

Recovery through the Arts

2006 Report to the Community



COMMUNITY MENTAL HEALTH AUTHORITY
CLINTON • EATON • INGHAM

Recovery through the Arts

The creative arts are very important components in building a life and finding an outlet for emotions. "Creative arts" means any form of expression, not just painting and drawing. It includes photography, sculpture, carving, needlework, sewing, knitting, creative writing, poetry, ceramics, music, gardening, landscape design, cooking, and dance. Organizations such as National Mental Health Information Center, NAMI, and ARTWORKS in Mental Health are encouraged by the positive impact that creative arts have on socializing, understanding of self, and increased self-esteem. Healing can happen through creative arts and the outcome of these creative expressions result in a more interesting environment for all of us who enjoy a beautifully prepared meal, a splendid garden, or any number of creative arts pursuits.

For consumers of Community Mental Health Authority of Clinton, Eaton, and Ingham Counties, this is how the role of creative arts plays out:

Carol, an independent minded young woman, would love nothing more than to move out of her mother's home, into her own place that she can decorate to her individual taste. She has many project ideas for her new space.

With a broad smile, John will describe with enthusiasm what he's done to seek employment. John wants to work outdoors, landscaping, gardening, outdoor construction, even if the work is hard and the weather is bad, he is enthusiastic about the prospects.

Mike, on the other hand, enjoys socializing while attending creative arts workshops such as music, painting, poetry writing, and cooking, or playing board games.

These descriptions paint a portrait of those served by Community Mental Health. We serve people who want to live, work and play in our community. They have hopes, dreams, desires and expectations.



Painting by: Paul Miller

Outline of Services

The Community Mental Health Authority of Clinton, Eaton, and Ingham Counties (CMHA-CEI) serves in two related, but distinct roles—both designed to ensure that Michigan’s citizens, especially the most vulnerable, have access to full citizenship and to high quality mental health and substance abuse services and supports. These two roles are:

- As a 3 county Community Mental Health Services Program—the local public mental health and substance abuse service provider, serving the citizens of Clinton, Eaton, and Ingham Counties.
- As a 8 county Medicaid Prepaid Health Plan—managing the Medicaid funded mental health and substance abuse services for the citizens of Benzie, Clinton, Eaton, Gratiot, Ingham, Ionia, Manistee, and Newaygo Counties. This organization carries out its PHP role through the Community Mental Health Affiliation of Mid-Michigan.

CMHA-CEI is a public agency which serves, through the dedicated work of its staff (over 800 employees) and its contractual providers (over 600 employees of these providers), the needs of four groups of Michigan citizens:

- Children and adolescents with emotional disturbance
- Adults with mental illness
- Adults, children, and adolescents with developmental disabilities
- Persons with substance abuse disorders

The community-based services and supports offered by CMHA-CEI include:

- A wide range of therapies
- Vocational support and services
- Coordination of services & supports
- Parenting skills development
- Inpatient hospitalization
- Residential treatment
- Methadone treatment
- Community education
- Housing support and services
- Community integration and inclusion
- Psychiatric care
- Life skills development
- Mentoring
- Respite services
- Crisis intervention

Over 60% of CMHA-CEI’s services are offered in the home, workplace, school, or neighborhood of those whom we serve. Additionally, CMHA-CEI has over 60 locations throughout the tri-county area.

2006 Accomplishments

Clinical Practice Improvement and System Change

- ▶ Trained over 200 staff and partner clinicians on integrated dual diagnoses (mental illness and substance abuse disorder) treatment approach (including motivational interviewing approaches) as part of federal funded evidence based practice initiative
- ▶ Developed a system of care to serve at risk youth with serious emotional disturbances with the support of a multi-million dollar federal grant, jointly, with child welfare, court, families, youth, and providers
- ▶ Designed, constructed and opened residential facility with autonomy and privacy-fostering open-design features and capacity to provide respite/crisis stabilization services
- ▶ Co-led Clinton County Substance Abuse Coalition's development of comprehensive substance abuse prevention plan
- ▶ Served to link the substance abuse corrections and mental health communities via participation in a statewide task force
- ▶ Received a federal grant to study the efficiency of parent-infant services in preventing child abuse and neglect and juvenile delinquency
- ▶ Located, designed, renovated, and obtained financing for enlarged and upgraded location for consumer-run service provider
- ▶ Relocated a consumer drop-in and micro-enterprise center in St. Johns, providing a storefront from which consumers can sell goods that they have produced
- ▶ Co-led, at state invitation, state pilot to collaborate, with the Department of Human Services, at-risk children and adolescents in the child welfare system
- ▶ Number of consumers with developmental disabilities in their own homes doubled in 2006 with over 70 consumers now being supported in independent living arrangements
- ▶ Designed and implemented a uniform set of clinical practice guidelines and clinical utilization review system for the 8 county region for which CMHA-CEI is the Medicaid Prepaid Health Plan
- ▶ Implemented a pilot project to use Dialectical Behavior Therapy for persons with developmental disabilities and personality disorders, in an effort to foster community integration and independence
- ▶ Strengthened clinical training of staff by providing continuing education units for social work staff completing CMHA-CEI-sponsored training; strengthened peer dialogue on psychiatric practices

RANGE OF IMPACT*	EMPOWERING CONSUMERS	STRENGTHENS PARTNERSHIPS	IMPROVE ORGANIZATION - CLINICAL	IMPROVE ORGANIZATION - ADMIN.	PURSuing OUTCOME-DRIVEN PRACTICES	POPULATION SERVED**
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Advocacy

- ▶ Sponsored 8-county Consumer Advisory Council in its work with policy review, consumer education, and advocacy
- ▶ Held candidate forum (attended by 15 local, statewide, and federal candidates), voter registration drive for CMHA-CEI consumers, quarterly elected officials luncheon (attended by over 40 elected officials)
- ▶ As part of effort to ensure protection of Medicaid mental health service delivery system, testified as part of advocacy team before U.S. Senate committee
- ▶ Active participation, by CMH-CEI consumers, in state's Recovery Council

Financial Management

- ▶ Designed and implemented a uniform Medicaid payment system, financial reporting, and risk reserve management for the 8 county region for which CMHA-CEI is the Medicaid Prepaid Health Plan

Health Information Technology

- ▶ Served on statewide task force at the Michigan Department of Community Health in developing the blueprint for Michigan's health information technology/electronic medical records
- ▶ Increased efficiency by transitioning several locations to wireless networks

Community Education

- ▶ Formed Mental Health Partnership Council (made up of consumers, families, providers, and community stakeholders). Partnership Council designed and held 12 community education and dialogue events attended by over 1,000

Organizational Development and Performance

- ▶ The Health Services Advisory Group's (HSAG) 2006 review of Michigan's Medicaid Prepaid Health Plans found this CMHA-CEI to be one of the top 5 in the state
- ▶ Initiated development of management and leadership strengthening effort with 20 member co-development group

Diversity

- ▶ Designed and implemented foundation components of a sustainable, system-integrated diversity initiative
- ▶ Initiated partnership with African American pastors coalition, through Pastors' Mental Health Luncheon and establishment of working group to design on-going dialogue efforts

Housing and Homelessness

- ▶ Actively participated in 10 year plans to end homelessness in all three counties; co-led affordable and supported housing efforts, and participated in state-level effort to foster housing for persons served by CMHA-CEI system and combat homelessness

RANGE OF IMPACT*

EMPOWERING CONSUMERS

STRENGTHENS PARTNERSHIPS

IMPROVE ORGANIZATION - CLINICAL

IMPROVE ORGANIZATION - ADMIN.

PURSUEING OUTCOME-DRIVEN PRACTICES

POPULATION SERVED**

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Range of Impact*

- L - Local Impact
- R - Regional Impact
- S - Statewide Impact
- N - National Impact

Populations Served**

- Children and adolescents with serious emotional disturbance (SED)
- Adults with serious and persistent mental illness (SPMI)

- Adults, children and adolescents with developmental disabilities (DD)
- Persons with substance abuse disorders (SA)
- All populations served

A Portrait of Success...

Jim was often considered to have some of the more challenging behaviors of those who CMH-CEI serves. His aggressive and destructive behavior, as a result of his major depression and mild mental retardation, required his admission to the Mt. Pleasant Regional Center in May 2002. CMH-CEI was not able, at that time, to provide the supports he needed to stay in the community.

A team was assembled made up of Jim's mother, staff from CMH-CEI's Community Services for the Developmentally Disabled (CSDD), and staff from Peckham Inc. to put the supports in place to enable Jim to have the best chance at living the life he wanted for himself in the community. Staff from a number of CSDD's units—Clinical Services, Life Consultation, Residential, and Employment Solutions—all teamed up to put their best thinking on the table and vowed their commitment to what they knew was not going to be an easy task. Jim needed assistance in how to handle responsibility, manage his emotions, make better decisions, and deal with every day skills needed for independent living.

Members of his team asked Jim to make little steps and they guaranteed him their support. In August 2002 Jim moved into the group home. This home provides the highest level of supervision in the CSDD residential system. With the assistance of his staff he learned the skills necessary for him to move to a more independent setting. In November 2006 Jim moved into his own apartment and with the assistance of CSDD's Supported Independence Team is doing very well.

Jim made the transition from working at the Kellogg Center enclave operated by Peckham Inc. to working at Premier Food Service located at Jackson National Life. He is proud to tell you that he sets up his own transportation arrangements and has never been late or missed work.

Jim's case is an excellent example of how someone with the right supports and a committed staff can make it—even under the most challenging circumstances.

Providing Community-based Services

CMHA-CEI's staff and provider network, working in over 100 locations and hundreds of homes, workplaces, schools, and neighborhoods across the community, provides over 5 million hours of care to tri-county residents every year. In 2006, CMHA-CEI served:

- 3,278** Adults with serious mental illness
- 1,506** Adults experiencing difficulty coping with life's stresses
- 2,276** Adults with substance abuse disorders
- 1,259** Adults with developmental disabilities
- 1,522** Children and adolescents with serious mental illness or emotional disturbance
- 291** Children and adolescents with developmental disabilities



Reinvesting in the Community

FY 2006 REVENUES

Clinton-Eaton-Ingham Operations Only

Federal Funds.....	\$1,645,952
State of Michigan	\$13,852,288
Local	\$3,023,805
Earned Contracts.....	\$5,392,690
SSI/SSA/Food Stamps.....	\$1,258,401
Fees	\$335,271
Interest Income	\$607,355
Medicaid	\$55,302,805
Use of GF Risk Reserve	\$505,628

Affiliation Revenue

Medicaid Payments for Community Mental Health Affiliation and Substance Abuse Coordinating Agency Affiliates	\$32,403,065
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Total Revenues \$114,327,260

FY 2006 EXPENDITURES

Clinton-Eaton-Ingham Operations Only

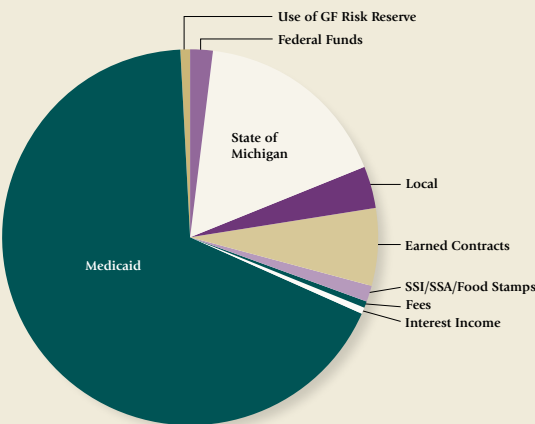
Services to Adults with Mental Illness or other Mental Health needs.....	\$24,319,050
Services to Children with Emotional Disturbance	\$7,649,874
Services to Adults with Developmental Disabilities.....	\$31,953,374
Services to Children with Developmental Disabilities	\$2,346,957
Services to Adults with Substance Abuse Disorders.....	\$2,677,751
Board Administration.....	\$6,945,455
CMHAMM Administration.....	\$756,863
Local Match Draw Down.....	\$1,449,175
Medicaid Provider Tax.....	\$3,451,579

Affiliation Expenditures

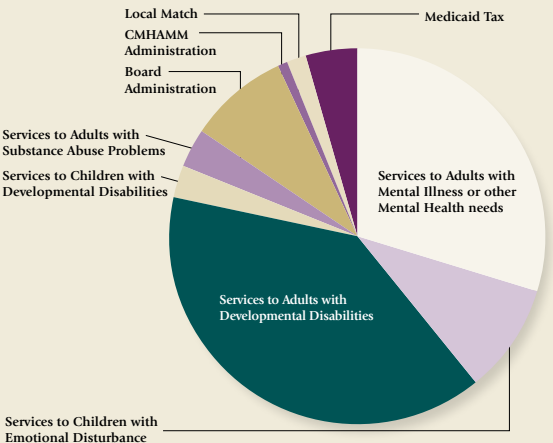
Medicaid Payments for Community Mental Health Affiliation and Substance Abuse Coordinating Agency Affiliates.....	\$30,409,464
Affiliation Medicaid Provider Tax.....	\$1,824,568

Total Expenditures \$113,784,110

FY 2006 REVENUES



FY 2006 EXPENDITURES



2006
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CMHA-CEI is an equal opportunity employer.