

## New Building Site Open for Business

The KCMHSAS services of Access, Emergency Mental Health and Psychiatric Services, as well as the Arcadia Pharmacy moved into new space at 615 E Crosstown Parkway in mid December.



### KCMHSAS MENTAL HEALTH SERVICES

HEALTH FOCUSED CAMPUS

Arcadia Collaborative  
TowerPinkster  
ECKERD  
WORDELL

CSM  
GROUP  
Preis & Newhof

WV VanderWeen Co

Kalamazoo Community  
Mental Health  
& Substance Abuse  
Services

BRONSON

Kalamazoo VALLEY™  
community college

## Measuring Up

On January 7th, John Tyminski from the Michigan Department of Health and Human Services completed a follow-up review at KCMHSAS. The review was of the Corrective Action Plan our agency submitted after the full review we participated in as part of SWMBH in the summer of 2015. Specific services that were part of the review included HSW, SEDW, Wraparound and CWP. The review went **very well** and John complemented staff for being very organized and prepared. Key staff in this success were: Sheila Hibbs, Leona Ziring, Jeannie Madsen, Marie Eagle, David Jenks, Mandy Perl, Bobbi Casey, Rebecca Wilson, and Alecia Pollard.

A GREAT JOB BY ALL INVOLVED!

KCMHSAS is anticipating our CARF Accreditation Survey from March 14th to 16th. The following services/programs will be reviewed for continued accreditation:

- Assessment and Referral (AR)
- Case Management/Services Coordination (CM)
- Crisis Intervention (CI)
- Diversion (DRV)
- Intensive Family-Based Service (IFB)
- Prevention (P)
- Children and Adolescents (CA)
- Consumer-Run (CR)

Along with the standards of these programs, KCMHSAS will be responsible to identify how administrative functions continue to meet and exceed accreditation standards.

Staff can expect more about CARF in the coming months thru postings on the portal and e-mails.



The first time the *New Year* was celebrated on January 1<sup>st</sup> 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!

**KCMHSAS' Bronson Healthy Living Campus:**

I am excited to report that the KCMHSAS Integrative Health Services Clinic and the Arcadia Pharmacy at 615 East Crosstown Parkway officially opened for business on Tuesday, December 22, 2015. The new facility is immaculate and we are proud to be able to provide such a wonderful space for our persons served, staff and the community. This clinic is part of the new Bronson Healthy Living Campus in partnership with Kalamazoo Valley Community College (KVCC) and Bronson Healthcare Group. Together, we are planning a formal open house for all campus facilities in April. More information will be forthcoming!

**New Deputy Director of Administrative Services:**

I am very pleased to announce my appointment of Patricia Davis as the Deputy Director of Administrative Services. Pat will replace Tom Noverr, who has relocated to Florida and will formally resign from KCMHSAS on January 11, 2016. Pat comes to us with an extensive and impressive professional background. She is currently the Chief Operating Officer of Cherry Health Services in Grand Rapids, which is the largest Federally Qualified Health Center (FQHC) in Michigan. Cherry Health is known throughout the country for establishing a successful model for integrating behavioral health and primary care. Given our focus on becoming a federally Certified Community Behavioral Health Center (CCBHC), and establishing team-based primary care onsite at our new Integrated Health Services Clinic at the Bronson Healthy Living Campus, Pat brings a great deal of executive leadership and experience to KCMHSAS which will help us achieve these goals. Prior to joining Cherry Health, Pat served as the Chief Financial Officer of Proaction Behavioral Health Alliance, Finance Director of Residential Treatment of West Michi-

gan, Inc. and Fiscal Officer for Cornerstone (Kent County Community Mental Health Department, now referred to as Network 180).

Pat will be providing overall supervision and oversight of our Financial Services, Information Technology and Human Resources departments. She officially began her duties on January 11, 2016.

**Legislative Update:**

On Jan 8, 2016, U.S. Senators Debbie Stabenow (Mich.) and Roy Blunt (Mo.) announced this week they will be introducing a bill to increase, significantly, funding for the program they championed to expand community mental health and behavioral health services across the country. The bill that will be introduced by Senators Blunt and Stabenow will ensure that all 24 states awarded mental health planning grants (through an initiative based on their *Excellence in Mental Health Act*) can be funded. The original program limited funding to eight states.

The 24 states, including Missouri and Michigan, were selected in October to work with interested community mental health centers, Federally-Qualified Health Centers, VA clinics, and other mental health organizations to design a state program that meets the new quality standards for Certified Community Behavioral Health Centers. Under current law, eight of these 24 states will be selected to receive full funding for comprehensive community behavioral health services. The Blunt-Stabenow legislation will fund community mental health services for all 24 states, which is an important next step toward fully funding quality mental and behavioral health services nationwide.

“One in four adult Americans have a behavioral health issue that is both diagnosable and treatable,” said Senator Blunt. “Ensuring that they have access to the mental health services they need is vital to strengthening our communities and keeping Americans safe. The *Excellence in Mental Act*, which was signed into law in 2014, was an important step toward improving access to mental health care. The legislation Senator Stabenow and I are introducing later this

month will build on that success by expanding the eight-state pilot program created by the Excellence Act to all 24 states that are currently applying for the demonstration.”

“This expansion is critical in making sure communities across the country have the resources they need to improve the lives of everyone living with mental illness said Senator Stabenow. “Each and every state that came forward with a plan to increase access to community mental health services should have the support they need.”

Senators Blunt and Stabenow first introduced the *Excellence in Mental Health Act* in February 2013 to put community mental health centers on an equal footing with other health centers by improving quality standards and fully-funding community services and offering patients increased services like 24-hour crisis psychiatric care, counseling and integrated services for mental illness. The bill was signed into law by President Obama in 2014 and is one of the most significant steps forward in community mental health funding in decades.

## Avoid the Winter Doldrums, Maintain Mental Health and Wellness

**By Robert Sheehan**—*Chief Executive Officer of the Michigan Association of Community Mental Health Boards.*

With the holidays behind us and the winter doldrums setting in, it’s a trying time for the mental health and wellness of many here in Michigan. While many people welcomed home far-away relatives and celebrated the season with friends and family, it can be hard to adjust when loved ones are no longer near.

The weather in our state doesn’t make the adjustment any easier. While it’s a milder winter than years past, the seemingly perpetual gray skies have a lasting effect on our outlook and well-being. Unfortunately, there is no silver bullet for making the winter months more cheerful, but there are some simple steps people can take to make the days a little brighter.

If you experience Seasonal Affective Disorder – an estimated 10 million Americans do – you may want to consider purchasing a light box or visor, which supplies your body with the sunlight it is missing during winter months.

Visit with friends and family. Just because the holidays are over, it doesn’t mean that the get-togethers have to be. Spending time with loved ones can have tremendous benefits on one’s mental health.

Eat a healthy diet. While it may be tempting to avoid trips to the grocery store, it’s worthwhile to opt for nutritious and fresh foods. In particular, the American Psychiatric Association says that omega-3 fatty acids, often found in fish, could be a complimentary treatment for depression.

Spend time outdoors. Physical activity and fresh air are powerful boosters of mental health and wellness. With appropriate winter layers, you can enjoy the ski slopes, skating rinks, or even a walk around the block.

If your feelings of sadness and grief are too much to bear, or if you’re not sure if what you’re experiencing is healthy, talk to someone about it. There is no shame in seeking professional help to learn strategies for improving your mental health.

Every county in the state is serviced by a Community Mental Health Service Program, which offers an array of behavioral health, developmental and intellectual disability services to consumers. With evidence-based treatments and patient-centered care, Michigan’s mental health system is there for you in good times and in bad.

In winter, spring, summer and fall, prioritize your mental health and wellness, and take action to improve it when you’re not feeling like yourself.



## Holiday Party 2015

Thank you to all who helped on December 11th to host a Holiday Party for our customers at the Nazareth location!

As you can see at left, Dancing returned this year to the party.

*It is very hard to photograph Jeff Patton when he is showing off his moves.*

The Red Cross held a blood drive on January 7th at our 418 site.

This drive was held in the **memory of Juanita Haywood**. Juanita was the loving mother of Jenea Haywood and a dedicated employee of KCMHSAS for 24 years. She had Stage 4 Lung Cancer and had several transfusions of blood and platelets over the course of her treatment. The blood that was donated goes to people in need in our local community.

During the drive, 16 units of blood were collected from donors. We had 21 people come to donate, however 5 were deferred from donating. Thanks, KCMHSAS Community.

## ACTION Corner

**ACTION**, Accepting Cultural Togetherness through Inclusion Opportunities and Nurturing, is the revitalized KCMHSAS Committee designed to promote Cultural Competence and awareness throughout our agency and stakeholder network. As the ACTION committee, our mission is to encourage and promote a workforce that values and strives to embrace all cultural differences within our agency, individuals served, and the community. Look to this section as a resource for local events and related educational information. Below are two upcoming opportunities for educational experiences.

### \* IDENTIFYING ANTI- (FILL IN THE BLANK) NARRATIVES IN OUR MEDIA

Ever feel as if you never see yourself in the depictions of people in the news, on television, in advertisements or in magazines? Or, are you the person who creates messages that might inadvertently exclude whole groups of people in our community? Can you identify the narratives that use stereotypes and negative depictions of people who are in marginalized groups in America? Join this one-hour interactive discussion that will offer insights into how the tools of media literacy can be used for a lifetime of smarter media consumption and production of positive media content. Join presenter Sue Ellen Christian, professor of journalism, who created Global Media Literacy as a course offering at WMU and who is the author of "Overcoming Bias: A Journalist's Guide to Culture and Context."

Wednesday, Feb. 24, 2016 from 6:30 to 8 p.m. in the Multicultural Center in the Adrian Trimpe Building, refreshments provided

### \* STAND UP: SHORT PLAY ADDRESSING PRIVILEGE AND OPPRESSION

Stand Up is a short play addressing privilege and oppression and how to fight back through bystander intervention. It was developed by the members of Theatre for Community Health and shares their stories and ideas based on the question "What does privilege look like at WMU?" Everyone experiences different forms of privilege and oppression and by understanding how these factors are systemically engrained can make them more recognizable for ourselves and others and begin the process of change.

Tuesday, April 12, 2016 from 6:30 to 8 p.m. in the Multicultural Center in the Adrian Trimpe Building, refreshments provided





Administrative Offices  
 2030 Portage Street  
 Kalamazoo MI 49001  
 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.kazooemh.org](http://www.kazooemh.org)

## Upcoming Events

**The 11th Annual Children's Mental Health Awareness Day Carnival is scheduled on May 5, 2016!**

### Recipient Rights Advisory Committee Meetings

Held from noon to 2:00 pm  
 in Conference Room A  
 At 418 W. Kalamazoo Ave.  
**January 26**  
**March 22**  
**May 24**  
**July 26**  
**September 27**  
 Call 364-6920 with questions.

## KCMHSAS Board Meetings

January 25  
 February 22  
 March 28  
 April 25  
 May 23  
 June 27 {PUBLIC HEARING}  
 July 25  
 August 22  
 September 26  
 {BUDGET PUBLIC HEARING}  
 October 24  
 November 28  
 December {TBD}

Meetings are held in Conference Room A at 418 W. Kalamazoo Ave.  
**Start time is 6:00 pm.**  
 Updates about Board meetings will be posted to our web site.

### Customer Advisory Committee Upcoming (CAC) Meetings

- February 16
- March 15

For more information about CAC activities, contact Customer Services at 1-877-553-7160.



Date	Focus
January 22	Adult
February 8	Youth
March 18	Adult
April 26	Youth

MHFA Classes will be held at 418 W. Kalamazoo Ave. Class time is 8:15 am to 4:30 pm  
**Class cost is \$40 and includes lunch and all class materials.**

Please call 269-364-6952 with questions.

Register at:  
[slabon@kazooemh.org](mailto:slabon@kazooemh.org)  
**Check our website for class updates**

### Web-based support for Wellness

myStrength has been nicknamed "A Health Club for your Mind".  
 The program is available to people throughout the SWMBH region.

Customers as well as staff can sign up for personalized help to

- Reduce Stress
- Track Moods on line
- Manage Depressive Thoughts
- Manage Anxious Thoughts
- Access and Share Inspirations

*Get help on the go with the myStrength app*

Go to: [www.mystrength.com](http://www.mystrength.com)  
 Click Sign Up and enter the access code:  
**SWMKalamazoo**

For more information about myStrength, contact Customer Services.

**SAVE THE DATE**  
 2016 Mental Health Breakfast will be held on:  
**Thursday May 12, 2016**  
 At the Radisson Hotel

Details to follow as the date draws closer.