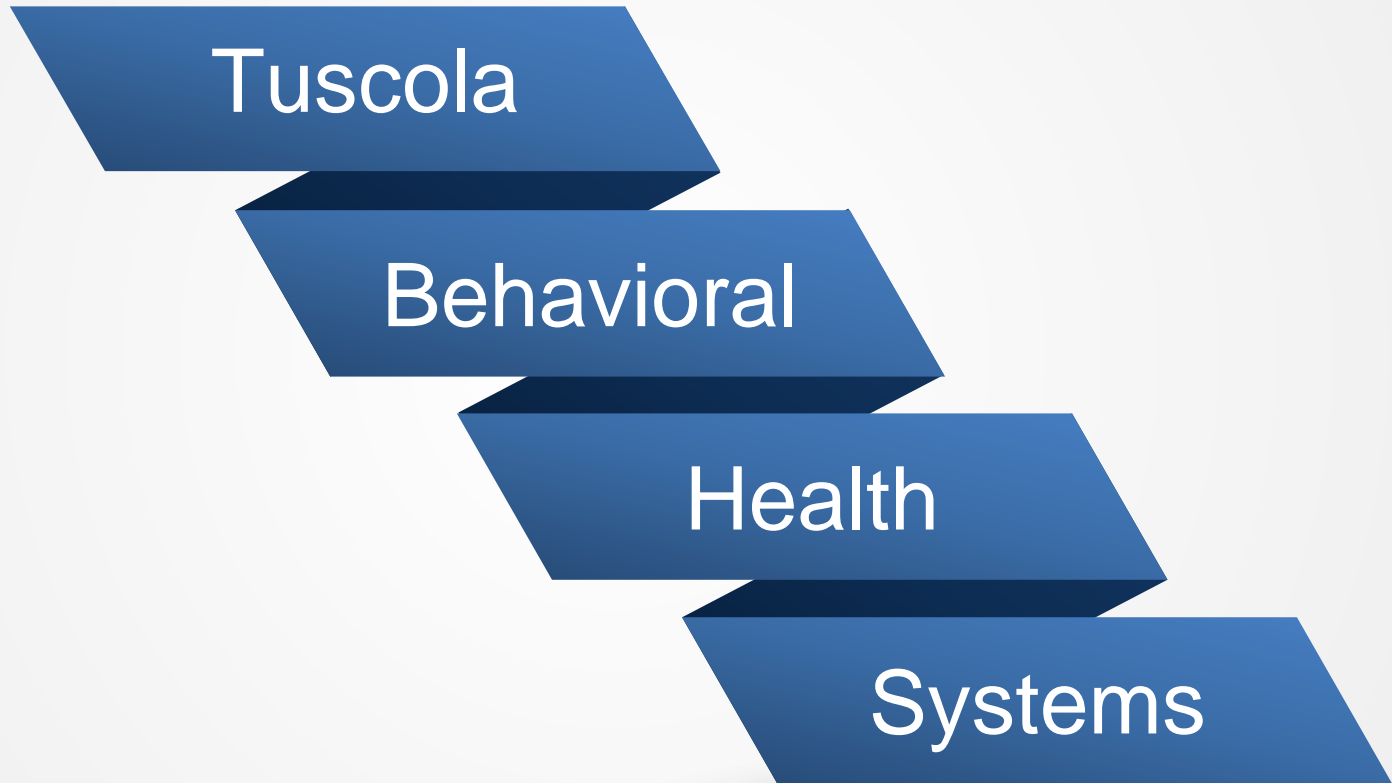


Restoring Hope...Rebuilding Lives



TBHS

Community Message ...Sharon Beals, CEO

Welcome everyone to the 2018-2019 Tuscola Behavioral Health Systems (TBHS) Annual Report. This year we took some time to look back at the history of TBHS from its beginning. In 1973, the Tuscola County Board of Commissioners formed the Tuscola County Community Mental Health Services Board and appointed the first board of directors. This initial board was made up of parent/advocates, local business men and women, educators, etc. The principles and values started back in 1973 still remain and are part of what we do every day. To honor those charter board members for their service and to recognize others that have served on the board in the years since, we now have a plaque recognizing the charter members and all other individuals that served on the TBHS board for at least 10 years. We need to always remember those that helped to establish this agency and make it what it is today.

One of those former board members, Floyd Echols, is also the namesake along with his wife, Maggie, for the building that houses TBHS administrative staff, the Echols Building. It was through a recommendation of the board that this building be called the Echols building back when it was originally purchased in 2006, however, it wasn't until 2019 that we added signage to the building to make it official. Floyd's wife Maggie was able to be present to share in the official naming of the building. Floyd served on the TBHS Board of Directors for 22 years. Floyd and Maggie spent a combined 80 years working in mental health throughout their careers.

We also took time this year to look back at all of the staff that have made contributions to TBHS and the individuals that we have served over the years. There have certainly been far too many staff to acknowledge everyone, however, we do now have our "retiree" tree, which recognizes all staff that have retired from TBHS and also those staff that were employed at TBHS for at least ten years. To date, we have had 99 retirees and individuals who were employed at least ten years. It was great to take the time to look back on many of the staff and the contributions that they have made to the success of TBHS. Over the next few years, we are expecting to see additional names added to the "retiree tree", as September 2019 there are 14 current staff have that have met all eligibility criteria for retirement.

Back in 1973, when the agency started, Dennis Johnson, was hired as the Executive Director. Dennis worked at the agency from 1973 to August 1991 prior to his retirement. TBHS staff sat down with Dennis to chronicle his memories of the early years at TBHS. We have the official documents dating back to the start of the agency, but we wanted to be sure to capture some of the stories of the early days of the agency.

In the years that I have been at TBHS, there have been far too many changes that have occurred to ever be able to remember or document them all – but the core principles and values have always remained the same. We are here to provide services to individuals and to assist them on their mental health journey. There are two articles within this newsletter from individuals who chose to share their stories with all of us. Please take the time to read about these two individuals since they want their stories to be heard. Over the years, we have often highlighted stories of individuals in our annual report and each story that we read is always one of inspiration and hope. Only a few individuals have their stories highlighted and shared in the annual report each year, but there are many more out there that could also be told. Thank you to M. Hecht and T. Thomas for sharing the story of your journey with us.

Sharon Beals

FINANCAL SUMMARY

October 1, 2018 – September 30, 2019

Revenues:

Charges for Services:
\$19,517,973.00 = 92.7 %

State Grants: MDHHS Contract & ABW
\$601,013.00 = 2.9%

Other Revenue:
\$558,343.00 = 2.7%

Local Units & Miscellaneous:
\$348,377.00 = 1.7 %

Federal Grants:
\$31,946.00 = 0.2%

Total Revenue: \$21,057,651.00

Expenditures:

Developmental
Disabilities/Intellectual Services:
\$11,595,887.00 = 55.3 %

Adult Mental Health Services:
\$4,572,268.00 = 21.8%

Children Mental Health Services:
\$2,985,227.00 = 14.2 %

Administration:
(Compliance, Human Resources, Recipient Rights, Public Information,
Finance Department, Program Administration costs)
\$1,819,319.00 = 8.7%

Total Expense: \$20,972,700.00

Excess Revenue over Expense (\$84,951.00)

Adolescent Years to Youth Peer Support Specialist

M. Hecht

My journey with mental health started when I was 12 years old and in 6th grade for depression and it was going well for the most part. Fast forward to my freshman year, where life events through me a curve and I did not know how to handle the events that were thrown at me. My uncle completed suicide and two months later one of my grandmothers passed away on my 15th birthday, and another grandmother had to have her leg amputated for health reasons. These were all life changing events at the age of 15 to absorb, let alone understand. I started failing in school and thinking I was older, wiser and could handle life. Looking back, my life choices during my high school years were not the best, getting involved with an older man, who I thought I could save from his own issues with drugs and law enforcement. Then getting involved in an unhealthy relationship with a younger male, experimenting with drugs and partying and not being honest with my parents. The unhealthy relationship was getting to the point that I thought he would kill me, and I attempted to complete suicide, May 2015. I was hospitalized for a time and placed on medication for the first time. I was not permitted to have contact with my boyfriend at the hospital, but I did by sneaking and using the day room phone. The verbal and emotional abuse continued. The person I had feelings for told me that I was brain dead and that I wasn't going to get any better. I believed him and started to physically hurt myself by banging my head on the wall at the hospital. At that time, I didn't realize two of my friends were at the hospital to visit, I did agree to see them and we hugged and cried together. The power of friendship is amazing and very healing. When I was released, I discovered that my boyfriend attempted to take his own life, shortly after telling me that I was worthless. I realized he had his own issues to work through and I could not be a part of it.

I returned to school and rumors were swirling. It was a very difficult time in my life, with the bullying that occurred. I did run away from home between junior/senior year of school. Law Enforcement gave me a few options – hospital, jail or home. I chose home if I was not handcuffed and that I could sit in the front seat. That Officer was AWESOME. Things were going good for a while, until I decided not to return home one night after work and stayed with a friend. My parents searched for me and it wasn't until friends of my parents started reaching out on social media pleading for me to come home and stating that I was loved, and realized people were worried about me. My mother set up an emergency session with TBHS Outpatient Department. I remember telling mom for the first time, that I was scared and that I may be pregnant. I was relieved to tell someone. I was very fortunate to have teachers and high school counselors that cared and assisted me getting back on track in order to graduate on time. At first people were telling me that I wouldn't graduate on time due to falling so far behind. I became resilient and proved to everyone that it was possible. I graduated from high school on time, received my associate degree from Delta College, transferred to Saginaw Valley State University (SVSU) to pursue a Bachelor of Social Work degree and have plans to continue toward earning my Master of Social Work degree.

I am currently a Junior at SVSU and nominated to the National Honor Student Society. In September 2019, I started working for TBHS as a Youth Peer Support Specialist. It's been a challenge working 15 to 20 hours a week, the required training and working on my studies. I wouldn't change it for the world. I was nervous of telling my story to strangers during the interview with TBHS, afterwards I felt more confident and ready to share my story with others. I feel supported by my peers and all my team members at TBHS. As a Youth Peer Support, I can honestly say that I can relate to what individuals may be going through, since I was once in their position, feeling scared and feeling like I was alone, and that my parents/friends wouldn't understand. Through therapy and hard work, I realize now I was wrong. I am not alone and there are resources in the community that can help young people and older people with what they may be going through in life. No one is alone!

TBHS Board Members and Leadership Team

TBHS Board of Directors (as of 9/30/2019)

Susan McNett – Chairperson
Kenneth Partridge – Vice Chairperson
Daniel Grimshaw – Secretary

Thomas Bardwell
David Griesing
Joann Helmbold
Brenda Ryan

Paula Cavanaugh
Marianne Harrington
Janet Huff
Walter Szostak

Board composition is set by the 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.



TBHS Leadership Team (as of 9/30/2019)

Sharon Beals, Chief Executive Officer
Julie Majeske, Chief Operating Officer
Jennifer Hagedon, Chief Financial Officer

Brenda Brookhouse, Residential Services Supervisor
Heather Cramer, Assertive Community Treatment DBT Supervisor
Jeannette Folcik, Care Coordination Supervisor
Deb Geno, Outpatient Supervisor
Tina Gomez, Health Operations Supervisor
Victor Gomez, Residential Services Supervisor
Susan R. Holder, Director Marketing and Training Services
Teri Kopasz, Skill Building/Supported Employment Supervisor
Shannon LaVoie-Thompson, Children's Services & Emergency Services Supervisor
Syndi Neeb, Recipient Rights Officer
Cindy Opperman, Human Resource Supervisor
Michael Swathwood, Quality Systems and Compliance Supervisor

The DBT Program Saved My Life

T. Thomas

DBT saved my life. I have tried counseling and therapy for over 25 years, never really taking it seriously. It wasn't until I started with TBHS in a program that included Dialectical Behavior Therapy known as DBT. DBT is an evidence-based approach that uses three types of therapy approaches to teach core skills – (1) one on one therapy, (2) skills training (3) phone coaching. DBT is not a quick fix, it is a process and takes commitment and time. Therapy is one hour of being honest with the therapist, the skills group usually met once a week for two to three hours. The meetings generally last for 24 weeks, but many DBT programs go for a full year. During skills group, each person practices each skill, talking through scenarios with other group members. The last type is phone coaching for extra support. This is a person's life line with their therapist. This is the tool a person wants to have in their back pocket. If I felt overwhelmed or just needed a bit of extra support, just knowing I had that option to call and talk through things helped tremendously.

There was a time that I was at my wits end, didn't want to live, wasn't suicidal but with all the mental and verbal abuse that I endured throughout my 55 years of life, I couldn't handle life myself. At one point, I had been sober for five years and with all the life challenges and trying to deal with my former spouse, I started drinking and blacking out. Falling into the same pattern I always had. I felt lost, damaged, and had no hope. A close friend of mine had recommended that I call TBHS. I do not know how I found the strength to make the call but I did. I made an appointment and TBHS assisted with my transportation needs to get to my appointments. It was the best choice I had every made. My diagnoses was Bipolar 1, Personality Disorder, PTSD and Chronic Depression. I truly believe that if I had the resources and help earlier I would not have relapsed. I was at a point where I didn't have any self worth and felt very alone.

My caseworker didn't coddle me, she was strong for me which helped me become strong, and I started having hope for myself. I started therapy and medication. The medication assisted me to stay calm and not be so angry about life. It wasn't until I was at a picnic sponsored by TBHS that I saw a brochure about DBT. I inquired with my therapist and she thought it was a great idea to join the DBT group. Between therapy and the DBT tools that were shared, truly saved my life. The Native American class brought me closer to my spirituality and more at ease. DBT was the turning point in my life, I put down the weapons and surrendered and learned to pick up the tools/coping skills. I am proud to say that I have been sober for over five years. This would not have happened without the skills I learned through DBT.

I went from living in a camper to living with my mother to now having my own place once again. Living with family had its challenges and was very difficult to rely on another person for assistance. There were times in my life where I would take off and move out of state on a whim with only three bags. I estimate that I moved at least 58 times. I thought I had to prove to myself that I could take care of myself. I now realize I was running away and not working on myself. I have been married four times and have two wonderful children. I am a very proud mom and very thankful that my two children are back in my life and have forgiven me. I feel I did the best I could being so sick, but my children knew that I always loved them.

I now feel that I can help others, while maintaining a healthy and stable environment. I am living alone, independent and finally enjoying life. For the first time in my life, I'm having meaningful friendships. I realize true friends do not always need something from me. I am the general service representative for Cakima and Secretary of the Thumb Area Unity Council. I enjoy volunteering, crafts, concerts and spending time with friends and family. Everything that I went through made me who I am today. I have plans of writing a book of my life called "Crossing The Tracks" and living life the way I was meant to live it.

Individuals Served by TBHS

INDIVIDUALS SERVED FISCAL YEAR 2018/2019... 1314

**Children with Mental Illness including: Children's Home Based ~ Case Management Outpatient
~ Services for Children**

**Adults with Mental Illness including: Case Management Services ~ Assertive Community Treatment
~ Psychiatric Service ~ Outpatient Services**

**~ Aging Services /OBRA Outreach ~ Adults and Children with Developmental Disabilities including:
~ Autism ~ Respite Services**

TBHS monitors how many people are served, the programs and types of services received and a person's demographic characteristics in order to effectively manage resources. This annual report provides unduplicated numbers-from admission through discharge of service.



**Maggie Echols with
her son, Mike –
9/2019 Rededication
of the Echols Building**

Fiscal Year 2017/2018 1289

Fiscal Year 2016/2017 1279

“Whenever we begin to feel as if we can no longer go on HOPE whispers in our ear to remind us that we are strong.” Robert M. Hensel



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 Vision Statement

Our vision is to assure the accessibility of effective community services that empower individuals and families to achieve an enhanced quality of life.



TBHS



***Echols Building
TBHS Administration and Finance
323 N. State Street, Caro, MI 48723
989.673.6191 or 1.800.462.6814***



***Personal Independence Center
Location of TBHS Clinical Programs
1332 Prospect Avenue, Caro, MI 48723***

***Kan Do Creations / TBHS Training Center
129 East Burnside Street, Caro, MI 48723
989.672.6028***



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