

# 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.

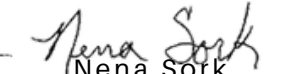
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NeMCMHA completed our first application process with the Health Resources and Services Administration (HRSA) to become a National Health Service Corp (NHSC) site, and we were approved! NHSC sites are in areas of the country considered underserved by 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



## 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.



### 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





## 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

### ALPENA

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

### MONTMORENCY

- Charlotte Helman
- Lloyd Peltier

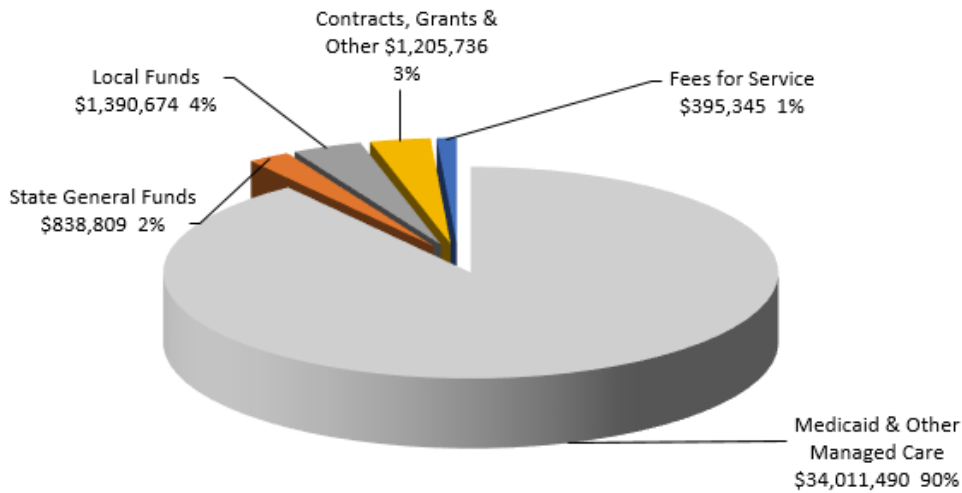
### PRESQUE ISLE

- Lester Buza
- Terry A. Larson
- Gary Nowak

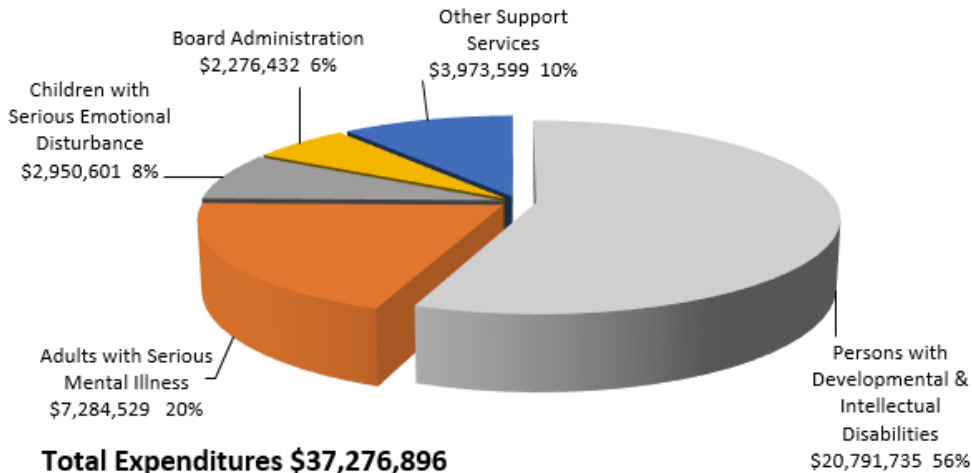
# NeMCMHA SOURCES AND USES OF FUNDS OCTOBER 1, 2021 - SEPTEMBER 30, 2022

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

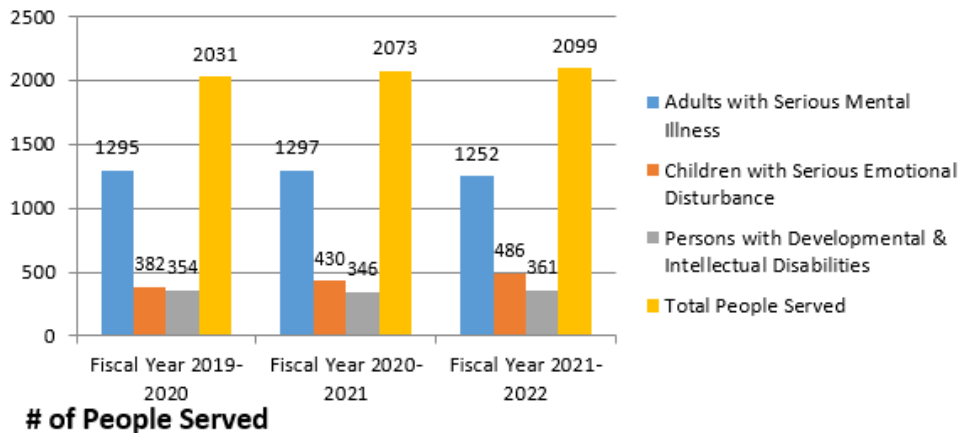
*(Post-retirement benefits are not offered at NeMCMHA. Employee retirement savings plans are 401 plans, which are fully funded.)*



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



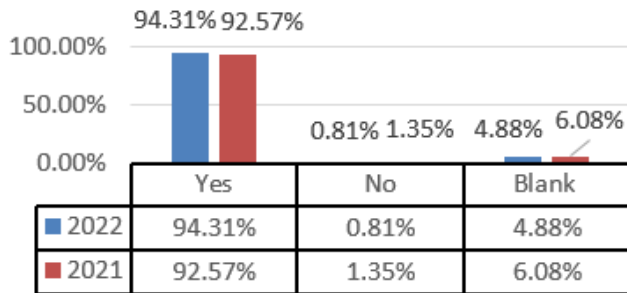
**Total Expenditures \$37,276,896**



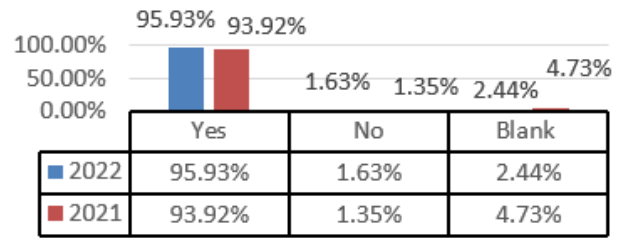
## INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SURVEY

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.

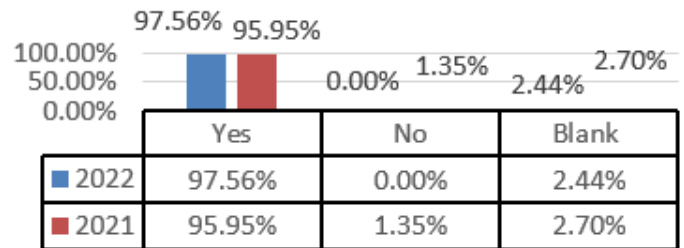
Overall, are you satisfied with the support and help you received from NeMCMHA?



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.

