

KCMHSAS Peer Mentoring



John

KCMHSAS is continuing to grow our Peer Support opportunities. The Michigan DD Council has established a DD Peer Mentor program that provides training to individuals sponsored by the local CMH offices with the expectation that upon completion of an internship, the Mentors will be hired by their CMH.

Most recently, KCMHSAS sponsored John for this program. As part of the internship program, he is required to learn about local resources and how to help customers access resources in the areas of transportation, housing, employment, benefits, and post secondary education opportunities.

John has already taken steps to demonstrate his knowledge of transportation resources by teaching his supervisor, Marie Eagle, how to use the local bus system. Transportation is an important resource to John, as he uses the bus system himself to get where he needs to go. He believes that access to transportation is important for everyone.

Housing is another area John that has some life experiences to share. When he turned 19, he moved out of his family home and has been living on his own or with roommates since. He shared a good piece of advice about selecting a roommate: "Talk things over with them before you move in. You want to know what you have in common".

As far as employment experience, John is employed part time at Celebration Cinema at Crossroads Mall. John's advice to job seekers is this: "Act Professional. Be positive and upbeat. It may take several applications before you get a job".

After his 16-week internship is finished, John will need to interview with the DD Council to become a certified Peer Mentor. He entered into the internship with a good perspective: he wants to help others increase their independence by sharing his life experiences and personal strategies for success.

You can see more information about John via the KCMHSAS DDA Services facebook page. Look for the post related to National Disability Awareness Month from October 2014.

Thank you John and Marie for taking the time to be interviewed for the Messenger.

Inside this issue:

CEO Message	2
Customer Advisory Committee	3
Creative Minds Changing Minds	3
Mental Health First Aid	3
MI Health Link	3
Upcoming Events	4
Community Recognition	4

WMU Medical School Students at KCMHSAS Clinic

KCMHSAS has designed a plan to utilize Medical School students to help support our customers in a few ways:

- 1) **In our integrated health care efforts.** Med Students will help us in developing guidelines to talk to customers with physical health needs. We anticipate they will help with the research of integrated health and how public health is moving forward in its efforts surrounding that initiative.
- 2) **Med students participating in home visits.** We have currently targeted Asthma, COPD, Hypertension, Smoking Cessation, Pain Management, Diabetes and Obesity. To understand the population of people served in a better capacity.
- 3) **Developing and running focus groups**

with people we serve who have physical health conditions as well to gain a perspective on what can help them and what doesn't help them.

We anticipate the Med Students targeting their efforts the first year in our psychiatric clinic. The second year concentration will be to work with us on our efforts with Family Health Center which provides physical care.



Happy New Year! The first time the *New Year* was celebrated on January 1st was in Rome in 153 B.C. The month of January did not even exist until around 700 B.C., during the reign of the second king of Rome, *King Numa Pompilius*, he added the months of January and February. Previously, the New Year had been celebrated

in the month of March. Therefore, it was moved from the month of March to January, and the rest is history! We are starting the year with some very exciting projects.

Update on the Health Focused Campus:

Plans are underway to begin actual construction on our new psychiatric clinic, which is part of the Health Focus Campus partnership with Kalamazoo Valley Community College (KVCC) and Bronson Health. Dr. Marilyn Schlack, Ed.D, President of KVCC and I are aggressively pursuing funding for this \$45 million project. To date, we have raised 70% of funds needed to construct all three of the campus facilities. I am pleased to announce that in December the Kalamazoo Community Foundation contributed an additional \$1 million to the project, as well as our own Arcadia Pharmacy who donated \$10,000. Our capital campaign is in full swing for the balance of the year.

Legislative Updates:

Governor Rick Snyder announced that Michigan will receive \$70 million in federal funding (The U.S. Department of Health and Human Services) during the next four years to support Michigan's Blueprint for Health Innovation, a plan that guides the state as it pursues better coordination of care, lower costs and improved health outcomes.

The Blueprint for Health Innovation is Michigan's final product of the State Innovation Model planning process, which enjoyed the support of partners (KCMHSAS) in the health care and business communities during the last year.

Senate Bill 1094 Veteran Services

Enact legislation that amends the Mental Health Code

to include veterans as a priority population for service provision from the Community Mental Health Services Providers. The definition for veterans pertaining to this section should be as broad as possible.

THIS BILL DID NOT PASS – and will have to be reintroduced later this year.

Senate Bill 1098 Residential Foster Care Services

Enact legislation that amends the Mental Health Code so that children placed by the Department of Human Services into long-term residential foster care are classified as a priority population for mental health services, even if their condition is mild.

THIS BILL DID NOT PASS – and will have to be reintroduced later this year.

We will continue to closely watch the progression of these two bills because these special populations need to acquire full access to public mental health and substance use services.

Extension of Michigan's Managed Medicaid Specialty Supports and Services Waiver Program:

The Federal Department of Health & Human Services/Centers for Medicare & Medicaid Services (CMS) has extended the Michigan's Managed Medicaid Specialty Supports and Services 1915(b) Waiver program, which was scheduled to expire on December 16, 2014, through December 31, 2015.

Announcement of New Director of Kalamazoo Psychiatric Hospital:

The Michigan Department of Community Health has announced a new director for the Kalamazoo Psychiatric Hospital. Ms. Jill Krause began her new position as Director of KPH on January 7, 2015.

Ms. Krause has over 20 years of experience in behavioral health and most recently served as director of the Adult Mental Illness Division at Network 180, which is Kent County's community mental health authority.

Again, I wish everyone a very

Happy New Year!

Mental Health Matters

In Your Life

Everyday

Customer Advisory Committee

Beginning in January, the new **Customer Advisory Committee (CAC)** will begin meeting. KCMHSAS Customer Services Unit established the CAC as a vital resource for KCMHSAS leadership. The main goals or objectives of the CAC moving forward will be to provide insight from current customers into KCMHSAS business functions like:

- Offering input and suggestions for Customer-specific educational materials.
- Reviewing and offering feedback on satisfaction survey results.
- Participating in discussions about KCMHSAS budget decisions.
- Providing input into KCMHSAS use of different media outlets.
- Identifying ways customers can advocate for themselves in the changing healthcare environment.

The initial CAC meeting is planned for January 20th.

Jeff Patton will be attending the February 17th meeting to welcome the CAC members to their posts.

If customers are interested in joining the CAC, they are welcome to call Customer Services at 269-553-7000 or 1-877-553-7160. Customer Services can discuss the CAC in more detail and review what steps a prospective member will need to take to fully join the CAC.

Creative Minds Changing Minds

KCMHSAS is participating with the Michigan Association of Community Mental Health Boards (MACMHB) in a traveling art show for 2015. *The Poetry Project* will be a show-case of poems written by customers of services from each of the community mental health boards within the state.

KCMHSAS is currently collecting poems from local poets to select one to become the representative work from KCMHSAS. Additionally, we will be show-casing all submitted poems throughout 2015. If you have any questions about the Poetry Project, please call Customer Services at 269-553-7000. Or go to the *News and Events* area of our web site.

Entry Deadline is 1/31/15.



Mental Health First Aid is a 1-day course designed to help communities better understand mental illness and respond to someone that may be developing a mental health crisis. Julie Helmer has been a MHFA instructor for over one year. She has seen the benefit of the program play out in the life of one attendee. A participant of the Youth class came back to take the Adult version and brought this story:

She worked with young teens and had a situation present itself in which she was worried about a young girl possibly harming herself and having thoughts of wanting to kill herself. She told Julie about how before she took MHFA she never would have felt comfortable or even known how to talk to someone who she might have been worried about.

But as a result of the class she was able to ask the young girl if she was thinking of killing herself and offer her support and assistance as a result of the information and skills she received from taking the class.

More information about Mental Health First Aid can be found on our web site www.kazoocmh.org or at www.mentalhealthfirstaid.org

MI HELATH LINK. Pilot Project

The PIHP that KCMHSAS is a member agency of - Southwest Michigan Behavioral Health (SWMBH) - was chosen by the Michigan Department of Community Health (MDCH) as a demonstration site for a pilot project called **MI Health Link**.

According to the MDCH web site, MI Health Link is a new program that will allow individuals to get health care and services covered by Medicare and Medicaid. MI Health Link lets participants use one plan and one card for health care, behavioral health care, home and community-based services, nursing home care and medications.

Individuals who are eligible for MI Health Link will be getting an introductory letter during the month of February.

The letter will direct recipients to service brokers of MI Enrolls to answer questions and help with sign up for the program.

The SWMBH service area is expected to go "live" with MI Health Link on March 1, 2015.

Southwest Michigan Behavioral Health will have a specific MI Health Link Customer Services phone number available starting February 1st. Members can call toll free to 1-800-676-5814, 8 a.m. – 6 p.m. Monday – Friday.

Upcoming FREE MHFA Training Dates

All Trainings will be held at 418 W Kalamazoo Ave.
Training time will be 8 am to 5 pm with a lunch break
Please call 269-364-6952 to register

MHFA Adult focus
Wednesday January 28
Tuesday March 17
Friday May 15

MHFA Youth focus
Monday February 23
Wednesday April 22

For more information, visit **MI Health Link Information for Beneficiaries** on the web at www.michigan.gov/mdch.



Administrative Offices
 3299 Gull Road
 Nazareth, MI 49074-0063
 Administrative Phone: 269-553-8000

To Access All Services
 or for 24/7 Emergency support call:
 269-373-6000 or 1-888-373-6200

Customer Services: 1-877-553-7160

Find us on the web at:
www.kazoocmh.org

Upcoming Events

Mental Health Breakfast
 Friday, May 1, 2015
 Radisson Plaza Hotel
 9:30 to 11:00 am
 Please check our web site for details as the date gets closer.

Children's Mental Health Awareness Carnival
 Thursday May 7, 2015
 4:00 to 7:00 pm
 Kalamazoo County Fairgrounds (Expo Center)
 Details coming via our web site.

Recipient Rights Advisory Committee Meetings
 Held from noon to 2:00 pm at 418 W. Kalamazoo Avenue in Conference room A

- January 27
- July 28
- March 24
- September 22
- May 26

For more information, please go to our website.

KCMHSAS Board Meetings 2015

- January 26
- February 23
- March 23
- April 27
- May 26 (Public Hearing)
- June 22
- July 27
- August 24
- September 28 (Budget Hearing)
- October 26
- November 23
- December TBD

Meetings are held in Conference Room A at 418 W. Kalamazoo Avenue starting at 6:00 pm.

Updates about Board meetings will be posted to our web site.

The **3rd Annual Kalamazoo Wraps Local System of Care Conference** will be held March 5 - 7, 2015 at the Western Michigan University Fetzer Center. This Conference will strengthen the foundation created over the past 9 years and continue building the framework for our on-going efforts to empower family and youth voice, strengthen interagency partnerships, maximize resources, and create a highly skilled workforce.

If you have any questions please contact Michelle Houtrow at MHoutrow@kazoocmh.org or (269) 553-7122.
 Check our website for additional information.

KCMHSAS Receives Community Recognition: The People's Unitarian Universalist Church designates the money from the collection of the 2nd Sunday of each month to go to a local organization that is making a difference in the community. Past recipient agencies of the donation dollars have been **Recovery Institute, Keystone, Loaves and Fishes, Disability Resource Network, and Douglas Community Center** — just to name a few. In years past the Church has also taken yearly collections for **Ministry with Community** and **Lincoln School** — several Church members mentor students at Lincoln School.

KCMHSAS was nominated by Church member, Andrea Huff, as an organization to consider for the special collection dollars.

At their October 15th meeting, the Social Justice Committee chose KCMHSAS a recipient organization for the **February 8th 2015** collection.

During these special collection services, members of the recipient organizations are invited to speak to the congregation for a few minutes to review the services that the organization provides to the community.

Jeff Patton and Teresa Lewis were invited to share this honor with Andrea. Additionally, a short article about KCMHSAS Vision, Mission, and Values will appear in the Church newsletter on or around February 8th.

Michigan Association of Community Mental Health Boards
2015 Annual Winter Conference
"The Challenge of Change"

Radisson Plaza Hotel & Suites
Kalamazoo, Michigan

February 9, 2015:
Pre-Conference Institutes

February 10 & 11, 2015:
Full Conference

Tuesday, February 10 at 8:15 am:
Conference Welcome
 Jeff Patton, *Executive Director, Kalamazoo CMH & Substance Abuse Services*

Contact MACMHB at (517) 374-6648 or www.macmh.org for more information