



# REPORT

400 Johnson Street • Alpena, Michigan 49707  
May 2019



Accredited in 21 Programs

## Letter to the Community

Dear Citizens of Northeast Michigan,

May is Mental Health Awareness month. It is a time when each one of us need to make our mental health and the mental health of the people we love a priority. At Northeast Michigan Community Mental Health the mental health of our citizens is our priority. It is the mission of NeMCMHA, *“To provide comprehensive services and supports that enable people to live and work independently.”* We encourage and support the improvement of a person’s overall mental health by providing ongoing community education in trauma, suicide prevention and Adult and Youth Mental Health First Aid. We recently entered into a contract to share myStrength with our community. myStrength is a custom online tool to help overcome the challenges in our daily lives. We have also contracted with ProtoCall Services, an after-hours telephonic emergency provider, to assist those persons who may be experiencing a mental health emergency. Additionally Touchstone Services has become our contract provider for Clubhouse Services (serving adults with a serious mental illness in a psychosocial rehabilitation environment).

During this year’s Public Hearing, we received feedback from stakeholder groups and data collected from this process. During this process, several themes were repeated by most respondents: the ongoing concerns about substance use to include opioids and alcohol, domestic violence, sexual abuse, poverty, depression, suicide and suicide prevention. Access to care was another area of concern and wanting a ‘No wrong door’ when accessing mental health supports. These concerns have driven our activities during the last two years and will continue over the next year. Those priority needs are: 1. Furthering our community to be more trauma informed, 2. Increasing suicide prevention across all populations, 3. Increasing substance abuse services including prevention, 4. Increasing need for consistent and accessible behavioral health services in the schools for all populations and 5. Increasing awareness of mental health concerns.

Please join the NeMCMHA Board and staff and celebrate May is Mental Health Awareness month by taking care of yourself and trying the myStrength app.

Sincerely,  
  
Eric Lawson, Chairman

  
Cathy Meske, Director

## Meske to Retire June 30



Cathy Meske Nena Sork

June will mark a “changing of the guard” to Northeast Michigan Community Mental Health (CMH).

After spending the majority of her career at CMH – beginning in 1972 as an Activity Aide and continuing with the Agency except for short periods to attain a higher educational degree, Cathy Meske has been a leader in the Agency forming it to where it is today. In 1988, Cathy was instrumental in developing the Assertive Community Treatment (ACT) program, which still is a very viable program. Cathy went on to hold several leadership positions in the Agency; most in service provision over those individuals with a severe and persistent mental illness.

Cathy has been in the Director position for three years. Cathy Meske will pass the executive directorship on to Nena Sork.

Nena Sork began her career with this Agency in December 2008. She has had a 32-year career in the mental health field. Since beginning here, she held positions of Crisis Response Services (CRS) Clinician, Utilization Management Coordinator which included supervision of the CRS, Emergency Services and Access departments and most recently the Chief Operating Officer. Nena will bring her extensive business and mental health experience to the Director’s role.



May is  
Mental Health  
Awareness Month

MISSION STATEMENT  
To provide comprehensive services and supports that enable people to live and work independently.

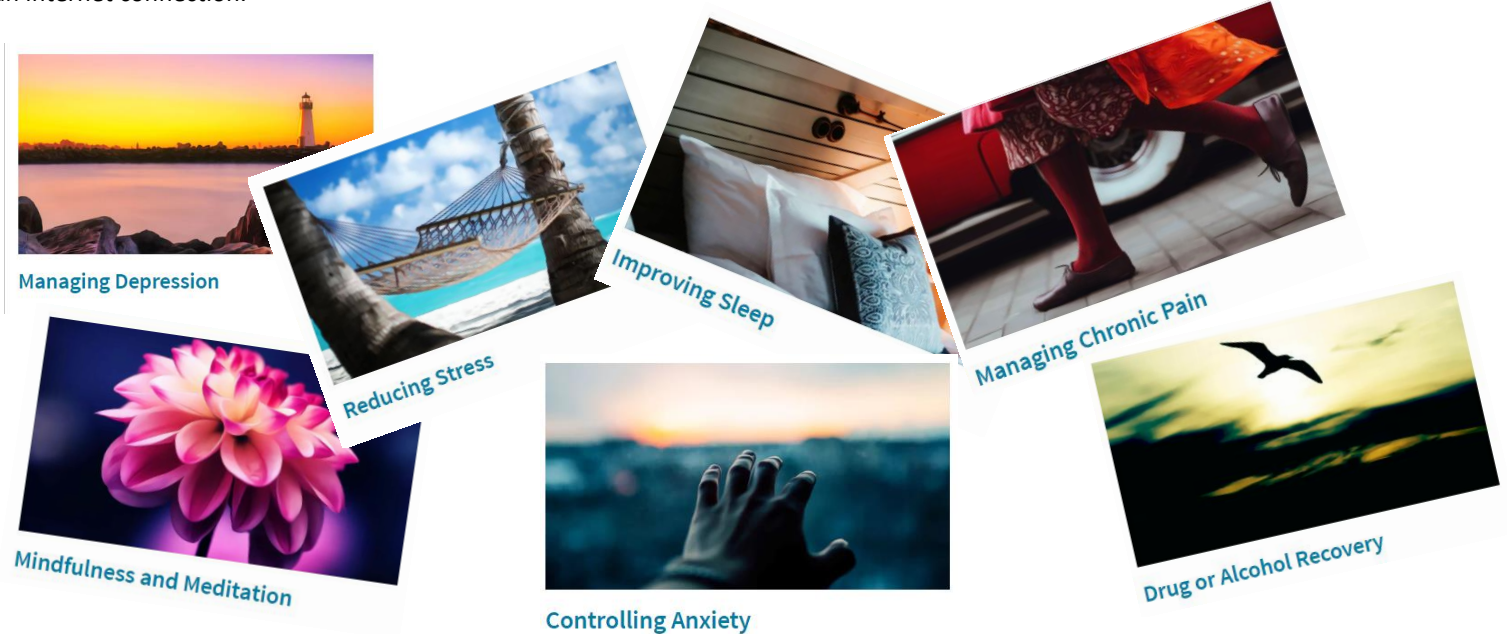
# myStrength Launched



After several months of planning, the myStrength app was rolled out through Northeast Michigan Community Mental Health in January 2019. myStrength offers FREE and unlimited access to **evidence-based digital resources, empowering people** served in the four counties of Alcona, Alpena, Montmorency and Presque Isle Counties, with tools to work on their **mental health and well-being**.

Community members are encouraged to sign up today! Visit the myStrength website at [www.mystrength.com](http://www.mystrength.com) and click on the “Sign Up” button and enter the following Access Code – NeMCMHACommunity.

Accessing myStrength can be done utilizing various media – computers, laptops, tablets or smart phones; anywhere you have an internet connection.



The above are just some of the focus areas available through myStrength. myStrength provides you with self-guided help that is readily accessible.



## Touchstone Services Inc. – aka Light of Hope Clubhouse

Greetings from Light of Hope Clubhouse in Alpena! As of January 2<sup>nd</sup> we joined the Touchstone Services family! We are now the fourth Clubhouse under their umbrella. Touchstone has been providing Clubhouse Model services throughout Michigan for the past 23 years. We are very excited to be starting down the path which will eventually lead to our first accreditation sometime later this year, and we’re all engaged in the self-study process that will guide us toward that important step.

Clubhouses are a valuable part of mental health services because of our strong focus on psychosocial rehabilitation and reintegrating our members into the community. In mental health parlance, we are the least restrictive setting, encouraging people to come and go as they need our services, with a promise of lifelong membership. Our days are primarily focused on two things: our work-ordered day [which mirrors the traditional workplace] and the development of meaningful relationships with members and staff alike. Each of these things requires the other to be successful.



Light of Hope Clubhouse is an excellent resource for people. Here is what a couple of our members say about their experiences with Light of Hope:

“The Clubhouse is good for me. I have met a lot of friends, and have lost weight with the encouragement of the wellness program and exercising.” - Christine

“The Clubhouse is an amazing resource for the community, and has been key in my continuing recovery.” - Chris

Currently, we are hard at work on a variety of projects that will help us gain our accreditation: improving our workspace and developing meaningful work, re-energizing our Transitional Employment program to offer more opportunities to our members, and building an Advisory Board that reflects the best of the community we’re part of.

[continued on page 3]

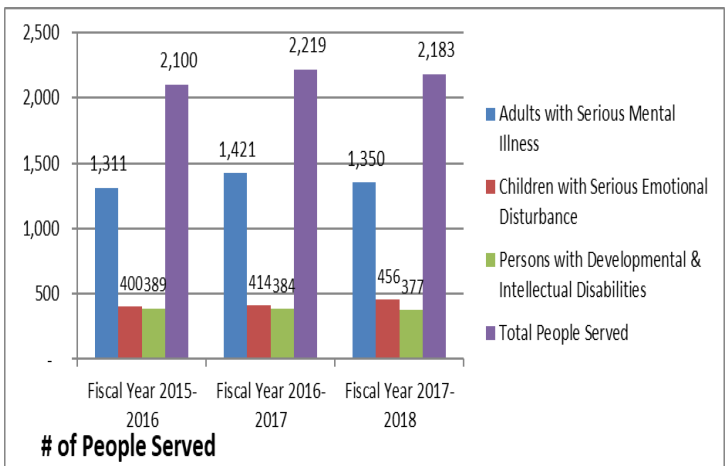
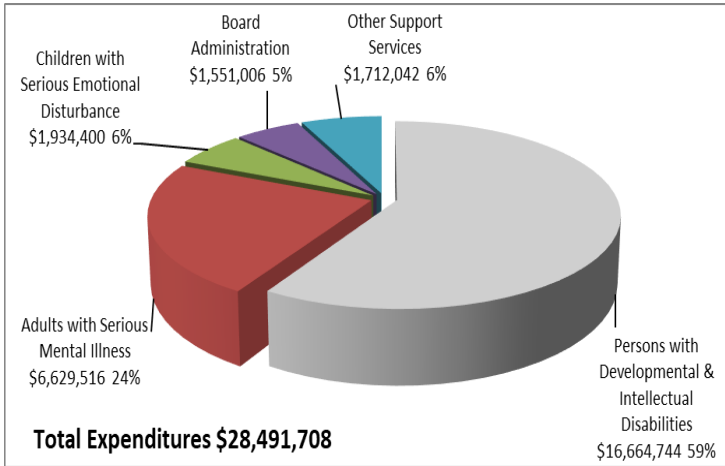
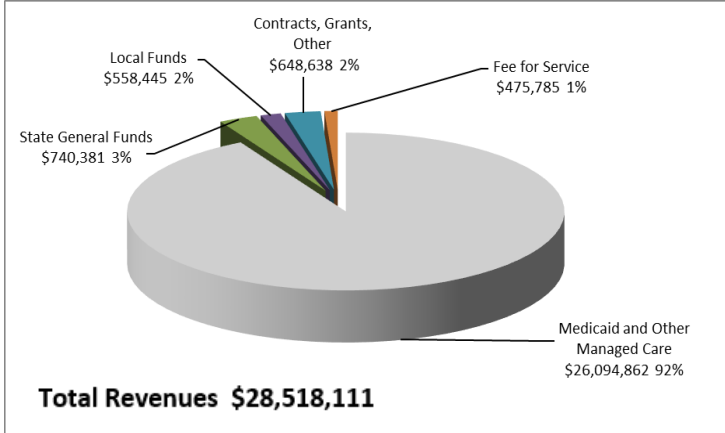


**Northeast Michigan Community Mental Health Authority**  
**October 1, 2017 – September 30, 2018**

**Sources and Uses of Funds**

<b>Total Revenue</b>	<b>\$28,518,111</b>
<b>Total Expenditures</b>	<b>\$28,491,708</b>
<b>Net Income</b>	<b>\$ 26,403</b>

*[Post-retirement benefits are not offered at NeMCMHA. Employee Pensions are 401 Plans, which are fully funded.]*



**Five Board Members Appointed / Re-appointed to NeMCMHA Board**

Members of the four-county board of directors governing Northeast Michigan Community Mental Health Authority are appointed by each county's board of commissioners to serve a three-year term. Due to staggered terms, four Board members are appointed each year. The Board also had the resignation of one Board member from Alcona County:



Front Row: (Left to Right) Judy Jones, Mark Hunter  
 Back Row: (Left to Right) Lester Buza, Terry Larson, Gary Wnuk

**2019 NeMCMHA Board**

**Alcona County**  
 Bonnie Cornelius, *Secretary*  
 Gary Wnuk

**Montmorency County**  
 Roger Frye, *Vice Chair*  
 Albert LaFleche

**Alpena County**  
 Steve Dean  
 Judy Jones  
 Mark Hunter  
 Eric Lawson, *Chair*  
 Pat Przeslawski

**Presque Isle County**  
 Lester Buza  
 Terry Larson  
 Gary Nowak, *Past Chair*

**Touchstone Services Inc.** *[continued from page 2]*

In order to make these things happen, we have developed a strong team of staff. Lisa and Jeff, our unit facilitators, and our van driver, Rod, all decided to stay when Touchstone took over. We also brought in Abbey, our newest unit facilitator, and Paul, a second driver that will add some new availability for attendance. Finally, we brought Ed, our new director, on board a few weeks ago. He comes from Independence Center, a Clubhouse training base in St. Louis, MO. He has done a good job of encouraging everyone to be part of the community and our daily attendance has already almost doubled.

We'd like to show you what we've been up to. Schedule a tour with us by calling (989) 356-8468 or e-mail: [info@alpenaclubhouse.org](mailto:info@alpenaclubhouse.org). Or just stop by. We already have a lot to offer, and there's more coming every day. We want to share that with more new members, so send them our way!



# Meet Daniel Lewis...



a remarkable man with a determination to live his life as independently as possible. When we first met Dan he was residing in an AFC setting with staff available 24 hours a day. After four

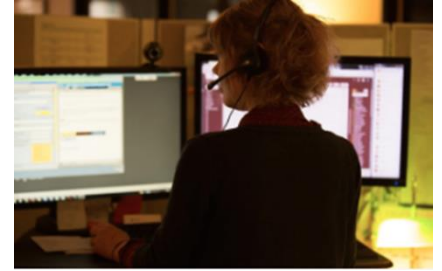
months, he moved to the transition home operated by Northeast Michigan Community Mental Health Authority (NeMCMHA) where he resided in an apartment with another gentleman. When Dan did not have staff with him he utilized the NeMCMHA Monitor/Response System. This system provides trained staff who monitor for safety and provide assistance as needed. Dan utilized the monitoring system at all times when staff was not working with him. While in the transitional setting, Dan quickly learned the skills necessary to live independently and safely in his own apartment. Dan also became a micro-business owner during this time with assistance from NeMCMHA's Community Employment Program.

Dan has always been very eager to be in charge of his own life and within eight months he transitioned to living alone in his own apartment with staffing assistance from NeMCMHA's Supported Independence Program (SIP). He worked very hard to slowly spend more and more time without supervision and now lives his life with limited assistance and no monitor system in place. Dan has also progressed with his healthcare and is independent with taking medications and monitoring other health issues. Dan can plan healthy meals and knows what he should and should not eat to keep blood sugars in check. Dan exercises numerous times per week in an effort to maintain a healthy lifestyle. Dan has developed friendships within his community. He loves to visit over a cup of coffee and attends many community events.

In the past year Dan chose to transition to traditional employment with the help of the Community Employment Program and is now employed at Neiman's Family Market. Dan works independently in the deli at Neiman's Family Market and sets up his own rides to and from work. He gets along very well with his co-workers and continues to do a fabulous job. Dan states he likes his job and it is obvious from his co-workers that they like Dan as well:



Northeast Michigan Community Mental Health Authority (NeMCMHA) is pleased to announce on January 1, 2019 our organization began working with ProtoCall for our crisis services. ProtoCall provides Masters-level clinical professionals who respond to our callers anytime our office is closed to provide immediate crisis intervention and stabilization.



An immediate answer by a highly trained professional dramatically improves care coordination, especially in high risk crisis situations. Our team of clinicians collaborate in real time to ensure effective coordination with emergency services in life-threatening situations. And all of this work takes place within a supervised, secure and professionally structured environment. ProtoCall holds the highest possible accreditation with both the American Association of Suicidology (AAS) and the Commission on Accreditation of Rehabilitation Facilities (CARF). NeMCMHA is able to offer help when it is needed most, twenty-four hours a day, seven days a week.



### Daniel Lewis (continued)

Quotes from co-workers about working with Dan: "I love working with Dan!" "I wish I could work with Dan every day!" "I wish we had more hours available for Dan!" "Dan is a hard worker who gets the job done."

Dan demonstrates a positive can-do attitude in all that he does. He has consistently set goals for himself and continues to surpass them. Dan has never allowed any disability to get in the way of pursuing his dreams and has shown everyone that he is a man in control of his own life. For those of us who have assisted him along his journey, we could not be more proud!

If you are interested in learning more about NeMCMHA's Community Employment Program, please contact Margie Hale-Manley at 989-356-2161, or for more information on the Supported Independence Program and the Monitor/Response System please contact Peggy Yachasz at 989-356-2161.



NeMCMHA is funded, in part, by the Michigan Department of Health and Human Services.