

"Empowering People to Succeed"

KCMHSAS ANNUAL COOKOUT

July 22nd, 11:00
a.m. - 1:00 p.m.

Held on the lawn at KCMHSAS
418 W. Kalamazoo Ave.

Individuals receiving
services from KCMHSAS and
their families are encouraged
to attend and enjoy this free
lunch event. Hotdogs,
chips, desserts and
beverages will be served.

Financial support provided by the Michigan Department of Community Health

Pilot Diversion Action Plan continues

law enforcement agencies since 2008 and the training equips law enforcement officers to effectively assist individuals with mental illness and cognitive disabilities who are in crisis. Another component of the Diversion Action Plan is mental health courts. Kalamazoo implemented a Mental Health Recovery Court in 2008 to improve the treatment of some individuals with infractions who have a mental illness and/or substance use disorder. Mental Health Recovery Court works at a fraction of the cost of incarceration and has earned a positive reputation across the state for being effective and instrumental in guiding participants to a better future. The Diversion Action Plan grant

will be administrated through Kalamazoo Community Mental Health and Substance Abuse Services (KCMHSAS). KCMHSAS has worked closely with both CIT and Mental Health Recovery Court since 2008.

Save Public Dollars & The Environment

Sign up to receive this newsletter electronically, please email communityrelations@kazooemh.org.

If you or someone you know needs help, please call the Access Center at

**(269) 373-6000 or
1 (888) 373-6200**

The Access Center can connect you with appropriate services.

FREE MENTAL HEALTH FIRST AID TRAININGS

June 11-Youth

June 26-Youth

July 17-Youth

August 20-Youth

August 26-Youth

September 11-Youth

September 25-Adult

Visit www.kazooemh.org/mentalhealthfirstaid or call (269) 364-6952 for more information or to register for a training.



SUCCESS STORY

Jimmy is an outgoing, energetic, happy person with a full life. He loves going to the mall and all things related to sports. He lives in an apartment with a roommate, has a job, friends and a girlfriend. Jimmy says he is, "getting my life straight."

Jimmy's life was much different not so long ago. Between 2001 and 2013, most of his time was spent receiving treatment in various psychiatric hospitals. Jimmy moved into his own apartment with a roommate,

where he receives support and staffing from Residential Opportunities, Inc. (ROI), after being released from Kalamazoo Psychiatric Hospital in January 2013. Jimmy had previously tried living in group home settings, but was unsuccessful because he said, "it wasn't the right fit." Jimmy had one goal when he moved into his own apartment: to stay "out" (of the hospital) for two years. Jimmy and his staff, Allisha, started attending Dialectical Behavioral Therapy (DBT) to assist him in his goal. Jimmy feels DBT has helped him stay out of the hospital by teaching him how to "check my surroundings, check my body, my emotions and urges." The support of Jimmy's Person-Centered Planning Team has also contributed greatly to his success. Staff members from both Kalamazoo Community Mental Health & Substance Abuse Services and ROI provide ongoing support that helps Jimmy be the success he is today.

Jimmy also decided he wanted to find a job once he began living independently. He worked with staff from Sup-

ported Employment Options (SEO) to learn job skills and what it would take to find paid employment. In October 2013 Jimmy was hired at Burger King, where he works one day per week with his job coach, maintaining the lobby. Jimmy is proud to have an income. "I love it! It's my spending money. I can do things. Working makes me feel excited," he said. Jimmy hopes to increase the number of hours he works per week.

Jimmy continues to gain more independence. For the first time in years, Jimmy was able to spend Christmas with his family, and he had a New York Yankee's themed birthday party. He is also the assistant coach for an adult softball team. Allisha commented, "We're very proud of how he's made it out and stayed out. He keeps finding new ways to be independent and have his own life." When asked how he feels about life now, Jimmy replied, "I'm happy. Real happy. Excellent!"

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EXECUTIVE MESSAGE

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER



DEAR READERS

Spring has finally arrived. After a winter that seemed to overstay its welcome, we look forward to the warmer weather and to enjoying a beautiful Michigan spring and summer. The past few months have been busy at Kalamazoo Community Mental Health & Substance Abuse Services (KCMHSAS) and I want to highlight a few recent events.

I want to commend Michigan Senator Debbie Stabenow for her tireless work to improve mental health services. On April 1, 2014, President Obama Signed Senator Stabenow's Excellence in Mental Health Act into law. This represents one of the most significant improvements in mental health funding in several decades. Sen. Stabenow's bipartisan legislation expands access to community mental health services and strengthens the quality of care provided for those living with mental illness.

On April 14th, the Coalition for Excellence in Mental Health hosted its annual legislative event at the Western Michigan University Fetzer Center for stakeholders from Kalamazoo county. This event brings

individuals receiving services, family members, legislators, advocates, and service providers together to discuss current mental health services in Michigan as well as to discuss ways to improve services in the future. The Coalition for Excellence in Mental Health is a grassroots advocacy group consisting of KCMHSAS, Disability Network Southwest Michigan, Residential Opportunities, Inc., and Advocacy Services for Kids. Next year's legislative event is scheduled for April 13th, 2015 and the public is welcome to attend this free event.

On May 1st, the 9th Annual Kalamazoo Wraps System of Care National Children's Mental Health Awareness Day Carnival was held at the Kalamazoo County Fairgrounds Expo Center. Rain caused this year's Carnival to take place indoors but nearly 2000 attendees were still able to have a great time and learn about the importance of children's mental health. This free event is open to the public and next year's Carnival will be held on May 7, 2015.

KCMHSAS hosted its Annual Community Breakfast on May 2, 2014. This annual event brings the community together to celebrate the importance of mental health. Approximately 500 people attended this year's event to listen to former Michigan State University basketball player Anthony Ianni share the lessons he learned in his journey to become the first player with autism to play college basketball in the U.S. Attendees also heard from

several individuals in the community who shared their own recovery stories. We hope to see you at next year's event which will take place on May 1, 2015 at the Radisson Plaza Hotel in downtown Kalamazoo.

We value the input of our community members and encourage you to become involved as we seek to improve the services provided by the Kalamazoo Community Mental Health and Substance Abuse Services. Have a wonderful summer.

Best Regards,

Jeff Patton
Chief Executive Officer

HOUSING AND URBAN DEVELOPMENT GRANTS

The U.S. Department of Housing and Urban Development (HUD) recently awarded KCMHSAS \$966,845.00 in housing grants. The annual housing grant applications are extremely competitive and every year KCMHSAS meets or exceed HUD standards. KCMHSAS housing unit staff members daily address some of the most challenging housing needs of individuals who often have extended periods of homelessness while living with mental health and/or substance use issues. Congratulations to the KCMHSAS housing unit staff for their continued success in this critical activity.



2014 WALK A MILE RALLY

The 10th Annual Walk a Mile in My Shoes Rally was held on the lawn of the State Capitol Building in Lansing, MI on May 14th. This annual event is sponsored by the Michigan Association for Community Mental Health Boards (MACMHB) and seeks to educate legis-

lators about the importance of mental health and developmental disability issues and to eradicate stigma related to mental health. Hundreds of attendees from throughout Michigan interacted with state legislators. Attendees from each Michigan county read personal statements about the importance of mental health to all Michigan citizens. Kalamazoo County was represented by advocacy groups, peer-run organizations, individuals receiving services, and staff from multiple service agencies.

CONGRATULATIONS ITUHA

KCMHSAS Board Member Ituha Cloud was awarded The National Council for Behavioral Health's Rising Star Award. Ituha was selected by a panel of judges as a 2014 Inspiring Hope Award winner in the Rising Star Category which "Recognizes an individual who has been active in behavioral health for less than 10 years, and has demonstrated extraordinary leadership, courage, and compassion in caring for persons with mental illness, advocating on their behalf, or introducing and implementing novel treatment and support

programs." Ituha received his award at the National Council Conference, in Washington DC, May 6, 2014.

Ituha is employed as a Certified Peer Support Specialist at Interact of Michigan and he has compiled strong and effective messages to better educate the community on the issues of mental illness, developmental disabilities, and substance use disorders. Please join KCMHSAS and the National Council in congratulating Ituha for his outstanding efforts.

PILOT DIVERSION ACTION PLAN

Kalamazoo County received a \$125,000 grant from the Mental Health Advisory Committee, an advisory group within the Michigan Department of Community Health, to implement a Diversion Action Plan. Kalamazoo County is one of four pilot communities throughout the state to implement this program. The Diversion Action Plan will implement procedures to reduce or eliminate people with severe mental illness or

intellectual or developmental disabilities from being incarcerated or otherwise involved in the criminal justice system. A component of the Diversion Action Plan will allow Kalamazoo Department of Public Safety (KDPS) to offer increased Crisis Intervention Training (CIT) to department staff. KDPS has been conducting CIT with officers from KDPS and other local

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Board of Directors

- Patricia Guenther, Chair
- Moses Walker, Vice Chair
- Carolyn Alford, Commissioner
- Michael Seals, Commissioner
- Dr. Carol Black
- Vicki Carr
- Ituha Cloud
- Robert Green
- Erik Krogh
- Denise Martineau
- Sister Betty Veenhuis
- Sharon Spears

KCMHSAS 2014 Meetings

2014 KCMHSAS Board Meeting Dates

- May 27, 2014 Public Hearing—KVCC/ Arcadia Campus**
- June 23, 2014 at 6:00 PM**
- July 28, 2014 at 6:00 PM**
- August 25, 2014 at 6:00 PM**
- September 22, 2014 Public Budget Hearing—KVCC/ Arcadia Campus**

Meetings are held in Conference Room A at 418 W. Kalamazoo Ave.

Recipient Rights Advisory Meeting

- May 28, 2014 at 12:00 PM**
- July 22, 2014 at 12:00 PM**
- September 23, 2014 at 12:00 PM**

Meetings are held in Conference Room C at 418 West Kalamazoo Ave.

Transformations Meeting

- Every Tuesday at 3:00 PM**
- Meetings for peers are held at the Recovery Institute 1020 S. Westnedge Ave. (269) 343-6725

www.kazoocmh.org