



**Shiawassee  
County Community  
Mental Health  
Authority**

**2017 ANNUAL  
REPORT**

*Improving quality of life  
through health and wellness*



# Lindsey Hull

Chief Executive Officer

Preparing the Annual Report causes us to pause and reflect on the previous year. We are reminded of the progress we made, challenges we have overcome and the outcomes we still hope to accomplish. This Annual Report will be the last for Shiawassee County Community Mental Health Authority (SCCMHA). In July of 2017 our Board of Directors voted in favor of SCCMHA doing business as Shiawassee Health and Wellness. Our team used the remainder of 2017 to prepare for opening our doors as Shiawassee Health and Wellness beginning in 2018.

Our efforts in 2017 provide a good illustration of the purpose for updating our name:

- We were selected to participate in a cohort of 11 behavioral health organizations from across the nation focused on improving the system of care in relation to cancer screening and treatment for individuals receiving mental health treatment.
- We received the highest level of accreditation during a survey from the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF describes human service agencies that request a review as having a commitment to continually improving services, encouraging feedback and service the community.
- We continued on our quest to support staff development and expand our ability to provide evidence based practices that have proven to result in improved health and wellness for program participants.
- We committed to promoting wellness and healthy lifestyles for our workforce.

We are on a mission to *promote health, wellness and recovery*. Our programs and services have evolved overtime to focus on overall health and embrace the notion of being well. Our vision is to *improve the quality of life through health and wellness*. Our hope is that Shiawassee Health and Wellness promotes those we serve and our community to reach their full potential.

Be Well!

# Our Mission, Vision And Values

## **Mission**

To improve the overall health and quality of life for the community and individuals we serve by inspiring hope, supporting self-determined lives, encouraging recovery, promoting prevention and effectively integrating care.

## **Vision:**

- To provide compassionate and effective treatment that is responsive to the needs and values of the community and individuals we serve, and
- To offer these quality services in a welcoming environment, supportive of the cultures, traditions, and values of our community, and
- To ensure these easily accessible services are offered in a timely manner and are comprehensive and individually tailored to each individual we serve, and
- Present as an organization that is valued as a collaborative resource, establishing relationships with individual and community stakeholders, and
- Who creates comprehensive, innovative, and effective services in partnership with these stakeholders, and
- Through these efforts encourages community inclusion by combating stigma and promoting prevention programs that support total health and quality of life.

## **We Value:**

- Dignity, respect and courtesy for all individuals
- Upholding the public trust with integrity and accountability
- Opportunities for individuals to reach their potential
- Fiscal responsibility, regulatory compliance and efficiency of resources
- A well-trained and culturally sensitive workforce
- The use of Evidence Based Practices

# SCCMHA Initiates Cancer Control Consortium

Knowing that individuals with a mental illness are at greater risk of receiving a late-stage cancer diagnosis due to the lack of screening options, Shiawassee County Community Mental Health Authority (SCCMHA) took action.

SCCMHA was 1 of 11 behavioral health organizations in the nation selected to participate in the 2017 Cancer Control Community of Practice.

Four SCCMHA staff traveled to Chicago, Illinois to participate in training funded by the Center for Disease Control and Prevention (CDC).

SCCMHA received direction from the National Behavioral Health Network for Tobacco and Cancer Control on developing skills and knowledge in cancer control and prevention practices.

SCCMHA connected with the Michigan Cancer Consortium about existing state and community resources.

SCCMHA developed and implemented action steps to enhance cancer control and prevention efforts specific to the need of people with behavioral health conditions.

SCCMHA invested in training four clinicians to be certified in smoking cessation treatment.



SCCMHA Cancer Control Community of Practice attendees:  
Krystal Shreve, Dee Buchholz, Becky Dohring, and Crystal Eddy

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# SCCMHA Receives Three-Year CARF Accreditation

In September 2017, Shiawassee County Community Mental Health Authority (SCCMHA) participated in a survey to receive accreditation through the Commission on Accreditation of Rehabilitation Facilities (CARF). The survey took place over the course of three days and brought in reviewers from across the United States and Canada.

CARF is a non-profit accreditor of health and human services agencies. The CARF Board sets standards to evaluate how well a provider is serving people and providing treatment.

SCCMHA had 13 programs/services reviewed.

SCCMHA received full three-year accreditation in all 13-review areas, which represents the highest level of achievement possible through a CARF survey.

CARF accreditation distinguishes SCCMHA as a provider of exemplary services committed to improving the lives of people served.

SCCMHA has built CARF standards into daily practice and moving forward has a goal of having more SCCMHA programs fully CARF accredited.

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# Community Electronic Health Record Sees Increased Usage

Shiawassee County Community Mental Health Authority (SCCMHA) provides our consumers with access to electronic health information through the Community Electronic Health Records (CEHR) website.



All consumers can access their health information in CEHR.



CEHR offers consumers and SCCMHA staff another way to communicate through the messaging feature.



CEHR offers 24 hours access to appointment, medication and lab result information.



Sixty consumers created CEHR accounts in 2017.



Effort will continue in 2018 to enhance CEHR features and to make meaningful health information more easily accessible for our consumers.



Anyone can create a CEHR account. The process is simple. SCCMHA is available to assist anyone interested in getting started.



# Overall Wellness: Behavioral and Physical

Shiawassee County Community Mental Health Authority (SCCMHA) strives to promote overall wellness, which includes both behavioral and physical health.

SCCMHA developed a Wellness Team to encourage both staff and consumers to participate in wellness initiatives.

SCCMHA Wellness Team studied the SAMHSA evidence-based initiative: 8 Dimensions of Wellness.



The Wellness Team kicked off by organizing an agency Wellness Walk during National Wellness Week. More than 100 staff participated.

The Wellness Team facilitated groups on: running, walking, weight loss, smoking cessation.

SCCMHA had organized activities focused on promoting overall wellness for: Unity Day, World Kindness Day, and Halloween.

A Departmental Holiday Decorating Contest encouraged team building while reinforcing several of the SAMHSA 8 Dimensions of Wellness.

The 2017 winner was the Autism & Behavioral Resource Center Team.

# SCCMHA's Commitment to Providing Quality Care

To ensure the highest quality treatment, SCCMHA implements Evidence-Based Practices.

**E**vidence-Based Practice (EBP) is the provision of services, which have been shown through scientific evidence to consistently improve consumer outcomes.

**E**vidence-Based Practice offered by SCCMHA:

Wraparound

Infant Mental Health

Family Psychoeducation

Applied Behavioral Analysis

Dialectical Behavior Therapy

Assertive Community Treatment

Integrated Dual Disorder Treatment

Parent Management Training – Oregon Model

Trauma Focused Cognitive Behavioral Therapy

**T**rauma Focused-Cognitive Behavioral Therapy addresses trauma preeminent factors affecting children's mental health.

**S**CCMHA Children's Team began participating in the Michigan Trauma Initiative in 2015. To date, five clinicians and supervisors have become state certified in Trauma-Focused Cognitive Behavioral Therapy.

SCCMHA has one certified Parent Resource Instructor. Two additional members of our team are in training.



# SCCMHA FINANCIAL REPORT

## Revenues

Medicaid, Autism, and Healthy Michigan	17,750,187
State General Funds	634,762
Grants and Contracts	91,229
Shiawassee County Appropriations	200,000
Other Revenues	685,039

## Revenues



- Medicaid, Autism, and Healthy Michigan
- State General Funds
- Grants and Contracts
- Shiawassee County Appropriations

## Expenditures

Persons with Developmental Disabilities	9,524,139
Adults with Mental Illness	6,289,130
Children with Serious Emotional Disturbances	1,945,905
Administrative Services	849,308
Other Expenses	671,804

## Expenditures



- Persons with Developmental Disabilities
- Adults with Mental Illness
- Children with Serious Emotional Disturbances
- Administrative Services

