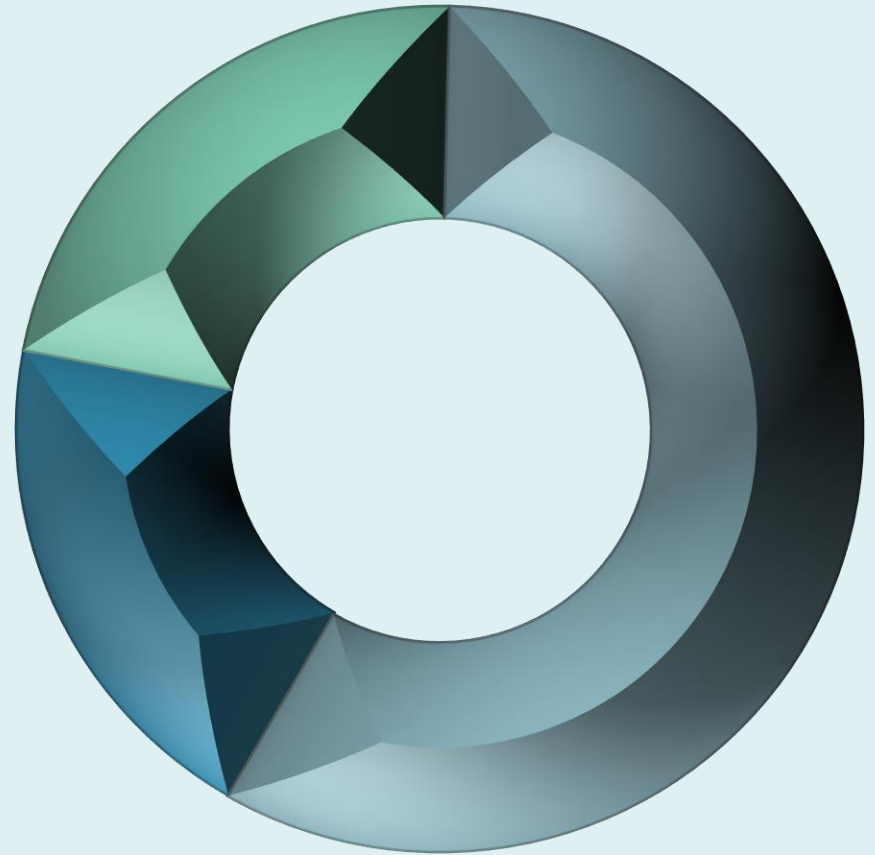
**“Healing takes time, and asking for help is a courageous step.”
~Mariska Hargitay**

Total Individuals Served in FY23 - 1424

■ Persons with Intellectual/
Developmental Disabilities (18.5%)

■ Children with Serious Emotional
Disturbances (27.4%)

■ Adults with Mental Illness (54.1%)



Financial Summary

October 1, 2022 - September 30, 2023

Total Revenue \$25,818,773.00

Charges for Service	\$24,389,306.00	94.5%
State Grants – Michigan Department of Health and Human Services Contract	\$690,865.00	2.7%
Local Units, Interest and Rents	\$441,265.00	1.7%
Other Revenue	\$246,836.00	1.0%
Federal Grants	\$50,503.00	0.2%

Financial Summary

October 1, 2022 - September 30, 2023

Total Expense \$ 25,415,355.00

**Services for Persons with
Intellectual /Developmental
Disabilities**

\$ 14,784,134.00

58.2%

**Services for Adults with Mental
Illness**

\$ 5,841,168.00

23.0%

**Services for Children with Serious
Emotional Disturbances**

\$ 3,315,152.00

13.0%

Administration

**(Compliance, Human Resources, Recipient Rights,
Public Information, Finance, Information Technology,
Program Administration)**

\$ 1,474,902.00

5.8%

Excess Revenue over Expenses

\$403,418.00

Michelle's Story...Embracing My Life

Adapting to life to get the quality of life I want hasn't been easy. I am lucky to have a loving and supportive family and friends who have encouraged me and have been my cheerleaders. My parents, B. and L. didn't treat me any differently and never held me back from adventures due to Cerebral Palsy, which I am grateful for. I truly have had a blessed and beautiful life.

Without meeting, seeing, or speaking to individuals with Cerebral Palsy, it may be difficult for people to understand some of the challenges a person with Cerebral Palsy faces every day. This condition presents itself in a variety of forms for all who are living with the diagnosis. In 2008, I became very sick, and I now have a J-Tube, which is inserted in the middle part of my small intestine and provides the necessary pass-through for medication and nutritional supplements.

Without that understanding or knowledge, the stigma surrounding disabilities increases and can limit true understanding of any disability. I wanted to highlight my story to break down some of the stigma and improve a person's understanding of disabilities. A person's disability is not contagious. A person's disability can take on many forms and people should be respectful and age-appropriate when communicating with a person. I utilize various communication boards and body language to connect with people, due to my limitations. People need to presume competence when they meet a person who might be different from them.

I wish people would do the following:

- Speak directly to the person with a disability and not to their caregiver.**
- Treat individuals as adults.**
- If unsure how to interact with a person, ask the person. You won't offend the person.**
- Wheelchair users - the chair provides freedom of mobility to individuals. Do not assume the person needs your assistance, ask.**

- Greet the person as you would anyone else, shake their hand. If they are not able to, the person will politely decline. Do not take offense.
- People with a disability can advocate for themselves and others.
- People with disabilities can still work and we have a work ethic. It may not be easy, but employers should take a chance on people.

Yes, I would love to work again but with some of my limitations, employers are hesitant to take a chance on me. A person just needs to find the right position and match with an employer, since everyone is unique. Woodworking would be my dream job. I love woodworking and I have assisted with making my dining room table by sanding and staining the table.

I have been goal-driven since my toddler years. I received my education from Caro Community Schools and Highland Pines in the early 1990s and participated in the Tuscola County and State Special Olympic Games for several years. A defining moment in my life was in 1996, when I picked out my home. I will admit my parents B. and L. assisted me. Yes, I have staff to assist with my daily needs and transportation. Not too long ago, I had to fight to stay in my home when my mother wanted to retire. With a bit of coordination and advocating for myself, I was able to stay in my home. My parents assisted me for many years but they never held me back. I knew what was best for me, I am an adult and my mom had to realize that I can make my own decisions and assist with hiring staff and input into my care. I can tell you that was a terrifying moment when I had to speak up and advocate for what I wanted. I think my mother realized at that time that she raised a strong independent woman.

I want to advocate for others because I do have a voice. I may communicate a bit different than others, but I can communicate and get my points across.

My social life is full. I have friends, I love music, attend concerts, and take walks with my beloved pet chihuahua, Mandy, who I chose in 2016 when she was just a puppy. I socialize with friends, attend many family and community events including the Caro Moose Lodge, Social U events, travel to casinos and yes, I do gamble. I vote in elections and I love to shop. I have the benefit of having family and friends that love me and support my choices. I can go just about anywhere and people know who I am due to my parents never holding me back. Some people think that I was born and raised in the Caro area, but I have actually lived in St. Louis, Missouri and Chicago, Illinois but call Caro my home.

I have many goals, one is going on a cruise, which I will achieve. I want people to know that I have dreams just like anyone else. I just have a bit more of a challenge achieving those dreams. Thinking outside the box is a must for individuals with a disability. I want people to see me and not my wheelchair and to talk to me, not to my staff. I have a voice!

Thank you to all my caseworkers and staff that I had the privilege to know and hand pick to assist me.



TBHS Board of Directors

October 1, 2022 – September 30, 2023

Chairperson
Daniel Grimshaw

Vice Chairperson
David Griesing

Secretary
Karen Snider

Thomas Bardwell

Nancy Fritz

Joann Helmbold

Alice Moore

Susan McNett

Kenneth Partridge

Brenda Ryan

Walter Szostak



Mental Health Code as stipulated in section 330.1222.(1). The composition of a Community Mental Health Services board shall be representative of providers of mental health services, recipients, or primary consumers of mental health services, agencies, and occupations having a working involvement with mental health services and the general public. At least 1/3 of the membership shall be primary consumers and family members, and of that 1/3 at least two members shall be primary consumers. All board members shall be 18 years of age or older.



Echols Office Building – TBHS Administration
323 North State Street, Caro, MI 48723
989.673.6191 or 1.800.462.6814



Personal Independence Center – TBHS Clinical Programs
1332 Prospect Avenue, Caro, MI 48723
989.673.6191 or 1.800.462.6814

TBHS Training Center
129 East Burnside Street, Caro, MI 48723



Community Mental Health Association of Michigan (CMHAM) is a trade association representing the 46 community mental health boards, 10 Prepaid Inpatient Health Plans, and more than 90 provider organizations that deliver services to adults with mental illness, children and adolescents with emotional disturbances, persons with intellectual/developmentally disabilities, and those with substance use disorders in every community across the state.

If you are interested in learning more about TBHS and joining our team, visit www.tbhonline.com or check out social media