

TUSCOLA BEHAVIORAL HEALTH SYSTEMS

ANNUAL REPORT TO THE COMMUNITY

OCTOBER 1, 2010 – SEPTEMBER 30, 2011

Together



Transforming

323 N. State Street
Caro, MI 48723
989.673.6191 or 1.800.462.6814
www.tbhsonline.com



Tuscola Behavioral Health Systems (TBHS) is a public authority with jurisdiction to provide behavioral health services to residents of Tuscola County. TBHS is funded in part by the Michigan Department of Community Health.

BOARD MEMBERS

Walter Szostak, Chairperson
Karen Snider, Vice -Chair
Mark Putnam, Secretary
Paula Cavanaugh
Raymond Bates
Brad Glassford
Daniel Grimshaw
Maianne Harrington
Molli Hartel
Joan Helmbold
Tom Kern
Don McLane
Brenda Ryan

Don McLane long-time TBHS Board member passed away July 2011. His compassion and dedication to the mental health field will be missed.

TBHS Board members represent various areas and demographics of Tuscola County and are appointed by the Tuscola County Board of Commissioners.

Community Message

Sharon Beals, Chief Executive Officer

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

Fiscal Year 2011 was another year of change at TBHS and throughout the community mental health system in Michigan. FY 2011 saw a focus in Michigan on plans to reform the healthcare system. This reform includes the integration of care for behavioral health and physical health and development of a proposal for managing services for individuals with both Medicaid and Medicare coverage. Healthcare integration will result in improved services and an improved quality of life for individuals served. Physical health conditions among people with serious mental illnesses impact their quality of life and contribute to premature death. The National Association of State Mental Health Program Directors issued a report in 2006, *Morbidity and Mortality in People with Serious mental Illness*, that stated that people with serious mental illness on the average die 25 years earlier than people without serious mental illness.

Recovery is about creating hope for individuals and TBHS has been working for years on the development of services that help to create this hope. This year, we were fortunate to have received a block grant from the state of Michigan. This block grant allowed staff to receive formal training on building a recovery environment at TBHS. Staff, along with individuals served worked on a number of initiatives throughout the year to make both operational and physical changes at TBHS that will help to create and sustain a recovery environment.

We were also fortunate enough to have received grant dollars for two TBHS staff to be trained in Mental Health First Aid. Mental Health First Aid is provided to the public to teach them the basic skills needed to help someone that is experiencing a mental health problem. Mental Health First Aid was provided to a number of organizations throughout Tuscola County and will continue to be provided as we work to raise community awareness about behavioral health.

TBHS continues to work with other Human Service organizations throughout Tuscola County. TBHS staff are very active on a number of community boards and devote many hours to ensure collaboration and outreach within our community. The staff at TBHS continue to be dedicated to meeting mental health needs of the residents of Tuscola County and continue to work to ensure that high quality services continue to be provided.

Sharon Beals

TBHS INITIATIVES AND AWARENESS

For years I remained hidden from view. Afraid to show myself of my true colors...I begin to unfold my wings, finding the courage, discovering my strength. Sparkling Radiant I take flight.
Kristi A. Dyer, MD, MS

Eric Hipple, former NFL quarterback.

Hipple's life took a tragic turn in 2000 when his 15 year old son, Jeff, completed suicide. He shared his personal story of his depression and addictions and his journey of recovery during a community presentation. Hipple devotes his energies in helping others to detect and treat depression and to break down the stigma surrounding mental illness. Hipple visited five area schools talking to students and teachers about suicide prevention and mental illness as well.

Traveling Art Show

The 32 pieces of art were displayed throughout Tuscola and Huron Count in local financial institutions.

The two year traveling art show features work by artists who utilize community mental health services in the State of Michigan.



The arts help people break through the stigmas surrounding mental health issues. Activities such as acting, writing and creating art help people recover from mental illness and substance use disorders. The arts help people with developmental disabilities build new life skills.

Jail Diversion Education

TBHS continues to collaborate with local police departments, Probation Officers, and Court employees regarding jail diversion.

Jail Diversion is an alternative sentencing program for non-violent drug and alcohol offenders. It combines the following principles: offer valid drug reduction for offenders, provide education on resisting drug and alcohol abuse, prevent reoccurrence with residential treatment. Only non-violent drug and alcohol offenders are eligible for this alternative sentencing program.

Consumer Health and Wellness Promotion/Awareness Education Series TBHS Nursing Services staff members facilitate wellness classes on a monthly basis ranging from Creating Balance In Life to the Benefits and Barriers of Being Physically Active.



7th Annual Walk A Mile In My Shoes Rally. Michigan's 46 Community Mental Health Service Organizations

participated in the event to lobby state legislators about mental health issues and to help combat the stigmas and prejudices associated with mental illnesses, developmental disabilities and substance use disorders. Eighty-three people who use CMH services, one from each county in the state, deliver brief statements from the capital steps about the status of the public mental health systems in their counties

Bullying/Cyberbullying Presentations

TBHS collaborated with The Michigan State Police Community Policing Officer to present anti bullying /cyberbullying and sexting presentations to local elementary, middle and high schools throughout Tuscola County.



Visions of Hope

Canvas pieces of art were collected from a number of mental

health conferences throughout the State of Michigan and placed together. The art pieces reflected upon a persons journey of recovery. The healing and transformation enabling a person to live a meaningful life in their community while striving to achieve their full potential. TBHS hosted the display in Vassar, MI.

Job Readiness Education Series

The curriculum focuses on the essential job search and job retentions topics - how to find, get, and keep a job, but with a unique focus. For individuals interested in the Supported Employment program.

Consumer Safety Awareness TBHS held a "Safety Awareness" program: *What Would You Do In A Disaster?* partnering with the American Red Cross East Shoreline Chapter.

Children' Services offered Safety Days for children in their program touching on communicating with the local law and fire personal.

TBHS INITIATIVES AND AWARENESS



TBHS billboard May 2011

Trauma Informed Care Training

Most of TBHS staff members were introduced to Trauma Care and how it can affect individuals. Nobody understands the journey of healing from trauma better than the person living it. Consumers and survivors of violence and trauma know their history, struggles, means of survival and coping, and what promotes healing, better than anyone else. TBHS staff have a broader understanding of how healing and recovery is difficult and the risk of retraumatization is real.

Peer delivered and peer support services initiatives are growing. TBHS hired its first Peer Support Specialist in January 2007 and have had the privilege of hiring four additional Peer Supports and expanding their roles within the organization.

Peer Support Specialists are consumers of mental health services who have been diagnosed with a mental illness for at least one year and are willing to share their illness and recovery stories with other Consumers. The goals of Peer Support Specialists include helping Consumers become more involved in the mental health system and their community and to become more independent and productive. Simply put, Peer Support Specialists are mentors who assist others with their recovery. Their unique experiences and skills can help many Consumers achieve their personal goals while assisting them in navigating the human services system. Peer Support Specialists are trained and certified through the Michigan Department of Community Health to provide services according to the Medicaid State Plan.

CARF Survey. TBHS received notification in November 2011 that the organization had received a three year accreditation from the commission on Accreditation of Rehabilitation Facilities (CARF). This accreditation represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standard. An organization receiving a three-year accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit in September 2011 that its programs and services are of the highest quality, measurable and accountable.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the person served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.



Community Bound Update

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 15 locations throughout the county.

MENTAL HEALTH RECOVERY IS POSSIBLE



Since the mid-1980s, a great deal has been written about mental health recovery from the perspective of the consumer (client), family member and mental health professional. The amount of research of various aspects of recovery continues to grow. Early research by Courtney Harding (1987) and others challenged the belief that severe mental illness is chronic and that stability is the best one could hope for. They discovered there are multiple outcomes associated with severe mental illness and that many people did progress beyond a state of mere stability. As such, the concept of recovery began to obtain legitimacy (Sullivan 1997).

Although there are many perceptions and definitions of recovery, William Anthony, Director of the Boston Center for Psychiatric Rehabilitation seems to have developed the cornerstone definition of mental health recovery. Anthony (1993) identifies recovery as “a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

Ultimately, because recovery is a personal and unique process, everyone with a psychiatric illness develops his or her own definition of recovery. However, certain concepts or factors are common to recovery. Some of these are listed below. More recently, SAMHSA released a consensus statement outlining 10 fundamental components of recovery.

Hope is a desire accompanied by confident expectation. Having a sense of hope is the foundation for ongoing recovery from mental illness. Even the smallest belief that we can get better, as others have, can fuel the recovery process. Early in the recovery process, it is possible for a treatment provider, friend, and/or family member to carry hope for a consumer. At some point, however, consumers must develop and internalize their own sense of hope.

Medication/Treatment While many people are frustrated by the process of finding the right medications and the side effects of medications, most persons with a psychiatric disorder indicate that medications are critical to their success (Sullivan, 1997). For many, the goal is not to be medication-free, but to take the least amount necessary. Likewise, mental health consumers often report that mental health professionals and treatment programs are valuable to their recovery. Especially when consumers feel they are engaged in a partnership with their treatment provider and are involved in their treatment planning.

Empowerment is the belief that one has power and control in their life, including their illness. Empowerment also involves taking responsibility for self and advocating for self and others. As consumers grow in their recovery journeys, they gain a greater sense of empowerment in their lives.

RECOVERY

MISSION STATEMENT

Our Mission is to apply available resources in a manner that advocates, promotes and arranges or provides innovative, effective, person-centered services that are responsive to the behavioral needs of residents of Tuscola County.



TBHS Clinical Programs are located at the Personal Independence Center
1332 Prospect Ave., Caro

PROGRAMS AND SERVICES

Assertive Community Treatment (ACT)
Crisis Intervention/Emergency Services
Critical Incident Stress Management Services (CISM)
Home Based Services for Children and Families
Nursing Home Mental Health Assessment and Monitoring
Outpatient Therapy Services
Peer-Delivered and Peer Support Services
Psychiatric Services
Residential Services
Respite Services
Skill Building Services
Supports Coordination
Supported Employment Services
Targeted Case Management Services

Support. Support from peers, family, friends and mental health professionals is essential to recovery from mental illness. It is especially beneficial to have multiple sources of support. This not only reduces a consumer's sense of isolation, but also increases their activity in the community, allowing them to obtain an integral role in society. In addition to support from individuals, participation in support groups is an important tool for recovery. Consumers frequently report that being able to interact with others who understand their feelings and experiences is the most important ingredient for their recovery.

Education/Knowledge. In order to maximize recovery, it is important to learn as much as possible about our illnesses, medications, best treatment practices and available resources. It's also important to learn about ourselves, including our symptoms so that we can gain better control over our illnesses. Consumers can educate themselves by speaking with health care professionals, attending workshops and support, browsing the internet and participating in discussion groups, reading books, articles and newsletters.

Self-help. While most consumers recognize the value of professional treatment, self-help is often viewed as the conduit to growth in recovery. Self-help can take many forms including learning to identify symptoms and take actions to counteract them, reading and learning about an illness and its treatment, learning and applying coping skills, attending support groups and developing a support system to rely on when necessary.

Spirituality. A broad definition of spirituality is that it's a partnership with one's higher power. For many consumers spirituality provides hope, solace during their illness, peace and understanding and a source of social support.

Employment/Meaningful Activity. Frequently, when we meet new people, they ask "what do you do?" Whether it is fair or not, what we do shapes others' opinions of who we are. As a result, it is common for a person's identity to be significantly impacted by what they do. Likewise, what a person does influences his/her confidence, esteem, social role, values, etc. Simply put, employment/meaningful activity affords most consumers the opportunity to regain a positive identity, including a sense of purpose and value.

Anthony, W. A. (1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990's. *Psychosocial Rehabilitation Journal*, 16(4), 11-23.

Harding, C. M., Brooks, G. W., Asolaga, T. S. J. S., and Breier, A. (1987). The Vermont longitudinal study of persons with severe mental illness. *American Journal of Psychiatry*, 144, 718-726.

Sullivan, W.P. (1997). A long and winding road: The process of recovery from severe mental illness. In L. Spaniol, C. Gagne and M. Koehler (Ed.), *Psychological and social aspects of psychiatric disability* (pp. 14-24). Boston: Center for Psychiatric Rehabilitation.

Financial Summary FY 2010-2011

Total Revenues

Medicaid Earned Contract \$12,263,506.00

State Grants: \$1,251,813.00

DCH Contract

Other Revenue: \$894,533.00

Charges for Services: \$ 352,376.00

Consumer and Third-Party Pay

Contributions: \$300,550.00

Local Units and Interest

Adult Benefits Waiver: \$264,241.00

Federal Grants: \$100,224.00

Total Revenue: \$15,427,243.00

■ Medicaid Earned Contracts - 79%

■ State Grants - 8%

■ Other Revenue - 6%

■ Charges for Services - 2%

■ Contributions - 2%

■ Adult Benefits Waiver - 2%

■ Federal Grants - 1%



Total Expenditures

Services for individuals with

Developmental Disabilities:

\$8,349,050.00

Services for Adults with Mental Illness:

\$2,906,868.00

Board Administration : \$1,874,373.00

(Compliance, Human Resources, Recipient Rights, Public Information, Finance Department and Program Administration Costs)

Cass Valley Enterprises \$1,107,897.00

A Program of TBHS

Services to Children with Serious

Emotional Disturbances: \$1,072,086.00

Total Expenditures: \$15,310,274.00

Excess Revenue Over Expenses \$116,969.00

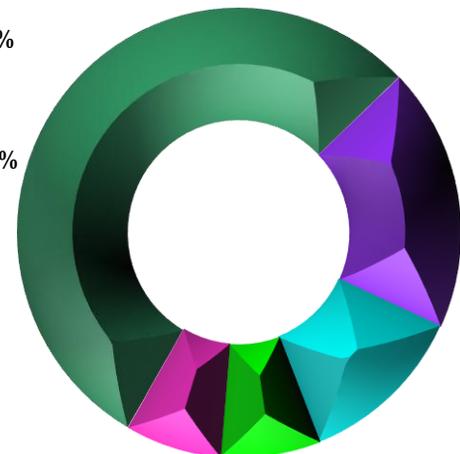
■ Developmental Disabilities - 55%

■ Adults with Mental Health Services - 19%

■ Board Administration - 12%

■ Cass Valley Enterprises - 7%

■ Children's Services - 7%





Mental Health First Aid

Individuals served by TBHS unduplicated numbers...

Children with Mental Illness...278
(Children's Home Based, Case Management and Outpatient Services for Children)

Adults with Mental Illness...843
(individual who are 18-65+ years of age, Case Management Services, Assertive Community Treatment, Psychiatric Services, Outpatient Services, Aging Services and OBRA Outreach)

Developmental Disabilities Adults and Children...189
(Individuals from birth - 65 +years of age, including Respite Services)



■ **Adults with Mental Health Services - 843**

■ **Children with Mental Illness - 278**

■ **Developmental Disabilities Adults & Children - 189**

Mental Health First Aid (MHFA) is an evidence-based public education and certification program that improves mental health literacy and teaches basic skills to help someone experiencing a mental health problem or crisis and connects them to professional care. During the 12 hour interactive training the individuals who participate and complete the course become certified in MHFA and are aware of the 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

The training addresses the risk factors and warning signs of specific illnesses such as anxiety, depression, schizophrenia, bipolar disorder, substance use disorders, and eating disorders. The program covers symptoms, causes and evidence-based treatments for depression, anxiety disorders, psychosis, and substance abuse. The MHFA training addresses possible crisis situations arising from mental health problems and offers ways to work with individuals. Crisis situations could include a person who is feeling suicidal, a person having a panic attack, a person who has had a recent traumatic experience or a person who is acutely psychotic and perceived to be threatening violence. The program is disseminated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Since Mental Health First Aid was first introduced in the United States in 2008, more than 20,000 people have been trained and a network of 1,350 individuals that have been trained as certified instructors for MHFA.





“We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports essentials for living, working, learning, and participating fully in the community.”

President's New Freedom Commission on Mental Health final report 2003. The Commission's vision statement.



TUSCOLA

Behavioral Health Systems



TBHS Programs are accredited by CARF Accrediting body of behavioral healthcare organizations.

Opportunities to assist someone in your own community

Lives are transforming every day by the services of Tuscola Behavioral Health Systems. This year, as we all face challenging times, those we touch at TBHS need your help more than ever. Many find that giving to those who are less fortunate gives a person perspective on life. At TBHS we offer individuals and companies the opportunity to give back by donating to our food pantry, or by adopting a family/individual for the holidays by purchasing essential items. Another way is through the Tuscola Community Foundation. A person/company can set up a one time or recurring gift that will make a difference in the lives of children, individuals, and families that are receiving services from TBHS.

This is a wonderful opportunity for companies and individuals to join in an effort to help those in our community who are less fortunate. If you are interested in assisting, please contact TBHS Director of Marketing at 989.673.6191

Tuscola Behavioral Health Systems is a partner in the Access Alliance of Michigan, joining Bay-Arenac Behavioral Health, Huron Behavioral Health, Montcalm Center for Behavioral Health, and Shiawassee County Community Mental Health Authority.

Funded, in part, by the Michigan Department of Community Health