



2020, A Year of Community

2020 has been a year of positive change and rising to the occasion for Sanilac County Community Mental Health (Sanilac CMH). We caught up with Wil Morris, CEO of the organization, and dove into what made 2020 a successful year and what is yet to come.

How would you sum up 2020 in just a few words?

2020 was a year of change, trauma, cooperation, and community.

I know those are strong words but let me walk you through the progression. There were significant changes early on with COVID in March which led to a lot of trauma directly or indirectly. Children were not able to go to school in person, we were not able to hug our grandparents, jobs were being lost, people were sick, and we lost loved ones. Then collaboration and cooperation began to happen, which was the strongest piece of the year for us and kept getting stronger as the year progressed. The relationships within our community partners, in this geographically large, but sometimes resource small community, has really what has gotten us to where we are now. The partners, the leaders of our community got together really quick and shared resources, we would talk, and trouble shoot, and we have chosen to work together in whatever we can. There is no me, or I or silos in this process. It's been what 'can we do to help each other, and the community' and it has strengthened our relationships. The community piece, to me, has been the community's response to one another. I've seen lots of people check in on their neighbors and get groceries for folks that



can't get out. It's fused us together and made us value one another.

How has 2020 changed the conversation of mental health?

I think 2020 has brought the conversation of mental health to the forefront. Our community partners and leaders now know why we exist, and the kind of partner we truly are meant to be. We have all seen directly how COVID has affected people's mental health. For example, if you are a person who got in a car accident who walked away feeling fine, and then you see someone else was in a car accident who didn't you don't understand. Both are responses to trauma, neither was right nor wrong. Now if we go over and relate this scenario to COVID we can begin to understand all the different responses people are having, and it makes it much clearer that this does affect people's mental health, and it affects us all differently. We can begin accepting the differences and find the commonalities so that we can move forward to healing. If you have a neighbor that won't leave the house, that's ok, it's their response. If you have a friend or acquaintance that says this is "not real", that's their response. We don't need to agree, but this is their way to deal with it. If you can accept how others deal with it, it will help you deal with your own traumatic response. This epidemic has opened up these deeper conversations and will allow us all to move forward and be aware of our collective mental health.

What "response" has Sanilac CMH had to 2020?

Our response has been to get as involved as we can. We've opened a community phone line that is available to anyone to talk and find support. We've supported our community partners by helping with a block grant to assist the Health Department in getting the testing up and off the ground, we've offered up space in one of our buildings for community vaccination clinics. We've integrated technology into mental health services. A year ago, if you had asked me what I thought about technology and mental health services I would have told you 'absolutely not.' My philosophy has changed. Having those opportunities and services via phone or Zoom, has opened a whole new avenue for treatment. People we wouldn't normally see all of January or February because of weather are now able to receive services to further themselves down the path of recovery. And as we move to technology it has caused treatment to be more individualized than it ever has before as we work on individual relationships and know when it's ok to meet via technology and when we need to be face to face. And that is just an example of what we are doing to move us all toward the light on the other side of this point in time.

As we move ahead, what are you looking forward to the most in 2021?

In 2021 I am looking forward to improving our relationship and collaborative processes with local hospitals and truly becoming an integrated care community. Meaning that we are interconnected and working together in concert. With all that we

have learned about mental health and its effects on the physical body, why are we treating them separately? For example, if an individual gets a cancer diagnosis, and they become overwhelmed, they may give up on treatment or whatever options they have and tell their loved one that there is no treatment. If that same person is told that same news, but they are given all the best possible points of care, physical, mental, and emotional health supports, the conversation with their loved one might be different. They may opt to get treatment and their life expectancy is now much longer than it would have been. Sometimes when we don't understand the process of our mental health, we don't make great choices, but integrated care allows people to make fully informed and emotionally invested decisions. It puts all the cards in the individual's hand so to speak. Working toward giving our community members that kind of care is what we are working toward in 2021.

Do you have any final thoughts you would like to share?

I am fully convinced that at Sanilac County Community Mental Health, community is the most important part of our name. We are here for the whole community. We are proud of the community we live in and our relationships. From working with the Health Department, the ISD, individual community members, and businesses. These relationships that we as a community make are what have defined us for the first 50 years of this organization, and I hope that they will continue to grow and define us in a great way in the next 50 to come.

Spotlight Stories

Katie

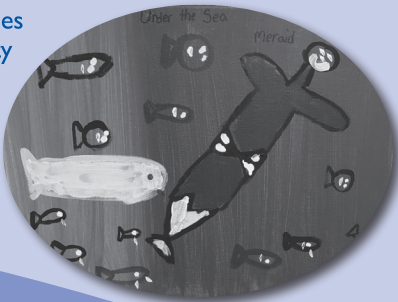


Katie brings a gently joy when she enters a room. As a part of the Community Living Supports Program she is working at Sanilac Florist and is quick to reply, "I like it I would like to do a lot more!" Katie loves to ride horses, her four-wheeler, snowmobiles, and to generally be on the move. She enjoys bowling, sewing, and is a favorite auntie who knows how to calm the smallest members of her family. Her advice is to "Find good friends and people. They can help you through the hard days."

Charity

"When I started my journey, I was in the dumps, not wanting to live my life. Now I am on a path where I want to try again, and do good, and overcome all my hiccups in the road," says **Charity** with a certainty that is tangible. Through troubled relationships and life obstacles she has learned how to manage her moods and behaviors by using coping skills. "She's had a lot more positive thinking, says Charity's therapist Tiffany. "She's making better decisions like keeping busy with art."

Art has been a great outlet for Charity, and she has used this talent to keep herself busy during COVID and to distract herself from negative thinking. "I love painting scenery, animals, insects, and formulating the sketches in my mind." Learning these coping skills has allowed Charity to truly shine as the caring and compassionate person she is. "I'm learning to set boundaries and have healthy relationships. Learning this has allowed me to be loving and caring...to really be me!"



Promoting Independence Christina's Story

Christina is a kind and caring person with a great sense of humor who is always willing to help a friend. Christina has made huge strides in her mental health recovery. She has been living in a SIP placement and has been able to maintain upkeep on her home. "I can't believe it's been almost two years!" says Christina, "I love it! My mom and dad's goal for me was always for me to be able to live on my own, and I've achieved it."



This was not always the case for Christina. Before moving to Michigan Christina was admitted to a psychiatric hospital 145 times over a two-year period. "My aunt said maybe it was a good idea for me to live up in Michigan with her. After I moved, I started with the ACT program here at CMH. Then I met Miss Amanda (Christina's therapist), and I gave her a run for her money."

"We were almost at a point that we didn't know what to do any more." Amanda recalls. "She was at a point where she was going to be transferred out of county to a more secure facility, or she needed to be more independent and needed support. So, we took a chance and all of a sudden she began to change and it was beautiful, she just took flight!"

Christina is now on a healthy path and doing well. "I've lost 25 pounds at In-Shape!" Christina exclaims. "I've got a cat named Molly, and a fish with no name." Even though Christina has faced recent hardships, she has utilized her treatment team appropriately and has maintained her success. She rarely misses an appointment and is always punctual and continues to build life skills that have furthered her independence. "Honestly, it's been an absolute privilege to watch her transform into who she is now." states Amanda.

"I want to get a job, have a family one day" Christina reveals. "CMH has been a safe place for me. People really care and because of that I'm going to continue to grow and be a better person."

Local agencies offer help to farmers

to farmers

Several news agencies are offering help to farmers in several areas who have been hit by recent rains and flooding. The following are some of the agencies that have been successful in raising emergency funds for disaster assistance, while special fund benefits are available for the following areas:

- United States:** Federal Emergency Management Commission.
- Canada:** Canadian Community Mental Health agency is also offering services to help farmers and plans on training local people to help with the flood.
- United Kingdom:** The Royal Agricultural Benevolent Society, which has been successful in raising funds for flood victims, has been successful in raising funds for flood victims.

The aid is the result of the flood victims' efforts to help themselves.

The aid is the result of a federal disaster assistance program, known as the National Flood Insurance Program, which has insured more than 13 million dollars worth of property and personal property damages.

Joseph Toppe, director of the Federal Emergency Management Agency's Office of Social Services, said that the aid to farm families applied for assistance in October. For the first time, the agency is doing a time-serving help, said Berger.

"These families are being displaced on farms. Now it's the question of income. Now it's the question of food. Now it's the question of housing," said the FEMA administrator. "We don't have the answer."


Toppe said the aid is a first step.

Most of the requests have been for family health insurance, but some have asked for emergency aid for home heating and hot water.

1980-1989

Public Act 258 of 1975
goes into effect - the
NEW Mental Health Code
- requires the Board of
Commissioners to put into
place a NEW Mental Health
Board

- Hired Dr. Roger Dean as Director
- Talk at State level of closing institutions
- Leased 198 Flynn Street building
- Open House held on March 29, 1985 for new building
- Family Support Respite Program Started
- Created a Social Recreational program at Argyle Street
- Planning an ACT Program
- OBRA Program started



Roger Dean
Mental Health director

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Mental Health

Upcoming Events



SARASOTA County Mental Health

OPEN HOUSE
Tour our buildings and learn about services we offer

August 2017



Traveling Art Show
Artwork compiled by UKC individuals state-wide
April 1-25, 2017



HOW TO TALK TO THE DARKNESS



Suicide Prevention Training
Learn signs of mental health issues and how you can help

June 16, 2017



Suicide Prevention Community Education Series: Saving Our Communities One Life at a Time
July 20, August 27, September 24, 2017



St@pTheBull
A youth building prevention campaign



Suicide Prevention
Shining Light To The Darkness
September 22, 2017

Sanilac County Community Mental Health

227 E. Sanilac Ave.
Sandyhook, MI 48471

810-648-0330

sanilaccmh.org

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2020-present

Personal Growth Center has been open for 9 years!

Anti Stigma Campaign launched

Creative Enterprises named

Purchased property from Mr. and Mrs. Stoutenburg for a new building

Personal Growth Center moves to new location at 32 E. Sanilac Avenue, Sandusky

Dr. Roger Dean gives notices he is retiring in September 2010 and Board approves the hiring of Jim Johnson as Executive Director

50th Anniversary of the Mental Health Act signed by President John F. Kennedy

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- Board Member Leonard Clark recognized for 35 years on the CMH Board
- Autism program started
- Wil Morris hired as Sanilac CMH CEO
- Creative Enterprises to reopen!
- Telepsychiatry Program started
- Started search for a Sanilac CMH satellite office in Lexington or Crowsell
- Jail diversion/intercept model program planning starts with community partners
- Initiated our Practice Transformation Project
- Board Member Robyn Gorringer recognized for 20 years on the CMH Board

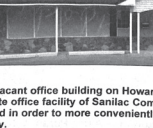


Photo by Steve Davis

This vacant office building on Fowler Avenue in Crowell will soon become the new satellite office facility of Southeast Community Hospital. The building was recently opened in order to more conveniently serve the residents of southeastern San Jose County.

Mental health agency to open Crowell office

By STEVE DAVIS
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San Jose Mental Health Agency will open a new "satellite" facility in downtown Crowell this month.

According to Chief Executive Officer Will Morris, the agency's new building is located at 110 N. Howard in the heart of the city's post office zone.

The building is the least expensive one in the area, having been built almost two years with a \$1.5 million payment by the county for 24 months. The

agency estimates that the building will cost \$1 million for occupancy.

"Two offices in the front need very little to be renovated," Morris explained. "The rest of the building is functional for all our patients. Therapy has been put in place. We will have a wait opening, and we require that all new building is bare studs and the required fire and seismic retrofits. We are now waiting for the county to complete the retrofits, depending on the contractors' schedule."

He expects that part of

Will Morris

the building be ready for ADA, that is, our service to individuals with autism, and children with disabilities, to be ready by October. Two more units

AGENCY OF SECHS

- Board meetings move to virtual/ telephone status
- Implement Community Support Line
- Begin supporting Sanilac County Health Department COVID-19 testing site
- Tele-treatment options are expanded
- Enter into agreement with consultant to prepare for CCBHC grant opportunity
- Youth Peer Support position added to Children's Services Program

- Adult Outpatient Services
- Applied Behavior Analysis (ABA)
- Assertive Community Treatment (ACT)
- Children's Services
- Community Living Services
- Home & Community Based Services (HCBS)
- Skill Building Assistance
- Specialized Residential Services

B. Mental Health First Aid – This vital program is provided free of charge to residents and organizations (private and public) of Sanilac County. Teaching willing members of our community how to be the “First Aid” for those experiencing a mental health challenge.

C. Video Vinettes and Resource sharing – Over the past year, Sanilac County Community Mental Health produced several public service and self-care focused vinettes designed to encourage and support the residents of Sanilac County as they have adjusted to navigating life during the pandemic.

D. Speakable Bureau – Sanilac CMH is always available to provide education and training on various topics surrounding mental health, wellness and other topics.

E. QPR Question Persuade Refer – An evidence based, Suicide Prevention Gatekeeper training, is designed to train participants about the warning signs and risk factors often present during a suicide crisis.

F. Stop The Bull/Be A Buddy Not a Bully – Sanilac CMH partners with schools, law-enforcement, and other community partners to spread the messages of hope, kindness, empathy, acceptance and friendship.

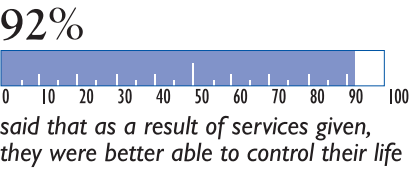
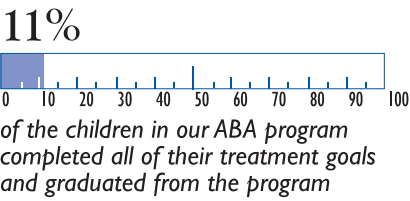
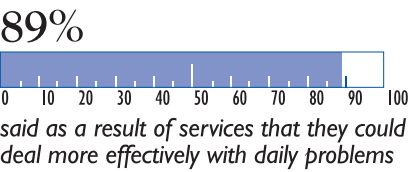
G. Accomplishing More Together – Sanilac County Community Mental Health values it's relationships with community

Partners and the work each organization does to accomplish their respective goals and missions. Recognizing these missions often overlap, there is great value found in collaboration and cooperation. In that spirit, we have made it a priority to support our partners, whenever possible, in achieving their goals. This spirit of cooperation works both ways. Examples include: Youth Empowerment Camp, the Suicide Awareness Walk, the Community Baby Shower, the Sanilac County Prevention Network, Thumb Community Health Partnership, Thumb Opioid Response Consortium, and SAVE Council, and the working with SCHD during COVID.

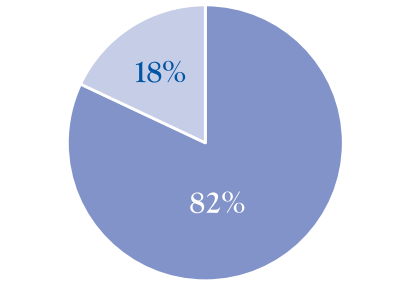
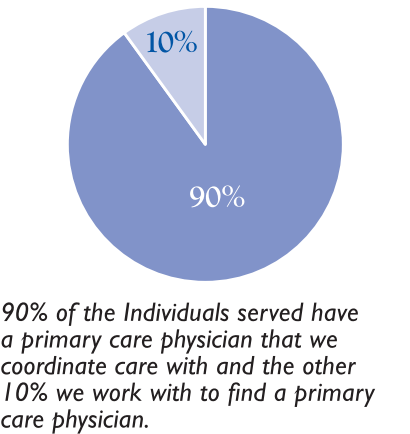
- 1. Suicide Prevention** – Supporting the Sanilac CMH QPR Suicide Prevention Training Workshops and Annual Suicide Awareness and Remembrance Walk.
- 2. Provider Expo/Homelessness** – Connecting providers together and jointly helping our community members facing homelessness.

Sanilac CMH

Interesting Facts:



Even with the impact that COVID-19 has had on gatherings and groups, our In-Shape participants lost a total of 255 pounds!



2019-20 Financials

Revenue

Medicaid	15,872,814
Healthy Michigan	1,633,885
Earned Income	1,367,929
State Funds	771,074
Local & County	583,028
Service Fees	109,333
Total	\$ 20,338,063

Expenditures

Clinic Services	1,173,508
Children’s Services	1,601,030
Doctor Services	987,192
Care Management Services	1,132,865
Residential Services	6,515,918
Skill Building & CLS	2,701,045
State & Community Inpatient Program	1,109,337
Other Expenditures	2,544,184
Administration	2,572,984
Total Expenditure:	\$ 20,338,063

Brayden’s Story



“Oh, Lordy!” You would expect that exclamation to come from a more seasoned generation, but it is the favorite expression of 11-year-old Brayden. “Brayden is an old soul” says his ABA Technician, Kate. “He is such a pleasant little guy to talk with and he can open your eyes to things you wouldn’t ever think of.”

Brayden started his journey with ABA at Sanilac Community Mental Health 4 years ago. Applied behavioral analysis (ABA) is a type of therapy that can improve social, communication, and learning skills

through positive reinforcement. “When he started the program, he didn’t really know how to talk in complete sentences and had behavioral issues. Now, he doesn’t have any behavioral issues during our times with him and is making huge leaps in his learning.” Says Ashley, an ABA Technician on Brayden’s team.

Enhancing Lives

“Brayden has come a long way,” says Brayden’s Grandma. “The ABA program has been wonderful to him and to me. He has had good teachers and we have been so pleased that words cannot explain it. He’s come such a long way from where he was.” In just the last 6 months Brayden has excelled leaps and bounds faster than most in the program. “He wasn’t even mastering half of the things that he now does,” says Kate. Overall, Brayden has demonstrated progress within all areas. He is effectively communicating with staff, waiting for attention, gaining independence in his daily living skills, and generalizing and maintaining learned material.

He can tell you all the holidays and important events throughout the year, in order from today’s date. “August 16th is my birthday!” Brayden exclaims. “He loves his birthday because he gets toys,” says Grandma. Brayden is a toy connoisseur. He knows every toy there ever was like a walking toy catalog. He navigates Amazon from his Grandma’s phone and loves to track the process from order, shipping, to his favorite, delivery!

“His journey has been amazing so far,” says Grandma. “All families with autism most definitely need to be a part of this program. They have wonderful people. They have taught me a lot and I mimic their behavior with Brayden, and it works. We wouldn’t be where we are today without them.”

Bonnie’s Story



Perseverance is defined as the continued effort to do or achieve something despite difficulties, failure, or opposition. This is the word that perfectly describes Bonnie.

Bonnie started her relationship with Sanilac CMH in 2019 when life took her down a road not easily traveled by most. “I was shutting down, and shutting people out,” she states. Destructive behaviors brought her to a place where she needed help. “I didn’t know how to talk about what was going on. It was like

I was caught in a tornado.” Her mom Jessica remembers “She used to be the quiet child, she would just sit there and hold it all in. But now she has learned to express feelings that she didn’t know how to express before.”

Embracing Recovery

“I didn’t want to come to CMH, my mom told me to try it, and once I started talking, I just wanted to keep going!” Bonnie exclaims. “The best part about this journey with CMH is that someone is always there for you and wanting to see you succeed. They let you talk to them about anything, and they want to see you move on and be better.”

The past year has been difficult for many individuals, with the uncertainties and the restrictions the COVID pandemic brought. Despite this Bonnie grew so much as a person, a daughter, a sister, and a friend to her peers. Bonnie returned to school with a new adventure of being a high schooler. She was able to embrace the difficult change and succeed not only academically, but behaviorally.

This chicken nugget loving young lady now says that she is “looking forward to the future”. “I want a good job, a degree, and to be a nurse. One day I want to be married, have kids, grow old, and be happy. I also want to be better at explaining my feelings – I’m better than I was before, but I’d still like to improve.”

When asked what advice she would give to others that are grappling with tough situations she replied “If you are going through struggles, it will get better. If you work at it, it will get better.” Bonnie is proof that perseverance is the key to embracing recovery.

CMH Award Winners

CMH Staff of the Year

Janette (Nettie) Potter is the recipient of the 2021 CMH Staff of the Year award. Nettie is a Technician at the Journey Skill Center and is always a pleasure to work with. She possesses good values, a positive attitude, and willingness to help in any situation. Nettie is truly knowledgeable about her job and numerous jobs throughout the Agency. She is very giving and supportive of her co-workers who love her baking! Her training and techniques with the individuals shows on their faces because they know she puts them first. Thank you, Nettie, for being a valuable part of our CMH team.



Community Partners in Recovery

We are pleased to recognize both **Dr. Mark Hamed** and **Eddie Fury** as a Community Partners in Recovery for 2021.

Eddie is being recognized for his dedication to the conversation of mental health. He has utilized his talent and position with Sanilac Broadcasting to give voice and to recognize its importance. He is a proponent of recovery, treating people as a whole person, with dignity and respect. He has taken his time to host and facilitate meaningful conversations about the significance of mental health and has become a great advocate.

Dr. Hamed has been a very a strong advocate for mental health through his positions at McKenzie Health System and while serving as Medical Director for Sanilac County. He has provided leadership by spearheading Michigan’s first Oxy-Free Emergency Department in response to the growing opioid epidemic. He is an advocate for those experiencing mental health challenges, and a dedicated community member who cares about recovery.



2019-20 Board Members

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Kirk Dale
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