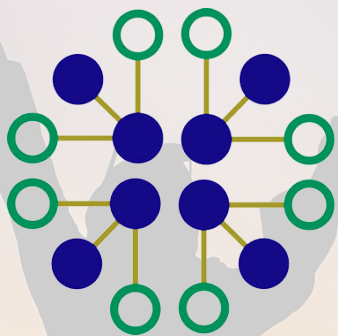


*Fiscal year*

**2024**



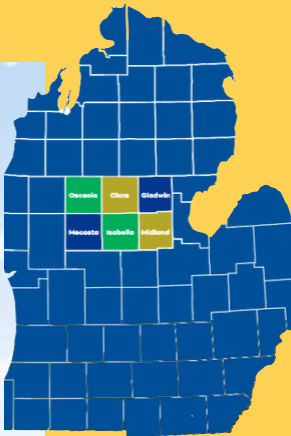
**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

**Annual Report**

# Who We Are



Community Mental Health for Central Michigan (CMHCM) is a public mental health authority that serves the counties of Clare, Gladwin, Isabella, Mecosta, Midland and Osceola. CMHCM’s vision is to provide high-quality, cost-effective behavioral health services in collaboration with individuals served and community partners in order to foster recovery and assure individuals are able to participate fully in their communities to the degree in which they desire.



## Perspectives: What has been the most helpful thing about receiving services at CMHCM?

“Being told ‘You can do this’ and having the staff help me to actually believe it.”

“The IPS program boosted me up. My employment specialist helps me be prepared for interviews and is very supportive. They make me feel confident, comfortable, and relaxed.”

“Our case manager is amazing and helps my son when needed. She always includes us in the goals. Her advice has been the best. She is very informative and caring.”

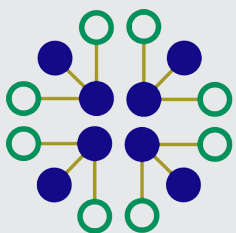
“The ability to help the children I have cope with change and emotions during change.”

“Being enrolled in the Habilitation Waiver has allowed me to live the life I want to live.”

“I thought it was very professional with the intake and meeting my case manager.”

“Being able to express my feelings without being judged. Being told that there is validity in my feelings.”





# Community Mental Health

FOR CENTRAL MICHIGAN

## Vision

Communities where all individuals  
experience healthy and meaningful lives.



## Mission

To promote whole-person wellness through  
community inclusion and a comprehensive  
system of quality integrated mental health  
services and supports.



## CMHCM Values

Support of the dignity, worth, autonomy, and  
empowerment of each individual

Early intervention, prevention, and wellness

Dynamic, competent, and qualified staff and providers

Whole-person wellness and integrated care

High quality services that are affordable and  
accessible

Team-Based Care

Diversity, equity, and inclusion

Advocacy and public education

Creativity, innovation, and evidence-based  
practices

Responsiveness to local community needs

# A MESSAGE FROM THE EXECUTIVE DIRECTOR

Community Mental Health for Central Michigan (CMHCM) is proud to present its 2024 Annual Report highlighting its activities in Clare, Gladwin, Isabella, Mecosta, Midland, and Osceola counties.

Michigan’s public behavioral health system acts as the safety net supporting individuals and families with serious and persistent mental illness, intellectual/developmental disabilities, and serious emotional disturbance. Community Mental Health Services Programs (CMHSPs) across the state are the access points and frontline providers and managers of comprehensive services in local communities. We are conveners and collaborators with numerous community partners for whole-person wellness. Evidence of these partnerships is highlighted in this 2024 annual report, and I am proud of the strong efforts of dedicated staff, contracted providers, and community partners to provide compassionate care to fellow citizens in our communities.

CMHCM’s case management services help individuals access important social drivers of health including healthcare, housing, education, employment, adaptive equipment, and nutritional support. Outpatient therapists and home-based workers use evidence-based services oriented toward recovery and whole family health. Direct support professionals assist individuals with activities of daily living and participation in their communities. Employment specialists help individuals obtain and maintain competitive employment positions. The full range of psychiatric evaluation and medication support is available from employed and contracted psychiatrists, nurse practitioners, and registered nurses. Individuals served are finding community and belonging vs. isolation through psychosocial programs such as Clubhouse. Students are finding support through embedded youth intervention specialists in local schools. 24/7/365 crisis support and inpatient screening services are provided for those in need. Yes, indeed, the CMHSPs play a vital and valuable role in communities with such an impressive array of services.

In the midst of what seems like ever-changing finance and policy challenges and burdens, I am encouraged and bolstered by the dedicated staff and providers who, in supportive teams across our six counties, are focused on providing the best care to those experiencing significant challenges. For this I am grateful.

Be well,

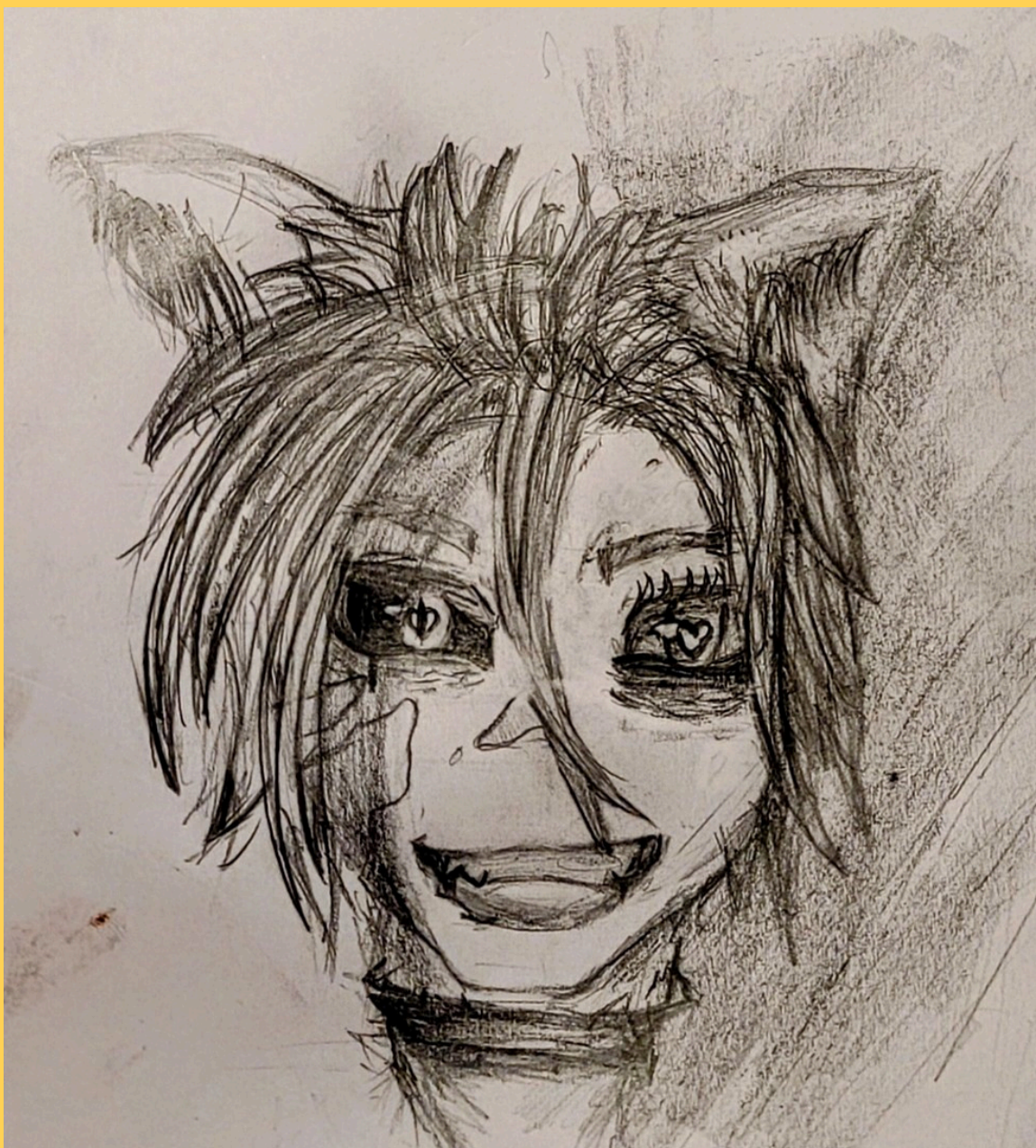
*Bryan Krogman*

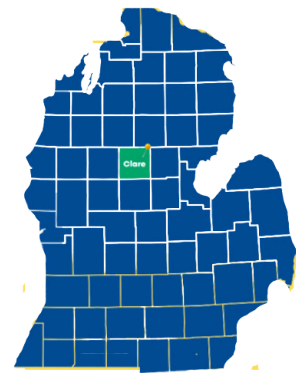




# ANNUAL ART CONTEST WINNER

It is our distinct privilege to congratulate Nova Rooker for being selected as this year's Annual Art Contest winner! She receives services through the Isabella County CMHCM office and her submission, titled *Original style sketch*, was selected by the CMHCM Consumer Action Committee from a number of fantastic entries. We wish to express our appreciation to all who entered the contest and extend a heartfelt congratulations to the winner on this beautiful piece of artwork!





# CLARE COUNTY

## 2024 ACHIEVEMENTS AND OUTCOMES

CMHCM has a contract in place with the Regional Educational Service District (RESN) to provide clinical supervision to all 31N funded school mental health therapists.

DHHS staff were invited to participate in CMHCM sponsored children/family core curriculum training throughout the year.

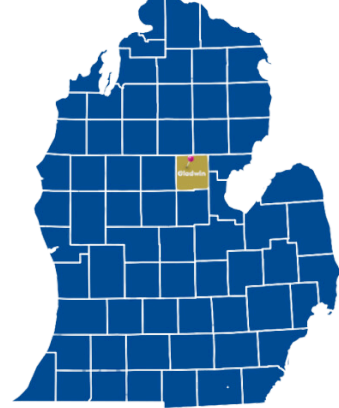
Clare County continues to provide supports under the Family Stabilization Specialist (FSS) program. The program allows those experiencing a mental health crisis to receive stabilization services and connection to ongoing resources regardless of their insurance. This partnership includes the Department of Health and Human Services (DHHS), all local school districts, and local physicians to work collaboratively to create a system of care for families in crisis.

CMHCM completed ongoing planning discussions with Listening Ear on development of a children’s therapeutic family care program.

Clare and Gladwin county staff represented CMHCM at several community events targeting early childhood and families by hosting a table and providing information to attendees.







# GLADWIN COUNTY

## 2024 ACHIEVEMENTS AND OUTCOMES

Gladwin County staff partnered with the Arnold Center, Inc. on the first “All Inclusive Annual Grill & Chill.” Donations for the event were provided by the Knights of Columbus #5280 Gladwin, MI. This community event was aimed at inclusive socialization for individuals diagnosed with Intellectual/Developmental disabilities and their supports. The event included food, games, karaoke, and fun!

Training was provided to first responders on the use of Carter Kits when responding to calls including individuals on the autism spectrum. After the training, kits were also provided for use.

Training was provided on common mental health diagnoses and available CMHCM services to a local church group.

Gladwin County staff co-facilitated a foster parent support group in collaboration with DHHS.

Gladwin County staff participated on the Clare Gladwin Prevention Coalition aimed at leading the community in substance awareness through community collaboration.

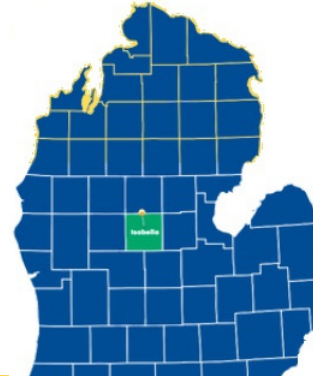


Staff and volunteers at the “All Inclusive Grill & Chill”



# ISABELLA COUNTY

## 2024 ACHIEVEMENTS AND OUTCOMES



Monthly collaboration meetings occurred with DHHS partners in Isabella County to help ensure children receiving services from both DHHS and CMHCM are provided the best care possible.

Youth Intervention staff provided over 120 classroom lessons and 49 group lessons to Isabella County students during the 2023/2024 school year.

CMHCM partnered with Isabella Substance Awareness Coalition (ISAC) to provide backpacks filled with resources and SUD harm reduction items to individuals being released from jail.

A partnership with Disability Network was established to offer cooking classes and other community events.

The Mt. Pleasant Community Foundation awarded a grant of \$8627 for staff to obtain and offer QPR Suicide Prevention Training to Isabella County.

CMHCM partnered with MMI to offer the Walk-n-Roll Mental Health awareness walk at Island Park in May.

Isabella County offered a walk-in Recovery Support Clinic to individuals experiencing difficulty in attending appointments. The clinics are intended to engage individuals into CMHCM services.

Isabella County staff offered the following groups to consumers: Anger Management, Parenting Through Change, Dialectical Behavioral Therapy, and Co-Occurring Treatment. Training has occurred and plans are in place to offer additional groups to include: Cognitive Behavioral Therapy for Insomnia, Anxiety/Depression, and Nurturing Parenting Program.



# **MECOSTA COUNTY**

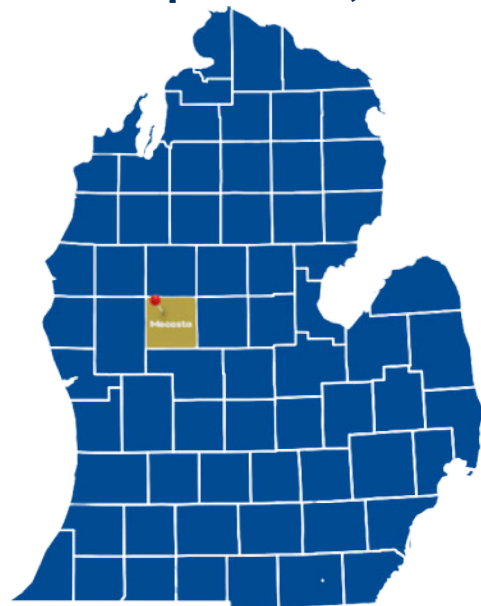
## **2024 ACHIEVEMENTS AND OUTCOMES**

**Mecosta County was awarded a grant for the seventh year in a row under the Mental Health and Juvenile Justice Initiative for a Youth Intervention Specialist (YIS). YIS provides screenings, follow-up, and referral services for up to 28 schools and 2 court systems in Mecosta and Osceola counties.**

**CMHCM Mecosta and Osceola leadership participated in the Building Bridges state conference hosted by CMHAM (Community Mental Health Association of Michigan) and developed a strategy for connection between DHHS and CMHCM in order to maximize success and outcomes for individuals in Mecosta and Osceola counties.**

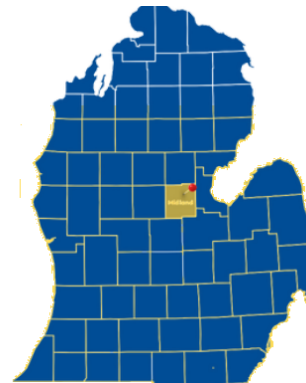
**New Journey Clubhouse worked with the local communities on reducing stigma. There were 250 attendees and 6 vendors at the local Walk a Mile event. In addition, New Journey was invited to present at Corewell Health Art Works event addressing Stigma with the President of NAMI.**

**Staff coordinated critical event response interventions for numerous community partners including, police, schools, first responders, and others in Mecosta and Osceola counties.**



# MIDLAND COUNTY

## 2024 ACHIEVEMENTS AND OUTCOMES



Midland County was awarded \$1,000 in grant funds from the Zonta Club to empower girls and women by stocking the Midland CMHCM personal hygiene closet, cleaning closet, and to provide gas cards for consumer appointments.

Continued expansion of youth mental health screenings and treatment referrals occurred through the Midland Youth Intervention Specialist (YIS) program to engage and reach youth and families sooner for mental health treatment and services.

Great Lakes Bay Health Centers is now providing primary health care services from the Midland CMHCM office. This partnership allows for a more integrated treatment approach of health related issues for CMHCM consumers.

A CMHCM Outpatient Therapist continued to provide screening and referrals for behavioral health treatment directly within the Midland Juvenile Justice Center. This co-located service is funded by a grant from Michigan Department of Health & Human Services (MDHHS) and general fund dollars.

Recovery Pathways continued to provide medication assisted addiction treatment from the Midland CMHCM office. This partnerships allows for more collaborative treatment of the mental health and substance use related needs of consumers.

A jail liaison/diversion specialist continues to serve on all of Midland’s specialty/treatment courts (which include Recovery Court, Mental Health Court, and MiHOPE). Mental Health Court participants are court-ordered to community-based mental health treatment instead of jail or prison time when their offense occurred as a direct result of their mental illness.

Continued partnership with Midland Kids First to provide a program called Safe Environment for Every Kid (SEEK), a child maltreatment prevention program which provides behavioral health screenings at primary care offices during well-child appointments for children ages 0-5. Parents who screen positive for questions regarding substance use, anxiety, depression, and/or harsh discipline are referred to CMHCM’s YIS for further screening and referral to CMHCM treatment.



# OSCEOLA COUNTY

## 2024 ACHIEVEMENTS AND OUTCOMES

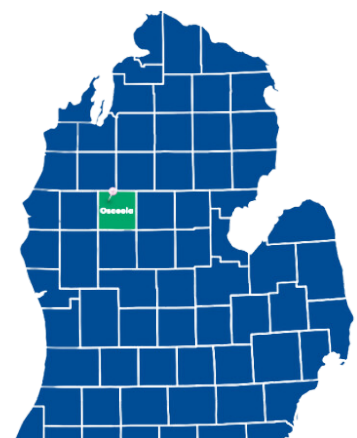
Over 300 hours of Behavioral Health Home (BHH) services were provided to 93 individuals in Mecosta and Osceola counties with a severe and persistent mental illness to support good physical health and stable mental health symptoms.

A Community Foundation Grant was awarded to support the youth of Osceola County with participation in community events and activities.

Mecosta and Osceola Jail Diversion Specialist provided ongoing training to correction officers on the signs and symptoms of mental illness.

New Journey Clubhouse focused throughout the year on overall wellness and partnered with Ferris State University (FSU) for dental wellness. FSU donated supplies and did a targeted presentation for members.

Employment Service and Community Living Support Service Providers in both Mecosta and Osceola counties were expanded to assist individuals with access to supports for community integration and employment opportunities.



# AUTISM BENEFIT SERVICES

## 2024 AGENCY WIDE ACHIEVEMENTS AND OUTCOMES

The Autism team at CMHCM has increased the direct work with caregivers of consumers in 2024 in order to accelerate the start of ABA services for children diagnosed with Autism Spectrum Disorder in all six counties.

The Family Guidance service provided by CMHCM behavior analysts provides foundational understanding of autism, behaviors, and ABA services. Staff often work with parents on interventions such as toileting independence, food selectivity, bedtime behaviors, and communication skills. Challenging behaviors, such as tantrums, aggression, and elopement are also analyzed with plans created to teach alternative behaviors.

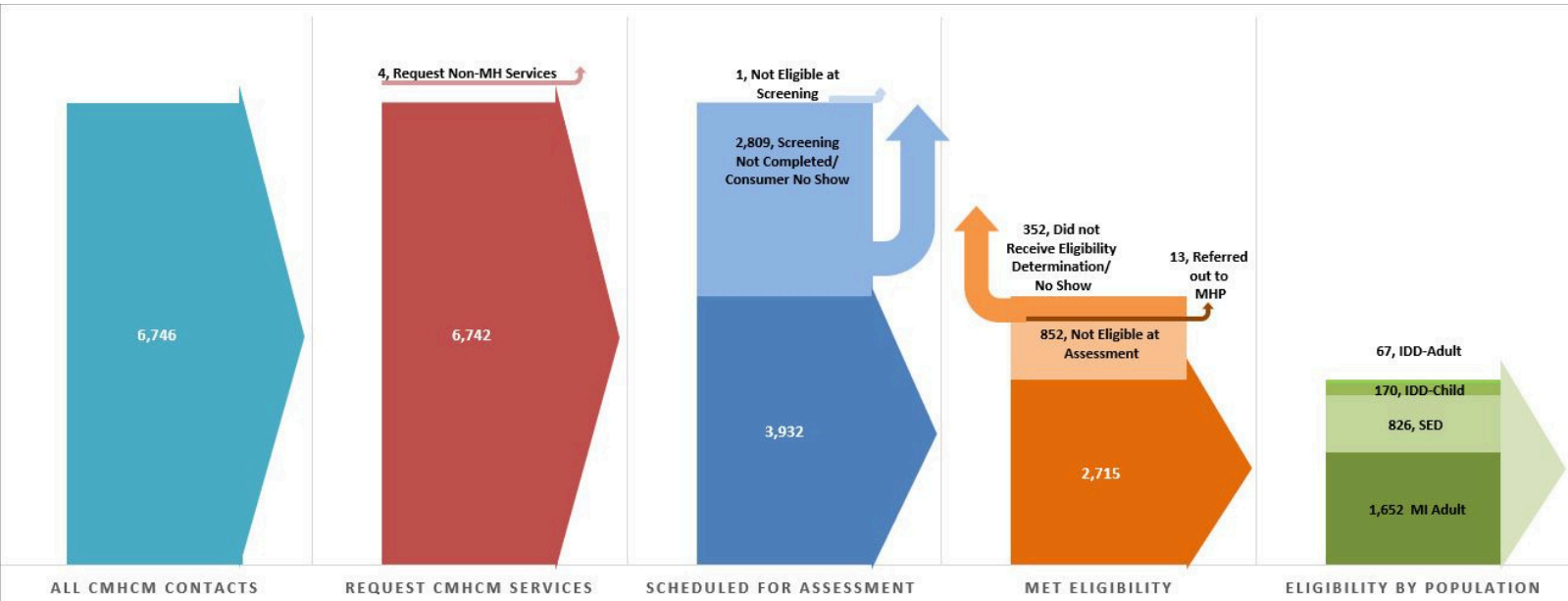
Parents, who typically participate two to three hours per month for up to six months, report they are pleased with how quickly their children are acquiring new skills. The confidence gained by the families is leading to many more social outings with their children and enhancing their quality of life.

The Intensive Parent Training program is not only for families just entering the Autism program, it is also an option for families who have decided that up to 20 hours of ABA therapy per week is too much for their child in addition to school. Caregivers have appreciated the flexibility of location options and the ability to meet during the daytime. The overall enjoyed activity between child and caregiver has increased as the family learns new skills.

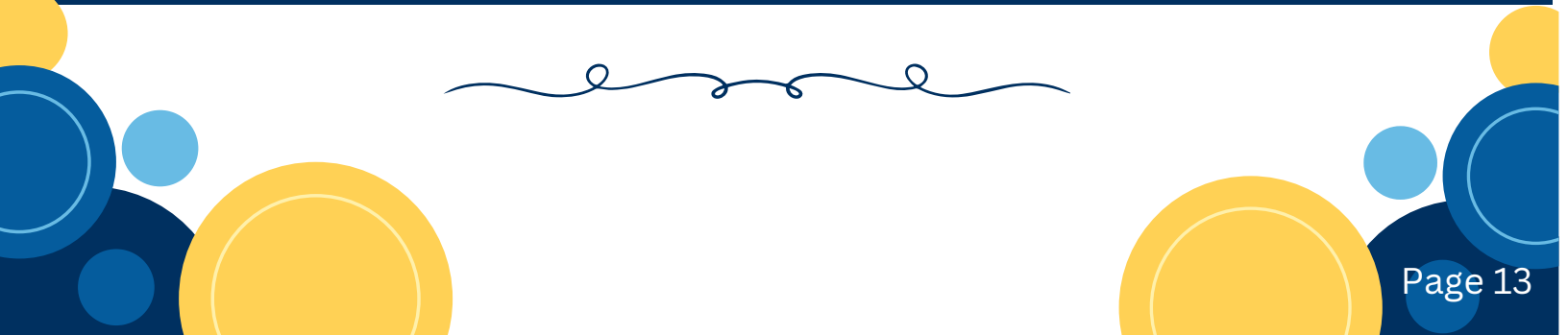


# 2024 ACCESS TO CMHCM SERVICES

CMHCM recognizes that there is a continued need for behavioral health care services that allow for an individual to access services quickly and easily. CMHCM implemented a Same-Day Access (SDA) process in FY22 which allows a person who calls or walks in to a CMHCM location to be assessed that same day instead of waiting for an assessment. The SDA process is an innovative initiative that seeks to provide a faster and more accessible process for individuals to access CMHCM services.



In FY24, there were 6,746 callers or persons who walked in requesting CMHCM services. This represents a three percent decrease when compared to FY23 (6,975 requests). Of these individuals, 2,809 chose to not follow through to the SDA process for navigator screening. In addition, one individual was not eligible for assessment. In total, 3,932 individuals completed an SDA navigator screening; this is a four percent decrease in completed screenings when compared to FY23 (4,116). Of these 3,932 screenings, 2,715 consumers were deemed eligible for CMHCM services in FY24. This is a nine percent decrease in consumers eligible for services when compared to FY23 (2,994). Three hundred and fifty-two (352) consumers did not receive an eligibility determination due to not showing up for the assessment (nine percent of those scheduled), and 852 individuals were not eligible for CMHCM services and were referred to other providers and resources (22 percent).

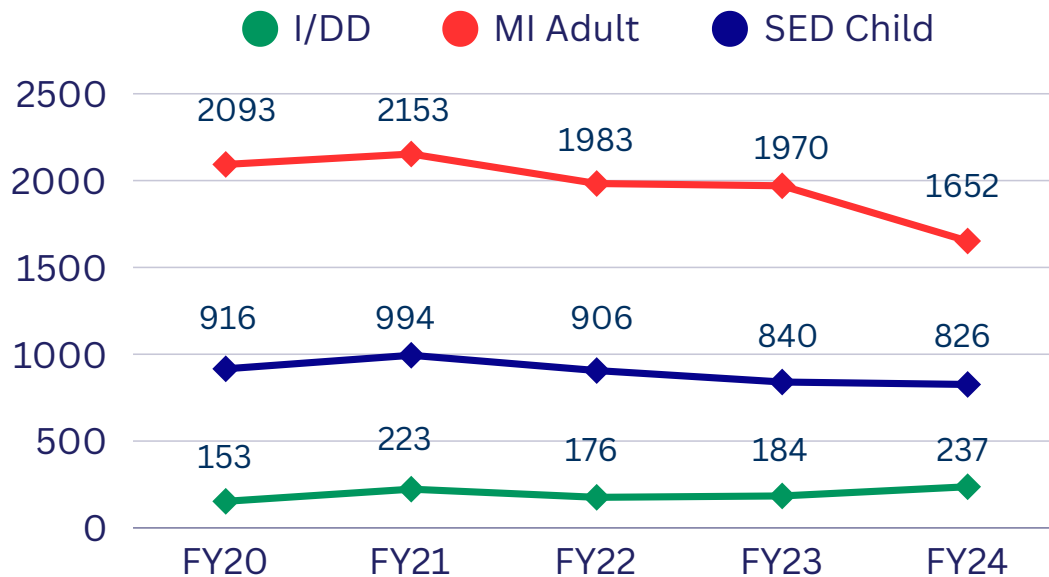




# 2024 Admission to CMHCM Services

The overall admission rate (the number of individuals who meet priority population criteria compared to the number of overall requests for mental health services) decreased in FY24 to 40 percent as compared to 43 percent in FY23. These decreases are attributed to consumer choice (not following through due to moving out of county, no longer wanting services) and finding services through community partners.

New Admissions by Population and Fiscal Year (FY)



Individuals with an Intellectual/Developmental Disability

**29% increase when compared to FY23**

Adults with a Mental Illness

**16% decrease when compared to FY23**

Children with Severe Emotional Disturbance (SED)

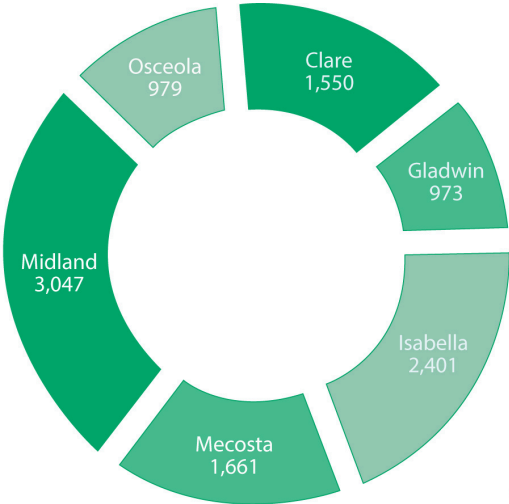
**2% decrease when compared to FY23**

Access to Services remains a key priority for the 2024-2026 Strategic Plan with the goals being to:

- Improve access to CMHCM services by providing an easy to navigate process that meets the needs of individuals and of the community.
- Increase awareness of CMHCM and the services that are provided by community partners and potential consumers.
- Enhance individual/consumer experiences with accessing CMHCM services.
- Reduce barriers to care and increase care coordination and referrals to ensure that individuals can access the appropriate services for their needs.

# 2024

## CONSUMERS SERVED



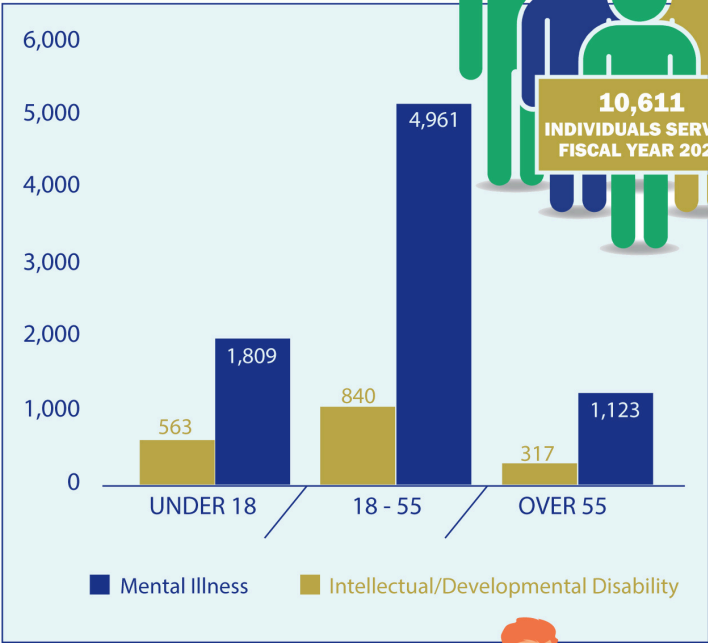
5,225

Individuals  
received  
outpatient  
therapy



402

Families  
received  
home-  
based  
services



236

Families  
received respite



173

Individuals  
received  
Assertive  
Community  
Treatment



5,387

Individuals received  
case management

1,666

Individuals  
received jail  
diversion services



# 2024 INDIVIDUAL FEEDBACK

*What individuals are saying about what is helpful about CMHCM*



**“The coordination of  
care between providers”**

**“Just knowing my son  
has a safe space  
to speak”**

**“Having someone to  
talk to”**

**“The consistency of  
courteous and friendly  
service”**

**“The ease of  
appointments  
and adjustments”**

**“Getting services  
so quick”**

**“They were available  
when we were at the  
hospital to help us”**

**“Access to psychiatric  
medication”**

**“The counselor knows  
how to get my child to  
talk about things very  
well”**

**“Being able to go out in  
the community and do  
things”**

**“The job assistance  
program”**

**“Our son has been able  
to make strides in his  
behavior through ABA  
therapy”**

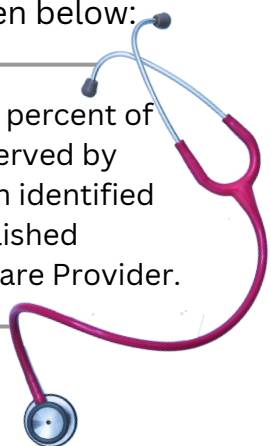




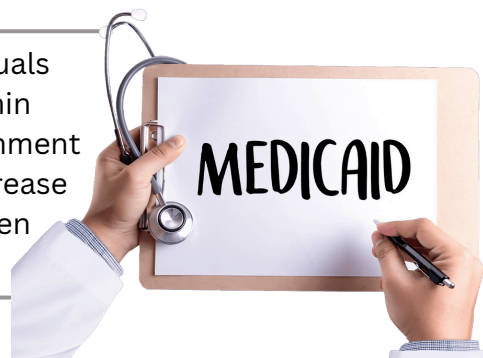
# 2024 COMMUNITY DATA AND WAIT LIST

As part of the MDHHS Annual Submission process, CMHCM is asked to utilize community data sets provided by MDHHS to identify changes in the population served, Medicaid enrollments, number of children in foster care, and other key community metrics. Available key metrics from the community data set can be seen below:

Ninety-one (91) percent of consumers served by CMHCM have an identified and established Primary Health Care Provider.



There were 65,291 individuals enrolled in Medicaid within the six county CMHCM catchment area for FY24. This is a decrease of 16,335 individuals when compared to FY23.



The total population for the six-county CMHCM catchment area is 266,735\*.

*\*most current data at time of publication*



A total of 4,487 jail diversion services were provided throughout the six counties in FY24. This is a decrease of 13 percent when compared to FY23.

There were 124,850 individuals employed across the six counties served by CMHCM; this is a three percent increase in community employment in FY24 as compared to FY23.

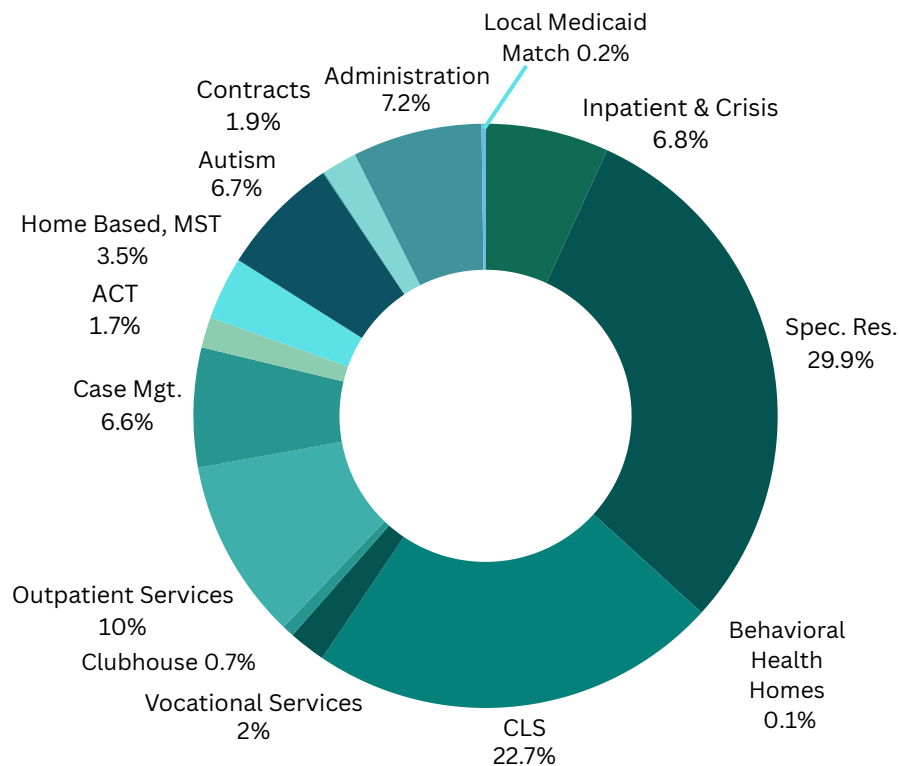
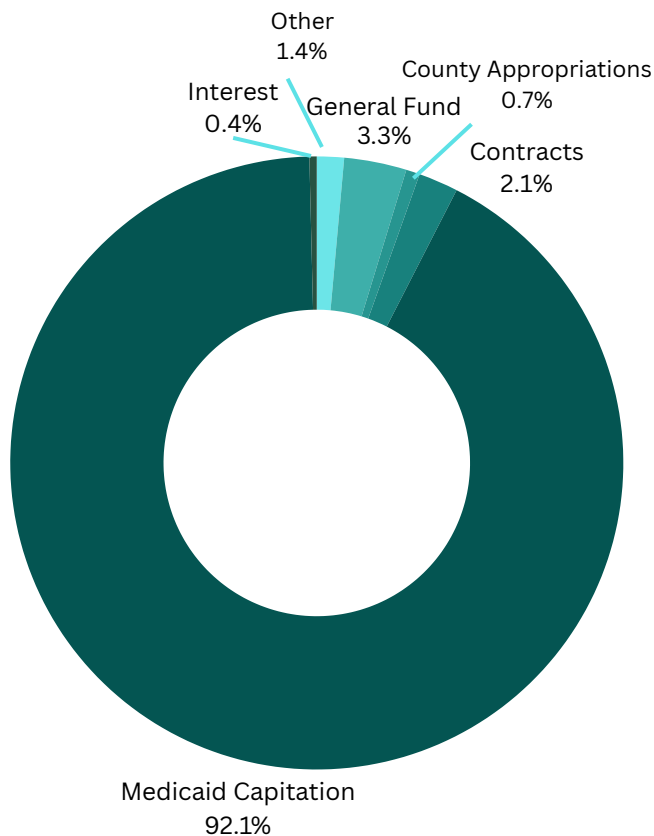


CMHCM utilizes a waiting list for individuals without Medicaid meeting the Mental Health Code defined priority population but whose cost of services exceeds available General Fund resources. Those placed on the waiting list are prioritized based on severity and urgency of need along with diagnosis and clinical judgment. Individuals in need of immediate service are connected to the Crisis Mobilization and Intervention Team. All individuals placed on the waiting list are reviewed by the Utilization Manager at the time of waiting list placement and on an ongoing basis (no less than quarterly). A total of 28 individuals were added to the waitlist in FY24. Five of these individuals entered into services during the FY24 fiscal year and three individuals requested to remain on the waitlist during quarterly waitlist reviews going into the FY25 fiscal year.

# 2024 CMHCM FINANCIAL REPORT

Revenue	
Medicaid Capitation	\$140,925,553
General Fund	\$5,034,289
County Appropriations	\$1,112,901
Contracts & Grants	\$3,205,418
Interest	\$593,070
Other	\$2,187,020
<b>Total Operating Revenue</b>	<b>\$153,058,251</b>

Expense	
Inpatient and Crisis Care	\$10,615,828
Specialized Residential	\$46,501,276
Community Living & Supported Employment	\$35,235,143
Vocational	\$3,179,755
Clubhouse	\$1,029,271
Outpatient Services	\$15,535,546
Case Management & Supports Coordination	\$10,289,464
Assertive Community Treatment	\$2,625,920
Home Based, Multi-Systemic Therapy, Wraparound, Juvenile Justice Services	\$5,416,129
Autism	\$10,368,150
Behavioral Health Home	\$112,458
Contracts & Grants	\$2,990,710
Administration	\$11,123,470
Local Medicaid Match	\$343,292
<b>Total Operating Expense</b>	<b>\$155,366,412</b>



# BOARD OF DIRECTORS

The CMHCM Governing Board is comprised of 14 diverse stakeholders who are appointed by the County Commissions of the Clare, Gladwin, Isabella, Mecosta, Midland, and Osceola County service area. Board members include professionals who work closely with mental health service providers, recipients or family members of those receiving mental health services, County Commissioners, and the general public.



**George Gilmore**  
Clare County



**Joseph Phillips**  
Clare County



**Karen Moore**  
Gladwin County



**Susan Svetcos**  
Gladwin County



**James Haton**  
Isabella County



**Tobin Hope**  
Isabella County



**Kerin Scanlon**  
Isabella County



**Richard Dolinski**  
Midland County



**Larry Schuelke**  
Midland County



**Annmarie Hawkins**  
Midland County



**Mary Olszewski**  
Mecosta County



**Bill Routley**  
Mecosta County



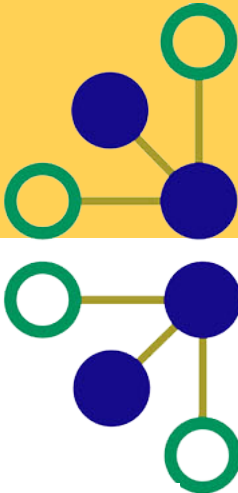
**Greg Gydesen**  
Osceola County



**Melissa King**  
Osceola County



# CMHCM Locations



## Clare County



**Hours**  
Monday – Friday: 8am – 5pm  
Evenings times are available by appointment.

**Address**  
789 North Clare Avenue  
P.O. Box 817  
Harrison, MI 48625

**Phone Number**  
989.539.2141

**Fax Number**  
989.539.2143

**Chief Clinical Officer**  
Sara Miceli-Sorensen

**Substance Use Disorder inquiries**  
Contact CMHCM Access Department at 989.772.5938

## Gladwin County



**Hours**  
Monday – Friday: 8 am – 5 pm  
Evenings times are available by appointment.

**Address**  
655 East Cedar Avenue  
Gladwin, MI 48624

**Phone Number**  
989.426.9295

**Fax Number**  
989.426.2251

**Chief Clinical Officer**  
Sara Miceli-Sorensen

**Substance Use Disorder inquiries**  
Contact CMHCM Access Department at 989.772.5938

## Isabella County



**Hours**  
Monday – Friday: 8 am – 5 pm  
Evenings times are available by appointment.

**Address**  
301 South Crapo Street  
Suite 200  
Mt. Pleasant, MI 48858

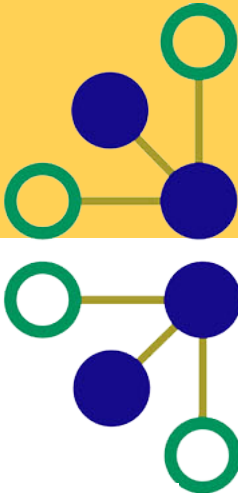
**Phone Number**  
989.772.5938

**Fax Number**  
989.775.7701

**Chief Clinical Officer**  
Jennifer McNally

**Substance Use Disorder inquiries**  
Contact CMHCM Access Department at 989.772.5938

# CMHCM Locations



## Mecosta County



<b>Hours</b> Monday – Friday: 8am – 5pm Evening times are available by appointment.	<b>Address</b> 500 South Third Avenue Big Rapids, MI 49307
<b>Phone Number</b> 231.796.5825	<b>Fax Number</b> 231.796.2409
<b>Chief Clinical Officer</b> Lisa Martinson	<b>Substance Use Disorder inquiries</b> Contact CMHCM Access Department at 989.772.5938

## Midland County



<b>Hours</b> Monday – Friday: 8am – 5pm Evening times are available by appointment.	<b>Address</b> 218 Fast Ice Drive Midland, MI 48642
<b>Phone Number</b> 989.631.2320	<b>Fax Number</b> 989.631.9903
<b>Chief Clinical Officer</b> Deana Schad	<b>Substance Use Disorder inquiries</b> Contact CMHCM Access Department at 989.772.5938

## Osceola County



<b>Hours</b> Monday – Friday: 8am – 5pm Evening times are available by appointment.	<b>Address</b> 4473 220th Avenue Reed City, MI 49677
<b>Phone Number</b> 231.832.2247	<b>Fax Number</b> 231.832.3281
<b>Chief Clinical Officer</b> Lisa Martinson	<b>Substance Use Disorder inquiries</b> Contact CMHCM Access Department at 989.772.5938



# Connect with Us



Community Mental Health for Central Michigan wants to help you take care of both your mental and physical health. Research shows there are some things you should be doing every day to take care of your whole health and well-being. It's important to remember that taking care of your mental health often means taking care of your physical health and vice versa. CMHCM is pleased to announce that we have partnered with Moodfit to provide our community with this whole wellness app. Moodfit is an app to help reduce your stress and build resilience and coping skills.

To get your subscription, download Moodfit from your phone's app store, and enter code "CMHCM" when creating your account.



Community Mental Health for Central Michigan is accredited by the The Joint Commission. This accreditation means CMHCM has undergone an in-depth review of our services and have demonstrated substantial conformance to The Joint Commission's standards. This accreditation ensures that CMHCM is delivering quality services that focus on a consumer's needs and preferences.



CMHCM Crisis Hotline (24/7)  
**1-800-317-0708**

CMHCM Main Line  
**1-989-772-5938**



Website  
**[www.cmhcm.org](http://www.cmhcm.org)**



Facebook:  
**<https://www.facebook.com/CMHforCentralMichigan>**



Instagram:  
**<https://www.instagram.com/cmhforgcentralmichigan/>**