



ANNUAL MENTAL HEALTH BREAKFAST

Friday

April 26th, 2013

9:30 – 11:00 AM

All residents of the Southwest Michigan Affiliation are invited to the **Annual KCMHSAS Breakfast**. This free event is open to the public and is a wonderful opportunity for the community to acknowledge and celebrate the importance of mental health.

Contact (269) 553-8095 for more information.

Financial support provided by the Michigan Department of Community Health

Conference continued from front offer workshops related to Healthcare Integration, Trauma, Child Welfare, Medication, Mental Health, Community Resources, Juvenile Justice, Education, Youth and Family Voice and more!

Please join us in strengthening our System of Care. For more information, or to register for the conference, please contact Kalinda Williams at (269) 553-8110 or kwilliams@kazooocmh.org.

Save Public Dollars & The Environment

Sign up to receive this newsletter electronically, please email pesman@kazooocmh.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.



Thursday, May 2, 2013

The 8th Annual Kalamazoo Wraps

National Children's Mental Health Awareness Day Carnival

Open to the Public &
Free of Charge

4:00 – 7:00 PM

Kalamazoo County Fairgrounds (Expo Center)

Each year the Kalamazoo Wraps' National Children's Mental Health Awareness Day Carnival is bigger and better.

Over 2,800 were in attendance last year!

This year's event will continue to focus on education regarding children's mental health and awareness of the services available for youth and their families. This event also strives to reduce the stigma of mental health issues.

The event is open to the public and is entirely FREE!

Attendance, Food, Games, Prizes and Entertainment are all included.

MESSENGER

ISSUE 1, 2013

"Empowering People to Succeed"

PRINCIPLES OF PEER SUPPORT GRADUATION



Kalamazoo Valley Community College's Principles of Peer Support program graduated its largest class on November 5, 2012. Sixteen graduates completed the program which consists of two weekly meetings over the course of 12 weeks. Participants in the program learn the Code of Ethics of Peer Support, how to write out and share their own recovery story, how to develop a personal wellness plan, and to define and achieve personal goals they set for them-

selves when the class commences. The Principles of Peer Support class is a collaboration between The Recovery Institute of Southwest Michigan and Kalamazoo Valley Community College and is the only program of its kind backed by a college in the state of Michigan. To learn more about the Principles of Peer Support class, please contact The Recovery Institute of Southwest Michigan at (269) 343-6725 or online at www.recoverymi.org.

KALAMAZOO WRAPS 1ST ANNUAL SYSTEM OF CARE CONFERENCE

Attend Kalamazoo Wraps 1st Annual System of Care Conference! Kalamazoo Wraps is a county-wide initiative to improve mental health. Our goal for this year's conference is to bring together knowledge and insight from some of our areas most experienced service-providers, parents and youth. Collaboration is vital in building a strong system of care and we aspire to involve everyone in this initiative. This will be a great learning opportunity for those working in healthcare, mental health, education, juvenile justice, child welfare, as well as families.

This two-day conference will be held on March 7th & 8th, 2013 at WMU's Fetzer Center. Continuing education credits will be available (please bring your social work license number). Breakfast and lunch will be provided.

Our theme this year is: Creating the Future of Our System of Care. The conference will

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EXECUTIVE MESSAGE

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER



DEAR READERS

Happy New Year! 2013 is rolling out as an exciting year already! On the top of the list for Kalamazoo Community Mental Health and Substance Abuse Services, is our ongoing efforts to prepare for full implementation of the Affordable Care Act, which becomes effective January 1, 2014.

In the meantime, Michigan's leaders need to make an important decision on the expansion of Medicaid. There are many individuals that continue to live without health insurance. What does Medicaid Expansion mean for those we serve? Below are a few highlights:

- By expanding Medicaid, Michigan will gain access to added resources to support individuals with mental illness and substance use services. Some of these individuals currently are not receiving services.
- The dollars (General Fund) for serving individuals without Medicaid have been decreasing as the number of persons without private health insurance coverage is rising. Some lower wage jobs do not provide health insurance, especially to part-time workers.

- For the first three years of the Medicaid Expansion Program, Michigan will receive 100% federal funding for the individuals who enroll and qualify. After the initial three-year period, Michigan will pay up to 10% of the total cost which is significantly less than its current rate of Medicaid match.

- Individuals with behavioral health needs, particularly those without health insurance, often do not seek needed treatment. This causes them to seek more expensive alternatives when their situation becomes deemed more critical.

I believe we can come together to find solutions to our health care challenges. I encourage you to communicate with your leaders in Lansing, and ask that they support the Medicaid Expansion for Michigan's citizens.

I am also happy to report that The Michigan Department of Community Health (MDCH) is developing demonstration sites to strengthen services and supports for individuals who are dually eligible for Medicare and Medicaid. MDCH has been in negotiations with the Centers for Medicare and Medicaid Services (CMS), which has led to a decision to move forward with a regionalized approach. On Thursday, January 17, 2013, MDCH announced the four regions in the proposed plan include: the entire Upper Peninsula, the Southwest part of the

State (Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, and Van Buren Counties), and Macomb and Wayne County, both as single-county regions.

The demonstration will initially operate for three years and will be implemented for this select set of regions as opposed to statewide. The integrated care project seeks to improve quality and access to care by more effectively aligning Medicare and Medicaid services and bridging the divide between the physical health, long-term care, and behavioral health systems.

MDCH is currently negotiating a Memorandum of Understanding (MOU) with CMS to outline state and federal responsibilities for the demonstration. Pending approval from CMS, MDCH aims to implement the program in January 2014 with outreach, education, and enrollment starting in October 2013. I will keep you posted as additional information is made available.

Finally, I want to use this opportunity to thank everyone who provides feedback and suggestions to KCMHSAS. We welcome your comments and appreciate your interest in what we do. I look forward to working with you through 2013 to assure a smooth landing in 2014.

Best Regards


Jeff Patton
Chief Executive Officer

FAMILY SUPPORT SERVICES

Family Support Services at KCMHSAS is a free and confidential service for family members of individuals with a mental illness. An individual does not need to be receiving services through KCMHSAS in order to utilize the resources provided by Family Support Services. Family members of individuals with a mental illness have opportunities to learn about symptoms of mental illness, treatment options, stress reduction, communication skills, and community resources. Family Support works with individual families to assist them by clarifying options so they can make informed, educated choices; helping them cope with crisis situations; providing emotional support and education. Opportunities for peer support are offered to family members of individuals with a mental illness. This may include meeting with other families in a one-on-one setting or a group of families. Peer support groups provide opportunities to share concerns, struggles, and successes, enhance communication skills and problem solving abilities, and promote hopefulness and encouragement.

The goals of Family Support Services include helping families manage their day-to-day grief and stress, decreasing families' feelings of isolation and helplessness, and strengthening the relationship between families and their loved ones. A family member who has utilized KCMHSAS Family Support services asked that we share the poem he wrote which captures the

spirit of what the program is truly about.

"The Path"

by Jeremy Winkworth

For caregivers who are new to mental health issues in their families,

the path ahead is unclear. We are in a fog

and there is no-one to tell us the way.

We feel alone and confused yet there is a real urgency.

We think we should be running, but to where?

So we stumble forward along the path in hopes of making progress.

Our first steps are frustrating but as we walk we meet powerful friends and allies,

who welcome us and talk with us and show us the way.

They pick us up when we stumble.

As the fog lifts so do our spirits. We hear from others who have been this way ahead of us

and found answers that ease their burdens.

Their stories give us hope and make us strong.

So while the path is long and the end cannot easily be seen

having friends and allies like you makes all the difference.

For More Information about Family Support Services, contact Mari McKinlay, Licensed Master's Social Worker, Family Support Specialist at (269) 276-0207.

Board of Directors

Patricia Guenther, *Chair*
Moses L. Walker, *Vice-Chair*
Carolyn Alford
Michael Seals
Dr. Carol Black
Vicki Carr
Ituha Cloud
Erik Krogh
Peggy Malnight
Denise Martineau
Sharon Spears

KCMHSAS 2013 Meetings

2013 KCMHSAS Board Meeting Dates

January 28, 2013 at 6:00 PM

February 25, 2013 at 6:00 PM

March 25, 2013 at 6:00 PM

April 22, 2013 at 6:00 PM

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

SW Michigan Substance Abuse Advisory Council Meeting Dates

February 18, 2013 at 4:00 PM

Meeting held at 2030 Portage St.

March 18, 2013 at 4:00 PM

Meeting location to be determined-call (269) 364-6910

April 15, 2013, 2010 at 4:00 PM

Meeting location to be determined-call (269) 364-6910

May 28, 2013

Combined Public Hearing with the KCMHSAS Board—KVCC/ Arcadia Campus

Recipient Rights Advisory Meeting

March 26, 2013 at 12:00 PM

May 28, 2013 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 in room 312 at the Recovery Institute 326 W. Kalamazoo Ave. (269) 343-6725

www.kazoocmh.org

Coalition for
Excellence in
Mental Health
Legislative Event

**April 15, 2013
9:00 am-11:00 am**

Fetzer Center-WMU

Contact (269) 553-8095
for information