

Tuscola Behavioral Health Systems

Annual Report
October 1, 2013 to September 30, 2014

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Tuscola Behavioral Health Systems



Once again, the past year has been a year of significant change at Tuscola Behavioral Health Systems (TBHS). Last year, I wrote about the reorganization of the Prepaid Inpatient Health Plans effective on January 1, 2014. We have spent considerable time during this fiscal year getting to know our partners within the region (12 CMHSPs) and it has been great to have the opportunity to learn from others within our new region. There are certainly vast differences between community mental health agencies and having the opportunity to share information with colleagues from other community mental health agencies has been a great learning and sharing experience for all involved.

The state began implementation of the Healthy Michigan benefit on April 1, 2014 which has expanded the opportunity for Medicaid coverage to many of Michigan's most vulnerable citizens. Enrollment in the Healthy Michigan benefit within Tuscola County has far exceeded original estimates. Unfortunately, as a result of Healthy Michigan implementation, TBHS had a substantial decrease in the General Fund dollars allocated to TBHS. Partial year impact of this reduction was realized in FY 14, however, the full year impact of this reduction was not realized until FY 15. The Governor and the Legislature have recognized that the reduction was too significant and have partially restored this funding in FY 15. Reductions in general fund resources within our community limits the ability of TBHS to provide services to those individuals that are not eligible for Medicaid or the Healthy Michigan benefit.

As we move forward, one of the primary focuses will be on Health Care Integration. Health Care Integration is the integration of behavioral health and physical health care and this is being promoted at the national, state and local level. TBHS believes in the value of healthcare integration and is committed to the further development of services that embrace the philosophy of healthcare integration. This is just one of many exciting initiatives that are underway at TBHS. None of these initiatives would be possible without the dedicated work force at TBHS. We are fortunate to have a number of long term staff, as well as new staff, that are committed to the mission of TBHS and the individuals that we serve.

TBHS has four staff trained as instructors for Mental Health First Aid (MHFA) and Mental Health First Aid – Law Enforcement. Two of these staff are also trained as instructors for Mental Health First Aid – Youth. TBHS has continued to offer Mental Health First Aid classes to the community free of charge. If you have not already taken advantage of one or more of these classes I would encourage you to do so. These classes offer a great opportunity to learn more about mental health and about TBHS.

Sharon Beals
Chief Executive Officer

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Programs and Services

Applied Behavioral Analysis (ABA)

Services available for Medicaid beneficiaries diagnosed with Autism Spectrum Disorder (ASD) and are provided for all levels of severity of ASD. Services are provided to increase developmentally-appropriate skills to facilitate the child's independence and integration into the community. This service provides evidenced-based techniques or strategies that are targeted to increasing developmental skills of a child with ASD in the domains of activities of daily living, communication, higher cognitive functions, interpersonal interaction, learning readiness, motor skills, play and self-regulation.

Assertive Community Treatment (ACT)

Provides basic services and supports essential for people with serious mental illness to maintain independence in the community. An ACT team will provide mental health therapy and help with medications. The team may also help access community resources and supports needed to maintain wellness and participate in social, educational and vocational activities.

Consumer Services/Customer Services

Assists individuals who are seeking access to the community mental health system.

Crisis Residential

Short-term care for individuals experiencing an acute psychiatric crisis, provided in a supervised, licensed facility. TBHS works closely with a contracted provider of this service.

Home-Based Services for Children and Families

Services that are provided in the family home or in another community setting. Services are designed individually for each family, and can include things like mental health therapy, crisis intervention, service coordination or other supports to the family. Infant Mental Health Services are also available.

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Nursing Home Mental Health Assessment and Monitoring

Includes a review of a nursing home resident's need for and response to mental health treatment, along with consultations with nursing home staff.

Outpatient Services

Provides assessment and therapy for a wide array of mental health issues for individuals and their families. Group therapy is also available through Outpatient Services.

Peer-Delivered and Peer Support Services

Peer-delivered services such as drop-in centers are run entirely by consumers of mental health services. They offer help with food, clothing, socialization, housing, and support to begin or maintain mental health treatment. Peer Support Specialist services are activities designed to help persons with serious mental illness in their individual recovery journey and are provided by individuals who are in recovery from serious mental illness.

Psychiatric Services

Services provided by a licensed psychiatrist including evaluation and ongoing treatment as necessary to address psychiatric needs.

Respite Services

Provides short-term relief to the unpaid primary caregivers of people eligible for specialty services. Respite provides temporary alternative care, either in the family home or in another community setting chosen by the family.

Skill Building Assistance/Services

Includes supports, services and training to help a person participate actively at school, work, volunteer or community setting, or to learn social skills they may need to support themselves or to get around in the community.

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Skill Building Opportunities at TBHS...



Kan Do Creations, is a unique gift shop located in downtown Caro, providing baskets and gifts that can be customized for various occasions. The retail store provides opportunities for individuals to be creative while working on various skills such as: money management, customer service, and community interaction.



Community Bound is a group of individuals who volunteer their time in support of community activities and non-profit organizations throughout Tuscola County. The program provides an opportunity for individuals with developmental disabilities to be active, participating members of the community. The original intent was to integrate individuals into their community through volunteer situations, as well as, utilizing the community resources for skill building and knowledge base, but it has taken flight to new heights with 18 locations throughout Tuscola County.



Supported Employment is about assisting adults who are eligible for mental health services find, secure, and maintain community employment. This program provides a business with a certified Supported Employment Training Specialist (ETS), employed by TBHS who will develop a detailed analysis of the job, refer qualified pre-screened workers for interviews. Positions can be customized to fit the needs of the business and individuals seeking employment.

Cass Valley Enterprises (CVE) is a program of TBHS that provides community rehabilitation training and employment for individuals with disabilities. CVE is a diversified, ISO-9001:2008 registered manufacturing and assembly facility that holds government and commercial contracts with;



- General Services Administration (GSA)
- Defense Logistics Agency Land and Maritime (DLA L&M)
- Tank Automotive Command (TACOM)
- Local area businesses

CVE is located in Vassar, Michigan providing customers quality products/services and delivering on-time performance.

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Supports Coordination or Targeted Case Management Services

A Supports Coordinator or Case Manager is a staff person who helps write an individual plan of service and makes sure the services are delivered. His or her role is to listen to a person's goals, and to help find the services and providers inside and outside the local community mental health services program that will help achieve the goals. A Supports Coordinator or Case Manager may also connect a person to resources in the community for employment, community living, education, public benefits and recreational activities.



TBHS has been awarded a three-year accreditations from the Commission on Accreditation of Rehabilitation Facilities (CARF) for its following programs:

- ~ Assertive Community Treatment: Mental Health-Adults;
- ~ Case Management/Services Coordination Mental Health-Adults, Children and Adolescents;
- ~ Community Services: Community Integration and Community Services Coordination;
- ~ Crisis Intervention-Mental Health-Adults;
- ~ Employment Services: Community Employment Services: Job Development, Job Supports, Job Site Training and Employment Services Coordination
- ~ Intensive Family-Based Services-Family Services-Children and Adolescents,
- ~ Outpatient Treatment Mental Health -Adults, Children and Adolescents

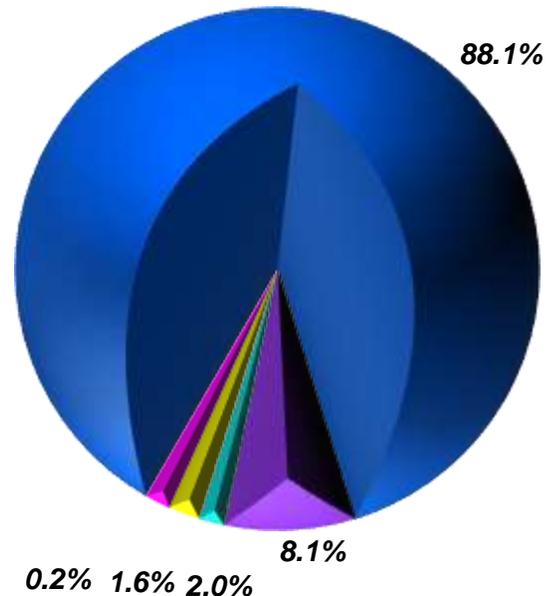


Tuscola Behavioral Health Systems

Financial Summary 2013-2014

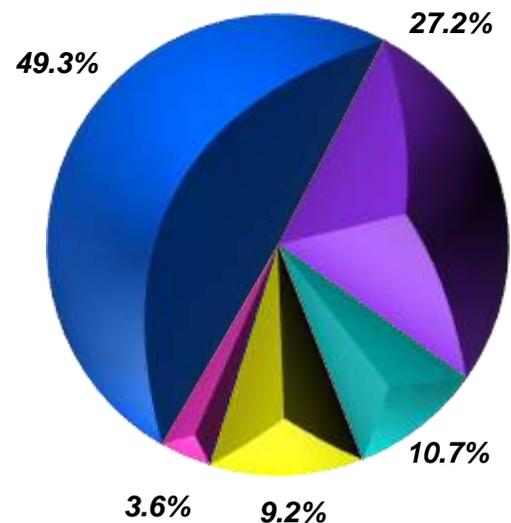
Revenues

- ◆ Charges for Services: Medicaid, Earned Contract, Consumer and Third Party Pay
\$14,301,209.00 (88.1%)
- ◆ State Grants: DCH Contract & ABW
\$1,316,528.00 (8.1%)
- ◆ Local Units, Interest & Rents
\$319,246.00 (2.0%)
- ◆ Other Revenue
\$258,725.00 (1.6%)
- ◆ Federal Grants
\$28,687.00 (0.2%)



Total Expenses

- ◆ Developmental Disabilities Services
\$7,990,914.00 (49.3%)
- ◆ Adult Mental Health Services
\$4,407,911.00 (27.2%)
- ◆ Board Administration:
(Compliance, Human Resources, Recipient Rights, Public Information, Finance Department, Program Administration Costs)
\$1,740,196.00 (10.7%)
- ◆ Children's Services:
\$1,497,899.00 (9.2%)
- ◆ Cass Valley Enterprises (CVE)
\$576,964.00 (3.6%)



Excess Revenue Over Expense \$10,511.00

Tuscola Behavioral Health Systems

TBHS Mission Statement

Our mission is to empower individuals and families on their journey toward wellness and recovery by providing access to comprehensive behavioral health care services in our community.

TBHS Board of Directors:

- ~ Karen Snider, Chairperson
- ~ Walter Szostak, Vice-Chairperson
- ~ Mark Putnam, Secretary

- ~ Raymond Bates
- ~ Daniel Grimshaw
- ~ Molli Hartel
- ~ Susan McNett
- ~ Christine Trisch
- ~ Paula Cavanaugh
- ~ Marianne Harrington
- ~ Joann Helmbold
- ~ Brenda Ryan

TBHS Leadership Team:

- ~ Sharon Beals, Chief Executive Officer
- ~ Julie Majeske, Chief Operating Officer
- ~ Marilyn Wiley, Chief Financial Officer
- ~ Brenda Brookhouse, Residential Services Supervisor
- ~ Deb Geno, Outpatient Supervisor
- ~ Tina Gomez, Nursing Services Supervisor
- ~ Victor Gomez, Residential Services Supervisor
- ~ Michelle Miller, Recipient Rights Officer
- ~ Cindy Opperman, Human Resource Supervisor
- ~ Susan R. Holder, Director Marketing and Training Service
- ~ Shannon LaVoie-Thompson, Children's Services & Emergency Services Supervisor
- ~ Michael Swathwood, Assertive Community Treatment & DBT Supervisor
- ~ Deb Starkey, Director of Community Supports



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TBHS Affiliates

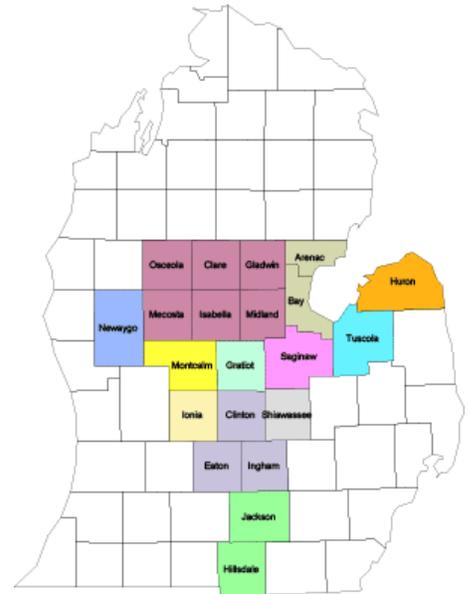


On January 1, 2014 Mid-State Health Network (MSHN) became the new Medicaid Managed Care Organization for a portion of Michigan's behavioral health services for twenty-one (21) counties through contracts with twelve (12) Community Mental Health Programs

MSHN and its provider network are responsible for maintaining an adequate service delivery system for persons with Serious and Persistent Mental Illness, Serious Emotional Disturbances, Developmental Disabilities, and Substance Use Disorders.

Behavioral Health Provider Network

- ~ Bay-Arenac Behavioral Health
- ~ CMH for Clinton, Eaton, Ingham Counties
- ~ CMH for Central Michigan
- ~ Gratiot County CMH Services
- ~ Huron County Behavioral Health
- ~ Ionia County CMH
- ~ Lifeways CMH Authority
- ~ Montcalm Center for Behavioral Health
- ~ Newaygo County Mental Health Center
- ~ Saginaw County CMH Authority
- ~ Shiawassee County CMH Authority
- ~ Tuscola Behavioral Health Systems



Every moment is a fresh beginning.
~ T.S. Eliot

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How to Talk About Mental Health

If you suspect that a friend or family member is struggling with depression, anxiety or another mental disorder, the best thing you can do is *speak up*. Let the person know that they are not alone. Reassure them that their situation is not unusual; in fact, one in four adults suffers from mental health challenges, and treatment is available.

Once you've opened the door to talking about mental illness, listen, and ask questions. Listen to what the person is sharing with you. Ask questions, to let them know you're hearing them and respect what they're going through; they might not necessarily understand it themselves. Above all, don't minimize their symptoms or expect them to simply snap out of it. Mental disorders are medical conditions, and are just as important to address as physical health.

Encourage your friend or loved one to seek professional treatment. Offer to help find the appropriate resources together. Offer to make an appointment with a doctor or counselor and volunteer to accompany them. It is often very helpful to have a trusted friend or family member go along to ask questions, take notes, and simply provide support. Don't underestimate the importance of your support, time and help. You can be a vital piece of your loved one's recovery.

Learn from yesterday, Live for today, Hope for tomorrow.
~ Albert Einstein

~ Four million children and adolescents in this country suffer from a serious mental disorder that causes significant functional impairments at home, at school, and with peers. Twenty-one percent of our nation's children ages 9 to 17 have a diagnosable mental or addictive disorder that causes at least minimal impairment.

~ Half of all lifetime cases of mental disorders begin by age 14. Despite effective treatments, there are long delays, sometimes decades, between the first onset of symptoms and when people seek and receive treatment. An untreated mental disorder can lead to a more severe, more difficult to treat illness, and to the development of co-occurring mental illnesses.

~ In any given year, only 20% of children with mental disorders are identified and receive mental health services.

Source: National Alliance on Mental Illness (NAMI)



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Consumers Served by TBHS Programs/Services

October 1, 2013 to September 30, 2014

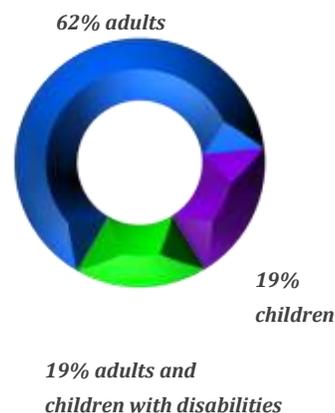


Children with Mental Illness...238

- ~ Children's Home Based/Case Management
- ~ Outpatient Services for Children

Adults with Mental Illness...754

- ~ Case Management Services
- ~ Assertive Community Treatment
- ~ Psychiatric Services
- ~ Outpatient Services
- ~ Aging Services
- ~ OBRA Outreach



Adults and Children with Developmental Disabilities ...239

- ~ Including Respite Services

The number of people served by TBHS programs is presented in unduplicated numbers. Unduplicated count represents the number of individuals served from single admission through discharge of services.

Total for Fiscal Year 2013/2014 ...1231

Total for Fiscal Year 2012/2013 ...1259



Tuscola Behavioral Health Systems

Location and Contact Information

Echols Building

TBHS Administration and Finance

323 N. State Street
Caro, MI 48723
Tel: 989.673.6191
Fax: 989.673.1596



www.tbhsonline.com

Personal Independence Center

Location of TBHS Clinical Programs

1332 Prospect Avenue
Caro, MI 48723
Tel: 989.673.6191
Fax: 989.673.1596



www.tbhsonline.com

Cass Valley Enterprises (CVE)

50 Enterprise Drive
Vassar, MI 48726
Tel: 989.823.6100
Fax: 989.823.1596



www.cassvalleyent.org

Kan Do Creations /TBHS Training Center

129 E. Burnside Street
Caro, MI 48723
Tel: 989.672.6028



Community Mental Health Services are funded in part by the Michigan Department of Health and Human Services and Tuscola County Board of Commissioners.