



2016 - 2017 Annual Report to the Community

Newaygo County Mental Health

As in past years, 2016-2017, was filled with changes, challenges and opportunities for growth, some of which will be highlighted in this edition of the Newaygo County Mental Health Annual Report. The latter would include updates on the continued provision and expansion of Autism Services, the planning for the proposed development of a new foster care home in White Cloud and the continued expansion and development of SUD related services at Newaygo County Mental Health and in the community.

The latter has arguably been one of the biggest challenges and opportunity for growth in both the behavioral and physical healthcare has been responding to the growing Opioid Epidemic. In the 2015-2016 Annual Report we spoke of our agency's efforts to enhance the training and corresponding Substance Use Disorder (SUD) credentialing of a number of our professional staff. In this report we will provide other related efforts including Narcan trainings, distributions to local law enforcement and discussions and formation of a community collaborative with the intended outcome of formalizing a Families Against Narcotics (FAN) Chapter in Newaygo County.

To expand further on FAN, in the summer of 2017, I was informed by Commissioner Bryan Kolk that a group of interested community partners were planning to meet for the purpose of the possible formation and development of a FAN chapter in Newaygo County. The genesis of which was primarily due to the advocacy of Mrs. Lisa Reed and the support of Chief Randy Wright of the Fremont Police Department. The initial meeting in July of 2017, was attended in addition to Mrs. Reed and Chief Wright, Commissioner Bryan Kolk, Ellsworth Stay of the Prosecuting Attorney's Office, Kaleigh Burriss the Coordinator for the Newaygo County Headway Coalition and myself. Following that initial meeting the

group continued to meet on a monthly basis with the intentional recruitment of other members including persons in SUD Recovery and/or who have family members in various stages of SUD Recovery and seeking consultation towards completing some of the preliminary steps towards the eventual formation of a formal FAN Chapter with a projected target date within the first quarter of 2018. In addition, this collaborative sponsored a community forum in the fall of 2017 at which Dr. Bruce Baker, an addictionologist, provided a presentation on the "The Opioid Epidemic."

As I have expressed in previous editions of this report, on behalf of the NCMH Board and Staff, we are indeed blessed to be a partner in the Newaygo County Community. Our primary hope and desires is to constantly strive to provide the citizens of Newaygo County with high quality integrated behavioral health services within a trauma informed culture. That is not to say we are perfect, in fact, quite the contrary as we will always have room for improvement. But in order to continue to improve our services, we cannot do so in a vacuum rather we need and value your partnership in this continuous endeavor. Therefore, as you read this report and as we move into 2017-2018, I invite your thoughtful feedback and questions and thank you for your continued support.

Sincerely,

Michael Geoghan, R.N., L.M.S.W.
Executive Director



Autism Update

by Katie Wemple, Behavior Technician

The year of 2017 brought about many changes for the Autism benefit here at Newaygo County Mental Health. The expansion of the benefit from 2016, which increased the cut off age from 6 years to 21 years old, brought forth many new consumers for the Autism program. We evaluated approximately 55 consumers to determine if they met or continued to meet the criteria to receive the autism benefit. The evaluation team consists of three full-time clinicians and we are currently training two additional clinicians.

Currently we have 16 active consumers receiving the autism benefit of Applied Behavior Analysis (ABA) services and several new referrals that are being scheduled for testing. We currently have two full-time, and five part-time Behavior Technicians who provide the ABA services. Three consumers have graduated from ABA services to Community Living Support (CLS) services, which is a less intensive service. This transition is after achieving most, if not all of their ABA goals. With CLS services the consumer can still work on their goals with 1:1 support in the home or community.

Along with the growth of ABA services this year, we also started to use the Fremont center to provide many of the services. We began to provide services at this building in January 2017 for just a few consumers, then expanded over the year to where most consumers are receiving ABA services at the Fremont center. At the office we are able to limit people, toys and other things that may interfere with learning. We have observed an increase in attending to tasks and a decrease in challenging behaviors. Families still have the option of home-based or center-based services. The Fremont center consist of a few different rooms where the consumers can do some gross motor type activities such as swinging and jumping on the mini tramp, table top activities, such as games, arts & crafts, books, etc.; and a few other

rooms to work on their individualized goals. Another positive aspect of the center approach is that consumers have a chance to interact with each other which is helpful to teach appropriate social skills and communication. We also had a couple gatherings where we invited some parents and siblings to participate in holiday activities which we hope to continue annually.

Clinician Highlight

by Britt Miller, Medication Assisted Treatment Counselor

Britt Miller has been providing mental health counseling to the consumers of Newaygo County Mental Health (NCMH) for nearly 12 years. Britt is a Certified Advanced Drug and Alcohol Counselor and he has been a significant component of NCMH's Medication Assisted Treatment Program (MATP). Medication Assisted Treatment programs serve individuals with substance use disorders by providing a combination of counseling and medications specifically designed to assist individuals seeking sobriety. Most notably, NCMH has utilized Suboxone with individuals addicted to Opioids. Britt has assisted these consumers in the MAT program by providing counseling specific to opioid dependence.



What was your first impression of the impact that the NCMH MAT clinic had on the community?

When the community first found out we had a MAT clinic, I saw a large increase in the number of opioid dependent individuals who were being assigned to my caseload. It really demonstrated the need in the community and I was happy to see new people coming in to get help.

How many MATP consumers have you worked with?

I have provided counseling to about 12 consumers who were receiving MAT at NCMH.

What differences are you seeing in your MATP consumers?

The biggest difference I have seen is the changes in my consumer's daily functioning. When someone no longer has to worry about how to prevent going into withdrawal or where they will get their opioids that day, they are able to focus on their actual day to day activities. They can have a normal life.

What changes have occurred in their day to day activities?

I have seen individuals who were barely able to attend 10-15 hours of work move into full time employment. Not only that, my consumers also branch out socially and repair previously damaged relationships.

What is your overall opinion of MATP?

It is a valuable tool. For some, it is the difference between success and failure. It has been a real live saver for many individuals who have struggled long term with mental health and substance dependency.

Narcan Distribution

by Brian Russ, Director of Community Support Services

As the opioid epidemic continues to ravage communities across the country, drug overdoses have become an all too frequent occurrence. In the event of an opioid overdose, every second could be the difference between life and death.



The good news is there is an antidote for an opioid overdose: **Narcan**. If administered quickly enough, Narcan can be used to revive an overdosing individual, and ultimately, save their life.

Additionally, administering Narcan to an individual who is not overdosing does not cause harm, making it a safe preventative measure that can be administered without specialized medical training. Because of

these factors, Newaygo County Mental Health (NCMH) took the initiative to start distributing Narcan at its White Cloud office. Initially, the focus was on first responders, including the local law enforcement agencies, but the focus quickly moved to the community as a whole. To date, NCMH has distributed over 50 Narcan kits to state and local police, the county sheriff's department, local school districts and various members of the community. The Narcan was supplied through Mid-State Health Network and since the start of distribution, there have been six documented reversals in Newaygo County directly connected to NCMH Narcan.

New Foster Care Home

by Carol Mills, Chief Operating Officer

In response to needs expressed both by parents and staff, Newaygo County Mental Health (NCMH) is building a new foster care home in White Cloud. The home will be intended to serve persons with severe disabilities that need a lot of assistance with their daily needs. NCMH also intends to use existing resources to develop a home for individuals who have severe behavior needs that are currently living in foster care in other counties. Our goal is to develop homes that allow for consumers to live and participate in the community of Newaygo County. This will also allow for families to remain in frequent contact with their loved ones, as well as greatly reduce travel time for visits. The new home should open in late 2018.





- ✓ Customers seen within two weeks of their request.....99.5%
- ✓ Customers with emergencies seen within three hours.....100%
- ✓ Customers seen for follow-up care within 7 days of inpatient discharge...100%
- ✓ Customers seen for ongoing service within 14 days of assessment.....98.7%
- ✓ Customers not readmitted within 30 days of inpatient discharge.....100%

Where your money comes from:

Client Fees.....	\$24,993	.20%
County Funds.....	220,000	1.75%
State Funds.....	324,072	2.58%
Federal Funds.....	87,436	.69%
Medicaid.....	11,720,011	93.12%
Other.....	208,845	1.66%
Total.....	\$12,585,357	

How your money was spent:

Children’s Services.....	\$2,237,627	17.78%
Developmentally Disabled Services.....	1,327,828	10.55%
Residential Care Services.....	4,577,035	36.37%
Adult Services.....	3,448,988	27.40%
Administration & Support.....	993,879	7.90%
Total.....	\$12,585,357	

Cases served by age:

0-3.....	18	} Total = 1,801
4-12.....	371	
13-18.....	185	
19-26.....	209	
27-64.....	977	
65+.....	41	



2016-2017 Board of Directors

Ralph Bell, Newaygo

Sarah Boluyt, Sand Lake

Kathy Broome, White Cloud

**Michael Hamm, White Cloud
(not in picture)**

Adele Hansen, Newaygo,

Steve Johnson, Fremont

Catherine Kellerman, Fremont

Bryan Kolk, Fremont

Todd Koopmans, Fremont

Albert Steil, Newaygo

Helen Taube, Fremont

Newaygo County Mental Health is a government agency run by a board of 12 citizens, appointed by the Newaygo County Board of Commissioners. They meet on the 2nd Tuesday of the month at 10:00 a.m. The public is invited to attend.



NCMH is accredited by CARF (Commission on Accreditation of Rehabilitation Facilities)

Newaygo County Mental Health is funded, in part, by Michigan Department of Health & Human Services, the County of Newaygo, insurance, and fees.

Newaygo County Mental Health assures that no individual shall be denied service on the basis of ability to pay, race, color, age, sex, religion, national affiliations, marital status, height, weight, arrest record, disability, or any other legally protected status.