

# Piece OF MIND

Q4 2014 Edition



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COMMUNITY MENTAL  
HEALTH AUTHORITY

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## Where's Your 'Piece of Mind?'

At SCCMHA we use many tools to help our consumers and their families, and the community as a whole, deal with complex issues presented by mental illness and intellectual and developmental disabilities.

One of the most important tools we use is information: Helping consumers and their families find the resources they need. Helping the community know how it can make the system better. Helping policy makers comprehend the size and scope of our mission. Helping the public understand that people with mental illness deserve compassion and respect is equally important.

This new, quarterly newsletter is another tool in our information toolbox. It is designed to help keep the many different groups who are part of the SCCMHA community up-to-date on mental health and

disability issues, as well as activities within the organization and its many partners.

For people facing the challenges of mental illness and intellectual and developmental disabilities — and their loved ones — SCCMHA is here to help them find peace of mind.

We also offer those consumers — and others who are part of the SCCMHA community — opportunities to offer a piece of their minds.

We hope this newsletter helps you do both.

Sincerely,

**Sandra M. Lindsey, CEO**

*Saginaw County Community  
Mental Health Authority*





## Substance Use Disorder Services in Saginaw

In the past two years, significant adjustments in Substance Use Disorder (SUD) services have been unfolding all across Michigan. These changes included legal entities, how service is arranged and even a service expansion.

In Saginaw, the changes have directly impacted both SCCMHA and the County of Saginaw. Several 2013 laws passed by the Michigan legislature triggered changes for substance use disorder services, integrating them with mental health organizational structures.

At the same time, the Michigan Department of Community Health (MDCH) launched a project to reconfigure specialty mental health services management and reduce the state's Pre-Paid Inpatient Health Plans (PIHPs) from 18 to 10. This changed oversight for substance use disorder services in Michigan.

Effective with related MDCH changes, the existing coordinating agencies (CA) for SUD services, both treatment and prevention, would now be aligned with the new 10 public mental health regions by the end of 2014.

In Saginaw, this means SCCMHA, as the Community Mental Health Services Program, became part of a larger, regional PIHP, now known as Mid-State Health Network (MSHN) effective January 1, 2014. By October 1, the local Saginaw CA would cease to be a single-county coordinating agency for substance use disorder services, and MSHN will become the CA for the entire 21-county region.

Four coordinating agencies currently cover various county groupings in the large region. These include the Saginaw

single-county CA within the Saginaw County Department of Public Health (Substance Abuse Treatment and Prevention Services or TAPS), the six counties of the existing Northern Michigan Substance Abuse Services CA (NMSAS), and the Clinton-Eaton-Ingham (CEI) and Bay Arenac (River Haven CA) programs which had already integrated with multi-county mental health service programs.

These changes have also incorporated a shift in terminology to describe the population or condition, to Substance Use Disorder or SUD services, away from the previously used Substance Abuse Services.

For several years, Saginaw County and SCCMHA have been collaborating to successfully transition substance use disorder services management and oversight. The County and SCCMHA have a unique two-year contractual arrangement to facilitate and manage these changes locally, including the new regional PIHP impact on Saginaw County SUD business.

SCCMHA remains the direct holder of the local SUD provider contracts. TAPS, however, continues to be involved in the direct oversight and management of service delivery, including authorizations and community planning. Both parties have also been actively engaged in MDCH-hosted substance use disorder transition meetings.

SCCMHA and Saginaw County Coordinating Agency leadership have continued to be proactive in SUD planning and local and regional changes.

Despite these changes, there are many positives. Providers have protections in sustaining service for the immediate future. MSHN recently began to host regional SUD provider meetings to respond to questions and allay concerns about the future. The regional affiliations being developed have the potential to strengthen local service delivery and prevention programs. Providers who offer regional services or who are involved in the provision of both SUD and mental health services will likely see some efficiencies.

Another important change this past year has been the expansion of Medicaid effective April 1, 2014. Enrollment rates to date for Healthy Michigan, the state's Medicaid expansion program based solely on low income, have been very strong in Saginaw. This benefit offers coverage for substance use disorder services to many people who previously did not have it. It also offers an expansion of the services and supports available for those who need SUD intervention.

While details are still being finalized, we expect Saginaw County residents who need SUD services will have better access to them, helping more people recover, maintain sobriety and/or be drug free and live substance-free lives.

*For more information on substance use disorder services, contact SCCMHA or TAPS at 989-797-3400 or 989-797-3748.*

# Friends for Recovery Center Connecting Consumers to Community and Each Other

Since February of this year, Saginaw County Community Mental Health Authority (SCCMHA) consumers have been using the new Friends for Recovery Center (FFRC) facility with continued excitement and pride. From field trips to classes to planting a vegetable garden in the back yard, they are bonding with others who share similar challenges with mental illness and connecting with the Saginaw community in ways they never thought possible.

“Coming to the Friends for Recovery drop-in center is a change of pace in my recovery plan,” says Robert Colvin, SCCMHA consumer. “It is a jump forward in the success of my recovery and helps make me a better citizen.”

The FFRC, located at 2720 West Genesee Street in the Bayside Plaza, operates as a 100-percent consumer-run facility designed to serve adults in Saginaw County who have been diagnosed with severe mental illness. Initial funding for the drop-in center was provided by the Michigan Department of Community Health (MDCH)

through a Community Health Services block grant; it builds upon priorities for the State of Michigan set forth by Governor Rick Snyder and MDCH Director James Haveman, indicating the importance of a coordinated and integrated healthcare structure. Currently FFRC is waiting for a decision on its 501(c)(3) application with the Internal Revenue Service to continue its growth as an independent non-profit organization.

“We’ve grown so much in these first few months,” says Miley Stuller, FFRC director. “Our focus from day one has been encouraging each other to concentrate on wellness and recovery instead of on the diagnosis, and through that we have been able to connect with the Saginaw community in such positive and productive ways.”

Consumers who visit the drop-in center have a variety of activities in which they can participate to improve their overall health and wellness. Classes include yoga taught by a certified instructor, 12 Proactive Steps to Recovery led by FFRC staff, Be Fit, Eat Healthy, Healthy Cooking and Financial Budgeting

facilitated by Michigan State University Extension, as well as stress awareness and management classes and a variety of recovery and wellness workshops led by SCCMHA staff.

The facility also contains a workout room with exercise equipment, a large kitchen area, a library with computers, a “movie” room with a large television and video equipment, and a large back yard area that consumers have used to plant a vegetable garden with the help of generous donations from Home Depot.

“The great thing about this drop-in center is that the consumers who utilize it also make the decisions on how it operates,” Stuller says. “They let us know what classes they find useful and what activities they enjoy. And that’s how we structure our day-to-day activities.”

Aside from activities on-site at FFRC, consumers have also been enjoying trips to the Children’s Zoo at Celebration Square, Haithco Park, Castle Museum, Greek Fest and even a Great Lakes Loons game. “It’s a blast for everyone,” says Stuller. “They really enjoy getting out into the community and living life to the fullest.”

The FFRC welcomes approximately 20 consumers per day and is



continuing to evolve and grow. Currently they are preparing to develop committees that will help structure decisions made around activities, fundraising and other needs. They are also looking to fill a vacant

part-time Peer Support Specialist position and take on volunteers with lived experience to help coordinate day-to-day office needs. Additionally, consumers would like to add more classes to their roster to expand options for participants.

*If you are interested in learning more about the Friends for Recovery Center and would like to get involved, connect with them on Facebook and contact Miley Stuller at 989-401-7588 or [mstuller@ttiinc.org](mailto:mstuller@ttiinc.org). Walk-in tours of the facility are also available during normal business hours.*



# Health Home Medicaid Amendment Comes to Life in Saginaw County

Colleen Sproul

*Health Home and  
Integrated Care Director,  
Saginaw County Community  
Mental Health Authority*

Research studies have long indicated that people with serious mental illness and substance use disorders have significantly shorter lifespans than the general population. That shortened span comes mainly from preventable risk factors such

as smoking and treatable conditions such as diabetes and cardiovascular disease.

In an effort to address the fragmented care provided for physical and emotional health to those most in need, the Affordable Care Act of 2010 created the Health Home optional Medicaid State Plan benefit. Its goal is to help coordinate care for people with Medicaid who have chronic conditions such as mental health issues, substance abuse, asthma, diabetes, heart disease and weight challenges. Health Home providers integrate and coordinate all primary, acute, behavioral health and long-term services and supports to treat the whole person.

“The Health Home model recognizes that chronic health conditions for persons with mental health and substance use disorders require integration of medical and behavioral healthcare,” explains Colleen Sproul, SCCMHA’s new Health Home and Integrated Care director. “SCCMHA’s commitment to ensure the coordination of medical and behavioral healthcare in the Saginaw community has been under development for several years. As the director of Health Home and Integrated Care, I will assume the implementation and administration of a program that will establish health homes, in partnership with medical and behavioral health providers and community-based social services and supports, to improve the experience and quality of care for individuals in our county.”

The Health Home initiative will use readily available funding and community resources, connecting participants to various

channels of support while medical and behavioral healthcare is coordinated all in one. “Health Delivery, Inc. (HDI) has been a resource within SCCMHA for quite some time now,” Sproul says, “so it makes sense that the Health Home initiative in Saginaw County be housed at SCCMHA where this partnership between physical and behavioral healthcare has already been developing and can be built upon.

“We recognize that because of the challenges many people with serious mental illness face, it takes an entire community working together to adequately treat the whole person and provide supports that enable them to live a full and happy life. By bringing together the quality healthcare of HDI, the innovative behavioral healthcare options through SCCMHA and the numerous external community supports, the overall health and well-being of consumers and this community will most definitely increase.”

Sproul, a lifelong resident of Saginaw County, holds a Licensed Master of Social Work (LMSW) with the state of Michigan and a Master of Science in Administration, is an active board member of the Special Needs Vision Clinic and the City of Saginaw’s Human Planning Commission, and functions as the chairperson to the Commission. Starting in 1997, she has held a succession of medical case management, referral management and Medicaid service positions with HealthPlus of Michigan in Flint. Throughout her time with the healthcare coverage provider, Sproul was responsible for the planning, organizing and successful administration of the County Health Plans that included directing the coordination of relevant HealthPlus

functional areas to provide appropriate support

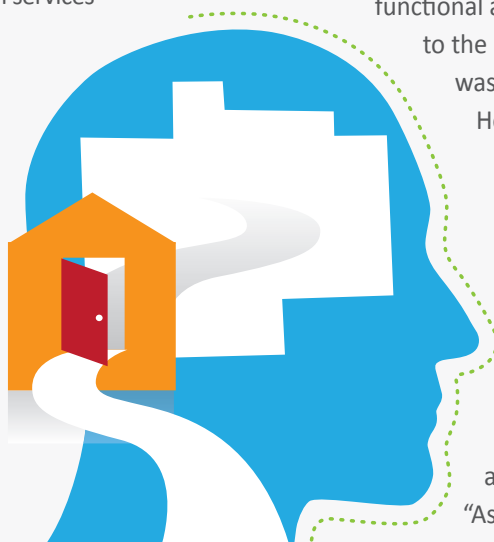
to the County Health Plans. Additionally, she was responsible for the administration of HealthPlus’ government relations strategy and community relations, including the HealthPlus Rainmaker grant award program and numerous community sponsorships.

“I am excited for the opportunity and challenge to focus on leading the launch of a coordinated, person-centered care model that will facilitate access to medical and behavioral healthcare,” Sproul says.

“As a lifelong resident of Saginaw County, I

am very fortunate to return to Saginaw to work with an outstanding organization that is dedicated to improving the health outcomes of its residents. In many respects, joining SCCMHA is the culmination of all that I have been privileged to learn along the way.”

*To learn more about the Health Home and Integrated Care program in Saginaw, what types of services will be provided and determine eligibility, contact Colleen Sproul at 989-272-0259 or [csproul@sccmha.org](mailto:csproul@sccmha.org).*



# Saginaw County Collaboration Leads Healthy Michigan Enrollment

Officially launched on April 1, the Healthy Michigan Plan has been providing low-cost health coverage to eligible Michigan residents, and Saginaw County is one of the program's enrollment leaders. As of July 21, 2014, Saginaw County's enrollment in Healthy Michigan came in at 7,851 individuals, totaling 92.8% of the estimated county population eligible to receive coverage through the plan. The statewide enrollment average as of July 21 is 72.9% of the estimated eligible population.

"It's great that we have so many eligible Saginaw residents enrolling to get coverage through Healthy Michigan," says SCCMHA's Director of Care Management and Quality Systems Linda Tilot. "But we can't expect individuals to sign up on their own, we need to continue offering services and supports that help them determine their eligibility and get signed up for coverage that is right for them and their families."



SCCMHA is proudly partnering with Health Delivery, Inc. (HDI), Saginaw Health Plan, Saginaw Department of Human Services, and Advomas in a new health access initiative called Saginaw County Enrollment Advocacy Network (SCEAN). It aims to educate people and provide assistance in enrolling them in the Healthy Michigan Plan and the Health Insurance Marketplace.

"Our goal with this new access initiative is to share resources to get maximum community enrollment," Tilot says. "Through this alliance we've been able to place a kiosk in the Access Center at SCCMHA that connects directly to the Michigan Department of Human Services (MDHS) Healthy Michigan application. We've also contracted with Advomas to assist area hospitals with patients who need help with Medicaid applications. And HDI team members hold sessions in the computer lab at the SCCMHA Albert & Woods Building to assist people with the enrollment process."

The Healthy Michigan Plan is a product of President Barack Obama's Affordable Care Act, signed into law on March 23, 2010. The design of the Healthy Michigan Plan ensures beneficiary access to quality healthcare, encourages utilization of high-value services and promotes adoption of healthy behaviors. Unlike traditional Medicaid, the Healthy Michigan Plan offers adult dental coverage as well. Per federal requirement, individuals eligible for services under the Healthy Michigan Plan must have access to the following 10 Essential Health Benefits:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health and substance use disorder treatment services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services, including oral and vision care

Those looking to enroll in the Healthy Michigan Plan must be 19 to 64 years old, have an income at or below 133% of the federal poverty level, do not qualify for or are not enrolled in Medicare or other Medicaid programs, are not pregnant at the time of application and are residents of the State of Michigan.

*If you are interested in enrolling in the Healthy Michigan Plan or are unsure of your eligibility, visit [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges), call 1-855-789-5610, or visit the Michigan Department of Human Services at 411 E. Genesee Street or Saginaw County Community Mental Health Authority at 500 Hancock Street for assistance.*

## New Website for SCCMHA Coming Soon

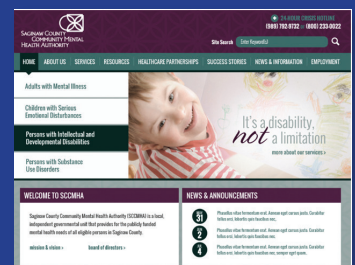
Debuting soon is a new look and new functionality for the SCCMHA website.

SCCMHA has long recognized the need to expand and improve its website to better support the needs of users, including staff, providers, partners, community stakeholders, the general public and most importantly, consumers who need SCCMHA information.

SCCMHA expects the new website will be up and running this fall. It will be more user-friendly than the previous site, and include more current, readily accessible and complete information important to the many audiences of SCCMHA business. The new site will contain information about our programs and providers, resources and information, healthcare partnerships, consumer success stories, up-to-date news and information and employment opportunities.

SCCMHA wants to ensure that the Saginaw County area has general information about mental health conditions as well as services available and how to make referrals or seek support. In addition, regular partners of SCCMHA and organizations who contract with SCCMHA will benefit from having improved access to key information such as relevant contacts and documents.

The SCCMHA website address is [www.sccmha.org](http://www.sccmha.org).





# Saginaw Pathways Focused on Growth and Sustainability

Saginaw Pathways to Better Health has officially entered the third year of its grant as of July, 2014. The program is a partnership among local healthcare, social services providers, agencies serving special populations and other stakeholders to ensure patient access to the services they need to help them manage chronic conditions more effectively.

Saginaw Pathways Director Barb Glassheim notes that while the original grant funding the project is scheduled to end on June 30, 2015, partnerships and referrals continue to grow and the main focus for everyone involved is sustaining the endeavor beyond the life of the grant.

"It seems like we're getting busier every day and we keep expanding our workforce at incredible rates," Glassheim says. "We've just forged a new partnership with Mobile Medical Response to help enroll high-volume users of emergency services and transportation in the community. We're working on a partnership with the Saginaw County Commission on Aging to serve their high-need and high-risk clients. And we are projected to have 25 Community Health Workers (CHWs) on staff by the end of August."

Saginaw Pathways to Better Health serves adults across the age spectrum (from 18 to seniors) in Saginaw and adjacent counties who are eligible for or enrolled in Medicare and/or Medicaid who have two or more chronic conditions. Clients are assigned a CHW who will help educate them about their conditions, promote healthy behaviors and facilitate access to needed health and social services. Partners in this project currently include Alignment Saginaw, Covenant HealthCare, Health Delivery, Inc., Michigan Health Information Alliance, Michigan Public Health Institute, Mobile Medical Response, Saginaw County Community Mental Health Authority, Saginaw County Department of Public Health and St. Mary's of Michigan.

Aside from managing the ever-changing day-to-day tasks of connecting clients to community supports and services ("We're close to 1,200 clients enrolled now, and growing," says Glassheim), Saginaw Pathways is making a name for itself in a number of additional outside projects as well.

Glassheim and her team are involved in the Michigan Primary Care Transformation Project, a three-year plan aimed at improving health in the state, making care more affordable and strengthening the patient-care team relationship. Saginaw Pathways also joined forces with Ingham and Muskegon counties to present at the Michigan Association of Community Mental Health Boards annual Spring Conference in Lansing, collaborated

with Saginaw MAX System of Care for minority outreach efforts during the month of July in recognition of National Minority Mental Health Awareness Month, and continues to move forward with the national Pathways HUB Certification Pilot Site Demonstration Project — a project that sets nationally recognized standards for accrediting the Pathways HUB model of care coordination in which Saginaw is one of three sites that was selected nationally to participate.

In addition to Saginaw Pathways' numerous projects, Glassheim herself serves as a liaison to the Michigan Association of Community Health Workers for all three Pathways sites in Michigan where she sits on the Education and Workforce, and Policy and Legislation Committees. She is also working on submitting a concept paper to the Kellogg Foundation on year-four funding of Pathways projects.

"There's so much going on with Pathways, it's hard to name it all," she laughs. "But that's a great place to be in. We're proud of the work we have been able to do in the community and we look forward to growing and evolving as needed to provide the best care possible for our clients, far beyond the life of the grant."

## SCCMHA's Salter Place Receives

From the back corner of the suite that was home to Saginaw County Community Mental Health Authority's Salter Place, in a storage closet that had been converted into a makeshift office space, Rocky Archangeli oversaw his team of Peer Support and Housing Specialists at the Housing Resource Center. "It was a tight fit, but we made it work," Archangeli, housing supervisor for SCCMHA at Salter Place Housing Resource Center, says.

But after five years of sharing the building of suites on State Street with a hair salon and Training and Treatment Innovations (TTI), Salter Place has now expanded to occupy the entire building and staff is excited to have the opportunity to provide more services and supports to clients.

Salter Place Housing Resource Center — named after beloved mental health consumer and SCCMHA parking monitor Johnnie Salter who passed away in 2008 — serves people who are consumers of SCCMHA services as well as others in the community with varied housing assistance needs.

# Saginaw Pathways Merges with MI Early Childhood Home Visiting to Create Saginaw Community Care HUB

Saginaw's Michigan Maternal, Infant, and Early Childhood Home Visiting HUB joined forces with the Saginaw Pathways to Better Health HUB to launch the Saginaw Community Care HUB on June 1.

The Community Care HUB, housed at Saginaw County Community Mental Health Authority, serves as the central access point for support through Pathways, Early Childhood Home Visiting, or both, reducing time and barriers to getting enrolled.

The Home Visiting HUB is funded through the Michigan Department of Community Health Maternal, Infant, and Early Childhood division. Participating providers in Saginaw include Birth to 5: Watch me Thrive!, Nurse Family Partnership, Maternal Infant Health providers, Saginaw Intermediate School District Early Head Start, Healthy Families America and Saginaw County Great Start Collaborative. The goal of this HUB is for home visitors to provide families prevention and intervention services, help families understand specific developmental milestones and

help children reach them, ensure children are kindergarten ready and provide overall health screenings throughout their formative developmental years.

"These services and providers have been involved in our community for many years," explains SCCMHA's Director of Care Management and Quality Systems Linda Tilot. "The state wanted to bring everything together to make sure the target population of families with young children was being reached, and services and supports were more coordinated."

The Home Visiting HUB in Saginaw is still under development, and partnerships are still being formed, but Tilot is excited about what comes next for the new Saginaw Community Care HUB. "Both HUBs are trained by Dr. Sarah Redding and follow the same format, so our goal is to have one Community Health Worker in each home for both HUB services," she explained. "When a family unit has members in their home who can utilize services coordinated by both HUBS, one CHW will be able to come into the home and get them set up with the individual supports they need."

*To learn more about Saginaw Pathways to Better Health or the Michigan Maternal, Infant, and Early Childhood Home Visiting HUB, call the Saginaw Community Care HUB at 989-498-2266. Staff will help you determine eligibility and guide you through the enrollment process.*



The finished product includes new office space for staff, a small kitchen area, two meeting rooms and a computer to help consumers explore and sign up for available supports, a secure lobby area and a large conference room. "This renovation is going to allow us to do so much more now simply because we have never had this kind of space before," Archangeli says. "We're going to start holding classes here for our clients — covering topics like budgeting, couponing, things that will help them live a more independent lifestyle. We're also going to be volunteering to hold meetings in our conference space — offering another option for those in our network to meet somewhere centrally located in the community."

Archangeli expresses his staff's excitement over the new space by acknowledging how happy everyone is with the project's completion. "It really is a wonderful space," he says. "We couldn't be happier with how everything turned out. And it's great that we have the opportunity to enhance services to our clients now — that's what matters the most and that's what makes the time and effort to undertake a project like this worth it."

## Facelift, Expands On-Site Supports

"We primarily administer three different rental assistance grants through the U.S. Department of Housing and Urban Development, and the Projects for Assistance in Transitions from Homelessness grant through the Substance Abuse and Mental Health Services Administration," explains Archangeli.

"Each grant has its own specifications, but ultimately what we do is help community members identified as disabled or having mental health and substance abuse challenges find adequate housing based on their needs. We help them locate an apartment or house to rent, get set up with utilities, find furnishings for their new home, locate employment opportunities through referrals to SCCMHA's Supported Employment program and Michigan Works and more."

Renovation work on Salter Place, led by Wobig Construction of Saginaw, began in July 2013 and finished in April of this year. "The original driving force behind this renovation was my request for a security area," says Archangeli. "Once TTI relocated and the hair salon vacated their space, we were able to explore options for expanding our use of the space that had been made available."



# SCCMHA Public Hearing Scheduled for September 4<sup>th</sup> in Saginaw

As a Community Mental Health Services Program governed by the Michigan Mental Health Code, Saginaw County Community Mental Health Authority is required to conduct annual public hearings. Specifically, SCCMHA is required to “provide and advertise a public hearing on the needs assessment, annual plan, and request for new funds before providing them to the county board of commissioners.”

While SCCMHA is now also an authority under MH Code — and a separate unit of local government — this public hearing requirement stands as a condition of state law. Public health code requirements have also provided for similar public events for local or regional substance use coordinating agencies in Michigan communities.

SCCMHA and the current local substance use disorder program under the Saginaw County Public Health Department — Substance Abuse Treatment and Prevention Services (TAPS) — have been conducting joint public hearings as partner public entities for more than five years. Usually held in early September prior to the start of the fiscal year on October 1, this joint public event in Saginaw is an excellent time to hear about accomplishments and plans for both mental health and substance use disorder services in Saginaw County.

The 2014 public hearing is scheduled for Thursday, September 4 at 5:30 p.m. at the 500 Hancock location of SCCMHA. All Saginaw County citizens and interested stakeholders are invited to attend this program of about one hour in length. The program will feature a PowerPoint presentation and time for questions and answers from SCCMHA CEO Sandra Lindsey, other local mental health directors and Saginaw County Public Health and Substance Use Disorder leadership. Refreshments will be provided.

*Hard copies of the presentation will also be available on request.*

Holidays, Observances  
& Events in Saginaw  
September – November

September  
**National Recovery Month**

October  
**National Bullying Prevention Month**  
**National Down Syndrome Awareness Month**  
**National Disability Awareness Month**

November  
**22 – International Survivors of  
Suicide Day**



500 Hancock St.  
Saginaw, MI 48602

