



2020 - 2021 ANNUAL REPORT TO THE COMMUNITY

NEWAYGO COUNTY MENTAL HEALTH

A Letter From Our CEO...

Newaygo County Mental Health was formed by the County of Newaygo in 1972. This year, we celebrate 50 years of serving the mental health needs of Newaygo County.

In so many ways, it was a different world 50 years ago. Richard Nixon was President, although it was also the year that 5 White House operatives were arrested for their role in the Watergate Scandal. Gas was 36 cents a gallon. The US would be in Vietnam for another year before beginning withdrawal of troops.

In 1970, there were 11,134 people living in State Institutions in Michigan. As a result of Michigan enacting the Mental Health Code, by 1975, this number had been reduced to 4,925. Today, there are only 772 state psychiatric beds. In 1997 the State of Michigan closed all but 5 of its State facilities. Three of these facilities serve adults, one serves children, and one is the Center For Forensic Psychiatry in Ypsilanti that takes care of individuals who are involved with the court system often for charges in which the defendant is either Not Guilty by Reason of Insanity (NGRI) or Incompetent to Stand Trial (IST).

Newaygo CMH started in a house located on Wilcox in White Cloud, near the current offices. They constructed the current office in 1979, with a major expansion of this space in 2008.

CMH in Newaygo County serves people of all ages and disabilities. From Children to Adults, both with mental illnesses and intellectual/developmental disabilities, Newaygo CMH works to meet clinical needs, as well as housing for people needing foster care.

Newaygo County Mental Health is governed by a Board of Directors that is appointed by the Board of Commissioners to 3 year terms. We are locally accountable to this community that we serve.

Newaygo CMH serves approximately 2,100 Newaygo County residents per year. Today, there are no County residents living in a State-run facility. People who are unable to live on their own without assistance often live in a foster care home in the community. Newaygo CMH provides jobs to the community by hiring caregivers. We believe that people have a choice on where they live, and what they do. We strive to provide choice and self-direction in helping everyone lead meaningful lives.

Over the years, we have served many people in this community. We appreciate the public's trust in our cause, and work to reduce the stigma of mental illness and substance use disorder.

We hope everyone will join us as we celebrate our 50th year of serving the greater Newaygo County community.

Sincerely,

Carol Mills, MPA, MBA

Executive Officer

NEWAYGO COUNTY MENTAL HEALTH

Peer and Recovery Coach Services in Jail

Newaygo County Mental Health has offered peer services for our clients for many years. Recently this service was expanded to include persons who have a mental illness or Substance Use Disorder (SUD) are being discharged from the Newaygo County jail. Peers and recovery coaches assist with placement in to drug treatment centers, assisting with finding housing, and helping obtain Medicaid/insurance coverage. Peers ensure that inmates have a safe place to go when they are discharged, and can help them access needed services after their release. The goals for peer services in the jail is to reduce the number of people who end up returning to jail for various reasons, and to provide assistance to individuals to help them reintegrate into the community.



Red Project



In cooperation with the Red Project and the Fremont Area Community Foundation, Newaygo County Mental Health initiated a syringe exchange currently located in Fremont. The Red Project provides a syringe exchange in White Cloud every Wednesday afternoon. They provide education, recovery coaching, Narcan, a syringe exchange and any other information that persons with addiction may need regarding services. The syringe exchange also serves diabetics needle disposal services.

The funding for this project was provided by the Southeast Michigan Community Foundation. Syringe exchanges have proven to assist with harm reduction for people with addiction disorders. There are 80 operating sites in the State of Michigan.

Sterile syringes and other supplies prevent vein injuries and bacterial infections. Syringe Service programs reduce hospitalization costs and also prevent infected needles from being improperly disposed of in the community.

NEWAYGO COUNTY MENTAL HEALTH

Homelessness and Community Mental Health

The threat of homelessness for Newaygo County Community Mental Health (NCMH) clients has always been an ongoing problem. NCMH clients, who often have only Social Security Disability Insurance income, are limited in rental housing choices.

NCMH is battling this housing crisis by building strong working relationships with True North, Michigan Department of Health and Human Services, Michigan Works and the Fremont Area Community Foundation. The True North housing team maintains the Homeless Management Information System (HMIS), the tracking system for the homeless in the State of Michigan, as well as manages short-term homeless housing grants such as the Emergency Shelter Program which can pay for 7 day motel stays - in an eminent homelessness crisis. NCMH clients have used this short-term housing multiple times – providing NCMH clinicians time to locate and arrange a permanent housing solution. MDHHS State Emergency Relief funds help NCMH clients pay delinquent utility bills, which is often a barrier to securing housing. Michigan Works has a Felony Expungement program which allows dated felonies to be removed from a NCMH client’s record, another common barrier to rental application acceptance.

With the financial support of the Fremont Area Community Foundation, NCMH is embarking on a plan to build small sustainable high quality housing in Newaygo County. Each home will be located with ‘walkability’ in mind, allowing NCMH clients to walk to work, walk to shopping and attend community events, all without the expense of a owning a vehicle.

Clients will be provided life skills training such as budgeting, basic housing maintenance, and personal health and fitness. Employment skills and future job placement will also be an integral piece of their transition into a permanent home of their own.

Countryside Adult Foster Care Home

In September 2021, NCMH purchased the Countryside Home after leasing it for the several decades. The home is located north of Fremont and is a four-bedroom, six-person home with 2 full sized bathrooms. After purchase of the home, renovations to the house were started. First renovation was the bedrooms, with new flooring and painted walls.

Once this was finished, we started the largest project which was to overhaul the entire kitchen area. We put in new cabinets and took out an existing counter that separated the dining room from the kitchen area. In that new space, a large island was installed along with new countertops, sink and faucet. New flooring was laid down starting in the kitchen, through the entire dining and living room areas and down the hallway to the bedrooms.

NEWAYGO COUNTY MENTAL HEALTH

The residents are all excited with the changes that were made and now can access the kitchen area much easier including those that are in wheelchairs. There is now more space to store dishes and food. In addition, a landscaping company removed all the trees next to the house and cleaned up the yard. They laid down wood chips which allowed us to create a clean area for a new wheelchair swing.



Client Testimony

Since my youth I've struggled with anxiety, depression, and being uncomfortably overwhelmed by being out in the world. I've dealt with emotionally and mentally traumatizing situations involving manipulation, neglect, abandonment, and even treated like I was not normal. I stopped trusting people as a whole. I was sent to many therapists and child psychologists. I'm an extreme introvert and so for me being told time and again that I had to be out in the world to make something of myself always felt like I wasn't acceptable as who I was. When therapy didn't work I was put on a barrage of different anti-depressant/anti-anxiety meds which honestly was just a band-aid for the problem. I'd then be sent on my way to live my "fullest" life while feeling like a robot on medicine. I didn't have as many lows, but I was stripped of all my high points as well. I was numb to feeling. I spent seventeen years of my adult life avoiding therapist and medicine because I had it so cemented in my mind that therapy doesn't fix anything.

NEWAYGO COUNTY MENTAL HEALTH

More recently I wanted to face down a lot of what was troubling me, these ghosts, these regrets. I reached out to Newaygo County Mental Health in an attempt to try and find myself. I was allowed to pick whether I wished to speak with a man or woman, I was allowed a voice in the things I wanted to avoid, including talks of medicine as a cure-all. For the first time in my life a therapist didn't seem like just another person doing their job. I wasn't work, I was a person. She listened, she sympathized, and helped me to feel comfortable in my own skin. She taught me about EMDR and guided me through it. I felt more like I was talking to a friend who cared. Which, I needed that so I could be open. I needed to be able to trust someone. I was really allowed to open up about the things I'd faced in my life and breathe a sigh of relief that I was fully heard. My journey isn't over, nor will it be when my therapy is concluded, but I'm on the way to rediscovering how to accept and love who I am, as I am. I would have never found that if she'd not been the person she is. Where I'm unsure if I can give her name, I will say she has made a wonderful difference in my life and I will never forget that NCMH offered me that chance to meet with her.

NCMH is Fifty!

Newaygo County Mental Health was formed by the County of Newaygo in 1972 through this year, we celebrate 50 years of serving the mental health needs of Newaygo County. We are proud to have offered 50 years of service to the residents of Newaygo County. Our services have changed significantly over the years as we adopted and implemented many evidence based practices. Many of our services are offered in the community and in person's homes.

We look forward to serving this community for another 50 years and beyond! We will continue to adapt to the community needs and provide quality services to those in need. We thank you for all of the support this community has given us over the years.



NEWAYGO COUNTY MENTAL HEALTH

Where your money comes from:

Client Fees.....	\$48,714	.27%
County Funds.....	\$220,000	1.23%
State Funds.....	\$773,662	4.34%
Federal Funds.....	\$161,678	.91%
Medicaid.....	\$16,214,707	90.88%
Other.....	\$422,391	2.37%
Total.....	\$17,841,151	

How your money was spent:

Children’s Services.....	\$2,882,645	16.16%
Developmentally Disabled Services.....	\$1,796,218	10.07%
Residential Care Services.....	\$7,052,696	39.53%
Adult Services.....	\$4,951,188	27.75%
Administration & Support.....	\$1,158,404	6.49%
Total.....	\$17,841,151	

- ◆ Customers seen within two weeks of their request.....65.59%
- ◆ Customers with emergencies seen within three hours.....98.84%
- ◆ Customers seen for follow-up care within 7 days of inpatient discharge.....98.33%
- ◆ Customers seen for ongoing service within 14 days of assessment.....74.59%
- ◆ Customers not readmitted within 30 days of inpatient discharge.....93.28%

Cases served by age:

0-3.....	52
4-12.....	297
13-17.....	223
18-26.....	324
27-64.....	1166
65+.....	42

Total = 2,104

2020—2021 Board of Directors

Ralph Bell, Newaygo	Bryan Kolk, Fremont
Sarah Boluyt, Sand Lake	Todd Koopmans, Fremont
Kathy Broome, White Cloud	Wayne Mast, Fremont
Ken DeLaat, Newaygo	Cheryl Parker, Newaygo
Steve Johnson, Fremont	Helen Taube, Fremont
Catherine Kellerman, Fremont	Susan Twing, White Cloud

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 Thursday 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.

Our Mission: “To improve and promote the wellness and recovery of persons with, or at risk of, behavioral healthcare needs, substance use disorder and/or intellectual/developmental disabilities, who reside in Newaygo County and surrounding communities, through the provision of integrated, person/family-centered, and trauma-informed services.”

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.