

COMMUNITY REPORT

Fiscal Year 2022

10/1/2021— 9/30/2022

Mike Bach, M.A., L.L.P.
Executive Director

Kristin McArthur, M.D.
Medical Director

Leslie Griffith, LMSW
Associate Director

Susan Serafini
Finance Director

Dawn Gibson
Human Resource Director



MISSION

It is the mission of the Copper Country Mental Health Services Board to ensure that appropriate, cost-efficient, and quality behavioral health services are accessible to eligible persons in Baraga, Houghton, Keweenaw, & Ontonagon counties.

CCMHS provides an array of services intended to increase independence, improve quality of life, and support community integration and inclusion of the persons served. Service is tailored to the needs and strengths of individuals.

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A message from the Board

To the Citizens of Baraga, Houghton, Keweenaw and Ontonagon Counties:

The Board of Directors of Copper Country Mental Health Services is pleased to present the Annual Report for 2022.

Our report this year focuses on the various community programs available to support consumers. We highlight our Community Services Program, Ontonagon Car Wash, Fit Together, Behavioral Health Homes, Project AWARE and Residential Group Home care.

Additionally, Copper Country Mental Health has a 60 year anniversary this year and we wished to share some of that history with the community. The services that we focus on have changed over the years, but the heart of the work is still the same.

- We sincerely thank the many people and organizations who work with and for us to provide high quality behavioral health services to people throughout the Copper Country. We also appreciate the ongoing support from the Rice Memorial Clinic Foundation.

James Tervo, Board Chairperson

We would like to dedicate this year's annual report to our board member, Albert Koskela whom we lost last year.

Albert started on the Copper Country Mental Health Services Board in January 2013 as a Houghton County Commissioner member. He served on the Board until he passed away in April 2022. Albert was part of the Building and Grounds committee, Finance committee, and Negotiating committee. He served as a chairperson of the Building & Grounds committee due to his extensive knowledge about heating, plumbing and engineering.

We extend our sympathy and gratitude to Albert's family.



Meet the Management Team

Mike Bach

Position: Executive Director

Years with CCMH: 22

Previous Agency Experience: I started as a therapist in 2001 in the School Social Work Program, then transferred to the Outpatient Program and was a counselor with children and adults until 2012. I have also worked as Outpatient Director and Associate Director.

What I like best about working here: I love to build teams and work with them to solve problems. There are many talented and dedicated people here who support the individuals we serve.

Leslie Griffith

Position: Associate Director

Years at CCMH: 20

Previous agency experience: I spent 15 years working in Infant Mental Health Prevention services and Homebased Children's Services. I was also the Outpatient Program Director for 4 years.

What I like about working here: The passion and commitment of the staff to support consumers to live their best life and follow their individual recovery journeys.

Community involvement: Michigan Tech Preschool Advisory Board

Susan Serafini

Position: Finance Director

Years at CCMH: 17

What I like about working here: I worked in Banking and Finance prior to working at CCMH. It's so rewarding to work for an organization that is focused on those we serve and the community rather than solely making a profit.

Community Involvement: Advisory Board at Michigan Technological University.

Dawn Gibson

Position: Human Resource Director

Years at CCMH: 29

Previous Agency Experience: I was first hired as a Payroll specialist in 1993 and then moved into the Human Resources Manager position. I have been the Human Resource Director since December of 2014.

What I like about working here: People, People, People. I have seen so many staff who are committed to serving, in so many ways, the individuals we work for. The jobs can be difficult, challenging and hard but the rewards are enormous and can be heard when talking with staff about what they do.

Dr. Kristin McArthur

Position: Medical Director

Years with CCMH: 6

Previous Agency Experience: I was initially hired to cover telepsychiatry for another doctor going on maternity leave. I agreed to stay in a regular capacity when the need arose. I added the medical director responsibilities after the previous medical director retired.

Other Experience: I did my undergraduate, medical school, and psychiatry residency at the University of Washington in Seattle. I did my geriatric psychiatry fellowship at the University of Michigan in Ann Arbor.

What I like about working here: I've stayed with this job because of the people! I love working as a psychiatrist, especially on a team where others work so hard to make sure things come together to ensure patients get the best care possible.



The history of Copper Country Mental Health

Our roots in the Copper Country go back to 1963, the year Michigan passed a law empowering counties to form community mental health boards. That year, concerned citizens from Baraga, Houghton, Keweenaw, and Ontonagon counties met to discuss forming a multi-county board that would help people with mental illness and developmental disabilities live fuller lives. Private citizens worked with the county commissioners and, on December 20, 1963, the Copper Country Mental Health (CCMH) Board was formed. The board members had their first meeting on January 21, 1964 when they chose our current name.

Our first center of operations was on the Houghton Canal Road in the Rice Memorial Clinic, purchased in 1962 through the generosity of John and Mildred Rice. Staff in that building had recently moved from St. Joseph's hospital in Hancock, where they had been providing psychiatry and therapy to children since 1956. CCMH added services to adults, and we merged with the Child Guidance Clinic Board in 1965.



One of the main focuses of our early history was follow-up with adults discharged from Newberry Regional Hospital. We recognized how critical it was for them to form a connection with another person who cared. We continued our work with children and families and coordinated with schools, courts, and other local agencies. Day Centers in White Pine and Hancock provided adults with developmental disabilities a structured day and opportunities to interact and learn skills with others. As the movement for deinstitutionalization grew, we took ownership of our first group home, Stanton House, in 1983. It was exciting to bring people from Newberry Hospital to live in homes in the community. For some, this was their first opportunity to wake up each day and decide what they wanted to eat and where they wanted to go.

Over the years we've grown in the services we offer, from teaching children with Autism to go shopping with their parents, to helping adults learn to manage a budget and an apartment. We help children process traumatic events and link adults with community resources. But what hasn't changed is our commitment to helping people live in the community and enjoy life to the maximum extent they are able. If you would like a complete list of our services, visit our website at www.ccmh.org.

By Mike Bach



COMMUNITY SUPPORTS PROGRAM

The community support program, otherwise known as CSP, is a vital program that assists individuals with their recovery. CCMH added this program in 1987. The program is designed to promote independence, community inclusion, and participation. Staff who work in the CSP department are often described as empathetic, kind, encouraging, dependable and humorous. The community support program is essential to individuals with a severe and persistent mental illness, living in our community, who want to remain in their own home while working towards their recovery.

Some of the services offered through CSP are:

- ◆ *Assistance with medication management*
- ◆ *Assistance toward financial stability*
- ◆ *Encouraging healthy lifestyles and personal care*
- ◆ *Encouraging community membership and social networks*
- ◆ *Transportation to outpatient appointments*
- ◆ *Skill development to maintain community living*

A CSP staff 's day often starts at an individual's home, to deliver and administer their medication to them, as prescribed by their treating physician. During a delivery, staff get to know the individual by promoting conversation, providing a listening ear, and reporting back to the treatment team if noticing anything out of the ordinary. CSP staff are often the first to notice or become aware of concerns regarding the individuals we work with. The staff are crucial to the overall well-being of our consumers in numerous ways.

After a delivery is complete, CSP staff may be asked to provide transportation for an individual to an outpatient appointment at CCMH with their therapist, psychiatrist, or case manager. After a transport, CSP staff may assist them with grocery shopping at a store, promoting healthy food choices, modeling interpersonal skills with other community members in the grocery store, as well as budgeting and financial management. Lastly, they may take an individual to a restaurant for community inclusion and socialization, enjoy a cup of coffee or a meal with the individual, go to a local park or event, and provide support and encouragement throughout the outing.

"I'm very happy that CSP can bring me shopping. I don't know what I would do without them."

"I like to go shopping and get to talk with people."

"CSP is friendly and help me remember to take my meds."

This is just a snapshot of the importance and significance of the program, the staff who provide the services, and the individuals who benefit from the service. I'd like to leave you with a few quotes from individuals receiving community living supports offered through the community support program at CCMH.

By Jamie Rheault

ONTONAGON CAR WASH

The Car Wash is a job skill training program that has employed individuals with disabilities since 1992. Currently, The Car Wash

employs eight individuals throughout the week, four individuals per day. Job tasks include spraying, inside detailing, outside detailing, and janitorial work. These individuals work with one of three staff members on a daily basis—Leonard Immonen, Heather Strauch, or James Martin. These staff act as “job coaches” whose primary task is to promote individual formation of skills needed to successfully maintain employment such as timeliness, regular attendance, proper hygiene and grooming, and effective communication.



The Car Wash not only provides opportunities for individuals with disabilities, but



it also fulfills a need in the community of Ontonagon. The Car Wash is the only car detailing service in town, providing residents with a valuable service. There are three types of washes available, outside wash, inside detail with outside wash, and inside detail with an outside wash and hand

wax. The CCMH staff and individuals working in the car wash take pride in their work, paying exceptional attention to detail. The Car Wash is located at 513 Quartz St. (behind the Ontonagon County CCMH Center). Car washes are scheduled by appointment only, call 906-884-6097 to schedule yours today!



By Aunica Bolen

FIT TOGETHER

Fit Together is a program funded by a Mental Health Block Grant from the Michigan Department of Health and Human Services. It aims to ease any barriers or worries someone may have when it comes to physical activity and supporting healthy nutrition habits,

because we know how much physical and mental health can affect each other! Fit Together pays for gym memberships, personal training sessions, equipment rentals, and any classes participants want to attend. We also provide nutrition consultation and accountability check-ins!

Fit Together has enrolled over 80 consumers since the program began in 2018. Participants in Fit Together must be over 18, a consumer of Copper Country Community Mental Health Services, and have a diagnosis of serious mental illness. During the 2022 Fiscal Year, Fit Together enrolled 15 new participants in the



program and offered 11 physical activity and nutrition-based events to participants. These included hikes in the Porcupine Mountains, Copper Harbor, and O Kun-de-kun falls. Other events offered were kayaking, group walks, bike rides, and yoga. Participants had gym memberships at Portage Fitness Center, SNAP Fitness, Michigan Tech SDC, and Aspirus Keweenaw Fitness Center. Several participants also utilized nutrition coaching throughout the year.



One participant talked about the friendship they formed with another participant through an event, and that they now hike together in their free time! The participant also stated that they are thankful for Fit Together because it has “helped with anxiety symptoms”. Another participant stated that the check-ins have kept them accountable and that they “appreciate the call, even if it doesn’t seem like much. It’s a reminder of what I want and to start again if I stopped”. Meet your health goals and join Fit Together!

By Elizabeth Sundblad



BEHAVIORAL HEALTH HOMES

When you hear the word “home” you probably imagine a building. Behavioral Health Homes (BHH) are not physical buildings, but rather the concept that community mental health programs can support integrated care of a consumer’s physical and behavioral health needs. A BHH functions as the central point of contact for patient-centered care across the broader health system.



Consumers who are Medicaid beneficiaries are eligible for the program based on eligible health and behavioral health conditions. The program is voluntary and CCMH staff discuss the possible benefits of enrolling in this program. Consumers do not necessarily have new staff members added to their treatment team, but rather have opportunities to incorporate physical health needs into their treatment plans and regular discussions/activities with staff. The ongoing dialogue between consumers enrolled in BHH and staff allows for greater support with addressing physical health needs.

Some examples of ways that BHH is being used:

- ◆ *Discussion at injections about the physical health side effects of the medication and ways to impact those side effects positively.
- ◆ *Involvement in Fit Together with additional follow-up by staff to discuss possible barriers consumers are experiencing as well as the overall benefits of the exercise/health program
- ◆ *Regular walking programs – including transportation
- ◆ *Mindfulness techniques to address chronic pain from medical conditions
- ◆ *Connection and coordination with the primary health care provider

These just highlight a few ways that the BHH program helps consumers meet their physical and behavioral health needs. CCMH currently has 15 consumers enrolled in the program, but we continue to add more people who would benefit.

By Leslie Griffith

Project AWARE

Project AWARE (Advancing Wellness and Resiliency in Education) is a five-year SAMHSA grant that creates a partnership between local Intermediate School Districts

(ISDs) and the local Community Mental Health (CMH) agencies. It consists of a project manager from the local ISD and a co-project manager from the local CMH, as well as other supporting staff. We are currently in year three of the grant.

The three main goals of Project AWARE are:

- ◇ Create awareness of mental health issues among school-aged youth
- ◇ Provide training to adults interacting with youth to be able to detect and respond more efficiently to mental health issues (Ex: Youth Mental Health First Aid)
- ◇ Create a collaboration between the ISD and the CMH to facilitate easier access to services

As part of Project AWARE, we have organized trainings for adults interacting with youth in the community such as, Youth Mental Health First Aid, PREPaRE (Prevent, Reaffirm, Evaluate, Provide, Respond, Examine), QPR (Question, Persuade, Refer), and ASIST (Applied Suicide Intervention Skills Training) trainings. The grant can assist all students in the Copper Country Intermediate School Districts, but has two primary target schools - Lake Linden and Baraga.

The grant has allowed for some targeted mentoring at grade levels as well as social-emotional learning lessons for multiple grade levels.



The ISD has School Social Workers and Mental Health Providers within the local schools that serve students with mild to moderate mental health symptoms. If a student has more severe mental health needs, they are referred to CCMH to determine if they meet criteria for services.

In addition to the work Project AWARE does in the schools and the collaboration for easier access to services, we have State meetings with the Department of Health and Human Services (DHHS), Department of Education, and all of the ISDs and CMHs that are a part of this grant cycle. We also have Community Management Team meetings that include different sectors in our four surrounding counties to form a collaborative, multi-disciplinary community team.

The Community Management Team has set the following mission statement to address the larger community needs of youth mental health: The Community Management Team will work to build a collaborative community of learning and growth that will focus on providing prevention, treatment, access and resources to mental health and social emotional learning services for all youth and families and provide appropriate training to adults who serve our community youth.

By Brittany Turner

A Day in the Life of a Direct Care Staff

A Direct Care Staff (DCS) is a uniquely gifted person that enters a consumer's home and puts their needs first and foremost. This position is not for the weak hearted. We are family and friends, as well as paid staff for some of our population, and the reward is priceless!

Each day presents differently as a DCS, but primarily we are the first point of contact for our consumers we serve. We are the first ones to notice any changes in our

consumers, whether that be medically or behaviorally.

We are the cooks, cleaners, personal care providers, transporters, and entertainers. We make sure that all activities of daily living (ADLS), such as personal hygiene and oral hygiene, are completed. Medication set up and administration is also a huge part of our job. All needs are identified in the consumer's person-centered plan, and differ depending on the consumer.

We assist in the enrichment of our consumers by offering community outings such as sporting events, picnics, and local events. We also have home activities, such as coloring, board games and movie nights to name a few. The possibilities are endless, and based on what the consumer enjoys. We also assist in setting up and completing appointments.



The end goal of every day is to make sure all consumers' served are safe and healthy.

By Jordan Gherna

Institute Highlights 2022

The Institute delivers training and prevention services using a proactive approach to reduce risk factors, increase resiliency, and promote wellness. The Institute publishes newspaper articles on a variety of topics, including wellness, stress, burnout, and how to make healthy changes. We coordinate orientation and annual training for CCMH staff as well as staff at local agencies who serve CCMH consumers.

Botvin's LifeSkills substance use disorder prevention training programming for students in 6th, 7th, and 8th grades in Houghton, Hancock, Dollar Bay, Ironwood, Bessemer, and Wakefield-Marenisco schools focused on drug misuse, coping with anxiety, peer pressure, communication skills, and other skills that help youth navigate tough decisions.

Health Education training and support focuses on school districts within a five-county area (Baraga, Houghton, Keweenaw, Ontonagon, Gogebic) to implement Michigan Model for Health[®] curriculum. Local school children receive comprehensive health education including skill-based instruction in social emotional health. This leads to academic success, success in relationships and a reduction of childhood obesity. Funding is through a contract with Copper Country Intermediate School District.

Living Healthy in the Western UP, a program funded by a Supplemental Nutrition Assistance Program education (SNAP-Ed) grant through the Michigan Fitness Foundation. The program consists of multiple curricula provided to two different populations: elementary schools and adults with intellectual/developmental disabilities living in our adult foster care homes. This year we worked on updating the menus in the group homes beginning with healthy breakfast options.

PE-Nut WUP (Physical Education and Nutrition of the Western Upper Peninsula) was provided for students in four elementary schools (Kindergarten, 2nd grade, and 4th grade). PE-Nut WUP uses a whole-school approach to encourage students, parents, and educators to be physically active and eat healthier. *Cooking Matters for Teens* was offered in Baraga and Calumet to middle schoolers.

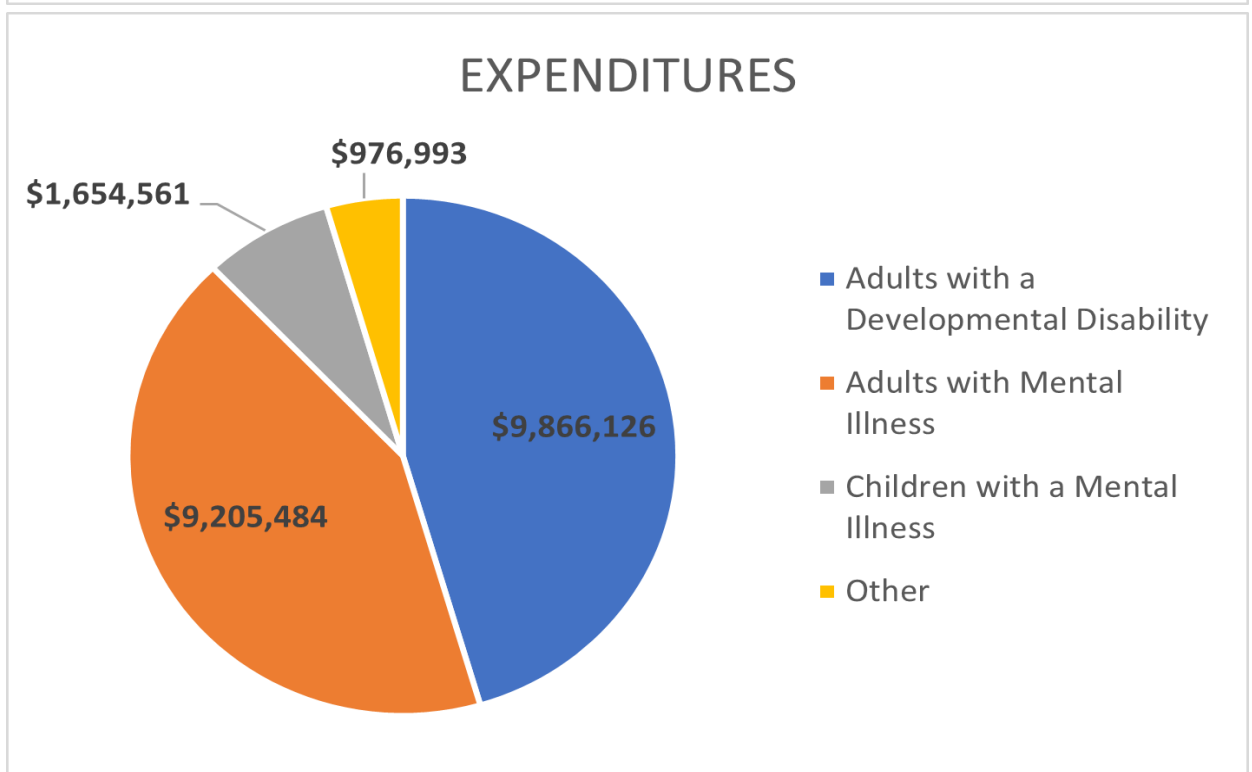
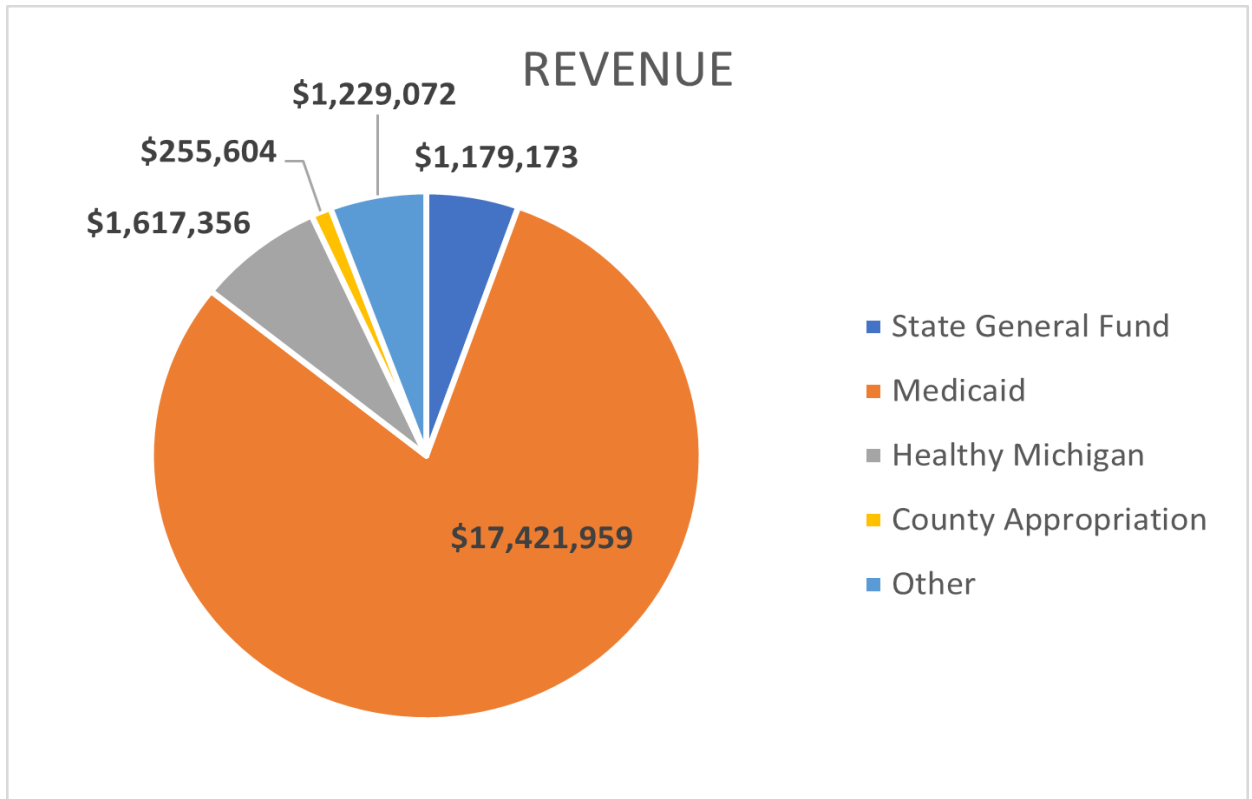
Mental Health First Aid™ teaches participants how to help someone experiencing a mental illness or a mental health crisis. To date we have trained over 300 Mental Health First Aiders, including parents, providers, law enforcement, EMTs, medical community, school counselors and human service providers. This program is made possible by CCMH, CCISD and the Rice Memorial Clinic Foundation.

By Taryn Mason

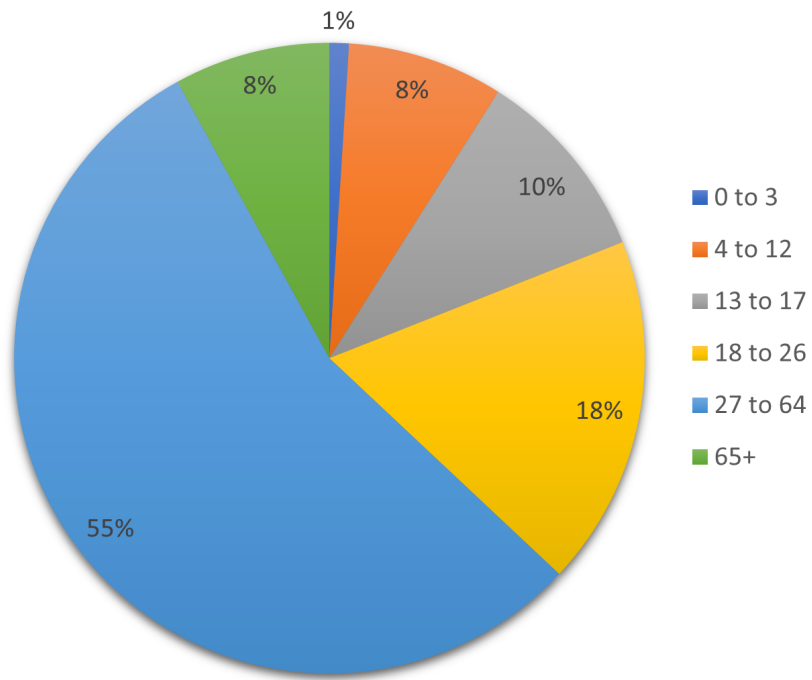
FISCAL PROFILE

Utilizing a budget of \$21,703,164,
Copper Country Mental Health

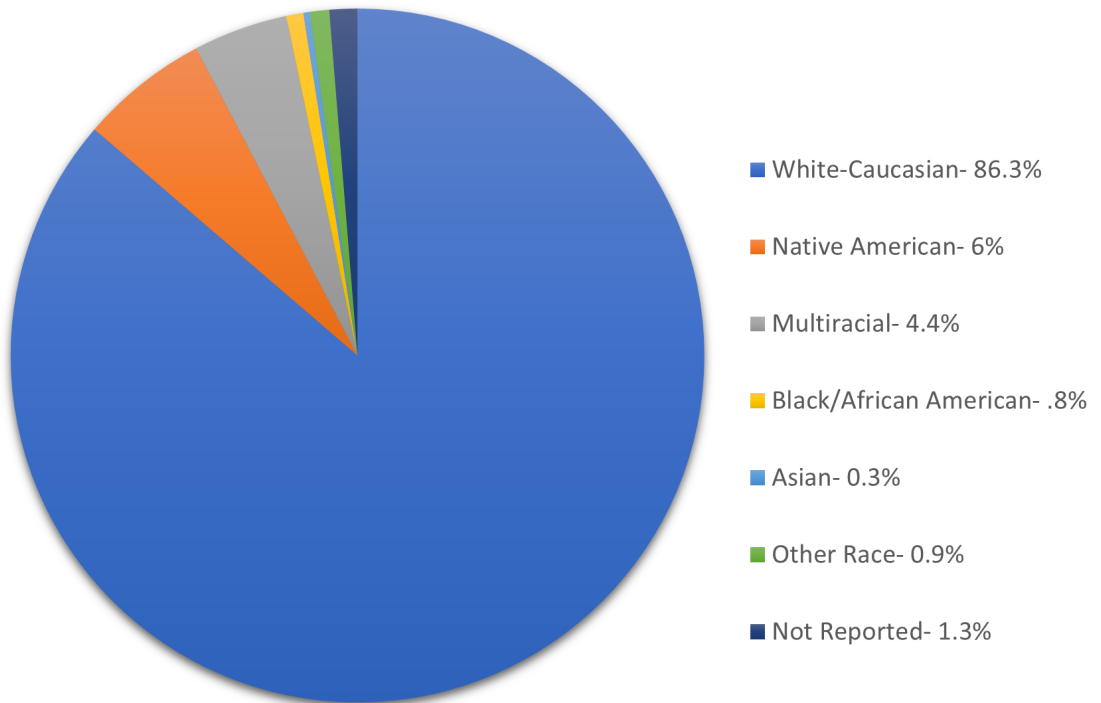
Services provided services to 1,071 individuals from October 1, 2021 through September 30, 2022.



CONSUMERS BY AGE



RACE/ETHNICITY



Board of Directors

James Tervo <i>35 years on Board</i> <i>Board Chairperson</i>	Chassell
Pat Rozich <i>32 years on Board</i> <i>Board Vice Chairperson</i>	Hancock
Michael Koskinen <i>12 years on Board</i> <i>Board Secretary</i>	Baraga
Barry Fink <i>10 years on Board</i>	Houghton
Richard Bourdeau <i>8 years on Board</i> <i>Ontonagon County Commissioner</i>	Mass City
Kathleen Johnson <i>8 years on Board</i>	Lake Linden
Katherine Carlson-Lynch <i>2 years on Board</i>	Mass City
Randy Eckloff <i>2 years on Board</i> <i>Keweenaw County Commissioner</i>	Allouez
Gail Eilola <i>2 years on Board</i> <i>Baraga County Commissioner</i>	Pelkie
Julie Farmer <i>1 year on Board</i>	Lake Linden
Richard Herrala <i>1 year on Board</i>	Houghton
Roy Britz <i>1 year on Board</i> <i>Houghton County Commissioner</i>	Houghton

ACCESSING SERVICES

FOR EMERGENCY SERVICES

During business hours call:
(906)482-9404 or 1-800-526-5059
After hours call: 1-800-526-5059

NEW REQUESTS FOR SERVICES:

Call NorthCare Network
Access and Eligibility
Toll free at: 1-888-906-9060

OUR CLINICS

Rice Memorial Center

901 West Memorial Drive
Houghton, MI 49931
(906) 482-9400
TTD/TTY: (906)482-8037

Baraga County Center

15644 Skanee Road
L'Anse, MI 49946
(906) 524-5885

Ontonagon County Center

515 Quartz Street
Ontonagon, MI 49953
(906) 884-4804

Rice Memorial Center

CLK Branch

56938 Calumet Avenue
Calumet, MI 49913
(906) 337-5810

The Institute

900 West Sharon Avenue
Houghton, MI 49931
(906) 482-4880