

Annual Report to the Community 2012



Community
Mental Health
Center, Inc.

Your partner in behavioral health since 1967



Community Mental Health Center, Inc. is immersed in a world of financial challenge and constant change. A lot of uncertainty exists for our future regarding political ramifications with the upcoming election, the national debt, and proposed solutions that will likely impact entitlements. CMHC continues to move forward, however, addressing the financial and other challenges in a positive way, while keeping our focus on our mission and our strategic initiatives so that we can continue to serve our consumers and communities in the best way possible.

Our goals for the present and the future will continue to focus upon addressing our financial challenges, as CMHC now provides almost \$2 million in charity care annually. We address this financial hurdle by focusing on efficiency and productivity; seeking grant funding and financial support. In the past year we have done an excellent job in these areas, while constantly seeking continued improvement. Other significant strategic goals we have focused on include CMHC's Recovery Transformation initiative, Integrated Care delivery, striving to improve access to excellent evidence-based services, developing a more robust Substance Use/Recovery Services component, and working with the Department of Child Services and other community partners to provide efficient, appropriate, and collaborative services. CMHC enjoys a positive national and state-wide reputation for our efforts in these areas. The past year has been filled with significant achievements which are highlighted in the following pages. I am proud our organization's accomplishments, achieved by hard work, energy, creativity, and a sincere passion and desire on the part of CMHC's staff to transform the lives of those we serve. I am proud that our staff provide the demonstration of compassionate professionalism and sound stewardship for the good of our consumers, community, and the organization as a whole. Together we will face challenges, seek opportunities, encourage teamwork, promote innovation, and demand the highest levels of integrity, transparency, and performance, while honoring CMHC's distinguished legacy of service.

On behalf of CMHC's Board of Directors, the staff of CMHC, and our community partners, thank you for your continued support of our efforts to meet the behavioral health needs of the individuals, families, and communities of southeastern Indiana.

Tom Talbot, MA
Executive Director

A Year in Highlights

- Walk in outpatient substance use assessments are now offered in Lawrenceburg, Batesville, and Brookville.
- Outpatient substance use services started “Bridges to Recovery”, a program dedicated to those taking medication to assist recovery.
- Started a recovery advisory group, a group of consumers in recovery to provide input and feedback about recovery services. Kids on the Block – Second grade programming reached 1420 students in 68 classes of 22 schools.
- Think Smart, Stay Safe – Fourth/fifth grade programming reached 1289 students in 54 classes of 20 schools.
- Services to families connected to DCS continue to grow in volume and types of services. There is now a DCS Liaison for every county which DCS Directors have stated is very beneficial. In state meetings, our agency is cited as a preferred provider for local DCS offices.
- The CMHC received a contract from Department of Mental Health and Addictions (DMHA) to provide Integrated Dual Disorder Treatment (IDDT) with a residential component for persons with serious mental illness and a co-occurring substance use disorder. The Center is currently seeking an appropriate facility in which to locate the residential component.
- The CMHC received a contract from DMHA to provide Illness Management and Recovery (IMR) to persons with serious mental illness who are at risk of hospitalization or institutionalization. Staff will be trained in providing IMR in both individual and group formats.
- The CMHC additionally is purchasing a 12 unit apartment building in Lawrenceburg that will house a combination of individuals and families.
- The Inpatient Unit admitted 571 clients in 2011 and has served 276 the first 6 months of 2012.
- The Inpatient Unit hosted Northern Kentucky University and Ivy Tech Nursing Students and a University of Cincinnati student pursuing his Advance Practice Nurse certification.
- The Harmony Health Clinic hired a new Advance Practice Nurse
- The Harmony Health Clinic held its 3rd annual Health Fair in Lawrenceburg and Batesville locations to promote services and engage with other service providers and consumers.
- In conjunction with One Community One Family, Deaf and Hard of Hearing Services staff assisted in training 15 individuals in American Sign Language.

A Year in Highlights, Continued

- Marcus Maddox the Director of Deaf and Hard of Hearing Services was voted to the ADARA national board. www.ADARA.org.
- Switzerland County Awareness Team Received a grant for teaching youth drug refusal skills, increasing self-esteem, and implementing ownership.
- Grant from Ripley County Community Foundation for Early Childhood Ready Method Parenting Program.
- National Wraparound Publication highlighted one of our Wraparound Facilitators, Emily Fohl
- Buddy Riley Memorial Fund was able to finance summer camps for many of our consumers.
- Lara Komon, IFB Therapist, became the Vice President of the Dearborn County Eating Disorders Resource Team.
- Rosalyn Bertram a national Wraparound Consultant provided training to the IYS leadership, Centerstone Wraparound supervisors, and TIP supervisors .
- IYS Wraparound Facilitators began an intensive state Wraparound Certification Program to be completed in October 2012.
- We continue to build our Early Childhood program: 2 of our supervisors, Jenny Cuellar and Laura Harmon, have been chosen to participate in the Infant Mental Health Mentorship program; Tracy Mock received her endorsement as an IMH-E® IV, Infant Mental Health Mentor; we are working with our Early Childhood Resource Facilitators to pursue endorsement at the appropriate level.

I am so happy that the CMHC inpatient unit is available to me when I really need it. If it wasn't for the unit, it's hard telling where I would be right now and I know it wouldn't be good. Thank you all for your help.

-CMHC Inpatient Unit Client

Selected Drug Court Participant Testimony

Ok, it's simple, without drug court I would be using. I've never been able to stay clean even when facing jail. I always knew I wanted to be clean and free but I could never put it down. Being in drug court keeps me wanting to prove to myself and everyone else that I can do it. It's the groups and the people you get close to that help me. The one on one's where I can open up and tell how I feel without feeling dumb or gay for the way I need and do open up in them. Going to court helps because it makes you feel good about what you are doing. To hear the judge tell you that he is proud of you is amazing. Drug court lets you be who you want to be and helps you do it.

Drug Court Saved My Life.

~Kyle

This program has opened my mind up so much. Like being able to stop and think about what I'm going to do or say instead of acting off of my emotions. It has given me the ability to listen to other people's opinions and helped me to be honest open minded and willing to change my life. It reinforces the changes I make in my life. Plus hope!

~Chad

This program has helped me succeed in many ways. Today I have two jobs, I pay bills on time. I have learned through this program to love myself. My father passed away a short time after I entered drug court and with the tools I acquired through the way I stayed sane, sober and serene. For the first time in my life I could face a negative situation and overcome the emotions and feelings in a healthy way. Today I see the positive in people and situations, and no longer take things for granted like I used to. I am happy and have the hope, dreams, and goals I lost in addiction. Thank you drug court/JCAP.

~Travis

This program has taught me the skills and tools I need to be able to handle every day situations and bigger problems I encounter. Just as a mechanic needs a manual and tools to work on a car, I have used these skills and tools to navigate the difficulties of life and to overcome them. They make me confident that I can handle situations both good and bad without having to turn to drugs or alcohol for a solution. I now am able to identify and change negative feelings and emotions before they influence my actions. And if I can't change them at least understand them and know they will pass.

~Tom

I believe this program has given me the confidence, hope, structure, and faith in myself to start over in life. Even coming off my relapse I have reverted back to the things I've learned along the way and still believe in myself that I can accomplish anything I set my mind to. Understanding now that a relapse is never out of the question, I think that its made me that much stronger thus far.

~Ryan

This program has helped me in the following ways. First and foremost it has made me be accountable for myself. For the first time in a very long time, I am on time for everything. It has made me realize that life is no joke. I need to take things seriously and not get too comfortable with where I am in my recovery. I have so much to lose if I choose a different path. But I also have so much to gain if I stay on the path I am on with the help of the ACC team.

~Patty

