

**NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH AUTHORITY BOARD**  
**BOARD MEETING – STRATEGIC PLANNING [PART 1]**  
**May 11, 2023 at 3:00 p.m.**  
**A G E N D A**

- I. Call to Order**
- II. Roll Call & Determination of a Quorum**
- III. Pledge of Allegiance**
- IV. Appointment of Evaluator**
- V. Acknowledgement of Conflict of Interest**
- VI. Information and/or Comments from the Public**
- VII. Approval of Minutes ..... (Pages 1 – 4)**
- VIII. Environmental Scan – Presentation by Eric Kurtz ..... (Verbal)**
- IX. May Monitoring Reports**
  - 1. Treatment of Individuals Served 01-002 ..... **(Pages 5 –8)**
  - 2. Budgeting 01-004 ..... **(Handout)**
- X. Board Policies Review and Self-Evaluation**
  - 1. Board Job Description 02-003 ..... [Review & Self-Evaluate] ..... **(Pages 9 – 10)**
  - 2. Board Core Values 02-014 ..... [Review & Self-Evaluate] ..... **(Page 11)**
- XI. Linkage Reports**
  - 1. NMRE Board Meeting – April 26 ..... **(Verbal)**
  - 2. QI Council Update ..... **(Handout)**
- XII. Operations Report ..... (Page 12)**
- XIII. Chair’s Report**
  - 1. Strategic Planning – Next Steps ..... **(Verbal)**
  - 2. CMHA Summer Conference “Cultivating Community” June 6 & 7 ..... **(Pages 13 – 21)**
    - i. Appointment of Voting Delegates
  - 3. Annual Report ..... **(Newsletter)**
  - 4. PAC Match Update ..... **(Verbal)**
- XIV. Executive Director’s Report ..... (Verbal)**
- XV. Information and/or Comments from the Public**
- XVI. Information and/or Comments for the Good of the Organization**
- XVII. Next Meeting – Thursday, June 8 at 3:00 p.m.**
  - 1. Set June Agenda ..... **(Page 22)**
  - 2. Schedule of NeMCMHA Board Meetings..... **(Page 23)**
- XVIII. Meeting Evaluation..... (Verbal)**
- XIX. Adjournment**

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

**Northeast Michigan Community Mental Health Authority (NeMCMHA) Board  
Board Meeting  
April 13, 2023**

**I. Call to Order**

Chair Eric Lawson called the meeting to order in the Board Room at 3:00 p.m.

**II. Seating of Board Members**

Eric reseated Bonnie Cornelius, Lynnette Grzeskowiak, and Gary Nowak.

**III. Roll Call and Determination of a Quorum**

Present: Les Buza, Bonnie Cornelius, Lynnette Grzeskowiak, Charlotte Helman, Judy Jones, Terry Larson, Eric Lawson, Lloyd Peltier, Pat Przeslawski, Terry Small

Absent: Robert Adrian (Excused), Gary Nowak

Staff & Guests: Dennis Bannon, Carolyn Bruning, Connie Cadarette, Mary Crittenden, Erin Fletcher, Kingsli Kraft, Chelsea McConnell, Brooke Paczkowski, Larry Patterson, Cheryl Pine-Stanczyk, Abbey Podbielski, Nena Sork, Jen Walburn

**IV. Pledge of Allegiance**

Attendees recited the Pledge of Allegiance as a group.

**V. Appointment of Evaluator**

Lynnette Grzeskowiak was appointed as evaluator for this meeting.

**VI. Acknowledgement of Conflict of Interest**

No conflicts of interest were acknowledged.

**VII. Information and/or Comments from the Public**

Abbey Podbielski, Light of Hope Clubhouse Director, reported they completed their international accreditation and they are tentatively accredited for three years.

**VIII. Nomination Committee Report**

Pat Przeslawski stated the committee suggests Lloyd Peltier be appointed Vice Chair, and the three other positions remain as they are. They were unanimous in their recommendation.

**IX. Election of Officers**

Eric asking three times for nominations for each officer position. Board members chose voice voting as the method of election. The Board was unanimously in favor of Eric Lawson as Board Chair, Lloyd Peltier as Vice Chair, and Bonnie Cornelius as Secretary. Eric reappointed Gary Nowak as Past Chair.

**X. Approval of Minutes**

*Moved by Les Buza, supported by Lynnette Grzeskowiak, to approve the minutes of the March 9, 2023 Board meeting as presented.* Motion carried.

**XI. Audit Report – Financial & Compliance (Straley, Lamp & Kraenzlein PC)**

Chelsea McConnell, C.P.A., from Straley, Lamp & Kraenzlein P.C. provided a summarized report of the NeMCMHA financial and compliance audit for the year ending September 30, 2022. NeMCMHA was issued an unmodified opinion, which is the highest level of that can be issued. Chelsea noted the inclusion of GASB 87 will impact comparability to past years. Overall, both assets and liabilities decreased from 2021's fiscal year end. Some of the major variances were a decrease in cash and equivalents of about \$4.3 million, an increase in accounts receivable of about \$1.5 million, and a decrease in accounts payable of about \$2.1 million. The number of days of expenses in unrestricted net position was 35 in 2021 and 32 in 2022. The Agency was issued an unmodified report on their Compliance Examination. In their opinion, NeMCMHA complied, in all material respects, with compliance requirements issued by MDHHS. The auditors did not identify any deficiencies in internal control over compliance that were considered a significant deficiency or material weakness.

## **XII. April Monitoring Reports**

### **1. Budgeting 01-004**

Connie Cadarette reviewed the Statement of Revenue and Expense and Change in Net Position for the month ending February 28, 2023. Medicaid is overspent \$356,333 and Healthy Michigan is underspent \$390,843. This would make the amount due back to the NMRE \$34,510 as of the end of February. General Funds are underspent \$349,186. With the public health emergency ending, General Funds may need to be used for Medicaid spenddowns. The NMRE has an internal service fund they have asked the CMHSPs to use in FY23. The funds cannot be distributed upfront, but NeMCMHA was told to budget for an additional \$1.8 million. If the funds are not spent the NMRE will have to return them to the State. Next month numbers will start showing as negative due to using the extra funds the NMRE has set aside, but the actual funds won't show up until the end of the fiscal year. An additional amount of up to \$2.2 million can be spent and show as negative without the Agency actually being in a deficit.

Larry Patterson reviewed expenses with negative variances on the Statement. Program Supplies had been heavily cut to balance the budget at the start of the fiscal year, and it will require an adjustment. Larry is anticipating a significant hit to Contracted Inpatient next month due to high cost individuals in placement. The line item for Contract Employees & Services took a large jump as they received over \$300,000 in invoices from charges going back to October. This line item will require a budget adjustment. Line items for Mileage and Gasoline, Professional Fees, and Food will continue to be monitored. With 41.7% of the year elapsed, the Agency is at 40.7% of budgeted expenses.

### **2. Financial Condition 01-005**

Connie reported as of the end of February, the change in net position is negative \$71,375. This is all local funds, a lot of which haven't been received yet. The current days of cash is 31. She stated unrestricted funds are being shown differently on financial statements, so they are showing a little lower than before in order to comply with the new auditing standards.

### **3. Asset Protection 01-007**

This was included in the audit report discussion, and there were no additional questions from the Board.

### **4. Communication and Counsel 01-009**

This monitoring report was provided as a handout. The Board didn't have any questions on the report.

*Moved by Terry Small, supported by Lloyd Peltier, to approve the April Monitoring Reports.*  
Motion carried.

## **XIII. Board Policies Review & Self-Evaluation**

### **1. Financial Condition 01-005**

There were no questions or suggested revisions on this policy.

### **2. Communication and Counsel to the Board 01-009**

The Board reviewed the policy and did not suggest any revisions.

### **3. Governing Style 02-002**

Pat Przeslawski reported the discussion during the Nominations Committee meeting was that they all feel respected at meetings. The Board was satisfied with the policy as is.

### **4. Cost of Governance 02-013**

Eric stated there are revisions every year to adjust the policy to the current year's numbers. Charlotte Helman stated the policy will be more concise with the revisions.

*Moved by Pat Przeslawski, supported by Terry Small, to approve the revisions to the Cost of Governance Policy.* Roll call: Ayes: Les Buza, Bonnie Cornelius, Lynnette Grzeskowiak, Charlotte Helman, Judy Jones, Terry Larson, Eric Lawson, Lloyd Peltier, Pat Przeslawski, Terry Small; Nays: None; Absent: Robert Adrian, Gary Nowak. Motion carried.

**XIV. Linkage Reports**

**1. NMRE Board Meeting – March 22**

The NMRE Board received a cyber-security report and they are doing well. Eric noted they discussed a state-wide housing plan and he has a flyer if anyone is interested in more information.

**2. Advisory Council Meeting – April 10**

Les Buza reported the council re-elected their current officers. Nena stated the Council will meet with the Board for their June meeting. Possible new members will be asked to attend their August meeting. Nena also reported a local NAMI group is starting to form, and she will be attending their next meeting on May 2. The group has state approval and is now waiting on national approval.

**3. CMHA Summer Conference “Cultivating Community” June 6 & 7**

Eric noted the CMHA Summer Conference will be on Tuesday and Wednesday, June 6 and 7. Voting delegates will be needed on June 5. Eric and Bonnie Cornelius both plan on attending the conference.

**XV. Operations Report**

Mary Crittenden reported on individuals served in March. There were 64 routine requests for services and no emergent or urgent requests. Children’s home-based services served 29 individuals and I/DD services served 182 individuals. During the month of March, 1,123 unduplicated individuals were served by the Agency. Physicians services has consistently increased over the last few months due to the Agency now having the largest number of providers they’ve ever had. Physicians services are also seeing individuals more frequently while the number of case managers is down.

**XVI. Chair’s Report**

**1. Section 222 & Conflict of Interest Forms**

Eric asked that Board members complete the forms and turn them to Rebekah.

**2. Establishment of Regular Meeting Date**

Board member would like to keep the meeting as the second Thursday of the month at 3:00 p.m.

*Moved by Pat Przeslawski, supported by Judy Jones, to establish the regular meeting date as the second Thursday of month at 3:00 p.m. Motion carried.*

**3. Appointment of Standing Committees**

Eric reappointed the current members of the Recipient Rights Committee, including Board members Judy Jones and Pat Przeslawski. Charlotte Helman, Terry Larson, Pat Przeslawski, and Terry Small were appointed to the Nominations Committee. Les Buza was reappointed to Consumer Advisory Council.

**XVII. Executive Director’s Report**

Nena provided the Board with an update on the AFC assessment tool. Mary, Morgan Hale, Brooke Paczkowski, and Erin Fletcher met with AFC providers from three counties (Alcona County does not have any contracted AFC providers) to review the changes to the assessment tool. They made five additional revisions during the meeting. The old assessment tool had a maximum score of 81 and the new tool has increased it by 15 – 20 points. The next step is to reassess the 11 contracts that saw reduced rates this year, and then the new tool will be used for everyone during their next plan of service. Erin stated they will be training all case managers on the new form and how to discuss it with AFC providers.

Nena met with Abbey Podbielski before Clubhouse began their accreditation and went back for their official accreditation meeting. They have invited Nena to go with them to South Carolina for three days for their Intensive Comprehensive Colleague Training. She met with Partners in Prevention who reported they have completed four Mental Health First Aid trainings for law enforcement and first responders.

Blue Horizons is contracted through the Agency to provide staff and supervision, but they have their own board of directors. This year they had an insurance reviewer question why they are letting staff drive their vehicles, as the staff do not technically work for the board. The Agency, having received Eric’s approval,

bought the vehicles and will include them in the Agency's fleet as NeMCMHA staff are driving them. They will be covered under the MMRA insurance.

The Agency has been brainstorming ways to spend the additional funds. They would like to finish replacing carpet in the office, which would cost roughly \$45,000. She would also like to contract with Rehman, or another group, to provide consultative services on the internal functioning of the Agency. Nena would seek a contract and then bring it to the Board for approval.

***Moved by Terry Small, supported by Charlotte Helman, to approve Nena seeking out a contract for consultation on the Agency.*** Roll call: Ayes: Les Buza, Bonnie Cornelius, Lynnette Grzeskowiak, Charlotte Helman, Judy Jones, Terry Larson, Eric Lawson, Lloyd Peltier, Pat Przeslawski, Terry Small; Nays: None; Absent: Robert Adrian, Gary Nowak. Motion carried.

Last year Nena had been granted permission by the Board to make one-time purchases that exceed the Board-required approval amount without getting prior approval while the Agency has excess funds. Nena asked the Board to grant her the same permission for this fiscal year. Nena would then report back to the Board each month on the purchases being made that exceed the amount requiring prior approval.

***Moved by Terry Small, supported by Les Buza, to approve Nena making one-time purchases that exceed the typical Board authorization-required amount.*** Roll call: Ayes: Les Buza, Bonnie Cornelius, Lynnette Grzeskowiak, Charlotte Helman, Judy Jones, Terry Larson, Eric Lawson, Lloyd Peltier, Pat Przeslawski, Terry Small; Nays: None; Absent: Robert Adrian, Gary Nowak. Motion carried.

Mary reported the Agency's inaugural Mental Health Movement 5K Run-Walk is occurring on May 20 at 9:00 a.m. The course is wheelchair accessible and all physical levels can participate. All proceeds will be donated to Hope Shores Alliance.

**XVIII. Information and/or Comments from the Public**

There were no comments from the public.

**XIX. Information and/or Comments for the Good of the Organization**

Nena will close her PAC matching amount before the May Board meeting.

**XX. Next Meeting**

The next regularly scheduled meeting of the NeMCMHA Board will on Thursday, May 11 at 3:00 p.m.

**1. Set May Agenda**

The proposed May agenda items were reviewed.

**2. Meeting Evaluation**

Lynnette Grzeskowiak stated the meeting started right on time. She really like the handout from Chelsea, and she thanked Connie and Larry for their hard work. Everyone participated in the meeting, which was informative and well-run, as usual.

**XXI. Adjournment**

***Moved by Pat Przeslawski, supported by Bonnie Cornelius, to adjourn the meeting.*** Motion carried. This meeting adjourned at 4:20 p.m.

*[signed by Bonnie Cornelius May 10, 2023]*

Bonnie Cornelius, Secretary

Rebekah Duhaime  
Recorder

*[signed by Eric Lawson May 10, 2023]*

Eric Lawson, Chair



## Recipient Rights Advisory Committee Minutes April 26, 2023

The meeting was called to order at 3:00 p.m. April 26, 2023, by Chair Pat Przeslawski in the Administrative Conference Room.

**Present:** Tom Fredlund, Judy Jones, Barb Murphy, Pat Przeslawski,  
Renee Smart-Shepler and Lorell Whitscell  
**Absent:** None.  
**Staff:** Ruth Hewett  
**Guests:** None.

**DRAFT MINUTES**

- I. **Old Business.** None.
- II. **Approval of Minutes.** The minutes from 1-25-2023 were approved as written by consensus.
- III. **New Business.**

QUARTERLY RIGHTS ACTIVITY REPORT: The committee reviewed the report which covered the second quarter of FY 23, 1/1/2023 – 3/31/2023. The complaints for this quarter were slightly lower than the previous quarter at 37. Of the 37 complaints, 32 were investigated, 1 was handled as an intervention, 2 were outside the jurisdiction of the rights office and 2 contained no Code protected right. Of the 33 investigations and interventions, there were 18 substantiations with 5 investigations pending. In addition, there were 4 remedial actions pending at the time of the report.

COMMITTEE APPOINTMENTS: Pat reported that all committee members were re-appointed by the Board, as well as Judy and herself as board representatives to serve for another year. The committee was reminded of the 50% + 1 members needed to form a quorum. It was noted from the Board by-laws that the board chair may attend, be included in the quorum determined, and allowed to vote.

COMMITTEE COMPOSITION SURVEYS: With the appointments for the next year, composition surveys were completed by all 6 members.

MEETING DATES AND TIME: The committee agreed to continue the next year of meetings as the 4<sup>th</sup> Wednesday of the month following the quarter – July '23, October '23, January '24, and April '24. Start time is 3 p.m. in the Administrative Conference Room.

- IV. **Educational Session:** The Role of the Recipient Rights Advisory Committee per the Mental Health Code 330.1757. The role was discussed and the current lists of members, areas of composition represented, and areas of advocacy they represent presented.
- V. **Other Business.**  
None.
- VI. **Adjournment.**  
Renee moved to adjourn, Lorell supported. The meeting adjourned at 3:28 p.m. The next meeting will be July 26, 2023 in the Administrative Conference Room at 3 p.m.

**QUARTERLY RECIPIENT RIGHTS ACTIVITY REPORT**

**Time Period: January, February & March 2023:**

I. COMPLAINT DATA SUMMARY		<u>FY 22-23</u>					<u>FY 21-22</u>			
A. Totals	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	
Complaints Received:	40	37				23	34	30	30	
Investigated:	36	32				21	30	23	27	
Interventions:	02	01				01	01	03	-0-	
Substantiated:	25	18 + 5 pdg				12	24	14	14	
Outside Jurisdiction:	-0-	02				-0-	01	04	01	
No Code Protected Right:	02	02				01	02	-0-	02	

B. Aggregate Summary of Complaints

CATEGORY	Received	Investigation	Intervention	Substantiated
Abuse I	0	0		0
Abuse II	0	0		0
Abuse III	2	2		1
Sexual Abuse	0	0		0
Neglect I	0	0		0
Neglect II	1	1		1
Neglect III	12	12		9 + 2 pdg
Rights Protection System	1	1	0	0 + 1 pdg
Admiss/Dischrg-2 <sup>ND</sup> Opinion	0	0	0	0
Civil Rights	0	0	0	0
Family Rights	0	0	0	0
Communication & Visits	0	0	0	0
Confidentiality/Disclosure	5	4	1	3
Treatment Environment	1	1	0	0 + 1 pdg
Freedom of Movement	0	0	0	0
Financial Rights	0	0	0	0
Personal Property	1	1	0	1
Suitable Services	10	10	0	3 + 1 pdg
Treatment Planning	0	0	0	0
Photos/Fingerprints/Audio etc	0	0	0	0
Forensic Issues	0	0	0	0
<b>Total</b>	<b>33</b>	<b>32</b>	<b>1</b>	<b>18 + 5 pdg</b>

c. Remediation of substantiated rights violations.

Category/Specific Allegation	Specific Provider	Specific Remedial Action
Pending from last qrtr:		
Rights Protection System	Golden Beach Manor	Pending
Rights Protection System	NEMCMH	Suspension
Confidentiality	NEMCMH	Documented Counseling
Suitable Services	NEMCMH	Suspension
Suitable Services	NEMCMH	Suspension
Photos/Fingerprints/Audio etc.	Golden Beach Manor	Pending
Actions from this quarter:		
Abuse, Class III	Turning Leaf	Written Reprimand
Neglect, Class II	NEMCMH	Termination
Neglect, Class III	NEMCMH	Documented Counseling (2)
Neglect, Class III	NEMCMH	Suspension (3)
Neglect, Class III	NEMCMH	Termination
Neglect, Class III	NEMCMH	Written Reprimand
Neglect, Class III	NEMCMH	Termination
Neglect, Class III	NEMCMH	Written Reprimand
Neglect, Class III	NEMCMH	Termination
Neglect, Class III	NEMCMH	Pending
Neglect, Class III	NEMCMH	Pending
Confidentiality	NEMCMH	Documented Counseling
Confidentiality	NEMCMH	Documented Counseling
Confidentiality	NEMCMH	Documented Counseling
Personal Property & Funds	NEMCMH	Termination
Suitable Services	NEMCMH	Other
Suitable Services	NEMCMH	Documented Counseling
Suitable Services	NEMCMH	Termination



D. Summary of Incident Reports. (2<sup>nd</sup> Qtr '23)

Category Type	1 <sup>st</sup> Qtr		2 <sup>nd</sup> Qtr		3 <sup>rd</sup> Qtr		4 <sup>th</sup> Qtr	
	'23	'22	'23	'22	'23	'22	'	'22
01.0 Absent without leave (AWOL)	01	01	-0-	02		01		04
02.0 Accident – No injury	07	07	09	01		07		03
02.1 Accident – With injury	14	11	19	21		22		28
03.0 Aggressive Acts – No injury	41	32	35	40		44		39
03.1 Aggressive Acts – w/ injury	13	04	05	04		06		07
03.3 Aggressive Acts – Property Destruct	-0-	06	02	02		01		01
04.0 Death	07	04	04	09		07		02
05.0 Fall – No injury	11	27	14	26		13		15
06.0 Medical Problem	95	119	81	89		120		110
07.0 Medication Delay	18	-0-	09	05		05		05
07.1 Medication Error	24	19	33	20		24		20
07.2 Medication Other	99	54	103	35		59		96
07.3 Medication Refusal	37	10	64	16		23		54
08.0 Non-Serious Injury – Unknwn cause	14	10	06	02		08		07
09.0 Other	69	76	73	72		92		113
10.0 Self Injurious Acts – No injury	04	01	04	01		02		04
10.1 Self Injurious Acts – w/injury	07	05	07	04		10		06
Challenging Behavior	27	28	13	31		39		37
Fall – with injury	16	15	16	22		14		19
Arrests	05	01	09	02		02		06
Total	509	430	506	404		499		576

E.	Prevention Activity	Quarter	YTD
	Hours Used in Training Provided	21.75	38.75
	Hours Used in Training Received	5.25	57.25
	Hours Used in Site Visits	7.00	287.00
F.	Monitoring Activity	Quarter	YTD
	Incident Report Received	506	1,015
G.	Source of All Complaints:	Quarter	YTD
	Recipient:	07	15
	Staff:	12	34
	ORR:	11	18
	Gdn/Family:	01	02
	Anonymous:	05	05
	Comm/Gen Pub:	<u>01</u>	<u>03</u>
	Total	37	77

Ruth M. Hewett, Recipient Rights Officer

04/26/2023  
Date

**Northeast Michigan Community Mental Health Authority**  
**Statement of Revenue and Expense and Change in Net Position (by line item)**  
**For the Sixth Month Ending March 31, 2023**  
**50% of year elapsed**

	Actual March Year to Date	Budget March Year to Date	Variance March Year to Date	Budget FY23	% of Budget Earned or Used
<b>Revenue</b>					
1 State Grants	83,164.10	160,277.04	\$ (77,113)	320,554.08	25.9%
2 Grants from Local Units	128,405.00	133,318.86	(4,914)	266,637.66	48.2%
3 NMRE Incentive Revenue	0.00	137,500.02	(137,500)	275,000.04	0.0%
4 Interest Income	4,633.07	250.02	4,383	500.04	926.5%
5 Medicaid Revenue	16,559,522.10	15,661,989.06	897,533	31,323,977.94	52.9%
6 General Fund Revenue	268,283.66	601,393.50	(333,110)	1,202,787.00	22.3%
7 Healthy Michigan Revenue	939,733.66	1,326,427.02	(386,693)	2,652,854.04	35.4%
8 Contract Revenue Blue Horizons	225,821.66	222,190.02	3,632	444,380.04	50.8%
9 3rd Party Revenue	244,753.97	178,361.04	66,393	356,722.08	68.6%
10 Behavior Health Home Revenue	47,380.95	45,907.02	1,474	91,814.04	51.6%
11 Food Stamp Revenue	67,046.12	64,300.08	2,746	128,600.16	52.1%
12 SSI/SSA Revenue	271,910.25	250,695.96	21,214	501,391.92	54.2%
13 Revenue Fiduciary	172,737.48	0.00	172,737	0.00	0.0%
14 Other Revenue	22,799.32	15,726.48	7,073	31,452.96	72.5%
15 <b>Total Revenue</b>	<b>19,036,191</b>	<b>18,798,336</b>	<b>237,855</b>	<b>37,596,672</b>	<b>50.6%</b>
<b>Expense</b>					
16 Salaries	7,829,611.97	7,671,721.32	(157,891)	15,343,442.54	51.0%
17 Social Security Tax	336,553.48	358,203.18	21,650	716,406.36	47.0%
18 Self Insured Benefits	1,292,606.45	1,696,569.66	403,963	3,393,139.32	38.1%
19 Life and Disability Insurances	117,072.36	124,951.08	7,879	249,902.16	46.8%
20 Pension	618,633.27	646,951.02	28,318	1,293,902.04	47.8%
21 Unemployment & Workers Comp.	76,020.27	83,526.54	7,506	167,053.08	45.5%
22 Office Supplies & Postage	26,564.95	25,329.78	(1,235)	50,659.56	52.4%
23 Staff Recruiting & Development	82,080.13	122,857.20	40,777	245,714.40	33.4%
24 Community Relations/Education	9,428.39	14,548.50	5,120	29,097.00	32.4%
25 Employee Relations/Wellness	58,627.57	55,999.98	(2,628)	111,999.96	52.3%
26 Program Supplies	248,795.65	198,631.80	(50,164)	397,263.60	62.6%
27 Contract Inpatient	931,500.77	801,474.00	(130,027)	1,602,948.00	58.1%
28 Contract Transportation	15,546.80	17,876.46	2,330	35,752.92	43.5%
29 Contract Residential	2,321,823.50	2,701,438.50	379,615	5,402,877.00	43.0%
30 Contract Employees & Services	3,695,753.55	2,989,119.36	(706,634)	5,978,238.72	61.8%
31 Telephone & Connectivity	112,325.83	100,312.50	(12,013)	200,625.00	56.0%
32 Staff Meals & Lodging	7,588.70	14,580.06	6,991	29,160.12	26.0%
33 Mileage and Gasoline	185,032.65	184,190.52	(842)	368,381.04	50.2%
34 Board Travel/Education	4,464.08	6,832.02	2,368	13,664.04	32.7%
35 Professional Fees	47,542.18	40,454.58	(7,088)	80,909.16	58.8%
36 Property & Liability Insurance	65,824.95	67,178.04	1,353	134,356.08	49.0%
37 Utilities	98,052.01	96,575.04	(1,477)	193,150.08	50.8%
38 Maintenance	109,129.62	113,585.04	4,455	227,170.08	48.0%
39 Interest Expense Leased Assets	8,595.07	8,662.86	68	17,325.72	49.6%
40 Rent	6,675.94	8,901.00	2,225	17,802.00	37.5%
41 Food	83,761.03	76,030.50	(7,731)	152,061.00	55.1%
42 Capital Equipment	31,442.01	69,143.64	37,702	138,287.30	22.7%
43 Client Equipment	4,657.51	9,969.00	5,311	19,938.00	23.4%
44 Miscellaneous Expense	67,206.47	82,668.60	15,462	165,337.16	40.6%
45 Expense Fiduciary	188,148.14		(188,148)	0.00	0.0%
46 Depreciation & Amortization Expense	317,129.86	410,054.28	92,924	820,108.56	38.7%
47 MI Loan Repayment Program	3,000.00				
48 <b>Total Expense</b>	<b>19,001,195</b>	<b>18,798,336</b>	<b>(199,859)</b>	<b>37,596,672</b>	<b>50.5%</b>
49 <b>Change in Net Position</b>	<b>\$ 34,996</b>	<b>\$ 0</b>	<b>\$ 34,996</b>	<b>\$ -</b>	<b>0.1%</b>
50 Contract settlement items included above:					
51 Medicaid Funds (Over) / Under Spent	\$ (991,051)				
52 Healthy Michigan Funds (Over) / Under Spent	320,705				
53 <b>Total NMRE (Over) / Under Spent</b>	<b>\$ (670,346)</b>				
54 General Funds to Carry Forward to FY23	\$ 27,814				
55 General Funds Lapsing to MDHHS	305,295				
56 <b>General Funds (Over) / Under Spent</b>	<b>\$ 333,109</b>				

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**GOVERNANCE PROCESS**

(Manual Section)

**BOARD JOB DESCRIPTION**

(Subject)

Board Approval of Policy  
Last Revision of Policy Approved

August 8, 2002  
May 14, 2020

**●1 POLICY:**

The job of the board is to represent the people of Alpena, Alcona, Montmorency and Presque Isle counties in determining and ensuring appropriate organizational performance. To distinguish the board's own unique job from the jobs of its staff, the board will concentrate its efforts on the following job "products" or outputs:

1. The link between the organization and the people of Alpena, Alcona, Montmorency and Presque Isle counties.
2. Written governing policies which, at the broadest levels, address:
  - A. *Ends*: Organizational products, impacts, benefits, outcomes, recipients, and the relative worth of these Ends or products (what good for which needs at what cost).
  - B. *Executive Limitations*: Constraints on executive authority which establish the prudence and ethics boundaries within which all executive activity and decisions must take place.
  - C. *Governance Process*: Specification of how the board conceives, carries out and monitors its own task.
  - D. *Board-Executive Director Relationship*: How power is delegated and its proper use monitored; the Executive Director role authority and accountability.
3. The assurance of Executive Director performance (as outlined in policy number 03-004 page 1 of 1, Monitoring Executive Performance 2 A and 2B).
4. Maintain regular communication with the County Board of Commissioners in Alcona, Alpena, Montmorency and Presque Isle counties through regular reports with a copy maintained by the Executive Director.

**NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH AUTHORITY  
POLICY & PROCEDURE MANUAL**

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5. Actively promote involvement of consumers, former consumers, family members and advocacy groups in planning, implementing and evaluating mental health services.
  
6. Actively participate in the planning of health and social services within its service area by involvement with local and regional health service agencies, school districts and pertinent members and groups of the community through regional coordinating councils and multi-purpose collaborative bodies.

**●2 APPLICATION:**

The Northeast Michigan Community Mental Health Authority Board

**●3 DEFINITIONS:**

**●4 REFERENCES:**

**●5 FORMS AND EXHIBITS:**

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**GOVERNANCE PROCESS**

(Manual Section)

**BOARD CORE VALUES**

(Subject)

Board Approval of Policy  
Last Revision of Policy Approved

November 7, 2002  
May 10, 2018

●1 **POLICY:**

The board will create a set of core values that speak to the beliefs of the ownership of the organization as well as staff. These core values shall not be interpreted as ENDS statements, rather the board's guiding principles.

1. Consumer focus shall be at the heart of all activities. Support of consumer independence is paramount, and to the extent consistent with consumer wishes and confidentiality limitations, the constructive involvement of a consumer's family shall be supported.
2. Honesty, respect and trust are values that shall be practiced by all.
3. We will be supportive and encouraging to bring out the best in one another. While we recognize our responsibility to participate, and we need the ability to disagree and confront, we should do so in a fashion that personal offense is neither given nor taken, and no one need fear retaliation.
4. Understanding of progress and movement toward a continuously improving environment is a responsibility for all.

These core values will be reviewed and reaffirmed on an annual basis.

●2 **APPLICATION:**

The Northeast Michigan Community Mental Health Authority Board and staff

●3 **DEFINITIONS:**

●4 **REFERENCES:**

●5 **FORMS AND EXHIBITS:**

	Program	Consumers served April 2023 (4/1/23 - 4/30/23)	Consumers served in the Past Year (5/1/22 - 4/30/23)	Running Monthly Average(year) (5/1/22 - 4/30/23)
1	Access Routine	50	667	56
	Emergent	0	4	0
	Urgent	2	6	1
	Crisis	60	556	47
	Prescreens	41	784	62
2	Doctors' Services	597	1507	495
3	Case Management			
	Older Adult (OAS)	93	266	116
	MI Adult	16	50	105
	MI ACT	44	77	30
	Home Based Children	27	52	24
	MI Children's Services	84	180	63
	IDD	151	466	170
4	Outpatient Counseling	81(17/64)	175	107
5	Hospital Prescreens	41	784	62
6	Private Hospital Admissions	18	253	20
7	State Hospital Admissions	1	2	0
8	Employment Services			
	IDD	63	94	57
	MI	21	60	20
	Touchstone Clubhouse	86	111	93
9	Peer Support	44	76	46
10	Community Living Support Services			
	IDD	83	150	94
	MI	64	107	63
11	CMH Operated Residential Services			
	IDD Only	54	73	55
12	Other Contracted Resid. Services			
	IDD	34	38	36
	MI	30	40	32
13	Total Unduplicated Served	1069	2373	1062

County	Unduplicated Consumers Served Since May 2022
Alcona	244
Alpena	1422
Montmorency	278
Presque Isle	345
Other	68
No County Listed	16

Community Mental Health Association of Michigan

# ANNUAL SUMMER CONFERENCE

Cultivating Community



June 5, 2023  
Pre-Conference

June 6-7, 2023  
Full Conference

Grand Traverse Resort  
Traverse City, Michigan



# Continuing Education

**Social Workers:** Pre-Conference Institute #1: Stepping Up for our Children: Implementing MI Kids Now Initiatives and Children's Evidence-Based Practices in the Home and Community on 6/5/23 qualifies for **6 CE Hours** for Social Work. Pre-Conference Institute #2: A Data-Driven Overview of Michigan's Crisis Response Continuum on 6/5/23 qualifies for **3 CE Hours** for Social Work. The "Main Summer Conference" course (6/6/23-6/7/23) qualifies for a maximum of **8 Continuing Education Hours**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818. Qualifies as **"face-to-face (in-person) education."**

**Substance Use Disorder Professionals:** CMHA is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA maintains the responsibility for the program and content. Substance Use Disorder Professionals participating in the Pre-Conference Institute #1: Stepping Up for our Children: Implementing MI Kids Now Initiatives and Children's Evidence-Based Practices in the Home and Community on 6/5/23 qualifies for **6 related contact hours**. Pre-Conference Institute #2: A Data-driven Overview of Michigan's Crisis Response Continuum on 6/5/23 qualifies for **3 related contact hours**. If you participate in the "Main Summer Conference" (6/6/23-6/7/23) may receive a maximum of **10 Contact hours**. It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

**Continuing Education Requirement:** National Accreditation Rules: National Accreditation rules indicate that if you are over five (5) minutes late or depart early, you forfeit your continuing education hours for that session. Please note that this is a National rule that CMHA must enforce or we could lose our provider status to provide continuing education hours in the future. This rule will be strictly followed.

**Certificate Awarded:** At the conclusion of this conference, turn in your Certificate of Attendance form to the CMHA Staff to be approved. You will turn in the top sheet & retain the bottom sheet which serves as your certificate. No other certificate will be given.

**Certificate Issued by:** Christina Ward, Director of Education & Training, [cward@cmham.org](mailto:cward@cmham.org); 517-374-6848.

**Grievance:** If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHA 517-374-6848 or through our webpage at [www.cmham.org](http://www.cmham.org) for resolution.



# Hotel Reservations

## HOTEL INFORMATION & RESERVATIONS :

**Grand Traverse Resort, 100 Grand Traverse Village Boulevard, Acme, MI 49610-0404**

**2023 Room Rates:** Rates below do not include 6% state tax, 5% city assessment, or \$20.95 nightly resort fee.

Room Type	Rate	Room Type	Rate
Hotel Guest room	<b>\$169</b>	Tower Guest Room	<b>\$199</b>
Studio Condo	<b>\$169</b>	1 Bedroom Condo	<b>\$199</b>
2 Bedroom Condo	<b>\$249</b>	3 Bedroom Condo	<b>\$289</b>

When making your reservations, you will be charged a one-night deposit.

[To make reservations online, click here.](#)

**Deadline for Reduced Hotel Rate: Tuesday, May 16, 2023**

Cancellation Deadline & Policy: If you **cancel 3 days prior to your arrival**, your reservation is fully refundable, minus a \$25 fee.

Room rates are valid 2 days before the conference and 2 days after the conference based on availability.

Check in: 4:00pm

Check out: 11:00am

Resort Amenities and Updated Hours: The hotel may be experiencing staffing issues. We appreciate your understanding and courtesy to those working hard at the Resort to ensure our conference is a success.

- In an effort to respect your space, and to keep you and the Resort staff safe, **they will not be providing housekeeping service for the duration of your stay**. Should you need additional towels or other amenities, please call the front desk and they will be happy to deliver the items and place them outside your door.
- Health Club/Indoor Pools and Hot Tubs/ Governors Pool hours of operation starting Memorial Day Weekend Sunday-Friday 10am-9pm | Saturday 10am-10pm (hours may vary/weather dependent for outdoor pool).





# Conference Registration Fees

## ATTENDEES / EXHIBITORS / SPONSORS: REGISTRATION OPENS THIS WEEK!

This conference will be in-person only. There will be no virtual option for attendees.

REGISTRATION FEES (per person)				
<b>Pre-Conference Institute #1:</b> <b>Stepping Up for our Children: Implementing MI Kids Now Initiatives and Children's Evidence-Based Practices in the Home and Community</b> Monday, June 5, 2023, from 9:00am – 4:00pm The Pre-Conference Institute fee includes materials, refreshments, and lunch.		<b>Member</b>	<b>Non-Member</b>	
		\$110	\$132	
<b>Pre-Conference Institute #2:</b> <b>A Data-driven Overview of Michigan's Crisis Response Continuum</b> Monday, June 5, 2023, from 1:00pm – 4:00pm The Pre-Conference Institute fee includes materials and refreshments.		<b>Member</b>	<b>Non-Member</b>	
		\$65	\$78	
<b>Main Conference June 6-7, 2023:</b> Main conference registration fee provides you with a program packet, admission to all keynote sessions, all workshops, 2 breakfasts, 2 lunches, and all breaks.				
	<b>Member Early Bird</b>	<b>Member After 5/26/23</b>	<b>Non-Member Early Bird</b>	<b>Non-Member After 5/26/23</b>
<b>Main Conference</b>	\$425	\$465	\$507	\$556
<b>One Day</b>	\$330	\$370	\$394	\$442
SCHOLARSHIPS AVAILABLE				
<p><i>A limited number of scholarships are available to individuals who receive services and their families. Conference scholarships will cover conference registration fees only. Consumers who serve as CMH board members are not eligible. Deadline to request scholarship: Friday, May 26, 2023. To request a scholarship form, contact Chris Ward at <a href="mailto:cward@cmham.org">cward@cmham.org</a> or 517-237-3143.</i></p>				
EARLY BIRD DEADLINE: FRIDAY, MAY 26, 2023				
PAYMENT METHODS AND CANCELLATION POLICY				
<ul style="list-style-type: none"> <li>• Payment will be required prior to attendance.</li> <li>• Payment methods available in advance and onsite: credit card, check, or exact cash.</li> <li>• If payment has not been received, fees will be collected at registration the day of the event unless alternate arrangements are pre-approved by CMHA.</li> <li>• Purchase Orders are not considered payment.</li> <li>• All No Shows will be billed the full amount.</li> </ul>				
<b>To Pay By Check:</b> Make payable to CMHA and mail to 507 S. Grand Avenue, 2 <sup>nd</sup> Flr., Lansing, MI 48933				
<b>Cancellation Policy:</b> Substitutions are permitted at any time. No-shows will be billed at the full training rate. Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a \$25 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given. Please notify <a href="mailto:apiesz@cmham.org">apiesz@cmham.org</a> if you cannot attend the conference.				
<b>Attendee Changes/Edits:</b> Please notify <a href="mailto:apiesz@cmham.org">apiesz@cmham.org</a> if you have any changes to your conference registration.				
<b>Evaluation:</b> There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation of the conference or you may contact CMHA at 517-374-6848 or through our website at <a href="http://www.cmham.org">www.cmham.org</a> for resolution.				



# Pre-Conference Institutes

## Pre-Conference Institute #1:

### Stepping Up for our Children: Implementing MI Kids Now Initiatives and Children's Evidence-Based Practices in the Home and Community Monday, June 5, 2023, from 9:00 a.m. – 4:00 p.m.

#### Pre-Conference #1 Separate Registration Fee:

- Member Fee: \$110 per person. Fee includes materials, refreshments, and lunch.
- Non-Member Fee: \$132 per person. Fee includes materials, refreshments, and lunch.

#### Continuing Education:

- This Pre-Conference Institute qualifies for 6 CE Hours for Social Work + Related MCBAP Education Contact Hours

#### Description:

This pre-conference institute will provide information regarding organizational restructure, key projects/priorities and outreach efforts, cross-systems partnership, and evidence-based program implementation as it relates to children's behavioral health.

#### Objectives:

1. Understand state structure for provision of children's behavioral health services, including reasons and support for restructure.
2. Understand key priorities and projects to support children's behavioral health, including families.
3. Understand impact of potential policy/practice changes as it relates to children's behavioral health.
4. Understand roles and opportunities for fostering collaboration as it relates to improved provision of children's behavioral health services/supports.
5. Understand the state's role in the provision of evidence-based programs.
6. Understand specific examples of evidence-based programs in Michigan.

#### Agenda:

8:30am Registration and Continental Breakfast

9:00am Overview: Bureau of Children's Coordinated Health Policy & Supports (Lindsay McLaughlin)

- Lawsuit
- Environmental Scan
- Bureau Development
- Mission/Vision; Org Chart; Divisions Overview
- Key Priorities
- Opportunities for Collaboration

A Deeper Dive: Key Projects/Priorities of Mi Kids Now

- Michigan Intensive Child & Adolescent Service Array (Phil Kurdunowicz)
  - ICSS Grants
- MichiCANS: Child and Adolescent Needs and Strengths (Lisa Collins, Kim Batsche-McKenzie, Erin Mobley)
  - Purpose, development, implementation plan
- Dashboard Development (Erin Mobley)
  - Purpose, development, implementation
- Workforce Development & Training (Lisa Collins, Phil Kurdunowicz)
  - Student Loan Repayment
  - Internships
  - Capacity Building Center
- Enhancing System Partnerships (Patty Neitman, Justin Tate, Stacy Farrell)
  - OACYF Clinical Support/Consultation/Technical Assistance

- Partnership Building
  - Supporting access for child welfare, aftercare, community reintegration, supporting systemic change)
    - Education & Outreach (Ali Cosgrove, Victor Benavides)
    - Policy & Contract Modifications (Phil Kurdunowicz)

Feedback (Lindsay McLaughlin)

- What are the perceived challenges at the state level in launching these initiatives?
- What would be the challenges or barriers at the local level in implementation?
- How can we overcome these together?
- Other considerations

Noon Lunch (included)

1:00pm Evidence-Based Practices for Children, Youth and Families  
(Mary Ludtke, Luann Gray, Amy Cowper, Dierdre Laney-King, Sura Shlebah, John Aarons, Kim Batsche-McKenzie)

- Parent Management Training Oregon (PMTO)
- Trauma Focused Cognitive Behavioral Therapy (TFCBT)
- Children’s Therapeutic Foster Care (CTFC); Treatment Foster Care Oregon (TFCO)
- Infant Early Childhood Mental Health Consultation (IECMH)
- Dialectical Behavior Therapy – Adolescents (DBT-A)
- Motivational Interviewing – Adolescents (MI-A)

4:00pm Pre-Conference Institute Concludes

## Presenters:

John Aarons  
 Kim Batsche-McKenzie  
 Victor Benavides  
 Lisa Collins  
 Amy Cowper  
 Ali Cosgrove  
 Stacy Farrell  
 Luann Gray  
 Deirdre King  
 Phil Kurdunowicz  
 Mary Ludtke  
 Lindsay McLaughlin  
 Erin Mobley  
 Patty Neitman  
 Sura Shlebah  
 Demetrius Starling  
 Justin Tate

# Pre-Conference Institute #2: A Data-Driven Overview of Michigan's Crisis Response Continuum Monday, June 5, 2023, from 1:00pm – 4:00pm

## Pre-Conference #2 Separate Registration Fee:

- Member Fee: \$65 per person. Fee includes materials and refreshments.
- Non-Member Fee: \$78 per person. Fee includes materials and refreshments.

## Continuing Education:

- This Pre-Conference Institute qualifies for 3 CE Hours for Social Work + Related MCBAP Education Contact Hours

## Description:

As Michigan's crisis continuum continues to evolve and new models for responding to crises emerge, there is a growing need for evidence-based research to support the development of best practices and data-driven decision making. The Center for Behavioral Health and Justice will provide an overview of the primary types of crisis response models: mobile crisis models, coordinated response models, and community response models, outlining the similarities and differences across them. The benefits and barriers to using certified peer support specialists to enhance mobile crisis teams will also be discussed. Additionally, disposition outcomes from six different crisis response programs across Michigan will be shared, specifically highlighting variations between models and comparisons to traditional law enforcement responses to behavioral health calls. Presently, there is little existing data on the costs of operating crisis systems and the potential cost savings across multiple public systems. In theory, crisis services can prevent downstream trauma and financial expenses associated with higher acuity care. The costs and potential financial savings related to the provision of crisis services will be explored, including costs encumbered by CMH, law enforcement, jails, county governments, and health systems.

## Objectives:

1. Provide an overview of the existing models for crisis response programs, highlighting similarities and differences between them.
2. Share disposition outcome data from six crisis response teams across the state to highlight variations between models and best practices for crisis response programs.
3. Discuss the benefits and barriers to incorporating certified peer support specialists on crisis response teams.
4. Outline methods for calculating interdisciplinary system costs associated with arrests/jail bookings, emergency department visits, and psychiatric hospitalizations.

## Presenters:

- Leonard Swanson, MSW, Program Manager, Crisis Response and Stabilization, Wayne State University, Center for Behavioral Health and Justice
- Jessica Gaskin, MA, Project Coordinator, Crisis Response and Stabilization, Wayne State University, Center for Behavioral Health and Justice
- Kaitlyn Kok, BS, Project Coordinator, Crisis Response and Stabilization, Wayne State University, Center for Behavioral Health and Justice
- Larry West, CPSS, CPRC, Project Coordinator, Crisis Response and Stabilization, Wayne State University, Center for Behavioral Health and Justice
- Catherine Zettner, MSW, Senior Data Analyst, Crisis Response and Stabilization, Wayne State University, Center for Behavioral Health and Justice



# Conference Keynotes



## **Lindsay McLaughlin, JD/MPH, Director of the Bureau of Children's Coordinated Health Policy & Supports, Michigan Department of Health and Human Services**

Lindsay McLaughlin has also previously served as the State Administrative Manager for the MI Kids Now Service Array and as a contractor supporting the MDHHS Public Health, Policy & Planning, and Executive Offices. Prior to working for the state of Michigan, Lindsay served as U.S. Senator Tina Smith's Health Care and Aging Outreach Director. Lindsay also formerly worked as an insurance regulator as the Health Policy Advisor for the Minnesota Department of Commerce and as a health law attorney in private practice. Lindsay has also held lecturer positions with the University of Michigan's School of Public Health. Lindsay received her law degree and Master of Public Health from the University of Minnesota, and her Bachelor of Arts from Albion College.

## **Anita Everett, MD, DFAPA, Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA)**

In this role, Dr. Everett provides executive leadership for federal efforts to improve the nation's mental health service systems. Prior to her arrival at SAMHSA, she served as the Section Chief of The Johns Hopkins Bayview Community and General Psychiatry in Baltimore, Maryland. She was on the faculty of the Johns Hopkins School of Medicine and the Bloomberg School of Public Health. At Hopkins, she directed 22 community psychiatry programs that provide a range of services to individuals from preschool age to older adults and through a range of programs that include intensive acute services as well as recovery support services for persons with Serious Mental Illnesses. More recently at Hopkins, she has been involved with the leadership of health system behavioral health integration into accountable care structures. Dr. Everett has served on the National Institute on Drug Abuse, National Advisory Council. She is active in several professional organizations including the American Psychiatric Association where she has received a commendation for her work in healthcare reform. She is a past president of the Maryland Psychiatric Society and the American Association of Community Psychiatrists. She has been engaged in a number of international projects which have included consultation with the Ministries of Health, Department of Mental Health in Iraq and Afghanistan on the implementation of mental health services in these countries.



## **Todd Crandell, LPCC-S LICDC-CS, Founder, Racing for Recovery**

Todd Crandell, THE ORIGINAL SOBER TRIATHLETESM, has dedicated his personal and professional life to assisting those battling addictions and destructive behaviors. He knows firsthand the importance of attaining and sustaining sobriety through a balanced holistic lifestyle. By sharing his personal experiences about the perils of substance abuse, along with innovative and unique approaches in prevention and treatment, Crandell offers a positive alternative to those struggling to overcome a life of addiction and self-destruction. His 13-year struggle with drugs and alcohol nearly destroyed his life, devastating relationships with family and friends and shattering the promise of a professional hockey career. However, through his pursuit of extreme physical fitness and personal well-being, he found a productive outlet for his once-negative energies, transforming himself into a world-class athlete and champion for sobriety.

## **Jonah C. Cunningham, President/CEO, National Association of County Behavioral Health and Developmental Disability Directors; Executive Director, National Association for Rural Mental Health**

In this role, Jonah Cunningham proactively advocates for national policies that recognize and support the critical role counties play in caring for people affected by mental illness, addiction, and developmental disabilities. In this capacity he also serves as Executive Director of the National Association for Rural Mental Health. Prior to joining NACBHDD, Jonah worked at Trust for America's Health, a public health think tank, where he focused extensively on ways to reduce mortality from substance misuse and suicide. Additionally, he worked as a congressional staffer for several years in the office of Congresswoman Grace F. Napolitano (CA) where he helped to reestablish the Congressional Mental Health Caucus and created a Suicide Prevention Task Force within the Caucus. Jonah C. Cunningham has received numerous awards and recognition for his commitment to the field of behavioral health and those served by the nation's behavioral health system.





# Educational Workshops

## TUESDAY, JUNE 6, 2023

- Workforce Development
- Re-Igniting Local Partnerships for Community-based Care for Youth and Families
- What We Wish We Didn't Know about Cannabis
- Quick to Listen, Slow to Speak: Restructuring the Typical DEI Approach
- Maintaining a Therapeutic Organizational Culture
- Mental Health Matters: From the Community to the Classroom
- Children's Special Health Care Services and Community Mental Health: Working Together to Serve Children and Families with Special Health Care Needs
- Medicaid Funding to Address Health Related Social Needs (SDOH)
- Addressing Substance Use and Trauma Through Law Enforcement Embedded Social Worker Program
- Boardworks: Leadership - Participatory Governance and Ethical Implications (formerly Character)
- Positively Impacting Students Mental Health: A Collaborative Approach Between CMH and Public Schools
- Putting a "We" in "ICSS": Innovation in Rural Children's Mobile Crisis Response
- Covering the Distance: Access, Workforce, and Network Adequacy
- Is It Dementia or Normal Aging?
- Boardworks: Orientation & Role of Board Members in the Right System

## WEDNESDAY, JUNE 7, 2023

- Patient Retention in Times of Fentanyl, Stimulants and Uncertainties
- Youth and Family Crisis Care
- Using the Homeless Vulnerability Level and Other Tools for Better Care Coordination
- Behavior Analytic Strategies for Reducing the Use of Restrictive Behavior Treatment Plans
- Open Forum/"Cracker Barrel" Dialogue: Exclusively for Board Members of CMHA's CMHSP, PIHP, and Provider Alliance Members

**ATTENDEES / EXHIBITORS / SPONSORS:**

**CONFERENCE REGISTRATION OPENS THIS WEEK!**

**The latest updates will be posted on [www.cmham.org](http://www.cmham.org).**

# ANNUAL REPORT

**NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH AUTHORITY**  
*Serving Alcona, Alpena, Montmorency, and Presque Isle Counties*



## LETTER TO THE COMMUNITY

An annual report is a time to review accomplishments, reflect on opportunities for continued growth, and set goals for the coming year. The last few years have been full of unprecedented challenges which have changed us in both tangible and intangible ways. In spite of increasing demand for services, systemic changes, unparalleled workforce shortages, and deep political threats to the public mental health system, we have continued to provide comprehensive services throughout our region.

In 2022 we served 2,302 individuals in our region; of those we assisted 1,318 in our crisis program, 146 individuals were served by employment services, and our psychiatrists, physician's assistant, and nurse practitioners assisted 1,479 individuals in our psychiatric services program.

Northeast Michigan Community Mental Health Authority (NeMCMHA) has focused our efforts on providing Behavioral Health services, educating our communities, and strengthening our connections to community partners. Our mission is *"To provide comprehensive services and supports that enable people to live and work independently."* This mission offers hope for recovery and is the goal staff strive to help people achieve. Moving forward with courage, finding the light in dark spaces, acknowledging successes both large and small, and supporting one another are great indicators of this mission being carried out each and every day by our dedicated staff.

Our vision is for NeMCMHA to be the innovative leader in effective, sensitive mental and behavioral health services. We will continue to be an advocate for the person while educating the community in the promotion of mental and behavioral health services. This vision to educate the community is in full swing and will continue to be a focus in the years ahead of us.

We are bringing quality speakers to the community to better educate staff and the residents of the region. We have been fortunate to partner with Alpena Community College (ACC) and hold many of our trainings in Granum Theatre. Our trainings for 2022 included Human Trafficking; Diagnosing using The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition; Pain and Ethics; Implicit Bias; LGBTQ+; and Motivational Approaches for Behavioral Health. In August, just before the start of the school year, NeMCMHA provided Alcona County Schools staff the suicide prevention training safeTALK.

In addition to trainings offered to the community, NeMCMHA staff have been active volunteers. We hosted blood drives, volunteered to distribute food for Feed the Need - Alpena, joined with local law enforcement and the Alpena Senior Citizens Center in Medication Take Back Events, and participated in suicide prevention walks in Alpena and Roger's City.

*Continued on Page 2*

NeMCMHA completed our first application process with the Health Resources and Services Administration (HRSA) to become a National Health Service Corp (NHSC) site, and we were approved! NHSC sites are in areas of the country considered underserved by clinical professionals. Alcona, Alpena, Montmorency, and Presque Isle counties are all considered underserved areas in most healthcare professions. Staff with clinical degrees who work for NeMCMHA can now apply to have their federal student loan debt paid off if they work with our organization.

Despite the obstacles of the year, or maybe because of them, we continue to grow in our communities, creating opportunities for people to live their best lives, and to provide the "safety net" for the most vulnerable citizens in our four counties.

Wishing you all health and hope throughout this next year,



Eric Lawson  
Board Chair



Nena Sork  
Executive Director



## MENTAL HEALTH MOVEMENT

5K RUN-WALK

NeMCMHA is hosting our inaugural Mental Health Movement 5K Run-Walk on Saturday, May 20 at 9:00 a.m. The 5K will begin and end at our main office at 400 Johnson Street in Alpena. All proceeds will benefit Hope Shores Alliance, a community supported organization dedicated to assisting victims/survivors and their families in ending domestic and sexual violence and discrimination in their lives. For more information and to register visit our website at [www.nemcmh.org](http://www.nemcmh.org) or use the QR code below.



SCAN WITH  
PHONE CAMERA  
HERE



## EARN YOUR BSW OR MSW RIGHT IN ALPENA



NeMCMHA has partnered with Alpena Community College (ACC) to provide mental health education to our staff and community members. We have invited faculty from Western Michigan University (WMU) to provide many of these trainings, and as a result an exciting opportunity has developed. ACC and WMU will be offering residents of Northern Lower Michigan a place where they can earn a Bachelor of Social Work (BSW) and a Master of Social Work (MSW) locally at ACC.

Erin Fletcher, Clinical Director at NeMCMHA, stated this is exciting news for our Agency and our region. There is such a demand for these degrees in our communities and staffing for all human services employers has reached critical levels. It's very challenging to recruit and relocate people with these degrees from other parts of the State. This program will allow us to grow professionals within the communities we serve. We will also be able to provide internships to many of these students while they pursue their degrees.

Now that NeMCMHA is a HRSA-approved site, many of these master's level students will be able to apply for student loan forgiveness through HRSA/NHSC by working for NeMCMHA.

If you are interested in enrolling in either of these programs, please contact Dr. Amber Mclarney-Vesotski at (989) 358-7304 or [vesotska@alpenacc.edu](mailto:vesotska@alpenacc.edu).

Visit [discover.alpenacc.edu/sociology.php](http://discover.alpenacc.edu/sociology.php) for more information.





## IN MEMORIAM

### ROGER FRYE 1945 - 2022

This year NeMCMHA experienced a tremendous loss with the death of a longtime Board member, Roger Frye, from Montmorency County. Roger served on the NeMCMHA Board for 28 years.

Roger was first appointed to the Board in 1991 as Vice Chair. He also served on the Finance Committee, the Mental Illness Program Committee, and the Developmental Disability Program Committee. He was appointed Board Chair in his second year and served in that position until 2009.

In addition to the NeMCMHA Board, Roger also served on the Northern Michigan Regional Entity (NMRE) Board since its inception and was also Chair of the Substance Use Disorder Board at the NMRE. He was very active in the Knights of Columbus and the Montmorency County Tootsie Roll Drive. The revenues collected were frequently distributed to Special Olympics, Pied Piper School, and Bay View Center.

Roger was the owner of Frye Forest Products for over 40 years, where he helped property owners care for their land. Roger had many passions which included his family, hunting, fishing, and taking care of his community. Roger served many civic and volunteer roles throughout his lifetime. He was a Montmorency County Commissioner and Huron Pines Board member for 20 years and a Ducks Unlimited member for more than 30 years.

He was a man of service and his service to his community changed our world for the better. His kind and gracious attitude was appreciated by all and his desire to help others was always apparent. Roger is deeply missed by the NeMCMHA family and our Board.

## MENTAL HEALTH MONTH 2022

May is Mental Health Month. This is a dedicated time to raise awareness and reduce stigma about mental health issues that affect millions of people. Although one in five Americans has experienced some form of mental illness, many individuals do not seek treatment for mental illness due to associated stigma.

In May 2022, with the collaboration of Cabin Creek Coffee in Alpena, NeMCMHA was pleased to support a local non-profit organization, The Sunset Project. The Sunset Project's mission is to establish a community of individuals focused on fostering creative advancement, while being a driving force for mental health awareness.

In an effort to spread mental health awareness and promote this non-profit organization, NeMCMHA donated coffee sleeves bearing NeMCMHA's logo and crisis hotline to Cabin Creek Coffee. Meanwhile, Cabin Creek Coffee packaged a new coffee blend, Be Grounded, for the month of May. 30% of the purchases of Be Grounded were donated to The Sunset Project.

This unique collaboration supported both a local business and non-profit while also sharing available crisis services to community members with a reminder that mental health matters.



## A SUCCESS STORY

Patti Beaudoin is a 64-year-old woman who lives independently in her home. Over the last few years Patti has worked diligently with her Supported Independence Program (SIP) staff to become the most independent version of herself and she has been very successful. In 2021 Patti underwent her second eye surgery. Prior to surgery her vision was very limited, which impacted her independence. SIP staff introduced Patti to guided meditation, and through this she has increased her ability to be more present in situations and she has decreased her use of PRN anxiety medications.

Patti has improved her self-care by going with SIP staff to get her nails done regularly and by independently going for walks, bike rides, and doing crafts. She has improved her hygiene and the cleanliness of her home. Patti has worked with staff to learn self-affirmations and she often practices saying them to herself. These affirmations have significantly improved Patti's confidence. Patti has begun to advocate for herself by saying "no" more often, and by asking others for things that she wants or needs. Patti is able to remain calmer in stressful situations and feels safer in her home than ever before. A staff member that had not worked with Patti in a few years recently worked a shift with her and reported that she is "like a different person" and "she expresses her preferences now and is so much calmer."

Patti is increasingly more comfortable in the community with her SIP staff and friends. She even attended a country music concert and went to prom in Gaylord this year. Patti has returned to work at NEMROC and is proud of the quality of work she does and gets along well with her coworkers and job coaches. She has said, "They all like me there. I do good work."

Patti has worked with her SIP staff to increase her involvement with budgeting, so she has extra money for self-care activities. Patti writes her grocery list independently and works through it with SIP staff to improve her diet and maintain good health. Patti's diabetes is now controlled. At the grocery store Patti is improving on being able to scan items and check out more independently. One of Patti's biggest successes is that she is now cooking again! She cooks some simple meals completely independently using her stove and oven.

When asked, "How do you think things have been going for you?" Patti responded by saying, "I am doing better at cooking, doing laundry, going for walks alone, crafts by myself, and keeping house clean even though it's hard sometimes."



*Patti, right, with a Buddy at Prom 2023.*

## 2023 NeMCMHA BOARD

### ALCONA

- Bonnie Cornelius
- Terry Small

### MONTMORENCY

- Charlotte Helman
- Lloyd Peltier

### ALPENA

- Robert Adrian
- Lynnette Grzeskowiak
- Judith Jones
- Eric Lawson
- Patricia Przeslawski

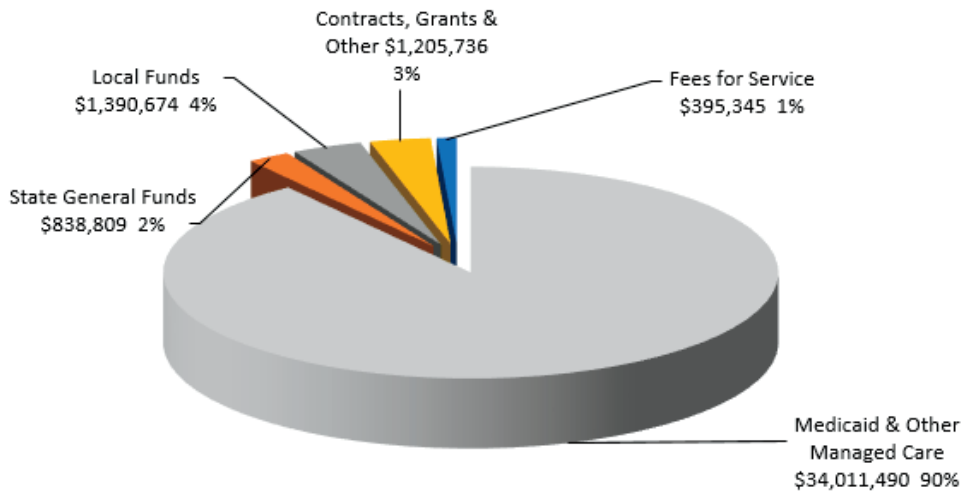
### PRESQUE ISLE

- Lester Buza
- Terry A. Larson
- Gary Nowak

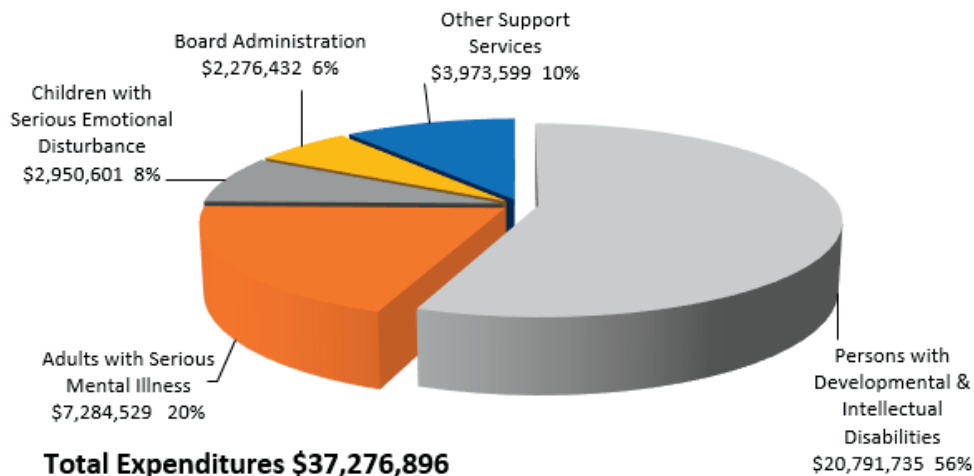
# NeMCMHA SOURCES AND USES OF FUNDS OCTOBER 1, 2021 - SEPTEMBER 30, 2022

Total Revenue: \$37,842,054.00  
 Total Expenditures: \$37,276,896.00  
 Net Income: \$565,158.00

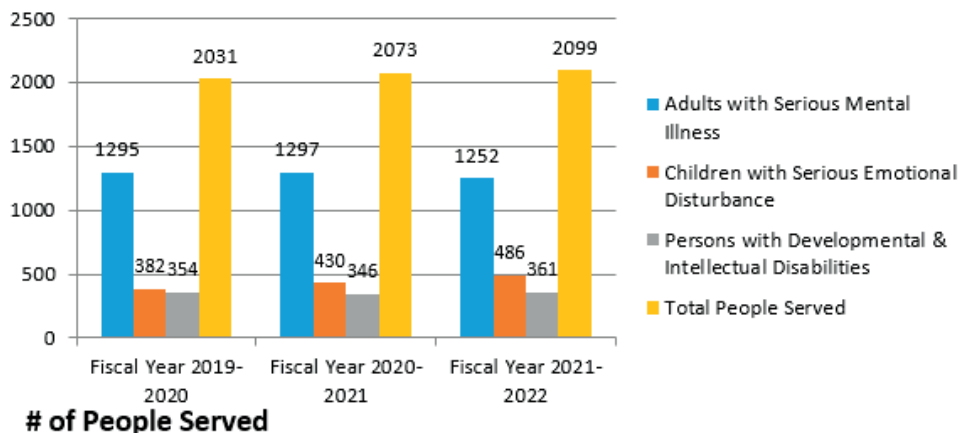
*(Post-retirement benefits are not offered at NeMCMHA. Employee retirement savings plans are 401 plans, which are fully funded.)*



**Total Revenues \$37,842,054**



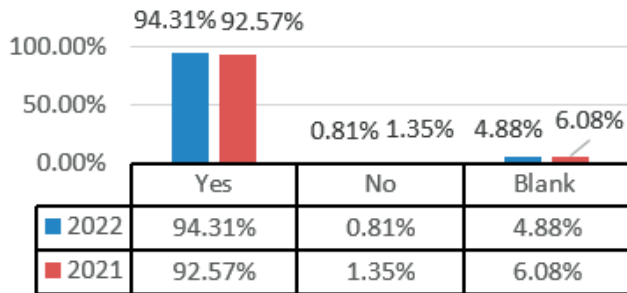
**Total Expenditures \$37,276,896**



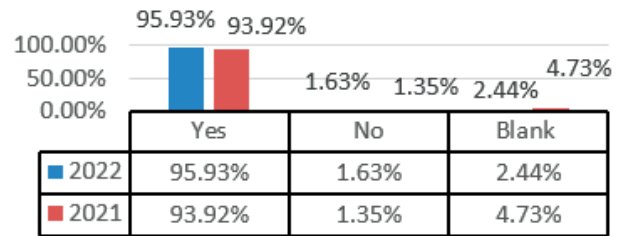
## INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SURVEY

NeMCMHA’s intellectual and developmental disabilities services surveys its individuals served on an annual basis. This survey assists NeMCMHA in measuring how individuals feel about the services they are receiving. A few of the questions and results are shown in these graphs, comparing **2022’s results** with **2021’s results**. In 2022, 123 responses were received vs. 148 responses in 2021.

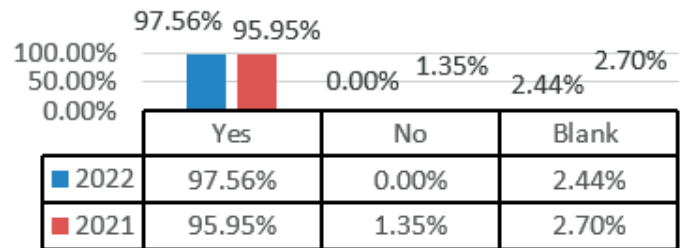
Overall, are you satisfied with the support and help you received from NeMCMHA?



Do you feel you are treated with respect?



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



## NeMCMHA RECEIVES THREE-YEAR CARF ACCREDITATION

The Commission on Accreditation of Rehabilitation Facilities (CARF) is a nationally recognized accreditation body which provides best practice standards for a multitude of service organizations, both for-profit and nonprofit. CARF regularly reviews accredited organizations by conducting surveys to ensure conformance with their standards. The highest accreditation awarded is three years.

A survey involves interviews with persons served, review of site locations, interviews with staff and leadership, review of policies and practices, chart reviews, review of identified programs, and interviews with community stakeholders and funding sources. In August 2022, NeMCMHA obtained a three-year accreditation decision from CARF for the sixth time!

NeMCMHA is accredited in 16 service programs. CARF also reviews standards for Mental Health Board of Directors who lead by a Policy Governance Model. NeMCMHA applied the Governance Standards to the 2022 CARF survey.

NeMCMHA was reviewed on over 2,000 standards and our conformance level was at 99%. Through CARF’s consultative accreditation process, strengths of services were acknowledged and recommendations for improvement on 13 standard areas were identified.

NeMCMHA is ecstatic over our accreditation decision and our plan of improvement is well underway. Our next survey will be in June of 2025, and NeMCMHA is committed to ensuring the services and supports we provide are in conformance to CARF International standards. NeMCMHA recognized how the ongoing implementation of the CARF standards plays a large role in our mission of providing comprehensive services and supports that enable people to live and work independently.

To view the full accreditation report, visit [www.nemcmh.org](http://www.nemcmh.org), click on About, then Accreditation.



## **JUNE AGENDA ITEMS**

### **Monitoring Reports**

Budgeting 01-004

Ends 04-001

### **Activity**

Strategic Planning – Part II [Ends Monitoring and Reporting]

### **Educational Session**

Alan Bolter

# *Northeast Michigan Community Mental Health Authority Board*

## ***PUBLIC NOTICE***

Listed below is the schedule of monthly Board meetings for the Northeast Michigan Community Mental Health Authority Board. Each meeting is scheduled to begin at **3:00 p.m. in the Board Room at 400 Johnson Street, Alpena**, unless otherwise specified. Regular monthly Board meetings are to be held the second Thursday of each month.

## **SCHEDULE OF MEETINGS**

***MAY 11, 2023\****

***JUNE 8, 2023\****

***JULY 13, 2023\****

***AUGUST 10, 2023***

***SEPTEMBER 14, 2023***

***OCTOBER 12, 2023***

***NOVEMBER 9, 2023***

***DECEMBER 14, 2023***

***JANUARY 11, 2024***

***FEBRUARY 8, 2024***

***MARCH 14, 2024 \*\****

***APRIL 11, 2024\*\*\****

\* Strategic Planning Session - 3 parts

\*\* Recognition is held in March honoring Board members reaching notable milestones in their tenure with the Board.

\*\*\* Board meeting times for the remainder of the year are determined at the April meeting, which may affect the meeting dates above.