

Busy Fall in our Community to Promote Mental Health



Thank you to KCMHSAS staff participants: (L to R) Andrea Huff, Heather Hoffman, Dan Stowe, Rodney Chastine, and Audrey Cesario

September 17th was the **Wellness and Recovery Fair** at Bronson Park. This event was sponsored by Southwest Michigan Behavioral Health (SWMBH), Recovery Oriented System of Care (ROSC), KCMHSAS, the Recovery Institute, InterAct of Michigan, along with the Peer Collaborative in our area. The goals of this event were to: Raise Awareness that Recovery is possible, Celebrate, Diminish Stigma and other negative perceptions, and Educate the public about services available in the community.

Planners are hoping this Fair becomes an annual community event!

At **Project Connect**, many community resources come together to provide services/supports and offer information. While at the event this year, KCMHSAS staff learned of 2 new resources for individuals in our area:

- A. **Hands of God.** Operated by the Living Hope Community Church at 9292 East CD Ave in Richland. Offers gently used clothing, toys, household good, bedding, appliances, furniture, and much more a no cost to those in need in the community and surrounding areas. Hours are every Monday 9-noon and 1st/3rd Saturdays from 9-noon. Donations accepted during operating hours. Appliances and furniture require referral, but all other items are available to any one who asks. They do have a three bag limit on each visit. For more information, visit www.handsogod.us.
- B. **Twenty Hands.** This Maternal Infant Health Program (MIHP) is a home visiting program for pregnant women and infants with Medicaid insurance. Twenty Hands provides pregnant women and parents of infants access to MIHP support services so they have positive birth outcomes. Participants can expect FREE access to transportation to medical appointments, WIC, and childbirth or parent education classes, as needed and referrals for supplies and baby items. Contact Twenty Hands at 269-459-8091 or shawns20hands@gmail.com.



KCMHSAS participants at **Project Connect**—and offering brief screenings for mental health supports—on October 14th were: (L to R) Autumn Bell, Mandy Perl, Val Campbell. Missing from photo: Rebecca Wilson and Bobbie Casey.



On March 31, 2004, Congress passed the Protecting Access to Medicare Act (H.R. 4302), which included a demonstration program based on the Excellence in Mental Health Act. This is bipartisan legislation co-sponsored by Senator Debbie Stabenow. It is the first major legislation for community mental health services since the signing into law the Community Mental Health Act of 1963 by President John F. Kennedy. Once again, behavioral health clinics will have a federal definition with defined quality standards and reimbursement that reflects the actual cost of care. This legislation:

- Creates Criteria for “Certified Community Behavioral Health Clinic” (CCBHCs)** as entities designed to serve individuals with serious mental illnesses and substance use disorders that provide intensive, person-centered, multidisciplinary, evidence-based screening, assessment, diagnostics, treatment, prevention, and wellness services. The Secretary of the Department of Health and Human Services is directed to establish a process for selecting eight (8) states to participate in a 2-year pilot program.
- Provides \$25,000,000 that will be available to states as planning grants** to identify how CCBHCs fit into system redesign efforts and to develop applications to participate as a demonstration state. Only states that have received a planning grant will be eligible to apply to participate in the pilot.
- Requires participating states to develop a Prospective Payment System (PPS)** for reimbursing certified Behavioral Health Clinics for required services provided by these entities. Participating states will receive an enhanced Medicaid match rate for all of the required services provided by the Certified Community Behavioral Health Clinics.

On October 19, 2015, Michigan was selected as a finalist for a first-of-its kind planning grant to develop criteria for establishing Certified Community Behavioral Health Centers (CCBHCs). Michigan will receive \$982,373 from the federal government to compete in a nation-wide program to improve and expand access to mental health care. The length of the Planning Grant is one (1) year beginning January 1, 2017 to December 31, 2017. It is the first phase of a two-phase process.

Phase I provides funds for one year to states to certify CCBHCs, establish a Prospective Payment System for Medicaid reimbursable behavioral health services provided by certified clinics, and prepare an application to participate in a two-year demonstration program. Only eight (8) states will be selected to participate in the Demonstration Program. After the Planning Grant period, the Michigan Department of Health and Human Services (MDHHS) will submit a proposal no later than October 31, 2016, to participate in the two-year demonstration program. The two-year program will begin January 1, 2017 to December 31, 2018.

KCMHSAS has already begun the process for preparing for future certification. We have launched two federal grants awarded from the Substance Abuse Mental Health Services Administration (SAMHSA) to better link, coordinate, and integrate specialty mental health and developmental disability services with primary care. The first grant is a five-year \$5 million Kalamazoo Wraps initiative to promote implementation and wide-scale adoption of System of Care practices and principles across youth and families, child service sectors and community-based leaders to assure that youth with serious emotional disturbance receive exemplary services early into onset, relevant to their mental and physical health needs. The second grant is four-year \$1.2 million Whole Health Initiative grant to help us develop coordinated and integrated primary and behavioral health services through the co-location of primary care services at our new Integrated Health Services clinic on the Bronson Healthy Living Campus. Services will be redesigned and enhanced, following Patient-Centered Medical Homes principles and standards, assuring coordinated and integrated care through patient-centered and team based care.

We are excited that Michigan received this planning grant. The State will now have the opportunity to design and implement a structure that will further integrate and coordinate behavioral health, intellectual/developmental disability services with primary care, improve outreach to people in greatest need and effective coordination of care among providers in multiple settings here in Kalamazoo County and throughout the state.

Watch for signs of bullying behavior

By Robert Sheehan

As the excitement of back-to-school now slips into the day-to-day reality of scheduling, homework and afterschool activities, it's an important time to have a conversation with children about bullying, both to protect children from getting bullied, and prevent the bullying of others as well. October is National Bullying Prevention Month, and there are plenty of opportunities to engage children in the conversation.

According to the Journal of the American Medical Association, one-third of this country's students will experience bullying during school -- as either a target or a perpetrator.

The problem is that most children who are bullied are not likely to tell an adult, simply because they don't believe adults can help. The American Academy of Child and Adolescent Psychiatry found that children and teens also don't tell adults they are being bullied because they feel embarrassed or frightened.

Kids may fear being seen as weak or as a tattler and may want to try to handle it on their own. And children who are bullies aren't likely to share either. Gender is irrelevant when it comes to bullying. Boys tend to be bullied or bully more physically, while girls tend to bully or be bullied in more emotional ways.

The authors of a study published in April 2015 in the journal *Lancet Psychiatry* noted that "being bullied has similar and in some cases worse long-term adverse effects on young adults' mental health than being maltreated."

Since the ubiquitous parental question "how was your day" is unlikely to elicit any truth about bullying, the American Academy of Child and Adolescent Psychiatry (AACAP) offers the following warning signs that a child is being bullied, but be aware that not all children being bullied exhibit these signs:

- Missing personal items

- Physical complaints in an effort to stay home from school

- Changes in eating and sleeping habits

- Drop in grades

- Unhappiness regarding school or trouble in school over behavior

Mental Health America offers insight as to children most likely considered targets of bullying, including:

- Those seen as different from their peers, depressed, less popular, or unable to get along with peers are more likely to become victims of bullying.

- High school females (according to a report, high school females are twice as likely as male students to report being cyber-bullied and more likely to report being bullied on school property).

- Lesbian, gay, bisexual, transgender and queer youth are at special risk of being bullied (up to 85 percent report being verbally harassed and 40 percent report being physically assaulted).

Because there is an increased risk of suicide associated with bullying, both for those who bully and those bullied, it is important to talk to children about bullying and the importance of intervention. You can start by asking "how was your day" but listen beyond the answer and be watchful for signs of bullying.

Learn more about bullying and what you can do about it at www.stopbullying.gov and visit the Michigan Association of Community Mental Health Boards website at www.macmhb.org to learn what help is available in your community.

Robert Sheehan is Chief Executive Officer of the Michigan Association of Community Mental Health Boards.

KVCC Student Wellness Expo

KCMHSAS was represented by Shantel Labon and Jenea Haywood on October 21st at the Texas Township campus. During this event, students had the opportunity to learn about a variety of wellness resources in the community—including how to contact KCMHSAS for mental health information, referrals and services.

Thanks, Shantel and Jenea for representing the Community Education Committee!



Mental Health Matters



Suicide Prevention Walk 2015

KCMHSAS was represented by Teresa Lewis on September 12th as part of the Resource Fair held after the Walk. Walkers had the opportunity to learn more about mental health resources in Bronson Park after completing the 5-K through downtown Kalamazoo.

The Walk was a fundraiser for Gryphon Place. Through the work of 203 walkers and 70 volunteers, **\$43,000** was raised for Suicide Prevention services.

Recovery Trick or Treat 2015

KCMHSAS was represented by (L-R in photo at right) Kathryn Scott, Teresa Lewis, and Heather Hoffman on October 29th during this annual event held at the VA Medical Center in Battle Creek.

Many recovery-focused healthcare organizations participated by passing out candy and educational information about their available services and supports. KCMHSAS offered participants the opportunity to document important “pieces of my recovery” in puzzle pieces throughout the event.



And, as you can see at left, karaoke was a hit!



Something FUN!

Each month Specialized Staffing recognizes an associate who has displayed exceptional work performance, great attendance, safe work practices. The selected *Employee Of The Month* receives a \$100.00 bonus, and all other nominated employees get a \$10.00 gift card. All nominated employees are also recognized in their monthly employee newsletter. For October, Tyler Leininger—who supports Alcott staff—was named as Employee of the month after being nominated by Mitchell Hengesbach!

Congratulations, Tyler!



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

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

Upcoming Events

**Holiday Celebration 2015!
 Friday December 11**

Join us from 11:30 am to 1:30 pm at our Nazareth Location 3299 Gull Road. We'll have Food and Fun! DJ returning this year for music and dancing

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

KCMHSAS Board Meetings
 November 23, 2015
 December 28, 2015

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.

Recipient Rights Advisory Committee Meetings

Held from noon to 2:00 pm in Conference Room A At 418 W. Kalamazoo Ave.
November 24, 2015
January 26, 2016
 Call 364-6920 with questions.

Customer Advisory Committee (CAC) Meetings
 The CAC meets from 2:30 to 4:00 pm at 418 W. Kalamazoo Avenue in Conference Room A

- November 17
- December 15—Holiday Celebration

For more information, please 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.



Web-based support for Wellness
 Look for more information soon regarding **myStrength**.

myStrength has been nicknamed "A Health Club for your Mind". The program will be available to all customers of KCMHSAS—as well as all customers throughout the SWMBH region — beginning later this year.

Training for clinicians is scheduled in November. After training, staff can help our customers to access the site to set up personal goals that can be worked on as part of Mental Health services and tracked on-line. For more information about KCMHSAS implementation of myStrength, contact Customer Services and check our web site.



MHFA Youth focus
Monday February 8

MHFA Adult focus
Friday January 22

More dates will be added for 2016
Check our website for updates
www.kazoocmh.org

Upcoming MHFA Training Dates

Unless otherwise noted, all classes will be held at 418 W. Kalamazoo Ave. Class time will be 8:15 am to 4:30 pm with a lunch break
Class cost is \$40 and includes lunch and all class materials.

Please call 269-364-6952 with questions.

Register at:
slabon@kazoocmh.org