

# 2022

## *Annual Report*

*October 1, 2021 - September 30, 2022*



***The Strength  
of  
Hope...***

# About Us

*Tuscola Behavioral Health Systems (TBHS) is a governmental Michigan Community Mental Health Authority established in 1974 to manage public mental health services in Tuscola County. TBHS is under contract with and funded in part by the Michigan Department of Health and Human Services, as well as, Tuscola County.*

*Michigan's public mental health system has a long history of serving those in need. Community Mental Health Service Programs (CMHSPs) are the local community providers and/or managers of services and supports for individuals with severe and persistent mental illness, intellectual/developmental disabilities, serious emotional disturbance and co-occurring disorders. Our staff include clinical, direct care, operational and administrative support staff dedicated to helping individuals served within TBHS.*

*Tuscola County Community Mental Health Authority (TCCMHA) is the legal name of the agency, we conduct business and are known as Tuscola Behavioral Health Systems (TBHS) throughout the county.*

*Tuscola Behavioral Health Systems is a partner in the Mid-State Health Network (MSHN) joining Bay-Arenac Behavioral Health, Clinton-Eaton-Ingham Community Mental Health, Community Mental Health for Central Michigan, Gratiot Integrated Health Network, Huron Behavioral Health, Lifeways Community Mental Health, Montcalm Care Network, Newaygo County Mental Health Center, Saginaw County Community Mental Health, Shiawassee County Community Mental Health Authority, and The Right Door.*



# TBHS Board of Directors

***Chairperson***  
***Dan Grimshaw***

***Vice Chairperson***  
***David Griesing***

***Secretary***  
***Karen Snider***

***Thomas Bardwell***

***Susan McNett***

***Nancy Fritz***

***Kenneth Partridge***

***Joann Helmbold***

***Brenda Ryan***

***Alice Moore***

***Walter Szostak***

***TBHS would like to thank Mariann Harrington for 21 years of dedication to TBHS and individuals served as a TBHS Board Member from July 2001 to August 2022.***

***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.***

# Community Message, Sharon Beals, Chief Executive Officer (CEO)

*On behalf of the Tuscola Behavioral Health Systems (TBHS) board and staff, I am pleased to share our Fiscal Year (FY) 22 Annual Report with members of our community. This annual report for TBHS provides highlights from the fiscal year and shares the story of Sarah and her Journey of Hope.*

*FY 22 continued to be another difficult year as we continued to navigate through the challenges related to COVID-19 including COVID related restrictions and extreme staffing shortages. It is because of the dedication and commitment of the incredible TBHS staff that we were able to maintain services and continue to provide quality care to individuals within Tuscola County. Staff have remained committed to the mission and vision of TBHS and to the individuals that we serve. It is this commitment that has allowed TBHS to maintain services and maintain the ongoing relationships with the tremendous community partners that we have within Tuscola County.*

*This year's message for the annual report "The Strength of Hope" can take on a variety of meanings. As we all approached and worked through another year of the pandemic, we all held onto the hope that we would see an end to the pandemic and the many challenges that it brought to all of us. Hope is what keeps most of us going on a daily basis. Although each of us face different challenges each day, it is the "hope" that we all have for tomorrow and how things will be that keeps each of us moving forward. These past few years have been tough for everyone and it has taken a strong commitment on the part of everyone to get this community and all of us in it, through the ups and downs that we have all experienced.*

*As we continue to move forward, we need to all remember to "hope" that things will be better and realize that we are all able to work our way through things together.*



# My Journey of Hope

by Sarah M.

*Dedicated to family and friends who stood by me whenever they could (and when I let them) Y'all know who you are!*

*I had my first experience with depression at the age of fifteen. It was truly insidious in that I didn't know what was wrong. But it felt like something dark and sad and angry was taking over. I didn't truly tackle my issues until age thirty.*

*In that 15 years, I went through several significant life changes. My father passed away, I had my first serious relationship, then my first serious breakup. I got married and divorced and I moved from Arkansas to Michigan. All with untreated mental illnesses.*

*I started having panic attacks around eighteen, a breathless, heart pounding, terrifying experience that I wouldn't wish on my worst enemy. Most of my twenties were spent spiraling over seemingly inconsequential things. I'd do the dishes, forget a glass in the bedroom, and I would cry until I couldn't anymore. My anxiety and depression seemed to create a black hole that I could not escape.*

*My physical health has never been great, lots of pain and nausea, but we should all know how physical and mental health are intrinsically related. I didn't realize that at the time.*

*I didn't have insurance or reliable resources in Arkansas, unlike now here in Michigan, so I was unable to obtain proper treatment. I also wasn't sure how to find assistance. There was an Urgent Care visit that resulted in a few weeks on medication samples, but nothing definitive. I didn't have a primary care doctor to continue the treatment; like I said, I had no insurance and limited funds.*

*For a long time, I felt broken, and helpless to do anything about it. Writing poetry and stories helped, but it was much like applying a Band-Aid to a gunshot wound.*

***Pain Is Real But So Is Hope. ~Unknown***



# My Journey of Hope

*But I also hid it from everyone. Fake smiles and saying I was fine. My head was a confusing mess of denial and shame and 'I should be stronger than this!'*

*Then, directly after my devastating divorce, I moved from Arkansas to Michigan, and being unemployed due to various health reasons, I was able to get health insurance, and I came to TBHS under the advice of my grandmother. With the 'No Wrong Door' policy, I didn't feel ashamed for not knowing how any of this worked. For the first time, I felt like I might not be broken, just a little bent and scuffed up.*

*For more than five years, TBHS staff has done their utmost to make sure that my mental health doesn't deteriorate into the sad shell I once was. I find support through outpatient services and telehealth doctors affiliated with TBHS.*

*I'm certain I can't share names, but I do see a doctor and I see a therapist. I started out attending the therapy sessions every two weeks and have been on that schedule for the past few years, but in my last session, we agreed to change that to once a month! Progress!*

*Recently, I've also started using TBHS Peer Support Services. That has been very helpful, as my peer support person is empathetic and supportive, always willing to talk with me about different things that affect my mental health, and we discuss various resources in the community.*

*My point? I'm a recipient of three different services through TBHS, and I have always been treated with respect and compassion and patience. They've given me HOPE. Even when I felt I didn't deserve it.*

*Thank you,  
Sarah M.*

*Hope is seeing light in spite of being surrounded by darkness. ~Unknown*

# Financials- Revenue

*October 1, 2021 to September 30, 2022*

**95.4%** *Charges for Services*  
**\$23,607,738.00**

**2.3%** *State Grants: MDHHS  
Contract & ABW*  
**\$561,315.00**

**1.4%** *Local Units &  
Miscellaneous:*  
**\$344,113.00**

**.8%** *Other Revenue*  
**\$207,756.00**

**.2%** *Federal Grants*  
**\$36,066.00**

**Total Revenue**  
**\$24,756,988.00**

# Expenditures

October 1, 2021 to September 30, 2022

## *Developmental*

**59.7%** *Disabilities/Intellectual Services - \$14,634,492.00*

**22%** *Adult Mental Health Services - \$5,380,017.00*

**12.6%** *Children's Mental Health Services - \$3,098,086.00*

## *Administration*

**5.7%** **\$1,400,813.00**

*Compliance, Human Resources, Recipient Rights, Public Information, Finance Department, Program Administration costs*

**Total Expenditures**  
**\$24,513,407.00**

**Excess Revenue Over Expense**  
**\$243,581.00**



# TBHS Leadership Team

## Chief Executive Officer *Sharon Beals*

### Chief Operating Officer

*Julie Majeske*

*Brenda Brookhouse, Residential Services  
Supervisor*

*Heather Cramer Dennis, Children's Supervisor*  
8/2022

*Jeannette Folcik, Care Coordination Supervisor*

*Seth Geister, Outpatient/Emergency  
Services Supervisor*

*Tina Gomez, Health Operations Supervisor and  
Interim Assertive Community Treatment and DBT  
Supervisor*

*Victor Gomez, Residential Services Supervisor*

### Chief Financial Officer

*Stacey Dudewicz*

*Susan R. Holder, Director Marketing & Training  
Services*

*Cindy Opperman, Human Resource Supervisor*

*Teri Kopasz, Skill Building/Supported  
Employment Supervisor*

*AshLee Price, Community Support &  
Recovery Services Supervisor*

*Syndi Neeb, Recipient Rights Officer*

### 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.*

# Programs, Services and Individuals Served



**1319 Served**

- **Assertive Community Treatment (ACT)**
- **Aging Services**
- **OBRA Outreach**
- **Case Management**
- **Children's Home Based Services**
- **Community Bound/ Volunteer Program**
- **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**





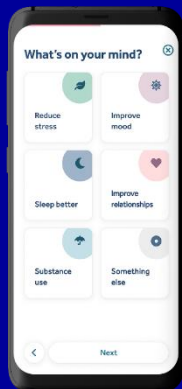
## *A healthier mind for a stronger you.*

*myStrength is a health and wellness program that is packed with engaging content, videos, and tips that people can immediately put to use. The content is flexible and comprehensive with proven tools and dedicated support for stress, depression, sleep and more. myStrength is an evidence-based, self-help resource that is available 24/7*

*myStrength is FREE - download the app or access it through [www.tbhsonline.com](http://www.tbhsonline.com). TBHS subscribes to the myStrength health and wellness application to benefit everyone in the community.*

*The free community access code is TUSCOLA.*

*This resource is funded through a Mental Health Block Grant through MDHHS, allowing TBHS to provide information/trainings to schools and community partners.*



# Contact Us

---

## **Echols Office Building TBHS Administration**

323 North State Street, Caro, MI 48723  
989.673.6191 or 1.800.462.6814  
[www.tbhsonline.com](http://www.tbhsonline.com)

## **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, Caro, MI 48723  
989.673.6191 or 1.800.462.6814



**TUSCOLA**

*Behavioral Health Systems*

**MSHN**

Mid-State Health Network



If you are interested in learning more about TBHS and joining our team, visit [www.tbhonline.com](http://www.tbhonline.com)