

Whole Person Health & Recovery

2022 Sanilac County Community Mental Health Annual Report

2022 was a year of claimed opportunities and growing partnerships for Sanilac County Community Mental Health Authority (Sanilac CMH). We caught up with **Wil Morris, CEO** of the organization, and dove into what made 2022 a successful year and the exciting opportunities that are unfolding even now.

What stands out to you about 2022?

2022 was the beginning of going back to normalcy, but not in the way most would assume. We (Sanilac CMH) took all the good things that we learned during the pandemic and used them to propel what we do, and to do it better.

We embraced new technologies and practices. Video and tele-services became a necessity during the pandemic, and we chose to continue to use them in very intentional ways so that we can serve our community better. Over the winter we had a few bad snowstorms, and an individual was concerned that she would not be able to come in because of the road conditions. She asked if she could keep her appointment over the phone, and because of tele-services, we could do that! It was great to be able to offer an alternative solution so that she could still receive the care she needed. These progressive steps forward help us solve the ever-present issues of our rural community.

What other things have you seen change in the way you operate?

The pandemic made us a more centrally focused entity in the community, and it cemented that we are a community partner. Strengthening our relationships with law enforcement, county officials, EMS, the health department, and many other community collaborators. These community partnerships have been a driving force in the process of becoming a "Whole Health" organization.

What do you mean by "Whole Health" organization?

"Whole Health" is a strategy for bettering Sanilac County in its entirety. When an individual walks through our door and needs help, we are here to bring them to the fulness of health, as they define it. Whether the issues listed are homelessness, drinking, depression, etc., the "Whole Health" approach lets us work as a collaborative unit to solve the issues seen and unseen. It's looking at people and their whole situation, pointing out the things we can do here, and then collaborating to attack the problem and not the person.

The concept all really started with the "In Shape" program that we implemented several years ago. Individuals were taught healthy habits, and we started seeing people lose weight, which improved their health and made managing their diabetes, hypertension, etc., easier. ("But those are all physical", you may say, "you're a mental health organization.") But then we saw their depression symptoms alleviated as well. Because they were losing weight, it was easier for them to go out and walk, and as they walked they would see people, which boosted their mood, and they were able to lessen their medication, which is where the weight gain all started. It became a snowball effect in their health journey as one positive experience gave momentum to another.

This concept is why in 2022 we took over providing Substance Use Disorder Services. It is also why we applied, and were awarded, a Certified Community Behavioral Health Clinic (CCBHC) Grant so that we could implement this "Whole Health" concept in an impactful way.



Continued from page 1...

You mentioned a Certified Community Behavioral Health Clinic (CCBHC) Grant, what is that? And what does it mean for Sanilac County?

We have received a Planning and Development Grant, which is really the first step on a long staircase of steps. Ultimately it means that we will be the premier behavioral health stop for anyone, for any reason, large or small, we could provide that “Whole Health” care model to our community in its entirety.

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 and each individual part. Just as all the parts and pieces of this community come together to make a whole, so do all the parts and pieces of you work together as one whole, and we want the whole of you to be the best it can be. We look forward to offering “Whole Health” care, because every part of you is the best part of you, and we want to make them all well.

Mya's Story

By the multitude of people that came by just to say “Hi!” and share a hug and a high-five, you would think this girl was a celebrity, and you wouldn't be wrong! Mya is a graduate of the ABA (Applied Behavior Analysis) program, and her story is inspiring in so many ways.

“ABA has been lifechanging for our family,” declares Mya's mom. “When we first started coming, Mya couldn't get in the car without a hug meltdown, and there were lots of challenges every day. She wasn't potty trained, and I thought I would have to keep her at home forever. I didn't think there was much we could do.”

Staff recall that in the beginning days of Mya's journey, Mya would come to ABA and not listen to one single instruction. She would scream and kick, and she did what she wanted when she wanted. Now graduated from the program, she holds conversations, is 100% toilet trained, follows



What is a

Certified Community Behavioral Health Clinic (CCBHC)?

CCBHC's are community-based behavioral health nonprofit organizations or units of a local government behavioral health authority. They are required to provide a comprehensive array of behavioral health services that are person and family centered. This is so the person being served does not have to obtain care from multiple providers. CCBHCs are also responsible to help navigate, acquire, and maintain coordinating care amongst a wide continuum of support for the people in services. This would include behavioral health care, substance use disorder services, physical health care, social services, and other systems they may be involved in.

The CCBHC grant that we received is considered a PDI grant which means it is specifically for Planning, Development, and Implementation. The grant is through the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services (CMHS). The grant is for four years (9/30/22 – 9/29/26) and is for up to \$1,000,000 per year.

The CCBHC must directly provide or contract to provide nine core services by the end of the first year of the grant:

- Crisis Services 24-hours a day, 7 days a week
- Person and Family Centered Treatment Planning
- Screening, Assessment, Diagnosis and Risk Assessment
- Outpatient Mental Health and Substance Use Services
- Targeted Case Management
- Outpatient Primary Care Screening and Monitoring of key health indicators and health risks (e.g.: BMI, blood pressure, tobacco use, HIV/Viral Hepatitis)
- Intensive, Community-Based Mental Health Care for Veterans and active military personnel
- Peer, Family Support and Counselor Services
- Psychiatric Rehabilitation Services

CCBHCs provide care to people regardless of insurance type, geography, severity of symptoms, or the ability to pay. Those typically include uninsured, underinsured, underserved, low-income individuals with Medicaid and active-duty military or veterans.

We look forward to expanding the “Whole Health” approach and services we can offer here at Sanilac CMH.

directions, answers questions, asks questions, and goes to school for a full day. Some have said that if you took current Mya and put her in a lineup with old Mya, other than her appearance, you would not believe it is the same kid.

“If I had to tell other parents one thing, it would be ‘don't be ignorant,’” says Mya's dad. “In the beginning, I denied there was a problem. I wasn't ready for it. But just trying is the win. Win for your child.” Her mom will be the first to tell you, “It's not always easy, but it's worth it, and it has a very positive outcome in the end. In the beginning, I remember dropping her off and being just as emotional as she was. But she has grown so much. She's learned to deal with her emotions in a positive way. Now she can do anything.”

As you watch her play, you notice that Mya has an amazing imagination. Staff frequently comment on how she is one of the brightest kids they have worked with. Mya continues to do well in school, and she reads and comprehends at a very high level. “Sky is the limit, there is no ceiling for this kid,” exclaims her dad, and we fully agree!

Our board is an integral part of the governance and work that we pursue. Let’s get to know them and hear their thoughts on why they choose to serve as a board member as well as “Whole Person” care and what Certified Community Behavioral Health Clinic services mean to them.

Thank you to our board members past and present who continue to oversee and support the forward momentum of Sanilac CMH.

2021-22
Board Members

Robert Kozfkay
Chairperson

John Groustra
Vice Chairperson

Linda Willis
Secretary

William Gray
Auditor

Roger Ballard
Member

Lynne Brown
Member

Robyn Gorringer
Member

Joyce Johnson
Member

Brett Lester
Member

Elva Mills
Member

Jessica Simon
Member

Nanette Susalla
Member

Why did you become a Sanilac CMH Board member?

“I like to help people.”

“I was looking to serve the community in a way that would benefit from my professional background and experience. In my brief time on the Board, I have grown in my understanding of the breadth and depth of mental health issues and the critical role played by the Authority (CMH).”

“I became a Sanilac CMH Board member because I hope to be a benefit to the community in some way. I particularly enjoy the idea of being helpful in the community mental health field.”

“I am a strong believer that many people struggle with mental health issues and there is a stigma attached to it that often leads to people hiding them. I have personal experience with mental health issues in family and friends and have seen the ways that properly addressing them can positively impact their well-being.”

“I am happy to serve on the Sanilac CMH Board and have a part in the good work they do in the community. Having a daughter that receives help from the CMH staff I have found them to be compassionate, supportive, and helpful. While serving on the Board and committees I have observed what a vital service CMH provides to the community. From the “Mental Health Moments” on the local radio to the services they provide the individual, they are indispensable for our community.”

What do you see CCBHC meaning for the Agency and those we serve?

“In my term on the Board, I have come to recognize the inseparability of physical and mental health issues, demonstrated by a high degree of co-occurrence, and the physical/mental divisions within the health care system that raised barriers to effective treatment. I view CCBHC as creating a health delivery system that removes the barrier, facilitating total health care. Further the CCBHC greatly enhances access to healthcare as more conventional providers have been stretched to capacity, particularly in rural areas...”

There is no other health care provider institution that is better positioned, in terms of both capability and presence, to implement the CCBHC total health care concept than the Authority (CMH).”

“I see CCHBC as being very helpful to the people we serve in that it expands those we can serve. Before we could only serve people on Medicaid. Now we can serve almost anyone including those with less severe illness.”

“The CCBHC will open up opportunities to help more people in the community, which can only be a good thing.”

“Increased collaboration with other health providers.”

“It provides a place for individuals experiencing distress or personal crisis to find help close to home and resolve issues while remaining near their personal support group.”

When you hear that Sanilac CMH, through CCBHC can treat the “Whole Person”, what does that mean to you?

“Health care delivery that breaks the artificial segregation of physical and mental health. Comprehensive health care delivery in a rural community.”

“When I hear that CCBHC can treat the whole person, that means that it can treat anyone no matter their level of mental or physical need and no matter what their insurance coverage.”

“Mental health affects our entire body it is not limited only to our brains. Because of this, a person experiencing mild to moderate symptoms, can now be treated at Sanilac CMH, could see improvements in their overall well-being. Personally, I have found that treating my mental health has resulted in improvements to physical and emotional problems.”

“Looking at the person’s lifestyle, physical health, diet and mental health.”

“The clinic will become part of a new wrap-around service that may include other service groups, schools, community groups, and counseling services. All of these resources will be available and coordinated by CMH to serve the ‘whole person.’ ”



CMH Staff of the Year

Angie Hooper

Angie Hooper is the recipient of the 2023 CMH Staff of the Year award. Angie serves as the Program Secretary for the Care Management Department and is loved by staff and the individuals who interact with her. She is the first face people see when they come into the building and many comment on how she exemplifies the qualities of kindness, honesty, service, and respect.

Angie became a part of the CMH family about four years ago. "I feel lucky to be here. First and foremost, I love the individuals. To see them start going through the process of recovery, and achieve milestones, gives me tons of pride. And my work family, I love them! We all have each other's back."

"If there is one thing I have learned since being here, it's that you can't let the stigma of mental health stop you from getting the help you need. Everyone has something, and it's okay to talk about it, and it's okay to seek help."

Angie exemplifies a genuine tenderness for people and their recovery experience. You can tell by the glow she brings into a room that she is passionate about her job and impacting the lives of others. Thank you, Angie, for being a valuable part of our CMH family!



CMH Community Partner in Recovery

Sanilac County Fair Board

We are pleased to recognize the Sanilac County Fair Board as the 2023 Community Partner in Recovery.

The Sanilac County Fair Board has shown great dedication to the families and individuals that receive services at Sanilac CMH. In 2022, they provided free passes and dinners for our ABA kids, and others we serve, who would have otherwise been unable to enjoy the fair. The Fair Board also hired a couple of individuals for the week of the fair to maintain the grounds and water the



flowers, which provided a wonderful learning opportunity.

"Our hope is that we are accessible to everyone, so that everyone can walk away with a positive fair experience." – Jay Barry, Sanilac County Fair Board President.

We here at the Sanilac CMH family want to thank the Fair Board for their continued commitment to improving the lives of our community members. Thank you!

Pictured (left to right): Sanilac County Fair Board Vice President Mark Noll and President Jay Barry.

Dylan's Story ▼

Dylan may tell you that he does not like to laugh, but over the past three years, his sense of humor has developed a quick wit that will catch you off guard and leave you chuckling for the rest of the day.

"I wasn't always a nice kid; I always thought I would just be 'the kid with issues,'" states Dylan as he recalls what it was like in the early days of his recovery journey. "Dylan was never mean, he just lashed out because of emotions," recalls Dylan's dad. The path of recovery has been littered with obstacles for Dylan, yet he has shown tremendous progress in multiple areas of his life, including his mental health, relationship building, safety in the home and community, peer interaction, and frustration tolerance.

Dylan is adamant that "(Since coming to CMH) I've learned that it's okay to talk about feelings. It's ok to be afraid. Being afraid can lead to anger, but anger is not a primary emotion or weakness." "The skills that Dylan has learned have set him up to do well in life," states Dylan's dad.

Dylan's progress has allowed him to spend more time in the classroom and enjoying the activities he loves, like playing cards, collecting, being outside, muscle and sport cars, baseball, and eating chocolate! "I like fixing engines, and I LOVE cars..." "like" is an understatement." When asked about his future, Dylan would like to meet his favorite music artist Eminem, and eventually get a ten-point buck. But overall, "I want to be a mechanic, it's my dream job."

CMH staff, teachers, and family have all seen the personal goals that Dylan has been able to achieve because of his dedication to utilizing the positive skills he is learning. When asked what wisdom he would share with anyone who is struggling, Dylan simply wanted to share, "It's okay. You can talk to people." We agree with you wholeheartedly, Dylan, and are proud of the progress you've made!



Thomas's Story ▼



Thomas came to Sanilac CMH seeking help with his mental health and his day-to-day living skills. "I was struggling, but the people, the counselors, the psychiatrists, everyone at CMH is lovely. They are happy and cheerful and make me believe I can always get better...I guess I'm trying to say it's wonderful!"

Thomas embraced the idea of recovery and accepted a position at Creative Enterprises which is a hands-on learning and working program at Sanilac CMH. Through hard work and determination, Thomas was able to stabilize his life and move from Creative Enterprises to community employment

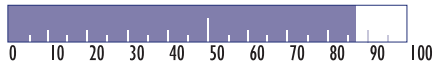
at Advanced Auto Trends. "CMH is not what I expected. I thought it was just a government thing, but it's totally about getting better, and helping show you that you can do it! I would tell anyone to give CMH a try because they've shown me that I can get back out there and live my life. I'm getting better, and I know that I can stand on my own two feet and accomplish many other things."

Thomas shows that recovery is real and attainable. We are inspired by your journey, Thomas; you are proof that with desire, a person can improve, and their potential is limitless!

Sanilac CMH Interesting Facts:

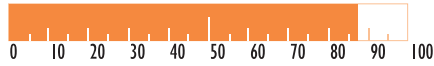
These responses come directly from a survey provided to the individuals who receive services at Sanilac CMH.

97%



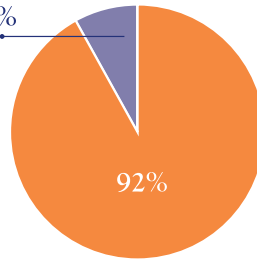
said as a result of services that they could deal more effectively with daily problems

86%



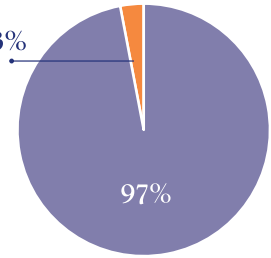
said that as a result of services given, they were better able to control their life

8%



94% of the individuals said they were overall satisfied with the services they have received.

3%



97% of the individuals said that services were available at times that were convenient to them.

New Ways to Serve Our Community

Sanilac CMH is excited to partner with first responders in providing mental health services through technology. Through a grant, Sanilac CMH will be able to provide 80 iPads to community first responders to help provide mental health services at any time, in any location.

"Many of our officers and first responders serve very rural areas that are a long distance from mental health services," states Wil Morris, CEO for Sanilac CMH. "If someone needed help, you would have to drive that individual to services in Sandusky, or we would meet you at the nearest hospital, but that could take maybe an hour or more to get that person the help they need. These iPads allow a staff member to be present and talk to individuals in minutes, which can reduce your symptoms. It also alleviates the pressure of putting your life on pause to go receive help or find a sitter for your children.

You can have a positive experience that reaches you in the early stages of distress instead of letting the situation simmer and grow. Our hope is that this partnership will produce less people in the ER, less people hospitalized, and more people with positive outcomes."

This program is set to launch this summer throughout Sanilac County.



SANILAC COUNTY Community Mental Health

2021-22 Financials

Revenue

Medicaid	19,144,609
Healthy Michigan	1,808,144
State Funds	705,863
Contract Revenue	940,681
Industrial Sales	407,962
Local & County	439,444
Grants	241,269
Service Fees	297
Total	\$23,688,269

Expenditures

Staffing	9,957,736
Residential Services	7,139,710
Operating Costs	2,276,009
Contract Services	3,216,355
Inpatient	837,289
Drawdown	133,016
Total Expenditure:	\$23,560,115

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To access services:

888-225-4447

www.sanilaccmh.org