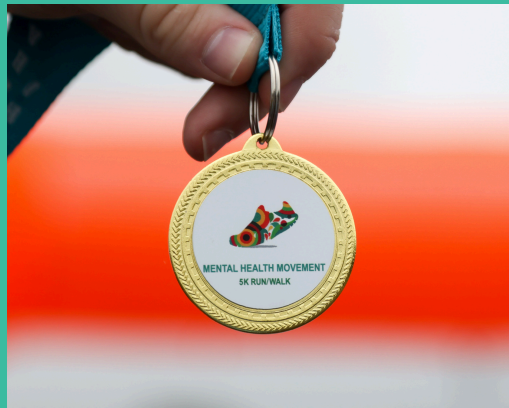
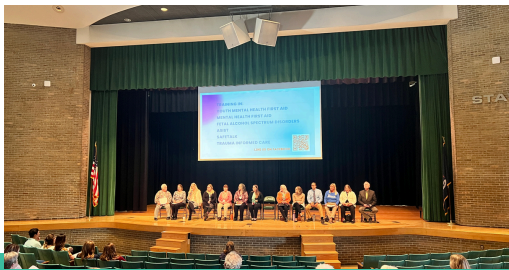




# ANNUAL REPORT

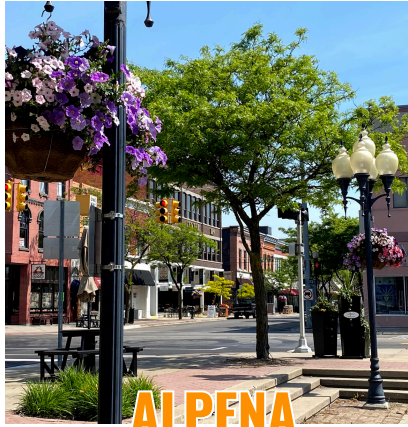
2024

[www.nemcmh.org](http://www.nemcmh.org) | 24/7 Crisis Support | (989) 356-2161

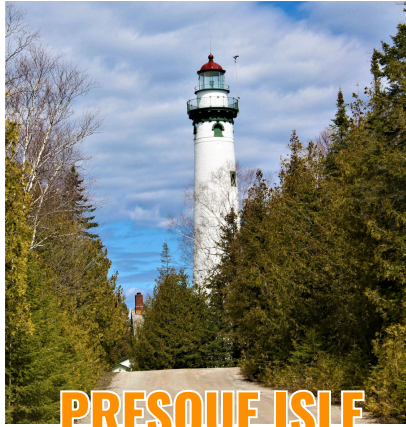




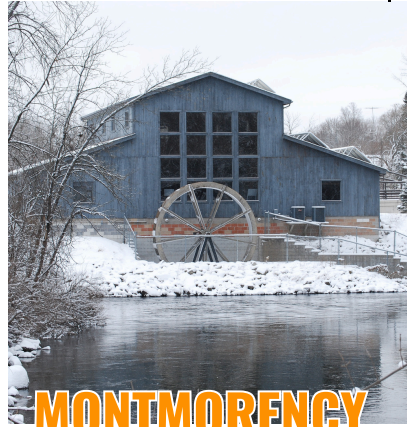
**ALCONA**



**ALPENA**



**PRESQUE ISLE**



**MONTMORENCY**

# A LETTER TO THE COMMUNITY

*“There is no power for change greater than a community discovering what it cares about.”*  
- Margaret J. Wheatley

The Board of Directors and staff at Northeast Michigan Community Mental Health Authority (NeMCMHA) have had a front row seat to observe our communities caring about those who suffer from mental illness.

We are very fortunate to live and work in a region that cares about the people NeMCMHA serves; individuals with mental illness, children who have a serious emotional disturbance, a child or adult with an intellectual and/or developmental disability, or those individuals whose conditions co-occur with a substance use disorder.

At NeMCMHA, the mental health of our citizens and communities we serve is our priority. An alarming statistic is that 46.6 million people in the U.S. will experience a mental health condition in any given year - that is **1 in 5** adults. For U.S. children aged 6 - 17, **1 in 6** will experience a mental health disorder. NeMCMHA provides crisis services 24 hours a day, 365 days a year to anyone who is experiencing a mental health crisis.

In May of 2023, we hosted our first annual **Mental Health Movement 5K Run-Walk**. Some of our goals for this event were to reduce the stigma of mental illness and educate the community about the services NeMCMHA provides to these specialty populations. The community support was staggering. Teams showed up wearing shirts with anti-stigma slogans and reminders that if you suffer from a mental illness “you are not alone.”

NeMCMHA is also not alone in responding to these challenges. For over 50 years we have partnered and contracted with many great organizations to support and strengthen our communities.

The Sunset Project, a nonprofit organization, was established three years ago to bring suicide prevention to the youth of our communities. This group was formed by individuals originally from Alpena who lost a good friend to suicide. NeMCMHA has had the honor and privilege of contracting with this organization to deliver suicide prevention services to the youth and high schools we serve. This year they will expand into Alcona County.

Last May, in recognition of Mental Health Awareness Month, Alpena Public Schools (APS) hosted an informative community panel discussion about community resources and mental health. NeMCMHA participated in this event which, this year, has been expanded by APS as they plan to host a month of informational evenings for the community.

Rogers City and Alpena both started suicide prevention walks a few years ago, and in that short period of time they have acquired an incredible list of sponsors that continue to make their walks bigger and better each year.

## OUR VISION

*Northeast Michigan Community Mental Health Authority will be the innovative leader in effective, sensitive mental and behavioral health services. In so doing, services will be offered within a culture of gentleness and designed to enhance each person’s potential to recover. We will continue to be an advocate for the person while educating the community in the promotion of mental and behavioral health.*

## OUR MISSION

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



## A LETTER TO THE COMMUNITY CONTINUED

NeMCMHA has worked with Partners in Prevention for many years, contracting with them to provide community trainings for Mental Health First Aid and Youth Mental Health First Aid. They also provide trainings on suicide prevention, positive mental health promotion, and the impact of trauma on children and adults. The Board is happy to report that we have seen an increase in community presentations and trainings throughout our four counties.

This year a small group of dedicated people finally prevailed, and Northeast Michigan once again was granted a National Alliance on Mental Illness (NAMI) chapter for Alcona, Alpena, Montmorency, and Presque Isle counties. NAMI is the nation's largest grassroots mental health organization, and they are dedicated to building better lives for the millions of Americans affected by mental illness.

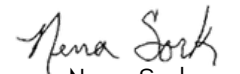
As we move forward in supporting our mission, we will continue to partner with other human service agencies, schools, law enforcement, employers, primary health care providers, and community organizations in supporting a healthy and safe environment for all who call this region "home."

The NeMCMHA Board of Directors and staff believe that together, we can increase awareness about mental health and support the many adults and children that will experience a mental health condition throughout the year. It is an honor to serve the citizens of Alcona, Alpena, Montmorency, and Presque Isle counties. We are proud of our partnerships with other organizations and look forward to another year of service in this important mission.



  
Eric Lawson  
Board Chair



  
Nena Sork  
Executive Director

## THANK YOU FOR YOUR SERVICE

This past year two long-time members of Northeast Michigan Community Mental Health Authority's Board of Directors stepped down from their posts after a combined 46 years of service.

Patricia Przeslawski served on the Board on behalf of Alpena County beginning April 1, 2000 until March 31, 2024, for a total of 24 years. She was appointed to the Recipient Rights Committee in June 2001 and continues to sit on the committee as a citizen. She has served over 23 years on the committee. She was unanimously elected Vice Chair of the Board from 2009 to 2017. Over the years, Patricia was appointed to the Nominations Committee multiple times and served a combined 13 years on the committee.

Terry Larson, representing Presque Isle County on the NeMCMHA Board of Directors, joined the Board on April 1, 2001 and served for 22 years until November 9, 2023. He was appointed to the Nominations Committee multiple times and served a combined 7 years on the committee. Terry was appointed as an NeMCMHA Board representative on the NMRE Board for 11 years. He was also appointed to sit on the NMRE SUD Advisory Board in 2013 and served until his resignation in 2023.

The positive impact these two individuals have had on our local communities and the furthering of NeMCMHA's mission, vision and values through the years is immeasurable and invaluable. We are grateful for all that you have done to advocate for mental health services and reduce stigma within our communities during the course of your service.

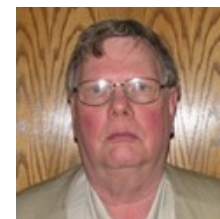
### OUR VALUES

- *A Person-Centered focus shall be at the heart of all activities.*
- *Honesty, respect and trust are values that shall be practiced by all.*
- *We will be supportive and encouraging to bring out the best in one another.*
- *Recognition of progress and movement toward a continuously improving environment is a responsibility for all.*
- *We prefer decision-by-consensus as a decision-making model and will honor all consensus decisions.*



**Patricia Przeslawski**

- Alpena County
- 24 Years of Service



**Terry Larson**

- Presque Isle County
- 22 Years of Service



# MENTAL HEALTH MOVEMENT 5K RUN-WALK 2023



## A RESOUNDING SUCCESS

In 2023, we introduced a new community event, the Mental Health Movement 5K Run-Walk. The goal of this event was to raise awareness and reduce stigma for mental health across our four-county catchment area. The committee started with a goal of 100 participants signed up for the run-walk and, ultimately, they blew right past that goal and ended up with 254 people registered. On the day of the race, despite a rainy and chilly Northern Michigan spring day, 208 runners and walkers still showed up to support mental health awareness. The 5k route started at NeMCMHA's parking lot and took runners and walkers on a scenic jaunt along the Thunder Bay River path behind ACC, across 9th Avenue to the Great Lakes Maritime Heritage Trail and back again. The route was wheelchair & stroller accessible.

All participants received a medal, a goodie bag with local resources, and a commemorative mug. All of the proceeds from the first year of the Mental Health Movement 5K Run-Walk were donated to Hope Shores Alliance, one of our local partner organizations that specializes in survivor focused support and advocacy in healing from trauma. After the amazing success of 2023, the committee is at it again, this time adding 2K and 10K routes alongside the 5K to make the event even more accessible to individuals of all abilities.



**MENTAL HEALTH MOVEMENT**

2K | 5K | 10K  
RUN-WALK

**SATURDAY, MAY 18, 2024**

VISIT [WWW.NEMCMH.ORG/NEWS-EVENTS/](http://WWW.NEMCMH.ORG/NEWS-EVENTS/) TO  
LEARN MORE!



# SUCCESS STORIES

## ROSEMARY

In January of 2023, one of the people we serve, Rosemary, weighed 278 pounds and was smoking a pack of cigarettes a day. Behavioral Health Home (BHH) staff worked with her continuously to cut back her smoking habits and provided her with resources such as 1-800-QUIT-NOW and she was successful in this process. Behavioral Health Home (BHH) provides integrated, person-centered, and comprehensive care to individuals with a select serious mental illness/serious emotional disturbance in order to successfully address the complexity of comorbid physical and behavioral health conditions. BHH staff then started working on diet, making meals plans, exercising and different workouts. In January of 2024, she weighed 209 pounds and has been meticulously watching her food intake. Rosemary has shared that in the last year working with NeMCMHA staff and her support system of friends and family, she has learned new coping skills to help her overcome anxiety, panic attacks, and self-harm. She feels better mentally, physically, and emotionally since losing weight. She is still free from smoking cigarettes and has a goal to weigh 180 pounds by the of 2024.

## PETE

Meet Anthony, who prefers to be called Pete, a hard-working, determined man who loves his community of Onaway, Michigan where he has lived all his life. Although he is active in many community events, his favorite activity is to participate in the 4th of July parade each year. Pete's positive attitude, sense of humor and outgoing personality are sure to put a smile on anyone's face! Over the past years, Pete has flourished utilizing services offered through Northeast Michigan Community Mental Health Authority (NeMCMHA). Along with his hard work and determination, a case manager, benefits coach, employment and community living services staff, his nephew Raymond and his family have assisted him with achieving some important life goals.

Through a process called, Person-Centered Planning, Pete expresses his life goals and what is most important to him: to live independently in his own home and obtain employment. Over the past year, Pete has found a job that he loves and became the proud owner of his family home.

Pete's education includes graduating from Onaway High School and later receiving a culinary arts and Serv-Safe certificate. His work history includes working for his family-owned flower shop as well as on Mackinac Island and a lumber yard. Pete was interested in returning to the workforce, and while working with his Employment Specialist a job posting was noticed for a dishwashing job at Canada Creek Ranch. Pete was excited about the opportunity and applied, and is now a valued, successful employee at the Ranch. Pete takes extreme pride in his work, ensuring his work area is organized and dishes are sparkling clean. While at work, Pete receives assistance from a job coach and has made huge strides in his independence on the job. Pete stated his job coaches "are a great help and transport me to work. What I love about work is they have meals there and my coworkers look out for me." Pete also stated, "Everyone says hello and people are complimentary." Of all the work Pete has done in his lifetime, he stated, "I have to admit, Canada Creek Ranch is my favorite." Once he started working again, Pete and his nephew met with NeMCMHA's benefit coach who helped him navigate how work income may impact his health insurance and other benefits. Pete enjoys earning money and said he wants to save money for home improvements.

In addition to finding work, Pete had a goal to have his own home. After many years of patience, determination and the help of community living supports staff, his nephew and other supports, Pete was able to obtain what most people dream of; he became a homeowner in the house he grew up in, where he lives with his cat Gracie that he adores! It was a very proud moment the day he sat on the testimony stand and was granted ownership. His staff and natural supports were there to support him and congratulate him, and the audience applauded him and wished him the best of luck.

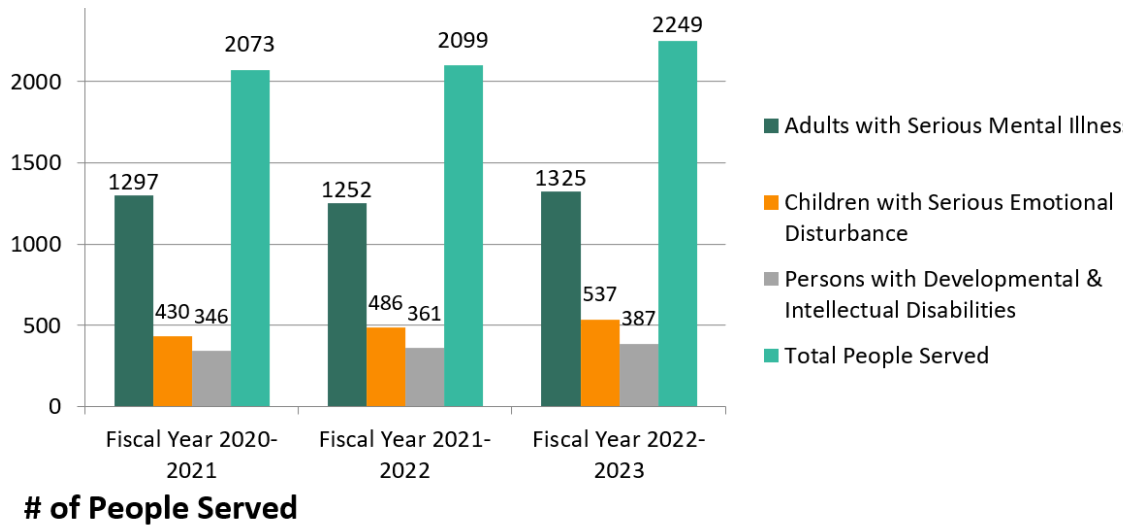
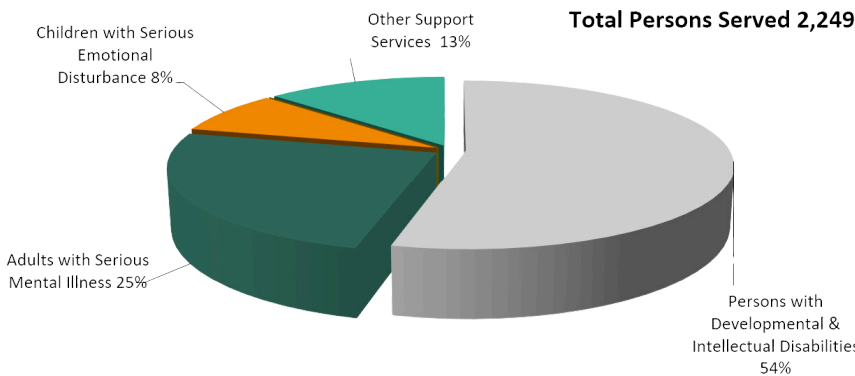
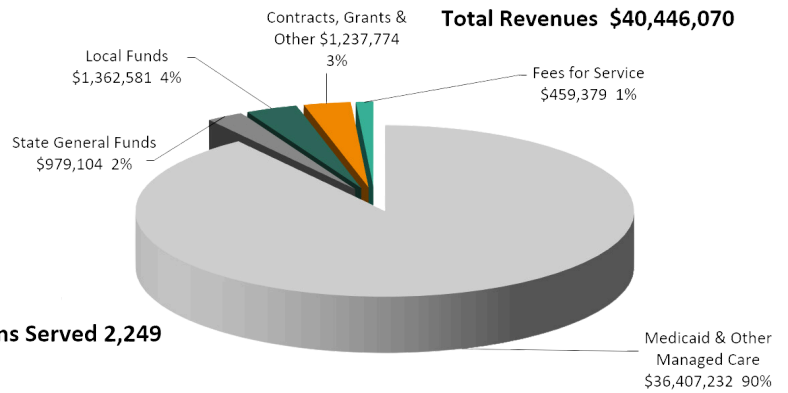


# NeMCMHA SOURCES & USE OF FUNDS

October 1, 2022 - September 30, 2023

Total Revenue: \$40,446,070.00

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

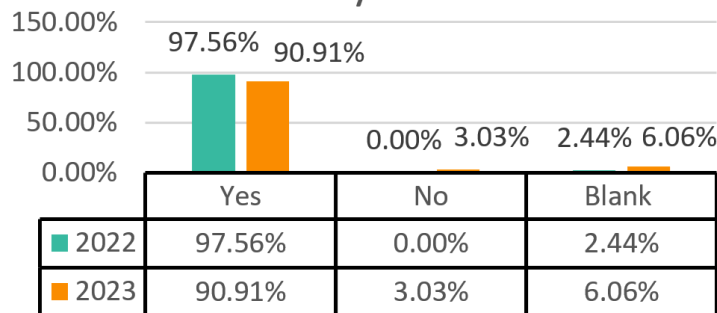


# INTELLECTUAL & DEVELOPMENTAL DISABILITIES SURVEY

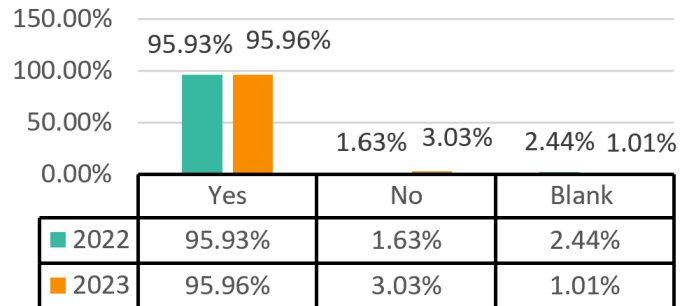
NeMCMHA's Intellectual and Development Disabilities Services surveys each individual receiving services on an annual basis. This survey assists us in measuring how individuals feel about the services provided, by informing us about what is going well and where improvement is needed.

January 1, 2022 through December 31, 2022 - 123 of 304 responded (44%)  
 January 1, 2023 through December 31, 2023 - 99 of 290 responded (34%)

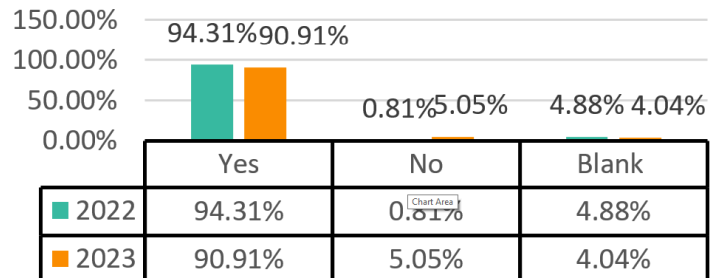
Does your supports coordinator help you get the services you need?



Do you feel you are treated with respect?



Overall, are you satisfied with the support and help you received from CMH



## CARF ACCREDITED IN 16 PROGRAMS



- Case Management/Services Coordination: Integrated IDD/Mental Health (Adults)
- Case Management/Services Coordination: Integrated IDD/Mental Health (Children and Adolescents)
- Case Management/Services Coordination: Mental Health (Adults)
- Case Management/Services Coordination: Mental Health (Children and Adolescents)
- Community Housing: Integrated IDD/Mental Health (Adults)
- Crisis Intervention: Integrated IDD/Mental Health (Adults)
- Crisis Intervention: Integrated IDD/Mental Health (Children and Adolescents)
- Crisis Intervention: Mental Health (Adults)
- Crisis Intervention: Mental Health (Children and Adolescents)
- Intensive Family-Based Services: Mental Health (Children and Adolescents)
- Outpatient Treatment: Mental Health (Adults)
- Outpatient Treatment: Mental Health (Children and Adolescents)
- Supported Living: Integrated IDD/Mental Health (Adults)
- Community Employment Services: Employment Supports
- Community Employment Services: Job Development
- Assertive Community Treatment: Mental Health (Adults)



# NEMCMHA BOARD OF DIRECTORS

**Bonnie Cornelius**, Secretary, *Alcona County*

**Terry Small**, *Alcona County*

**Robert Adrian**, *Alpena County*

**Lynnette Grzeskowiak**, *Alpena County*

**Judith Jones**, *Alpena County*

**Eric Lawson**, Board Chair, *Alpena County*

**Kara Bauer LeMonds**, *Alpena County*

**Charlotte Helman**, *Montmorency County*

**Lloyd Peltier**, Vice Chair, *Montmorency County*

**Lester Buza**, *Presque Isle County*

**Dana Labar**, *Presque Isle County*

**Gary Nowak**, Past Chair, *Presque Isle County*

**NORTHEAST  
MICHIGAN  
COMMUNITY  
MENTAL HEALTH  
AUTHORITY**



*Northeast Michigan Community Mental Health Authority is funded, in part, by the Michigan Department of Health and Human Services.*