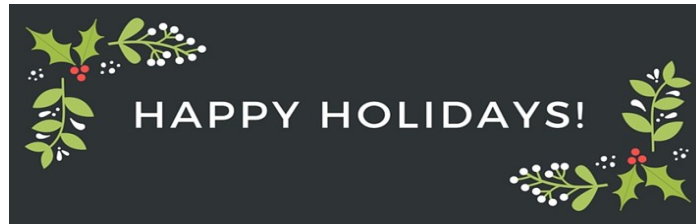


THE LINK

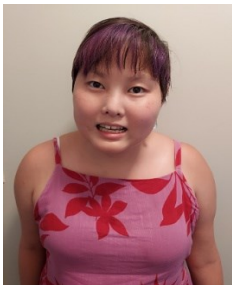


EXECUTIVE DIRECTOR'S CORNER

This edition of the Link is focused on integrated health. Integrated health is about your wellness as a whole person: Mental, physical, social, spiritual and more. You will read about some programs here at LCCMH that address integrated health: The new PATH program, PERS, MC3. Integrated health doesn't have to be a program or a big undertaking though. From the time you wake up to the time you go to sleep, there are so many little things that each of us can do that promotes overall health. Health is about having relationships with other people. It is the food we put into our body to give us the strength to be active. It is about taking time to be silent with ourselves and just

be present. It is about smiling at someone you don't know, just because they may need it. There are many things that impact our ability to "be healthy." It's not always easy. Life can be stressful. However, I encourage you to challenge yourself to do one thing each day that may make a difference in how you feel. You're worth it!

CONSUMER SPOTLIGHT



My name is Rachel Gerutta. I have been a member of the Consumer Advisory Panel (CAP) for the last 5 or so years. The members of the CAP come together once a month to discuss and plan events like the Town Hall meeting and the Genesis House 5K run. The goals that we plan for the year make Livingston County Community Mental Health (LCCMH) services better for consumers and their families. Since I have been a member of the CAP, I have had many other opportunities come my way. It has made me a better advocate, opened up my shell and made me more comfortable to be a better speaker.

I have had the opportunity to be a member of the Human Services Collaborative Body (HSCB) and Executive HSCB. At these meetings I have learned about my community, what others are doing to provide much needed service to others and how I can learn to be a bigger part of making those decisions.

LCCMH has assisted me personally with assigning me a case manager, helped me through my community living support (CLS) hours for my staff to assist me in the community, life skills goals to grow and being more independent. I am able to attend Genesis Club House and have a psychiatrist to assist me with my medications. My case manager is there to help me with any other questions or concerns I might have. I appreciate all the support that I have received from LCCMH to make my life as happy and healthy as possible. I still need help, but I know I have great people in my corner to help me.

What is a Consumer Advisory Panel (CAP)?

A CAP is a group of people who receive LCCMH services, or have family members that receive services. CAP members meet regularly to give valuable input on LCCMH programs and services. The Livingston CMH CAP meets once a month. Members are paid a stipend for attending and participating at meetings and other events. Want to use our voice to make a difference? Contact Amy Johnson at 517-546-4126 to learn more.

2022 CUSTOMER SATISFACTION SURVEY RESULTS

LCCMH welcomes input from consumers in many ways. One of these is the annual consumer satisfaction survey. Eighty-nine consumers completed this years survey. This input will be added to the LCCMH Strategic Plan to work towards improvements.

QUESTION	YES	NO	DON'T KNOW
I feel the agency is a comfortable place	95%	1%	3%
I feel respected when I call or see my CMH staff	93%	1%	5%
My phone calls are returned by the next day	88%	2%	8%
I saw my CMH staff within 15 minutes of my appointment	97%	1%	0%
I decide what is important when working with my CMH staff	88%	6%	4%
I understand what my CMH staff said today	95%	0%	3%
My CMH staff helps to achieve my goals	91%	3%	5%
My CMH staff follow up about my physical health needs	84%	6%	8%
I feel able to complain or disagree with my CMH staff	86%	4%	9%
I know how to file a complaint	67%	22%	10%



We want to give a big thank you to all the direct care staff, CLS providers and group home staff. We couldn't do it without you! It's been a challenging year for many reasons. We appreciate all that you do to help individuals reach their full potential every day. In the year ahead, LCCMH will continue to work together with our community partners to advocate to the State for additional supports for direct care staff.



Currently there is a high demand for mental health services and not enough resources to meet the increased needs. Many people are now turning to their pediatricians and family doctors for help. Interestingly, 70-80% of psychiatric medications are prescribed by primary care providers, who often serve as the frontline treatment providers for mental health and behavioral health concerns.

For the past 10 years, LCCMH has partnered with the Michigan Child Collaborative Care program (MC3). MC3 is a no-cost, statewide program that is funded by the Michigan Department of Health and Human Services. LCCMH has one Behavioral Health Consultant (BHC) working in our Child and Adolescent Services to support participation in the MC3 program within Livingston County.

MC3 connects primary care providers who treat patients 0-26 years old and perinatal women (contemplating pregnancy, pregnant, and up to 12-month post-partum) with psychiatrists to access same-day phone consultations. The MC3 psychiatrists can offer the primary care providers guidance on diagnostic questions, safe medication, and the MC3 Behavioral Health Consultants can support medical clinics by linking patients to appropriate community resources. Even though MC3 is not directly accessible by consumers, it is important to be aware of how LCCMH is uniquely collaborating with community primary care providers to help with the increased mental health needs of their patients.

FREE GUN LOCKS AVAILABLE AT LCCMH

Over half of all suicide deaths in the U.S. occur with a firearm. Increasing the time and distance between a person in crisis and their access to a firearm can reduce the risk of suicide and save lives. Gun locks also can be an effective safety measure if you have children in the home. The Veterans Administration has made free cable gun locks available at both LCCMH locations. Contact your case manager if you are interested in obtaining a gun lock. If you or someone you know is struggling with thoughts of suicide, please know that there is hope and help is available. Call the National Suicide Prevention Lifeline at 988 for resources.



FREE COVID TESTS

As we head into winter, it's a great idea to have a COVID plan. This includes keeping a supply of COVID-19 over-the-counter tests and well-fitting masks at home and staying up to date with COVID-19 vaccines and boosters. All households in Michigan can order free COVID-19 tests through [AccessCovidTests.org](https://www.accesscovidtests.org). Each household will receive one kit with five tests. People without access to the internet can call 211 for help ordering tests. The federal government is also providing free tests by mail. Go to [COVIDtests.gov](https://www.covidtests.gov) to order.

HAPPY RETIREMENT TO DR. COLLIGAN

Congratulations to Dr. Frank Colligan, who retired from Livingston CMH in September. He started at the agency in 1985 and worked here for 37 years! Wishing Dr. Colligan the best as he moves onto his next adventure!



WELCOME DR. DAGHER

We welcome Dr. Ibrahim Dagher to the LCCMH Medication Clinic. "Health is Wealth" is the doctor's motto. Before coming to LCCMH, Dr. Dagher worked with a CMH provider in the Detroit area. He also has worked in private practice. He has enjoyed getting to meet consumers and staff and learning more about LCCMH. If you see him in the building, give him a warm welcome.

KEEP YOUR BENEFITS ACTIVE: UPDATE YOUR ADDRESS WITH DHHS

Have you moved in the past few years? Did you update your address with your local Department of Health and Human Services (DHHS) office? During COVID, DHHS paused the requirement for completing re-determination forms. DHHS will be starting to send those forms out again. **In order to keep your Medicaid and other DHHS benefits, you must complete the redetermination forms sent to you.** For more information or to provide an updated address, call DHHS at 1-844-464-3447 or go online at newmibridges.michigan.gov. You can also connect in person with the DHHS worker at the main CMH building, 2280 East Grand River on Tuesdays. Call ahead to make sure she is in the office that day if you plan to come in the building.



RUCK TO LIVE

The Ruck to Live event was held September 17th in downtown Brighton. The goal of this annual event is to raise awareness and support for Veteran suicide prevention. LCCMH was proud to attend as an exhibitor and share information about our services. Many of our staff also participated in the march. Want to hear about the event next year? Visit the Veterans Connect website at veteransconnected.org.



THE PERSONAL EMERGENCY RESPONSE SYSTEM: AN ALTERNATIVE APPROACH TO SUPPORT

The Personal Emergency Response System (PERS) uses a speaker phone to listen for emergencies in your home. Unlike the well-known medical alert program, “I have fallen and can’t get up,” the PERS monitoring staff actively listens for emergencies and sends assistance. The individual does not need to push a button if they need help. They are on speaker and simply need to call out for help.

PERS staff will listen for falls, calls for help and/or any unusual noises. If any unusual noise is heard and there is no response, a PERS staff will physically show up to assure the person is safe. If we believe there is an emergency, 911 will be called. PERS can also assist with medication and appointment reminders.

The program is available 365 days, 24 hours per day. Working with the supports coordinator, a plan for usage will be identified in the individual plan of service. Some individuals choose to be on PERS during sleeping hours and others when support staff or family is unavailable. It is a flexible program that can be used periodically or daily. Contact your supports coordinator for more information. The PERS program does require a landline to operate.



WALK A MILE

Health and wellness took center stage at the State Capitol on September 15th at the annual Walk-A-Mile event. Each year about 2,000 advocates from all over Michigan attend this event. The goals are to show support for public behavioral health care, highlight the need for increased funding and to end stigma. The LCCMH Genesis Clubhouse attended to show support this year. Signs promising a passion for a healthy lifestyle populated the Capitol’s premises. Also, patience and peace of mind was discussed while people persevered through their powerful testimonies. Fred B., Steve L., and Idelle held the Livingston County flag with true Genesis House pride. In reflection, many incredible stories were unveiled that Thursday. Walk a Mile is a powerful testament to the thousands of individuals who continue to rise above their struggles to find hope for a better tomorrow. *(article contributed by Steve L. at Genesis House)*





2280 E. Grand River Ave.
Howell, MI 48843

We Are On The Web
www.cmhliv.org

**SAVE
THE DATE**

Community Connect 2023

Saturday, February 4th
10 AM - 1 PM

2142 Community Church
7526 Grand River Ave., Brighton



Free Giveaways:

- Laundry Detergent
- Coats/ Hats/Gloves
- Personal Care Items
- Boxed Lunch To-Go
- Blankets
- Diapers
- Food
- Socks



GET CONNECTED!

Services:

- Attorneys
- Health Screenings
- Haircuts
- Immunizations
- Hearing Care

Resources Focused On:

- | | | |
|--------------|------------------|-------------------|
| • Benefits | • Housing | • Senior Care |
| • Counseling | • Medicare | • Substance Abuse |
| • Utilities | • Mental Health | • Veterans |
| | • Domestic Abuse | |



Come Connect For **FREE** With Resources & Services. See You There!