

HOPE & HEALING

2022

REPORT
TO THE
COMMUNITY



Community

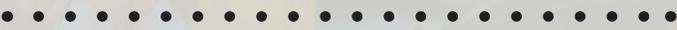
MENTAL HEALTH
CLINTON • EATON • INGHAM

Together we can.





Letter to the Community Sara Lurie, CEO



Supporting hope and healing, innovations in access and treatment capacity, obtaining Certified Community Behavioral Health Clinic (CCBHC) certification, and the power of community partnerships, characterize the work of the agency this past year.

In 2022, we celebrated **Hope and Healing** by resuming a long-standing community event that had been interrupted by the pandemic. On a beautiful day in September, over a thousand individuals, including families and children, arrived at the Potter Park Zoo to participate in the CMHA-CEI Potter Park Event, and enjoyed a day dedicated to giving back to CMHA-CEI staff, those we serve, and to the community.

The 2022 CMHA-CEI Annual Report underscores our commitment to workforce development, community outreach, and to providing whole person care. You will find feature stories about Wellness Coaching, NAVIGATE, and CCBHC that reflect our continued innovation in adopting best practices to meet existing and emerging needs.

Through the vital efforts of dedicated board and staff leadership, committed community partners, local champions, innovative

staff, and passionate mental health advocates, we served nearly 13,000 individuals in 2022. We are hopeful as we look towards the future and together, we will continue to step up to new opportunities to improve and further expand service delivery to the community.

CMHA-CEI is proud to be one of 13 demonstration sites as Michigan begins to utilize the highly successful federal CCBHC model of care to transform the delivery of behavioral health services. 2022 was the first year of this state project and we look forward to continued improvements in access to care over the course of the multi-year state demonstration project.

In 2023, we will also become a state pilot site for the development of a Crisis Stabilization Unit to serve the Capital Area. This exciting project will meet long standing community need for a one-stop crisis center that can provide secured treatment for up to 72 hours.

Together we can!

Sara Lurie

Chief Executive Officer

2022 Board of Directors



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Platt**



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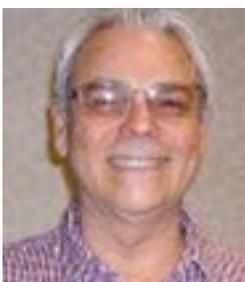
**Adam
Matson**



**Dale
Copedge**



**Kay
Randolph-Back**



**Raul
Gonzales**



**Maxine
Thome**



**Paul
Palmer**



OUR MISSION

CMHA-CEI's mission is to fulfill two complementary but distinct roles:

Behavioral healthcare provider: Providing, directly and through partnerships, a comprehensive set of person-centered, high quality, and effective behavioral health and developmental disability services to the residents of this community.

Advocate, catalyst, thought leader, convener: Fostering the transformation of all aspects of community life, eliminating inequities, and promoting the common good for all, especially for persons with mental health needs.



Community
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Adult Mental Health Services (AMHS): adults with mental illness and co-occurring disorders

Community Services for the Developmentally Disabled (CSDD): individuals diagnosed with a disability before the age of 22 and who have substantial limitations including autism

Families Forward (FF): children who struggle with emotional disturbance and behavioral concerns and their families

Integrated Treatment and Recovery Services (ITRS): adults and adolescents with substance use, co-occurring disorders and recovery interfering behaviors

AGENCY UPDATES

Supporting Hope and Healing



ACCESS TO SERVICES

Access to services has been a national focus, and CMHA-CEI has stepped forward to fill the need. Families Forward (FF) has joined Adult Mental Health Services (AMHS) in providing same-day walk-in access. Integrated Treatment and Recovery Services (ITRS) and Community Services for the Developmentally Disabled (CSDD) are also refining their intake processes to improve timely access and improve outcomes. Additionally, the Access Center has developed community partnerships to streamline the referral process and ensure that all seeking support get connected at CMHA-CEI or to an appropriate community resource.

STABLE HOUSING

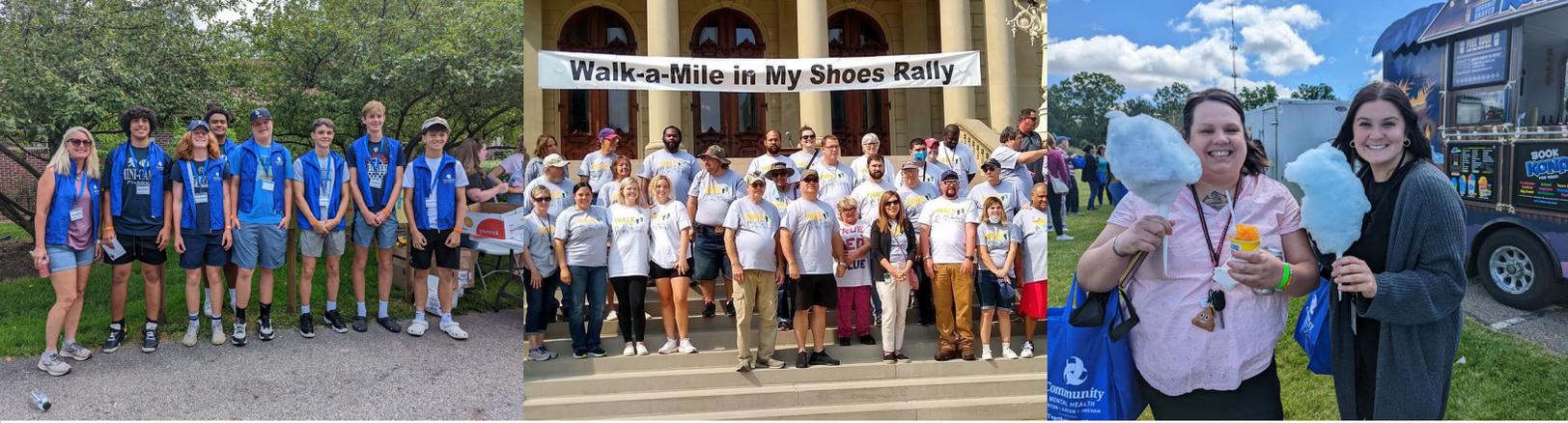
Recognizing that stable housing contributes to hope and healing, AMHS has increased supportive housing partnerships through the addition of 48 affordable housing units and 12 supportive units and has finalized partnerships for two additional supportive housing projects.

TRANSITIONING YOUTH

CSDD has increased partnerships with area schools to address the needs of young people with developmental disabilities and/or autism who are transitioning out of school and may benefit from connection to services. CSDD staff attend the Individual Education Plan (IEP) meetings to assist the individual and their family to connect to support as needed. The treatment philosophy of helping individuals with meaningful connections and supporting full and equal participation in the community has led to an increase in the number of people supported by CMHA-CEI in finding success in employment.

PREVENT PRESCHOOL EXPULSION

Helping to prevent preschool expulsion, FF has implemented the Advancing Resilience in Children (ARC) program. By employing the evidence based model Infant and Early Childhood Mental Health Consultation (IECMHC), and in partnership with early childhood care providers such as Early On and the Central Resource Center, daycare and preschool providers are supported in meeting the social-emotional needs of children.



CONSUMER VOICES

The members of the Consumer Advisory Council (CAC) have partnered with the agency by sharing their voice and lived experience to inform policy and practice decisions throughout CMHA-CEI. Notably, CAC members participated in focus groups designed to help guide decisions impacting consumers as the Crisis Stabilization Center is designed. The CAC is always recruiting new members to diversify their mighty voice!

STAFF RECRUITMENT AND RETENTION

Ensuring staffing for the innovative services provided, Human Resources has launched many initiatives, expanding our presence throughout the state of Michigan and beyond, building avenues and ideas from nationwide recruiters. Retention initiatives abound, including a partnership with Michigan State University (MSU) School of Social Work, launching the first cohort of current staff to have CMHA-CEI financially support their Masters education.

DIVERSITY, EQUITY AND INCLUSION

To acknowledge and address the needs of an increasingly diverse community, the Diversity Advisory Council (DAC) facilitates mentorship, training, and education in the areas of diversity, equity, and inclusion (DEI). The Council is composed of representative staff from across the agency who strive to ensure that DEI is considered in all aspects of the agency's operations and in the treatment of all people, staff, community members, and those we serve.

BEHAVIORAL HEALTH SCREENING

In the CMHA-CEI spirit of "Together We Can," community partnerships have increased access to prevention and outreach opportunities. The online Behavioral Health Screening platform for example, has been visited by 1,031 individuals over the past year with 660 completed screenings on behavioral health issues. That is an average of 85 individuals per month accessing the agency supported free and anonymous online Behavioral Health Screening platform, helping them to identify mental health and substance use issues and connecting them with resources and services. Multiple area agencies and partnerships exist to share and promote the screening platform and those partnerships continue to grow.

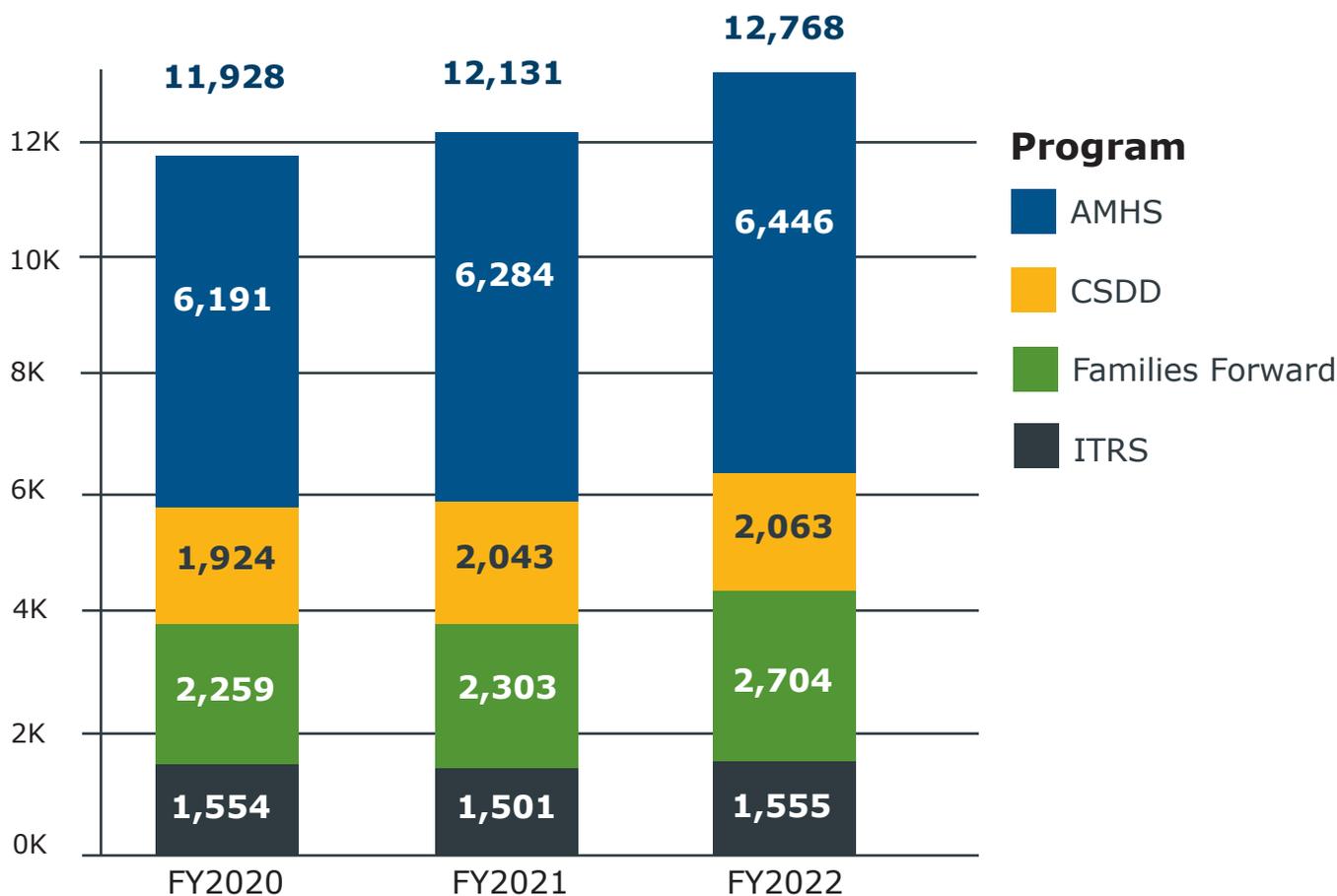
COMMUNITY GROUPS FOR YOUTH

The Integrative Community Youth Outreach Unit (ICYOU) supports community-based education, training, and early identification of youth mental health related issues. This year, through up to 18 weekly groups, the program has provided over 3000 youth with services that help develop social, coping and anger management skills, and has provided navigation to a full array of resources.

This represents just a small sample of the services, initiatives and partnerships which support hope and healing!

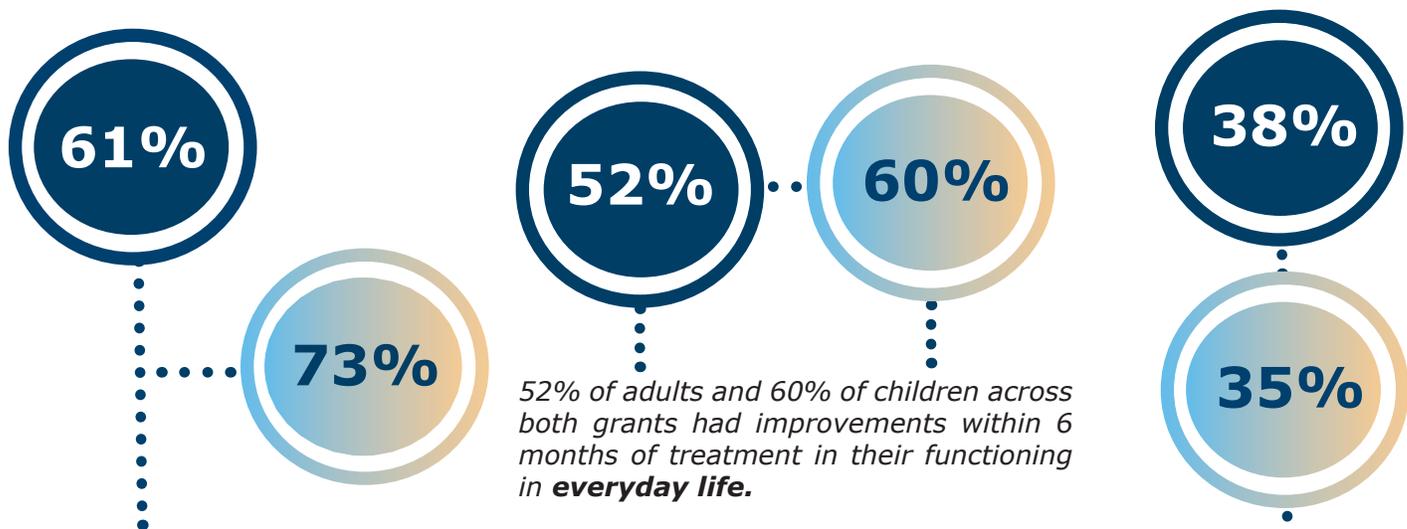
MEASURING Impact

2022 NUMBERS SERVED By Program



Making an **IMPACT!**

CCBHC Expansion Grant Consumers (Adults and Children) Outcomes
April 2019 to July 2022



61% of adults and 73% of children across both grants had improvements in their first 6 months of treatment when it came to **serious psychological distress**.

52% of adults and 60% of children across both grants had improvements within 6 months of treatment in their functioning in **everyday life**.

38% of adults and 35% of children across both grants had improvements within 6 months of treatment in their feelings of **social connectedness**.



Certified Behavioral Health Clinic (CCBHC)

CCBHC stands for Certified Community Behavioral Health Clinic, and it emerged primarily in response to the Opioid Epidemic and rising rates of suicide across the nation. Data showed there was a lack of access to quality behavioral healthcare that was coordinated across many systems of care. This model of care aligned with the vision, mission, and strategic plan of CMHA-CEI. Therefore, since 2016, we have been building the infrastructure and processes to align with this model of care – some of this work being supported by grant funds. In 2022, CMHA-CEI obtained certification as a CCBHC! Check out what CMHA-CEI has developed and continues to establish as part of the model below.



A model of care

CCBHC Goals:



Access to Care

*Same Day Access;
Mobile Crisis Services;
Crisis Stabilization Unit*



Care Coordination

*Continuity of Care Document;
Care Pathways; Wellness
Coaching; Connecting individuals
/families to Primary Care*



Quality Care

*Evidence-Based Practices
such as Medication Assisted
Treatment and Zero Suicide;
Consumer Advisory Council;
Outcome data*



Sustainable Funding

*Improvement of Insurance
Verification processes; Process
Mapping; Valued Based Payments*

We applaud Michigan Senator Debbie Stabenow for authoring and championing, with Senator Roy Blunt of Missouri, the passage of the historic 2014 Excellence in Mental Health and Addiction Treatment Act and the expansion of this act in 2021. This work paved the way for the bipartisan Safer Communities Act in September 2022, which will allow every state to join the CCBHC program. A report authored by the National Council for Mental Wellbeing shows that these community clinics are increasing access to high-quality mental health and addiction treatment that is making a difference in the lives of thousands of people in communities across the country. We appreciate Senator Debbie Stabenow's vision!

Wellness Coaching Supports Health Goals



CMHA-CEI offers Wellness Coaching, working with individual CMHA-CEI consumers to create healthy habits to achieve their wellness goals. “With over 16 Wellness Coaches, our agency vision for Healthcare Integration is to achieve health and wellbeing across the lifespan with a commitment to whole person care. Wellness Coaching is one way to make that vision a reality,” states Stacy Fox-Elster, Healthcare Integration Supervisor at CMHA-CEI.

By building on strengths and/or skill sets they already possess, the Wellness Coach helps the individual create healthy habits to achieve their wellness goals. “If a client has the goal of drinking 16 ounces of water a day, we might look at their current routines and help weave in where and how they can gradually add in drinking more water,” ex-

plained Stacy. “It takes time to create a habit, so by the end of the first month, the client should be close to or have achieved their goal. Wellness Coaches are here to provide support and resources to help the client along the way.”

Wellness Coaching focuses on eight dimensions of wellness: physical, environmental, financial, intellectual, social, spiritual, occupational, and emotional. Each dimension of wellness can affect our overall quality of life, because wellness directly relates to how long and how well we live. The physical dimension includes six physical wellness domains that can be important for overall balance: physical activity, sleep and rest, relaxation and stress management, eating well, habits and routines, and access to health screenings. “Because the eight dimensions and six domains are interrelated, working on one area sends positive ripple effects on other areas as well. Helping people understand that brings a sense of accomplishment and determination to make a change,” explained Preet Grewal, Nurse Care Manager at CMHA-CEI. “After a strength based assessment, we focus on a priority area and develop measurable goals. Then we spend time planning to accomplish that goal; discussing challenges and resources that may be needed.”

Wellness Coaching Success Story



Phoebe (name changed) explained to her therapist that she wanted to be healthier and to lose weight. The case manager had suggested Wellness Coaching. Phoebe was connected with a Wellness Coach who explained the process, helped her set a goal, and provided ongoing support. Phoebe reached her goal to get down to 150 pounds through healthy habits. While she didn’t achieve the goal in her desired timeframe, Phoebe has continued with the changes she made to her diet and exercise. Phoebe really connected with her Wellness Coach; “she’s so positive and optimistic all of the time! I highly recommend Wellness Coaching. It’s great for general positivity. It’s an important part of self-care to have someone who supports, encourages, and guides you!”



NAVIGATE Program Returns

Youth and young adults who are experiencing early symptoms of psychosis can now join a supportive team of specialists who provide a Coordinated Specialty Care model of care called the NAVIGATE Program at CMHA-CEI.

In 2009, the evidence-based model for NAVIGATE Program, first originated within the Recovery After Initial Schizophrenia Episode (RAISE) project, which is a SAMHSA funded research endeavor. CMHA-CEI was one of the original research sites implementing the model. Between 2014 and 2022, the early intervention site was moved to an offsite agency called ETCH (Early Treatment and Cognitive Health). In October 2022, the NAVIGATE program returned to CMHA-CEI.

Approximately 3 out of 100 young people may experience psychosis, which rarely occurs suddenly but may occur gradually with changes overtime. These changes may include a change in perception, including hearing voices, demonstrating strong beliefs, shifts in focus, concentration, and organization of thoughts. Research shows strong outcomes for individuals who have early access to supports when experiencing psychosis, including improved quality of life, reduction in symptom distress, more days in work/school and reduction in mood symptoms, such as depression.

The NAVIGATE model provides youth and young adults ranging from 15 to 30 years

of age with a broad range of supports. The program promotes an emphasis on a collaborative approach that provides early access to care for an individual experiencing psychosis, their family members, and their loved ones. The NAVIGATE Program offers multiple supports including Individual Resiliency Training (IRT), Supported Employment and Education (SEE), Family Education (FE), psychiatry support, a Peer Support Specialist who has lived experience with psychosis, and a Family Peer Partner, who has cared for a loved one with psychosis. "The knowledge that the NAVIGATE staff have regarding early intervention and working with individuals with psychosis is so inspiring," states AMHS Supervisor Liz Parker.

A primary goal of the NAVIGATE Program is early identification of individuals experiencing psychosis to provide a collaborative approach to support, including shared decision making, recognizing the expertise individuals and families have regarding their own experience. Early identification is supported through outreach and education with our community partners. Supporting young people in chasing their hopes and dreams is the end goal.

*"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all - Emily Dickinson*



Outreach Activities

150 people trained in
Mental Health First Aid Training
 (Youth & Adult)
8 Hour Behavioral Health Crisis Training

176 people trained in
Question, Persuade, Refer Training
1 Hour Suicide Prevention Training

537 total encounters
 (including screening, transportation, etc.)
Substance Use Disorder Recovery Coaches

1,320 people engaged within
Local & Statewide community education presentations
Topics include CMHA-CEI services, access, eligibility, prevention & wellness, Stand Against Stigma, and the behavioral health screening platform

16,629 people engaged within
Community Events
Including health fairs, festivals, statewide rallies, Vendor/Exhibitor presence, CMHA-CEI organized community events

660 people completed an
Online Behavioral Health Screening
1,031 people visited the screening platform. 64% of people who visit the site completed a screening.

Prevention Partners



American Foundation for Suicide Prevention



ECSAAG
 Eaton County Substance Awareness Advisory Group



Ingham County Health Department



Eaton Rapids Health Alliance

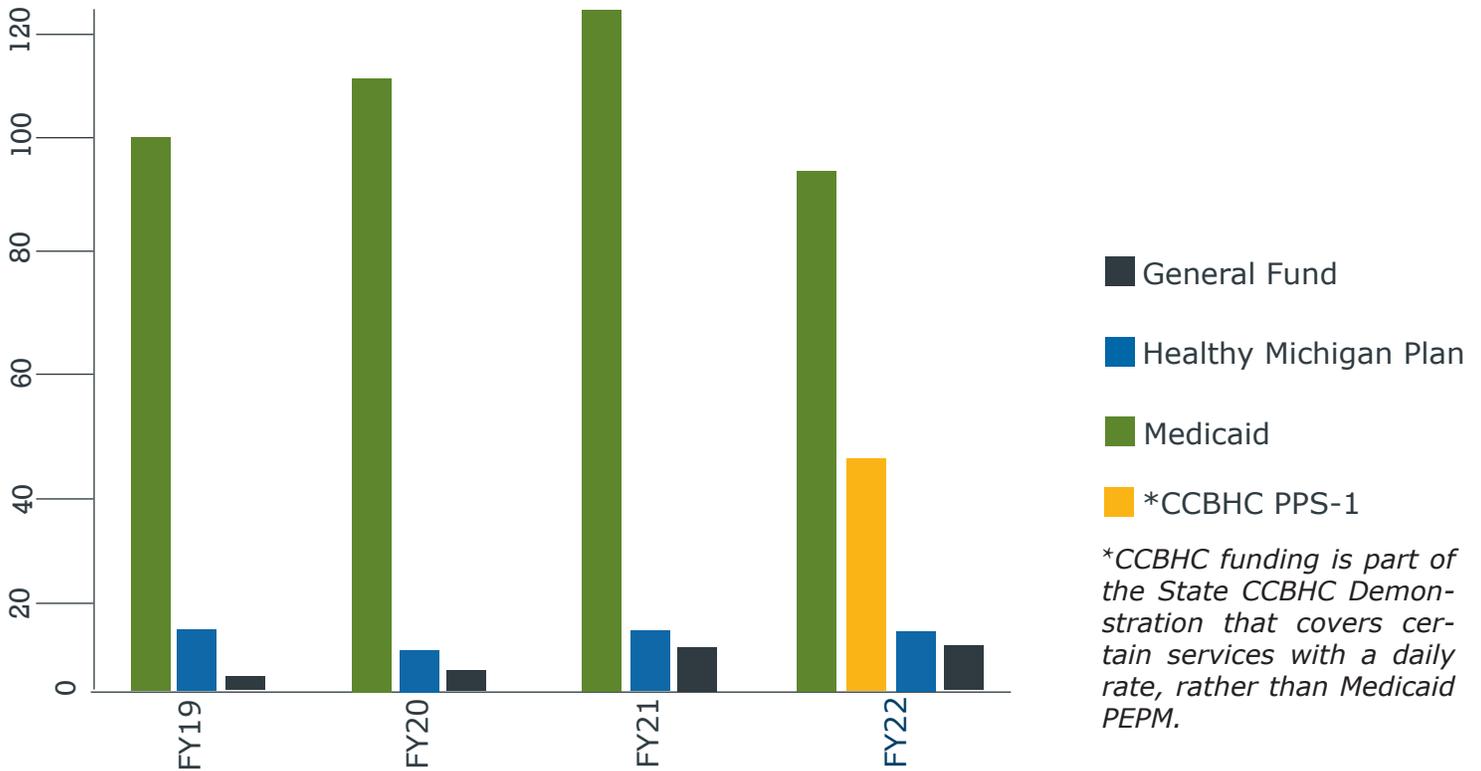


Healthy!CapitalCounties
 a community approach to better health

CMHA-CEI FUNDING SOURCE TRENDS

2019-2022

(In Millions of Dollars)



*CCBHC funding is part of the State CCBHC Demonstration that covers certain services with a daily rate, rather than Medicaid PEPM.

GENERAL FUND EXPENSES

| | DOLLARS | PERCENT |
|--|----------------------|---------|
| Adults w/ Mental Illness | \$52,423,932 | 30.50% |
| Children w/ Emotional Disturbance..... | \$20,338,591 | 11.83% |
| Adults w/ Developmental Disabilities | \$53,009,069 | 30.85% |
| Children w/ Developmental Disabilities | \$15,226,408 | 8.86% |
| Substance Abuse | \$5,720,050 | 3.33% |
| Board Administration | \$21,752,461 | 12.66% |
| Community Benefit | \$2,615,302 | 1.52% |
| Supportive Housing..... | \$215,545 | 0.13% |
| Local Match | \$554,260 | 0.32% |
| TOTAL EXPENSE | \$171,855,618 | |

GENERAL FUND REVENUES

| | DOLLARS | PERCENT |
|----------------------------------|----------------------|---------|
| Federal Funds | \$4,399,798 | 2.57% |
| State of Michigan | \$6,554,616 | 3.83% |
| Local | \$3,938,257 | 2.30% |
| Earned Contracts | \$6,439,771 | 3.77% |
| Medicaid PEPM | \$103,503,564 | 60.55% |
| Medicaid - Fee for Service | \$1,795,976 | 1.05% |
| *CCBHC PPS-1 | \$42,544,179 | 24.89% |
| SSI/SSA | \$1,090,900 | 0.64% |
| Fees | \$622,723 | 0.36% |
| Food Stamps | \$31,791 | 0.02% |
| Interest Income | \$12,007 | 0.01% |
| TOTAL REVENUE | \$170,933,582 | |



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careers.ceicmh.org



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