

2022 St. Clair County Community Mental Health ANNUAL REPORT



Cover art created by Lydia Davies from Yale High School, Grand Prize winner of the 2023 Creative Arts High School Poster Contest.

Keep Going, Keep Growing

At St. Clair County Community Mental Health, we believe every person has the ability to recover and grow. As the provider of publicly-funded behavioral health services and as a Certified Community Behavioral Health Clinic (CCBHC), we provide treatment and support services to adults with mental illness, children with serious emotional disturbances, people of all ages with intellectual/developmental disabilities, and individuals with substance use disorders.

Our services include, but are not limited to, crisis intervention and stabilization, therapy, medication management, skill-development groups, educational workshops, and resources for individuals and families. Our staff are highly qualified and trained in multiple evidence-based and promising practices which offer individuals customized opportunities focused on specific recovery needs. With a focus on integrated healthcare, treating both physical and mental health conditions, our purpose is to help individuals recognize their capacity to discover, recover, grow, and improve their overall health and well-being, to lead lives of their choosing.

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Scan the QR code using the camera on your smart device to learn more about St. Clair County Community Mental Health, to view the Annual Awards Book and

Creative Arts Contest winners, and to take a brief survey.



Debra Johnson, Chief Executive Officer

As a community and country, we've seen significant changes to all aspects of life since the COVID-19 pandemic took hold. While change can be difficult for any organization to navigate, the transforming landscape of behavioral healthcare has created opportunities for St.

Clair County Community Mental Health (SCCCMH) to grow to meet the need. Two noteworthy outward signs of growth continue to be the increase of individuals seeking the programs and services offered here and the growth of our staff to meet the increased need.

SCCCMH has seen a 48 percent growth in staff since 2019. This is directly related to changes that were implemented to increase access to behavioral health services. As a Certified Community Behavioral Health Clinic (CCBHC), our services are readily available to individuals in need of treatment and support for a mental illness, intellectual/developmental disability, and substance use disorder, regardless of ability to pay, insurance type, or co-occurring health conditions.

Our 2022 Annual Report highlights two programs providing proven and successful alternatives to hospitalization for individuals facing a mental health crisis. We also shed light on what may be the most consequential mental health crisis unfolding before us, the increasing mental health needs of children and the way we provide care for them.

As we move forward post-pandemic, addressing concerns present prior to it, SCCCMMH is positioned to meet the increased need for behavioral health care services in our community and offers a comprehensive array of programs and services to meet those needs.

Debra Johnson, Chief Executive Officer
St. Clair County Community Mental Health

FY22 SCCCMMH LEADERSHIP TEAM

Debra Johnson | Chief Executive Officer
Dr. Mohammad Saeed | Medical Director
Karen Farr | Chief Financial Officer
Tracey Pingitore | Chief Operating Officer
Kathleen Gallagher | Program Director
Kim Prowse | Administrative Services Director
Dann Hayes | IT & Facilities Director
Michelle Measel-Morris | Support Services Director
Telly Delor | Recipient Rights Director

FY22 BOARD OF DIRECTORS

Nancy Thomson | President
Julie Jowett-Lee | Vice President
Martha Partipilo | Secretary
Lori Ames
Jackie Bligh
Anthony Essian
Mark Paulus
Edwin Priemer
Kyle Schieweck
Jessica Totty
Antoinette Tucker

MEET OUR STAFF

In 2022, SCCCMMH was named a "Best Place to Work in Healthcare" by Modern Healthcare, employing 417 dedicated and highly qualified professionals.

- 121 Clinicians
- 69 Case Managers
- 37 Mental Health Assistants
- 7 Prescribers
- 21 Nurses & Med. Techs
- 5 InShape Mentors
- 14 Peer Supports
- 6 Recovery Coaches
- 49 Program Support Staff
- 88 Non-Direct Care Staff





Employee of the Year

Dianne Champine is the walking definition of a team player, always willing to help a colleague by collaborating, brainstorming, or supporting. Dianne has a remarkable ability to show others their strengths and skills to be successful and is a source of positivity for many. Her ability to produce positive outcomes is a direct result of her genuine care and regard for others. Her strong belief that all individuals can grow, recover, and discover new opportunities has made her instrumental in the recovery journeys of many. We proudly recognize Dianne as the 2022 SCCCMH Employee of the Year for her commitment to service excellence.

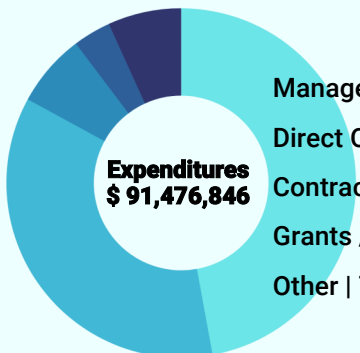
Team of the Year

In 2022, a multidisciplinary team, led by our Community Integration Services department, transitioned an individual supported by SCCCMH from a residential treatment setting to a family home setting. Their mission was to ensure the individual was living a life of their choosing, and that their quality of life improved. Undeterred by the complexity of the situation, the team trained and scheduled staff, learned new treatment approaches, and collaborated with multiple service providers.

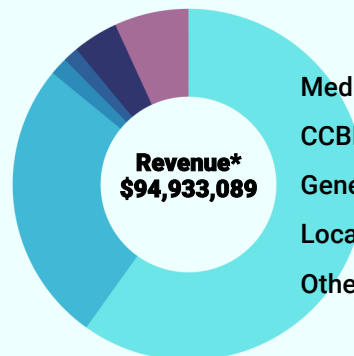
The team continues to maintain a high level of support for the individual and is enthusiastic about the individual's progress. We proudly recognize Tony Castillo, Marisa Dunlap, Michael Fetterly, Tricia Gapshes, Pat Parise, Dr. Mohammad Saeed, Krystal Sawdon, Bob Shafran, Bill Vertigan, and Ashley Witte as the 2022 SCCCMH Team of the Year for their unwavering commitment to all the individuals they support.



2022 Financial Data



Expenditures
\$ 91,476,846



Revenue*
\$94,933,089

Medicaid / Healthy MI Plan | 64%
CCBHC Demonstration | 26%
General Fund | 2%
Local Funds | 1%
Other | 7%

*Includes \$2.9 million surplus CCBHC Demonstration funding, which is available to provide CCBHC services to individuals without Medicaid.

2022 SCCCMH Community Engagement



Employees donated \$21,366 to 19 causes through the Casual for a Cause program.



Held 52 trainings, workshops, & webinars for professionals & community members



Participated in 46 community events

One Last Attempt

The Urgent Need to Address the Growing Children's Mental Health Crisis



Isabelle sent a text during class in early January 2022; she said it was her “last attempt to see if anyone cared enough to save me.” Isabelle had created a plan to end her life that afternoon. As the day progressed, she knew she didn’t want that outcome, but didn’t feel like there was another answer.

Within minutes of sending that text, Isabelle found herself pulled from class, sitting in her school counselor’s office. The Mobile Crisis Unit (MCU) from SCCCMH responded immediately, talked with Isabelle, and determined she was at risk of harm, and should be transported to the hospital.

Isabelle spent approximately 10 hours in the local emergency room. Thankfully there was a bed available for her at a mental health facility that treated youth; however that is not always the case.

There is no shortage of reporting, journal articles, and anecdotal evidence supporting the mental health crisis facing youth across our country. We are in a state of grave concern and need to take immediate steps to address this situation.

Currently, there is a shortage of inpatient placement options for youth across the state. In recent years, we have seen an increase in the severity of mental health conditions in youth. Compared to approximately 15 years ago when St. Clair County had three crisis homes, a children’s shelter, and a juvenile detention center, supports and services for

youth have decreased. At present, there are no children’s crisis homes in St. Clair County due to changes in legislation. This reduction in resources has intensified the crisis and made swift treatment options come to a standstill in many cases.

Today, Isabelle’s SCCCMH care team consists of a social worker and a psychiatric nurse practitioner. Through her work with our master’s level clinician, she’s learning coping mechanisms for her depression and anxiety. She’s advocating for herself, learning to seek adult support when needed, and recognizes how to step away from life stressors.



Recent studies show 1 in 5 children have a diagnosable mental health condition, but only half receive care. We must be innovative in our ways to approach access. It is critical to understand the challenges facing the youth mental health crisis – not just the shortage of providers or access to psychiatric beds.

Isabelle began struggling with her mental health in elementary school with feelings of worry and anxiety. Exacerbated by a history of trauma, her mental health began to cause serious challenges in daily living. The same level of fierce, steadfast, and immediate steps taken to ensure Isabelle received the care needed to understand, treat, and support

her mental health conditions needs to become the standard for all children. Good health is foundational to the overall development of children. Building a strong foundation for this vulnerable population must include appropriate mental health care for all. This requires significant action and advocacy from public and private behavioral health systems, and all systems that touch children's lives.

SCCCMH is committed to the all hands on deck approach, from policy to individual education, and the development of new, innovative, and creative ways to address the care for the mental health of our youth. All children deserve the opportunity to receive swift and appropriate care, and the opportunity to begin their recovery in the same fashion that Isabelle has.

CHILD CUSTOMER SATISFACTION SURVEY

As a result of services received, my child gets along better with family and others. **100%**

As a result of services received, my child is better able to do the things they want to do. **95%**

I am happy with the quality of services my child received. **100%**

As a result of services received, my child is better at handling everyday life. **100%**

Overall, I am satisfied with the services my child has received. **100%**

ADULT CUSTOMER SATISFACTION SURVEY

As a result of services received, my symptoms are not bothering me as much. **90%**

As a result of services received, I am better able to control my life. **92%**

Services were available at times that were convenient to me. **98%**

As a result of services received, I deal more effectively with daily problems. **92%**

Overall, I am satisfied with the services I have received. **96%**

Rights Champion Team of the Year



SCCCMH employees, Jessica Schroeder and Geri Danna are fierce advocates for the individuals they serve. They are consistent in their mentoring of colleagues to ensure

individuals are treated with the dignity and respect they model in their own work. As strong advocates for personal choice, together they've supported an individual who was not given opportunities to live a self-directed life. Additionally, their advocacy has supported another individual in making their own decision about their daily living. Their commitment to ensuring the rights of the individuals they serve sets an example for all.

Rights Champion of the Year

Susan Bolton understands she has a unique perspective about advocating for the rights of individuals. She also knows it can be hard for an individual to speak up at times, which is why she is a constant advocate for the rights of individuals served. Susan believes that being the voice for those who can't speak for themselves is paramount in ensuring we are honoring personal choice and empowering everyone to make changes that affect their care. As a member of SCCCMMH's Advisory, Recipient Rights, and Quality Improvement Committees, Susan volunteers her time because she knows seeing both sides of a concern is the best way to ensure change is appropriate and sensitive to the individuals being served. Her unwavering commitment to advocating for the rights of individuals has strengthened the services and supports provided by SCCCMMH.



ACT - Rapid, Flexible, Mobile

In decades past, individuals with the most severe mental illnesses were often warehoused in institutions, state hospitals, or other restrictive environments, away from their families and communities, losing their independence and autonomy as a result. In the 1960s, a community-based approach to care emerged in response to changing attitudes and policies surrounding behavioral health care. "Deinstitutionalization," or the closing of many residential treatment facilities, would return people with a mental illness back to their communities. This shift in the way we as a nation treated individuals with mental illnesses, while positive, posed challenges as individuals with a severe and persistent mental illness still had needs and rights to quality care and support for daily living.

First launched in 1972, Assertive Community Treatment (ACT) is a medically monitored, non-residential service that is less intensive than medically monitored in-patient or residential treatment, but more intensive than other outpatient or community based treatment. ACT is a team approach to mental health care that seeks to provide services where and when needed; is personalized for the individual; provides time-unlimited support; and is continuous, flexible, and comprehensive.

In St. Clair County, the ACT team includes a psychiatrist, two nurses, three clinicians, a peer support, a case manager, and two mental health assistants that deliver this specialized model of care. The team develops person-centered treatment plans for each individual receiving ACT support. Services are delivered in homes, the community, and workplaces, providing support around the clock where and when it is needed.

The purpose of ACT is to improve quality of life while empowering individuals to manage symptoms and learn skills necessary for social functioning. The team will deliver support on a routine grocery-shopping trip or provide medication administration in a home if that is what the individual needs. Supporting individuals in the community setting works to ensure an individual is able to function with

a valuable quality of life in the most independent way possible.

ACT is one of many evidence-based practices utilized at SCCCMH. It has shown positive effects through the reduction of hospitalizations, increase in housing stability, and increase in service satisfaction. However, the most significant contributions to the community provided by the ACT team may be their explicit mission to promote individuals' independence, rehabilitation, community integration, and recovery.

What is an evidence-based practice?

An evidence-based practice is a clinical tool or program that has been scientifically researched and proven to produce consistent, positive results for the people who used it. A promising practice is a program that includes measurable results and successful outcomes, however, there is not yet enough research to prove that this program or process will be effective across a wide range of settings and people.



At SCCCMH, we use 28 evidence-based or promising practices to support people in their recovery.

ACT participants had 37% more reduction in homelessness and 26% more improvement in psychiatric symptom severity compared with standard case management treatments.



ACT is one of the most studied evidence-based mental health practice models used in the United States.

Mobile Crisis Unit

Emergency medical care is expected when we experience a physical health emergency; the same should be expected when we experience a mental health crisis. What a mental health emergency looks like varies greatly, but that doesn't mean it is any less critical to receive prompt care to ensure safety.

Community based crisis stabilization services are available to St. Clair County residents through our Mobile Crisis Unit (MCU). MCU is a crisis response team, prepared to answer calls 24/7/365, and is offered at no cost to anyone in the community. MCU answers calls from individuals who are struggling emotionally, experiencing suicidal thoughts or behaviors, are in need of support with a substance use concern, or experiencing a mental health emergency.

Calls to MCU are handled by a member of a multidisciplinary team, led by trained clinicians, who begin with a telephone screening. When necessary, in-person visits take place for a visual assessment.

Care through a call to MCU looks different for every individual. Safety plans and follow up care are built into the treatment model. The team also links individuals with services available at SCCCMH or in the community, when appropriate. When needed, the intake process begins with continuous follow-up until the individual is linked with a clinician for additional treatment.

The team is more than a first step for emergency mental health crises. SCCCMH's Mobile Crisis Unit also provides support to local school districts when requested; these assessments and recommendations routinely link youth to services to address mental health concerns. The MCU team also provides 24-hour, in-patient screening for youth and adults at Lake Huron Medical Center and Ascension River District Hospital. In-patient screenings are available for youth at McLaren Port Huron from 8:00 am to 11:00 pm Monday through Friday and 10:00 am to 11:00 pm on weekends.

Law enforcement partnerships have allowed MCU staff to encounter individuals in need of mental health support who are open to help but haven't been able to be reached. Additionally, partnerships like this have opened the opportunity for treatment options for individuals who may have been referred for hospitalization or faced time in jail. MCU has a full-time employee assigned to and located at the Port Huron Police Department to augment this ongoing partnership.

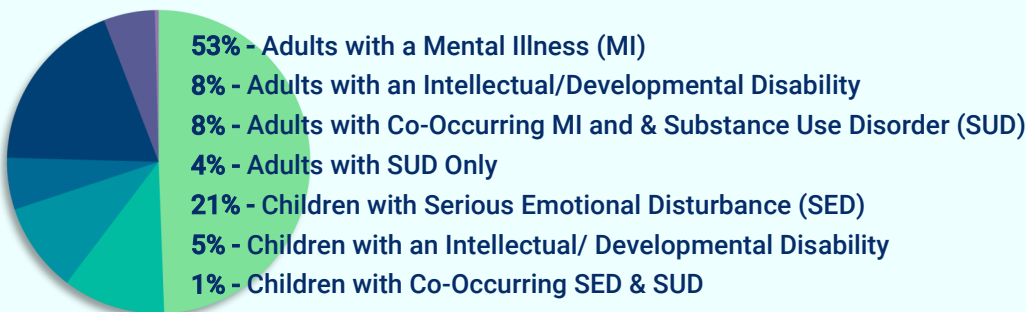
MCU is not intended to replace long-term mental health care, but bridges individuals to community-based crisis stabilization services. The ability to provide care for individuals seeking support through a period of emotional distress or in need of immediate connection to services and resources drives the work of the members of the St. Clair County Community Mental Health Mobile Crisis Unit.

Mobile Crisis Unit: 810-966-2575

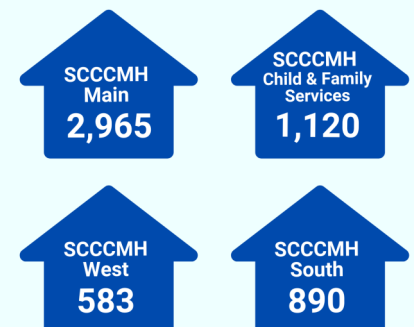
In 2022, SCCCMH supported 5,558 individuals.

A 10% increase since 2021

Served at each location:



Data from FY 2022



Locations:

SCCCMH Port Huron

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

SCCCMH Child & Family Services

2415 24th Street
Port Huron, MI 48060
(810) 488-8840

New location
opening
May 30th!

SCCCMH South

6221 King Road
Marine City, MI 48039
(810) 765-5010

SCCCMH West

14675 Downey Road
Capac, MI 48014
(810) 395-4343

YOU ARE NOT ALONE.



If you are struggling with a mental health condition, an intellectual/developmental disability, or substance use disorder, the caring team at St. Clair County Community Mental Health is here to support you.

For support and treatment services, call the Region 10 Access Center:

1-888-225-4447

For crisis intervention and support, call the Mobile Crisis Unit:

1-810-966-2575



CONVENIENT LOCATIONS THROUGHOUT ST. CLAIR COUNTY

Accepting individuals, regardless of insurance status



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

www.scccmh.org

