

*We Talk About Mental Health
to let others know they are not alone.*



*Annual Report October 1, 2020 to September 30, 2021
Tuscola Behavioral Health Systems*

TBHS Board of Directors

(As of 9.30.2021)



Dan Grimshaw
Chairperson



David Griesing
Vice Chairperson



Karen Snider
Secretary



Thomas Bardwell



Nancy Fritz



Marianne Harrington



Joann Helmbold

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.



Alice Moore



Susan McNutt



Kenneth Partridge



Brenda Ryan



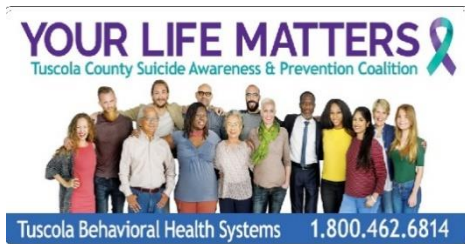
Walter Szostak


Community Message Sharon Beals, CEO

The theme for this year's Annual Report - We Talk About Mental Health to let others know they are not alone is extremely appropriate considering the challenges that the mental health system faced during FY21. Senator Shirkey has proposed two bills: Senate Bill 597 and Senate Bill 598. These bills, if enacted, would eliminate the current Prepaid Inpatient Health Plans (PIHP) and instead give this funding to the Medicaid Health Plans to manage. With recent changes to these bills, it is no longer only the Medicaid funding that would be impacted but also state general fund revenues as well as local funds. Community Mental Health Authorities/Agencies in Michigan created the Prepaid Inpatient Health Plans (PIHPs) and we have representation from the Tuscola Behavioral Health Systems (TBHS) Board of Directors on the board of directors of our PIHP, Mid-State Health Network. With the potential passage of Senate Bills 597 & 598, control for these funds would rest with Medicaid Health Plans that are not even Michigan based companies. Tuscola Behavioral Health Systems would continue to operate as the community mental health agency for individuals in Tuscola County, however, our funding would now all be controlled by the Medicaid Health Plans that provide coverage within Tuscola County. Many of the relationships that have been built over the years between TBHS and other community partners would be severely harmed as there would no longer be funding available that would allow staff participation on various workgroups and committees. The main concern is that the individuals that receive services at TBHS will be hurt the most if these two bills pass in the Senate. There is nothing about these bills that in any way improves the quality or the quantity of services that individuals are able to receive. In fact, the Medicaid Health Plans will retain a larger percentage (approximately 16% historically) for administrative costs than the current PIHP structure (approximately 6% historically). This increase in administrative costs can only come from one place and that is from the funding that is received at the community mental health authorities to provide services to individuals. Everyone is in this together. We all need to continue to strive to provide the best quality services that we can provide, be the best community partners that we can be and to provide as many supports as possible to others. Unfortunately, passage of these two bills in the Senate would greatly reduce the ability of TBHS to do that.

Community Message

In FY21, not only did we deal with the latest system redesign proposals in Senate Bills 597 and 598, we also continued to operate during some of the toughest times during the pandemic. We occasionally had brief periods of time where it seemed like operations would be able to return to normal, however, the pandemic did not allow that to occur. However, the staff at TBHS continued to work diligently to provide high quality care to the individuals that we serve within this county. I can not speak highly enough to the dedication and commitment of the staff at TBHS. And for the individuals that we served during the year, they worked with our staff throughout the year often receiving services via phone, Zoom, in person with extra precautions in place, etc. It certainly took everyone being willing to adapt and show flexibility in order for us to continue to provide services throughout this difficult time. Along with everyone else in the county and state, we have experienced severe staffing shortages and are extremely hopeful that during FY22 we will be able to fill vacant positions and provide some relief to our current staff. We are also optimistic that we will see an end to the pandemic and be able to start offering community trainings again as there certainly is a need and value to having a community that is well informed related to mental health issues and concerns.



YOUR LIFE MATTERS 
Tuscola County Suicide Awareness & Prevention Coalition

Tuscola Behavioral Health Systems 1.800.462.6814



Mental Health Is Health

1 in 5 U.S. adults experience
MENTAL ILLNESS
-NAMI

 Tuscola Behavioral Health Systems *It's okay to ask for help*



You Are Not Alone!

Tuscola Behavioral Health Systems 989.673.6191	Tuscola County Health Dept. 989.673.8114
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We Are Always Here. Caring For You.

Who We Are

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.

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

Our Guiding Values...

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 consumers.

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

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.

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.

Leadership Team

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

- **Brenda Brookhouse**, Residential Services Supervisor
- **Heather Dennis**, Assertive Community Treatment DBT Supervisor
- **Jeannette Folcik**, Care Coordination Supervisor
- **Deb Geno**, Outpatient Supervisor
- **Tina Gomez**, Health Operations Supervisor
- **Victor Gomez**, Residential Services Supervisor
- **AshLee Hansinger**, Community Supports & Recovery 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

As of September 30, 2021

People are not alone in their journey – 7. Thomas

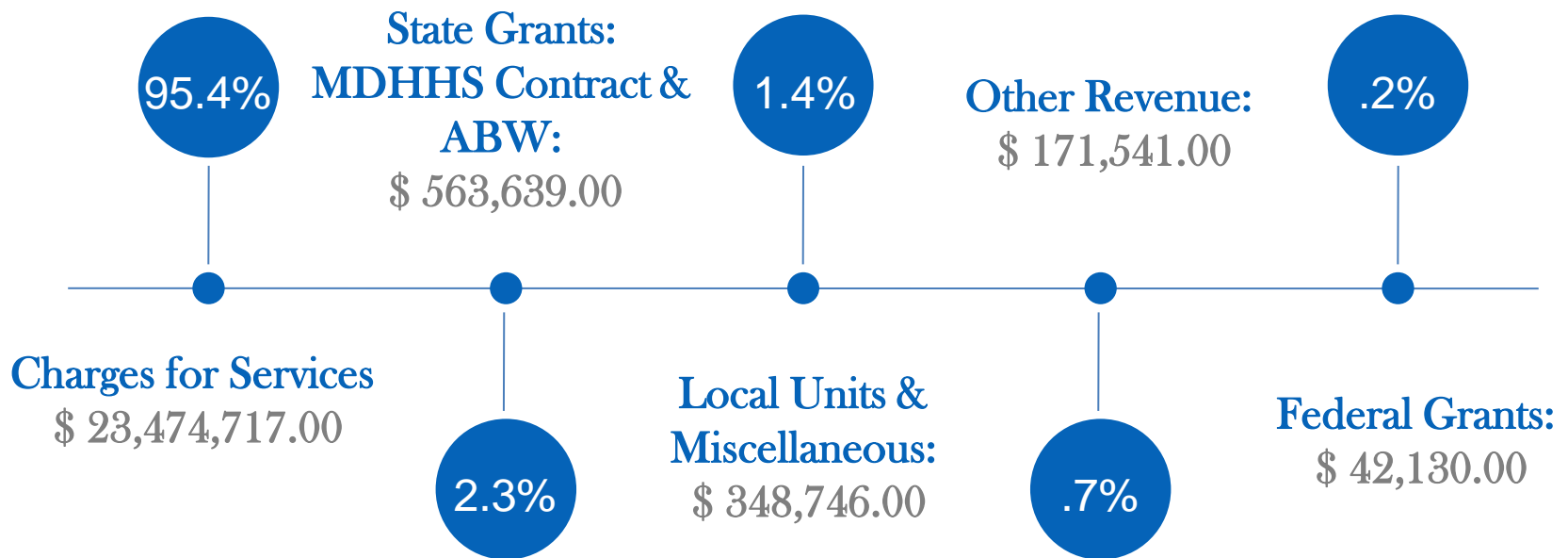
journey continued from 2018/2019 annual report

The DBT program continues to help me through everyday life. I developed a strong foundation after working with what the DBT Program offered at Tuscola Behavioral Health Systems approximately 7 years ago. I started working because it takes effort to learn, retain, and continue a new way of life. I had to do my part for it to be practical to me. The counselors, therapists, case workers, and psychiatrist gave me hope, skills to use, and support all the way through my journey and continue to support me in my growth and with the use of skills I've learned. Sometimes it takes a little more work and time to change and grow than a person would think. I can honestly say a person is never alone in your journey with TBHS. You might ask why I continue to attend therapy and see a psychiatrist. I was sick for a very long time and basically fought my way through life. It was fight or flight for me. I have always suffered from Bipolar 1, anxiety, PTSD, depression, insecurities, verbal and mental abuse, and some physical abuse. I "should" on myself a lot. I didn't have any self-worth, nor did I know how to get it. I didn't trust anyone or anything so, it was a bit difficult at first to pay attention in group sessions. The more I worked on the skills the more they automatically worked in my life and still do.

While working with the DBT program all this time, I haven't dated anyone. I have finally taken the time to work on me and I am still single to this day because I really like ME now and enjoy my own company for the first time in my life! My therapist is helping me work through my weaknesses of character in relationships so I may move on one day and take everything I've learned and grow into a strong relationship and leave the past behind. I have accepted I will be on medication for the rest of my life and it's alright by me. Also, I quit smoking cigarettes 6 years ago.

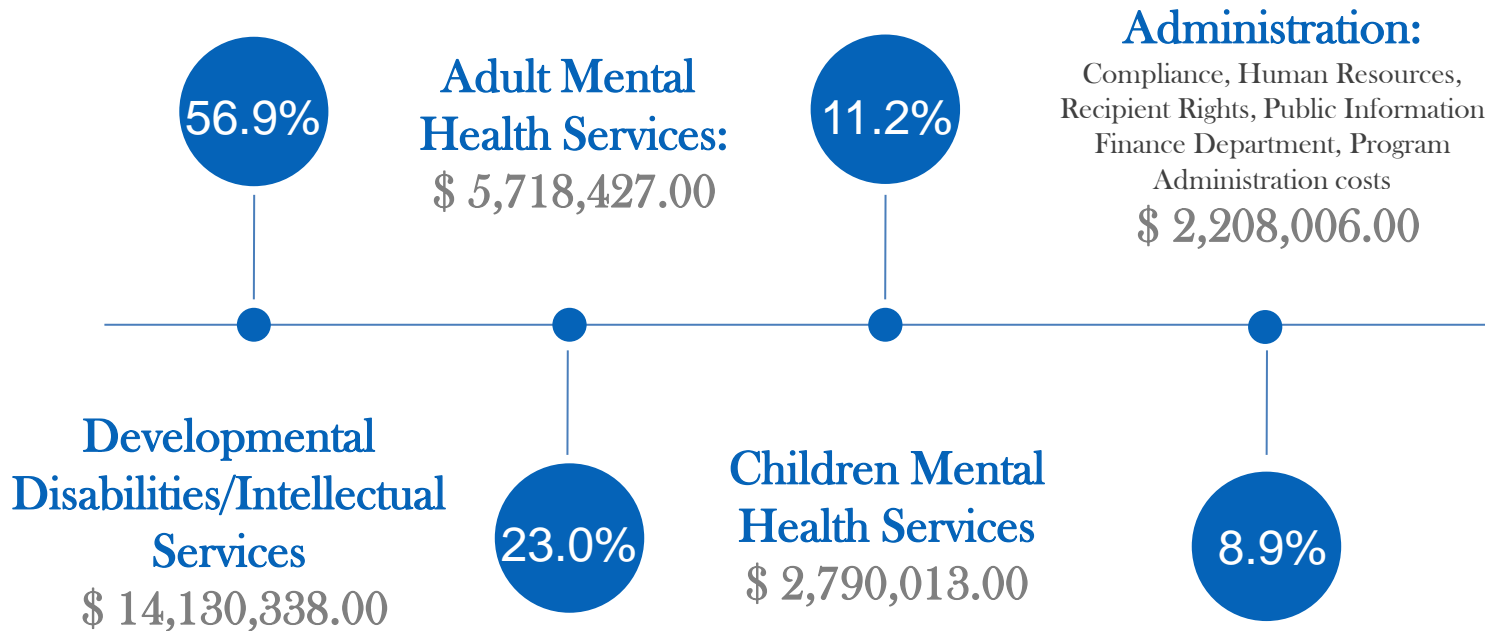
I continue to serve as Secretary and Public Information Chair for the AA Thumb Area Unity Council for Tuscola and Huron Counties which meets once a month. I assisted in creating another AA Meeting in Caro on Wednesday nights and I'm the Alternative General Service Representative for this group. I currently serve on the Caro Area Library Board/Member of the F.O.C.A.L. group and have been for almost a year. The F.O.C.A.L. group does a great deal of fundraising for the Caro Area Library. I'm honored to say that I have had 7 years of sobriety and I'm loving the new me. I don't want to imagine where I would be right now had it not been for TBHS and the DBT program. I am beyond grateful for the opportunity and for all the help I have been given. I now have confidence, strength and so much to offer because of Tuscola Behavioral Health Systems. Thank you with gratitude beyond measure. Side note: I am still working on my book!

Financials - Revenue *October 1, 2020 to September 30, 2021*



Total Revenue \$24,600,773.00

Financials Expenditures *October 1, 2020 to September 30, 2021*



Total Expenditures \$ 24,846,784.00

Excess Expense Over Revenue \$ 246,011.00



Why TBHS Staff Talk About Mental Health

“In 2008, I was living in my car in a Kroger parking lot due to the impact my trauma history had on me. In 2020, I was the keynote speaker for the Philadelphia Department of Treasury's conference on diversity and inclusion, speaking on mental health issues and recovery. I talk about mental health because knowledge is power and hope is the way forward.” Tracey L Smith, CPSS, ETS, NCPT, Peer Wellness Coach, TBHS

“I talk about mental health because it is important for people to know that it is normal to struggle sometimes and not have all the answers. And it's okay to ask for help. Building on our strengths and addressing our weaknesses is part of building a better life for ourselves.” Brian C.

“Having conversations with friends, family and community members regarding mental health and physical health improves a community overall. Letting children and adults know they are not alone in how they are feeling and the resources available to community members. Friends, family and co-workers can make all the difference in a person's recovery. It can be difficult to start a conversation but its necessary. I encourage everyone to support a positive dialogue around mental health and eliminate the misconceptions around the topic of mental illness and reaching out for help.” Susan R. Holder, Director of Marketing and Training



Programs, Services & Individuals Served



1239 Individuals Served

- *Assertive Community Treatment (ACT)*
- *Aging Services*
- *OBRA Outreach*
- *Case Management*
- *Children's Home Based Services*
- *Community Bound/ Volunteer Program*
- *Kan Do Crew Creations*
- *Skill Building Program*
- *Supported Employment*
- *Respite Services*
- *Supports Coordination*
- *Targeted Case Management*
- *Emergency Services 24/7*
- *Jail Diversion Services*
- *Outpatient Services*
- *Psychiatric Services*
- *Wellness Clinic*



TUSCOLA
Behavioral Health Systems

No One Is Alone.



TUSCOLA
Behavioral Health Systems



MSHIN

Mid-State Health Network



Echols Building - TBHS Administration and Finance
323 North State Street, Caro, MI 48723
989.673.6191 or 1.800.462.6814
www.tbhsonline.com

**Personal Independence Center (PIC) -
TBHS Clinical Programs location**
1332 Prospect Avenue, Caro, MI 48723
989.673.6191 or 1.800.462.6814
www.tbhsonline.com