



Mission: To promote hope, recovery, resilience, quality of life and wellness in Washtenaw County by providing high quality, integrated services to eligible individuals.

**WASHTENAW COUNTY COMMUNITY MENTAL HEALTH (WCCMH)
MILLAGE ADVISORY COMMITTEE (MAC) MEETING
AGENDA**

<https://zoom.us/j/94050572243>

July 12, 2021

4:00 pm

- I. Roll Call (5 minutes)
- II. Introductions (5 minutes)
- III. Audience Participation (see guidelines below) (5 minutes)
- IV. Millage Advisory Committee minutes (5 minutes)
 - Millage Advisory Committee meeting minutes and actions 6/14/21 (Attachment #1) **ACTION**
- V. Discussion Items (5 minutes)
 - Millage Process, Investments, and Progress Update (Attachment #2A) **L. Gentz/T. Cortes**
 - CARES Dashboard (Attachment #2B) **S. Ellis**
- VI. Financial Budget Update (5 minutes)
 - Financial Budget Update (Attachment #3) **N. Phelps**
- VII. Old Business (5 minutes)
 - Washtenaw County Sheriff's Office (WCSO) Millage Update **D. Jackson**
- VIII. New Business (20 minutes)
 - WHP/WCCMH Proposal (Attachment #4) **J. Lapedis ACTION**
 - WISD Mini Grant Presentation (Attachment #5) **S. Novara**
 - MSSI Presentation **C. Sanders**
- IX. Items for Future Discussions (5 minutes)
 - Youth Assessment Center
 - Millage Investment Plan
 - Youth Needs Discussion
 - Updated Millage Commitments
- X. Adjournment

Please click this URL to join. <https://zoom.us/j/94050572243>

Or One tap mobile:

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Or join by phone:

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US: +1 312 626 6799 or +1 646 518 9805 or +1 929 205 6099 or +1 267 831 0333

Webinar ID: 940 5057 2243

Audience Participation Guidelines:

- Three (3) minutes are allowed per speaker
- Speakers are asked to bring a copy of their concerns/comments in writing
- Resolutions on issues will be brought to the appropriate committee as necessary



Mission: To promote hope, recovery, resilience, quality of life and wellness in Washtenaw County by providing high quality, integrated services to eligible individuals.

International numbers available: <https://zoom.us/j/ac6GY2pL3Z>

Effective March 17, 2021 the Washtenaw County Board of Commissioners has approved the continuation of all public meetings to be held virtually until December 31, 2021, per resolution #21-050.

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- Speakers are asked to bring a copy of their concerns/comments in writing
- Resolutions on issues will be brought to the appropriate committee as necessary

**WASHTENAW COUNTY COMMUNITY MENTAL HEALTH AGENCY (WCCMH)
WCCMH MILLAGE ADVISORY COMMITTEE MEETING MINUTES DRAFT**

<https://zoom.us/j/99871184692>

June 14, 2021

3:30 pm

N. Graebner called the meeting to order at 3:32 pm.

ROLL CALL:

A. Carlisle attending remotely from Ann Arbor, Washtenaw County, MI
N. Graebner attending remotely from Chelsea, Washtenaw County, MI
H. Heaviland attending remotely from Ann Arbor, Washtenaw County, MI
B. Higman attending remotely from Ann Arbor, Washtenaw County, MI
D. Jackson attending remotely from Ypsilanti, Washtenaw County, MI
R. Jefferson attending remotely from Ypsi Twp, Washtenaw County, MI
J. Martin attending remotely from Scio Township, Washtenaw County, MI
M. Udow-Phillips attending remotely from Superior Twp, Washtenaw County, MI
G. Waddles, Jr. attending remotely from Ypsilanti, Washtenaw County, MI
K. Walker attending remotely from Pittsfield Twp, Washtenaw County, MI

MEMBERS ABSENT: B. King, A. LaBarre, R. Rion

STAFF PRESENT: T. Cortes, N. Phelps, M. Harding, L. Gentz, M. Harding, D. Howell, L. Higle

OTHERS PRESENT: L. Lutomski, S. Hierman, S. Doyle, C. Klus, N. Baum, M. Creekmore, N. Lawson, W. Hawkins

- I. Introductions
 - L. Gentz introduced S. Doyle and S. Hierman from WISD and S. Ellis from the CARES Team.
- II. Audience Participation
 - None
- III. Committee Response to Audience Participation
 - None
- IV. Millage Advisory Committee Minutes and Actions from 5/10/21 (Attachment #1)
 - Millage Advisory Committee Minutes and Actions of 5/10/21 were reviewed.

MOTION BY A. CARLISLE, SUPPORTED BY G. WADDLES, JR. TO APPROVE THE MINUTES AND ACTIONS FROM THE MAY 10, 2021 MILLAGE ADVISORY COMMITTEE MEETING AS PRESENTED.

ROLL CALL VOTE:

CARLISLE	Y	GRAEBNER	Y
HEAVILAND	Y	HIGMAN	Y
JACKSON	NOT PRESENT AT TIME OF VOTE	JEFFERSON	Y
KING	N/A	LABARRE	N/A
MARTIN	Y	RION	N/A
UDOW-PHILLIPS	Y	WADDLES	Y

WALKER	Y		
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MOTION CARRIED

V. Discussion Items

- Millage Process, Investments and Process Update (Attachment #2A)
 - o L. Gentz reviewed the Millage Process, Investments and Progress Update document with the committee.

D. Jackson joined the meeting at 3:40pm.

- CARES Dashboard-New Design Review (Attachment #2B)
 - o S. Ellis reviewed the CARES Dashboard document for May 2021 with the committee.

VI. Financial Budget Update (Attachment #3)

- N. Phelps presented the Financial Budget update to the committee.
- This report is for the Month ending April 30, 2021.

VII. Old Business

- Washtenaw County Sheriff's Office (WCSO) Millage and Financial Status Update
 - o D. Jackson presented the WCSO Millage and Financial Status Update to the committee.

VIII. New Business

- WHP/WCCMH Project Update
 - o T. Cortes and L. Gentz presented the Washtenaw Health Plan and WCCMH Project Update to the committee.
- WISD/CARES Collaboration Presentation (Attachment #4)
 - o S. Doyle, S. Hierman and S. Ellis presented the WISD/CARES Collaboration Presentation to the committee

IX. Items for Future Discussions

- Youth Assessment Center
- Millage Investment Plan
- Youth Needs Discussion
- Updated Millage Commitments

Meeting adjourned at 4:27 pm.

Millage Process, Investments and Process Update- July 2021

Plan and Integrate:

LEAD- CSM positions are posted but recruitment is currently an issue. WCSO has selected the Project Manager and will be making an announcement soon. **No updates**

Youth Assessment Center- Planning committee still meeting and technical assistance scope of work is being discussed with the group.

Community Response to MH Crisis- Focus groups are being conducted by WCSO with key stakeholders. Ultimate outcomes are being edited and focus group feedback is being incorporated. **No updates**

Rethink Health/5 Healthy Towns- SJM Chelsea SAMSHA grant approval looks promising, still awaiting formal approval. NAMI continues their work with targeted outreach, grief and loss groups in Manchester congregations and prepping for a clergy conference in the fall. One Big Connection website is live. Flyer campaign focused on grocery stores and carryout restaurants being planned and community meetings road show is in development to share One Big Connection and highlight mental health resources in the region, including CARES. **No updates**

5 Healthy Towns Intergenerational Populations Project- CHRT is finishing their focus groups and Core team is determining project proposal and next steps.

Expand Services:

CARES/Crisis/750- See M. Tasker Report

Housing RFP- SAWC and CMH meetings have commenced to begin collaborative work on the crisis housing project. **No updates**

31 N/ WISD Mini Grants- Presentation highlighting the mini grants outcomes during this meeting.

Youth Center MHP- Position in place and going well. Psychiatry supports will be reduced in the Youth Center to 4 hours per week and moved to Ozone to support community-based justice involved youth. **No updates**

Justice Involved Youth Psychiatry Access- Meetings scheduled with Ozone and CMH to implement 4 hours of Psychiatry time to support community-based justice involved youth. **No updates**

Corner Health Psychiatry Expansion- CMH increased psychiatry time at Corner Health from 1 full day to 2 full days per week has been implemented. **No updates**

Jail MAT- Implementation date January 18, 2021- **no updates**

Communicate and Evaluate:

NAMI- Continuing special community education initiative with millage funding focusing on Ypsilanti and Whitmore Lake. NAMI participating in the Boots on the Ground initiative with Ypsilanti Community Schools on July 17th. CARES/millage information provided in the goodie bags. Additional focus groups being conducted with the Trusted Advisors and SURE Moms. Since expanding outreach efforts, NAMI program attendance has doubled! **No updates**

Anti-Stigma Campaign- New proposal sent by Public Health, currently reviewing. **No updates**

MHFA Education initiatives- Trainings are underway and going well. We are taking requests from community organizations, please spread the word. **No updates**

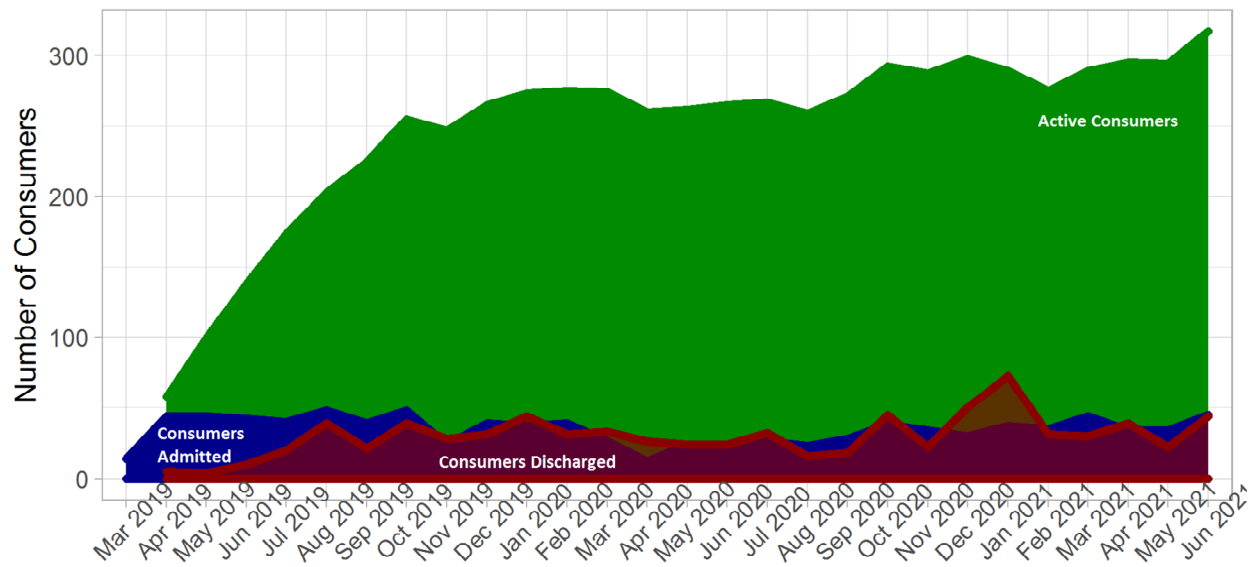
Millage Communication Strategy- Identifying key messages for millage communications with our partners at CHRT. First 6 messages should be coming out soon and key stakeholder interviews have occurred in the justice sector to assist with tailoring communications to meet sector needs.

Washtenaw County Community Mental Health – CARES Report June 2021

Last Updated: 07/01/2021

CARES THROUGHPUT

Cares Throughput is about consumers entering, leaving, and remaining active in the program. June 2021 marks the first increase in active consumers beyond Pre-Covid levels.

Apr 2019 - Jun 2021: CARES Throughput

Month	# Active Cases	CARES Adm Cases	CARES Disc Cases
Mar-19		14	
Apr-19	58	44	5
May-19	99	44	4
Jun-19	138	42	10
Jul-19	173	40	20
Aug-19	203	48	39
Sep-19	224	39	21
Oct-19	255	48	39
Nov-19	247	24	28
Dec-19	265	39	31
Jan-20	273	37	44
Feb-20	275	39	31
Mar-20	274	26	33
Apr-20	260	12	26

May-20	262	24	24
Jun-20	265	23	24
Jul-20	267	26	32
Aug-20	259	23	16
Sep-20	271	28	18
Oct-20	292	38	45
Nov-20	287	34	22
Dec-20	297	30	50
Jan-21	289	37	73
Feb-21	275	35	31
Mar-21	289	44	30
Apr-21	295	34	39
May-21	294	34	22
Jun-21	317	45	44

Referrals to CARES by Month

Also known as automatic enrollment in CARES

Note that when there are less automatic enrollment/referrals this generally leads to a decrease in the number of current (or active) CARES Admissions.

Referral Month	# New CARES Referrals
Mar-19	37
Apr-19	77
May-19	80
Jun-19	62
Jul-19	58
Aug-19	70
Sep-19	67
Oct-19	71
Nov-19	67
Dec-19	62
Jan-20	77
Feb-20	59
Mar-20	40
Apr-20	21
May-20	39
Jun-20	44
Jul-20	40
Aug-20	33

Sep-20	45
Oct-20	72
Nov-20	61
Dec-20	48
Jan-21	52
Feb-21	48
Mar-21	73
Apr-21	72
May-21	68
Jun-21	58

Emergency Contact Notes by Month

Note that there were less Emergency Contact Notes across the board for WCCMH clients and the WCCMH-CARES clients during the government shutdown. As the shutdown is over, it seems like Emergency Contact Notes are on the rise again and becoming more stable.

ER_Note_Month	Yr	Mon	Num_ER_Notes	num_CRCT_cases	num_Cares_cases
Mar-18	2018	3	1	1	0
Apr-18	2018	4	100	76	2
May-18	2018	5	97	82	1
Jun-18	2018	6	124	100	1
Jul-18	2018	7	123	90	5
Aug-18	2018	8	118	96	3
Sep-18	2018	9	147	101	3
Oct-18	2018	10	183	102	3
Nov-18	2018	11	182	83	3
Dec-18	2018	12	205	102	1
Jan-19	2019	1	173	86	5
Feb-19	2019	2	200	106	8
Mar-19	2019	3	253	125	14
Apr 2019	2019	4	229	133	9
May 2019	2019	5	237	130	9
Jun 2019	2019	6	245	130	22
Jul 2019	2019	7	229	126	22
Aug 2019	2019	8	210	128	21
Sep 2019	2019	9	245	131	5
Oct 2019	2019	10	305	157	15
Nov 2019	2019	11	242	131	9
Dec 2019	2019	12	268	138	15
Jan 2020	2020	1	230	130	15

Feb 2020	2020	2	223	134	5
Mar 2020	2020	3	121	82	5
Apr 2020	2020	4	57	51	6
May 2020	2020	5	66	55	3
Jun 2020	2020	6	168	94	7
Jul 2020	2020	7	312	110	10
Aug 2020	2020	8	206	98	7
Sep 2020	2020	9	248	95	3
Oct 2020	2020	10	227	88	5
Nov 2020	2020	11	209	87	3
Dec 2020	2020	12	104	55	5
Jan 2021	2021	01	158	79	7
Feb 2021	2021	02	107	65	5
Mar 2021	2021	03	172	100	5
Apr 2021	2021	04	258	124	11
May 2021	2021	05	221	126	7
Jun 2021	2021	06	202	115	4

Gender

The data here should be considered as a work in progress since this data was not collected initially due to a number of factors. Most significantly, this data covers all clients subjected to the 'automatic referral' system which means that we are lacking information for many of these cases.

Gender	# Cases Referred	# Active at least 1 Day 3/1/19 – present Cases
Female	663	507
Male	586	453
Other (Specify)	1	0
Transgender	1	0
Total	1251	960

Race

This data is collected from everyone during the initial screening and referral process.

<u>Race</u>	<u># CARES cases</u>	<u>Percent</u>
White	554	57.7%
Black or African American	275	28.6%
Other race	60	6.3%

	40	4.2%
Asian	19	2.0%
Refused to Provide	9	0.9%
Native Hawaiian or other Pacific	2	0.2%
American Indian (non-Alaskan)	1	0.1%
Total	960	100.0%

Typical Length of Stay for Cases that Already Closed

We expect the mean and median to continue to grow as time continues and to fully stabilize after CARES has been fully functioning for two years. We are approaching the two year mark at this time, but it is good to keep in mind that we should consider July 2021 the two year mark since enrolling all of the clients that we previously could not serve was a 3 month process; see throughput chart or graph for a better understanding.

	Days
Median	99
Mean	144.49
Min	1
Max	770

City/Zip Code for Open Cases

The cases here are open by automatic referral and not necessarily fully admitted which is why these numbers are greater than the throughput numbers which requires an initial Assessment and Plan.

<u>City</u>	<u># CARES cases</u>	<u>Percent</u>
YPSILANTI	479	49.9%
Ann Arbor	334	34.8%
Saline	30	3.1%
MILAN	16	1.7%
Whitmore Lake	15	1.6%
Chelsea	12	1.3%
Dexter	12	1.3%

Manchester	9	0.9%
	6	0.6%
Belleville	6	0.6%
Willis	6	0.6%
Northville	4	0.4%
Pinckney	4	0.4%
Detroit	3	0.3%
Gregory	3	0.3%
Grass Lake	2	0.2%
Van Buren Twp	2	0.2%
Wayne	2	0.2%
Westland	1	0.1%
White Lake	1	0.1%
Redford	1	0.1%
Romulus	1	0.1%
Seattle	1	0.1%
Superior Township	1	0.1%
Taylor	1	0.1%
Inkster	1	0.1%
Dundee	1	0.1%
Britton	1	0.1%
Canton	1	0.1%
Beaverton	1	0.1%
Clarkston	1	0.1%
Clinton	1	0.1%
Clinton Twp	1	0.1%

<u>Zip Code</u>	<u># CARES cases</u>	<u>Percent</u>
48197	255	26.6%
48198	223	23.2%
48103	114	11.9%
48104	86	9.0%
48108	72	7.5%

48105	51	5.3%
48176	29	3.0%
48160	16	1.7%
48189	15	1.6%
	14	1.5%
48118	12	1.3%
48130	12	1.3%
48158	9	0.9%
48111	8	0.8%
48107	6	0.6%
48191	6	0.6%
48169	4	0.4%
48167	3	0.3%
48137	3	0.3%
48184	2	0.2%
49240	2	0.2%
98118	1	0.1%
48185	1	0.1%
48188	1	0.1%
48174	1	0.1%
48224	1	0.1%
48238	1	0.1%
48240	1	0.1%
48348	1	0.1%
48386	1	0.1%
48612	1	0.1%
49229	1	0.1%
49236	1	0.1%
48141	1	0.1%
48168	1	0.1%
48131	1	0.1%
48036	1	0.1%
48109	1	0.1%
48106	1	0.1%

Total	960	100%
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Age Groups for Consumers Active at least 1 Day in CARES

Age Category	# CARES Adm Cases
-no age listed-	34
0-16	49
17-19	122
20-24	135
25-29	127
30-34	108
35-39	84
40-44	67
45-49	81
50-54	67
55-59	34
60-64	31
65-69	20
70+	34
Total	960

Funding Sources for Consumers

Funding Sources	Medicare	# CARES cases	%
	N	407	42.4%
	Y	30	3.1%
HMP	N	309	32.2%
Medicaid	N	175	18.2%
Medicaid	Y	29	3.0%
S/D	N	5	0.5%
S/D	Y	5	0.5%
	Total	960	100%

Commercial Insurance

This provides a glimpse of other insurance types that clients have in CARES, but only captures those individuals whose insurance information was entered into the EHR. Going forward, the goal is for all insurance types to be captured at 100%.

Private INS	# CARES cases	Percent
BLUE CROSS BLUE SHIELD OF MI,	20	2.1%
HUMANA CHOICE PPO MEDICARE PLAN,	5	0.5%

BLUE CARE NETWORK OF MICHIGAN,	4	0.4%
PRIORITY HEALTH MEDICARE,	3	0.3%
BLUE CARE NETWORK (PO 68710),	2	0.2%
Blue Care Network Advantage,	2	0.2%
United Healthcare Community Plan,	2	0.2%
AETNA PPO,	1	0.1%
AETNA PPO,	1	0.1%
AETNA US HEALTHCARE,	1	0.1%
BLUE CARE NETWORK OF MICHIGAN, BLUE CARE NETWORK PILOT,	1	0.1%
CIGNA MEDICAL,	1	0.1%
COFINITY,	1	0.1%
MEDICARE PLUS BLUE OF MI,	1	0.1%
MENTAL HEALTH COURT,	1	0.1%
MERIDIAN CARE EXTRA HMO SNP,	1	0.1%
MERIDIAN HEALTH PLAN INC,	1	0.1%
MOLINA MARKETPLACE MI,	1	0.1%
PRIORITY HEALTH MI,	1	0.1%
STATE FARM MEDICARE SUPPLEMENT INS,	1	0.1%
TriCare East Region Claims,	1	0.1%
United Healthcare,	1	0.1%
WELLCARE HEALTH PLANS,	1	0.1%
Total	53	6%

#7 CARES Services Detail by CPT - w 0 units

<u>Service Category</u>	<u># SAL Documents</u>	<u># Cases</u>
Targeted Case Management	13476	1015
Med Reviews	2377	447
Peer Services	1883	224
RN Services	1142	370
Intake Assessments	949	783
Psych Evals	738	614

Wellness Note	330	184
Injections	317	45
Nursing Assessments	28	27
S0316	12	7
Therapy Group Notes	5	4
J2426	2	1
99212	1	1
99213	1	1
S9470	1	1
Total	21262	

#8 Count by Type of Service		
<u>Type of Service</u>	<u># CARES cases</u>	<u>%</u>
Mood disorders	799	83.2%
Personality Disorders	111	11.6%
Psychosis	120	12.5%
SED	92	9.6%
SUD	320	33.3%
Total duplicate count	1442	

Washtenaw County Community Mental Health
 Millage and CCBHC Grants Budget to Actuals
 For Five Months Ending May 31, 2021

Millage Budget

	Annual Budget	Budget YTD	YTD Actual	YTD Actual O/(U) YTD Budget
Millage Revenue				
Millage	\$ 6,565,388	\$ 2,735,578	\$ 6,490,953	\$ 3,755,375
Millage Interest Revenue	-	-	12,413	12,413
	<u>\$ 6,565,388</u>	<u>\$ 2,735,578</u>	<u>\$ 6,503,366</u>	<u>\$ 3,767,788</u>
Millage Expenses				
Salary	\$ 2,395,000	\$ 997,917	\$ 814,743	\$ (183,174)
Fringe	1,339,513	558,130	432,065	(126,066)
Contractors	1,500,000	625,000	203,956	(421,044)
Trainings	140,000	58,333	4,180	(54,154)
Operating Expenses	782,500	326,042	174,545	(151,496)
Fleet Charges	60,000	25,000	7,694	(17,306)
Client Care	78,500	32,708	44,598	11,889
Cost Allocation Plan	70,875	29,531	116,962	87,431
Furniture & Equipment	100,000	41,667	-	(41,667)
Depreciation Expense	10,000	4,167	-	(4,167)
Telephone	50,000	20,833	11,541	(9,292)
All Other Expenses	39,000	16,250	8,298	(7,952)
Total Millage Expenses	<u>\$ 6,565,388</u>	<u>\$ 2,735,578</u>	<u>\$ 1,818,581</u>	<u>\$ (916,997)</u>
Revenue Over/(Under) Expenses		-	4,684,785	4,684,785

*** Millage Fund Balance at the close of 2020 is \$5,056,178

CCBHC Grants

	Annual Budget	Budget YTD	YTD Actual	YTD Actual O/(U) YTD Budget
January 2021 - June 2021				
CCBHC #1 - Year 3 Grant Revenue	\$ 521,132	\$ 434,277	\$ 378,951	\$ (55,326)
CCBHC #1 - Year 3 Grant Expenses				
Salary	\$ 298,302	\$ 248,585	\$ 226,117	\$ (22,468)
Fringe	175,454	146,212	117,482	(28,729)
Trainings	-	-	-	-
Telephone	-	-	901	901
Operating Supplies	47,376	39,480	34,450	(5,030)
Client Care	-	-	-	-
Total Expenses	<u>\$ 521,132</u>	<u>\$ 434,277</u>	<u>\$ 378,951</u>	<u>\$ (55,326)</u>
Revenue Over/(Under) Expenses	-	-	-	-
January 2021 - December 2021				
CCBHC #2 - Year 2 Grant Revenue	\$ 1,800,430	\$ 750,179	\$ 701,735	\$ (48,444)
CCBHC #2 - Year 2 Grant Expenses				
Salary	\$ 975,771	\$ 406,571	\$ 405,559	\$ (1,012)
Fringe	595,220	248,008	224,369	(23,640)
Trainings	5,343	2,226	-	(2,226)
Telephone	11,085	4,619	5,363	744
Operating Supplies	185,511	77,296	65,663	(11,633)
Client Care	27,500	11,458	781	(10,677)
Total Expenses	<u>\$ 1,800,430</u>	<u>\$ 750,179</u>	<u>\$ 701,735</u>	<u>\$ (48,444)</u>
Revenue Over/(Under) Expenses	-	-	-	-

Washtenaw Health Plan Mental Health Millage Ask

The following ask was developed as a result of conversations between the Washtenaw Health Plan and Washtenaw County Community Mental Health around mental health access needs in our community.

Key Components of the Ask

A total of \$165k per year in ongoing funding for:

- The provision, coordination, and expansion of mental health services to WHP members and immigrants whose native language is not English, including an evaluation of and expansion of existing provider capacity: \$125k
- Outreach, communication, insurance navigation, and connection to services in the Latinx and youth communities: \$40k

Background

WHP's core services

The Washtenaw Health Plan is a 501(c)3, physically located in the 555 Towner building. The WHP's core services are:

- **Providing a managed care plan** for approximately 2,000 uninsured county residents, many of whom are ineligible for Medicaid due to their immigration status.
- **Health insurance enrollment and access to healthcare and supportive services.** We conduct outreach, enrollment and care management programs targeted to the community's poorest and most isolated populations. This work includes the enrollment of approximately 3,500 people yearly in Medicaid, Medicare, and Marketplace and coordination of care management staff across the county.
- **Being a place of trust and healthcare access expertise** for clients and health safety-net partners. We connect people to resources and are the go-to place for when people can't solve a problem. During the COVID-19 pandemic, the WHP has served as the place for trusted information and resource assistance for the Latinx community.

WHP Existing Mental Health Access and Therapy Services

- Current members of the WHP's managed care plan, about 75% of whom are native-Spanish speakers, can receive service at one of three organizations: Catholic Social Services, Jewish Family Services, and Amplify Colectivo. Services are available in Spanish, Mandarin, French, Italian, and Russian. The ability to provide services in our members' native language is key to successful engagement in therapy. About 2% of our members received services in FY2020. We think that this low percentage represents a lack of service availability, rather than a lack of need. In fact, we know that COVID-19 has increased mental health issues, particularly in Latinx community. We have been actively working to expand the capacity to serve our members over the last year, reducing wait time from 6 months to less than 2 weeks. The average number of monthly sessions in FY2020 was 24. In February and March 2021, we averaged 54 sessions, and we expect this number to keep growing, possibly up to 100 sessions per month. Still, we anticipate running into provider capacity issues without efforts to increase our network.

- WHP ensures that people have healthcare coverage, either through WHP Plan B, Medicaid, or Marketplace insurance, if they are eligible. We work with individuals in their native language to get them connected to the provider that is most appropriate—this includes managing waitlists for our members and assessing provider fit by evaluating language capacity, provider availability, and individual member preferences.
- When an uninsured individual needs Medicaid to access CMH services, many times WHP will assist those individuals with obtaining Medicaid coverage.

Proposed Scope of Work

We propose work funded by the Public Safety and Mental Health Millage falling into two complementary categories:

The provision, coordination, and expansion of mental health services to WHP members and immigrants whose native language is not English. This work would include:

- The ongoing provision, coordination, and expansion of mental health services to WHP members in their native language. Our goal is to have at least 90 visits per month amongst our members by the end of FY2022.
- Expanding our contracting providers to allow members to receive mental health services that are coordinated with their primary care.
- Providing a landscape analysis of mental health services availability in languages other than English. This work builds on WHP's previous [Immigrant Mental Health Needs Assessment](#).
- We also hope to create a Spanish-speaking parental support group for parents of youth who need mental health services.

We expect that this work will be complementary to the CMH CARES team, as it builds the capacity of mental health services in languages other than English in the community.

Outreach, communication, insurance navigation, and connection to services in the Latinx and youth communities. Once we are sure that we have sufficient capacity to serve these populations, we can begin an effort to promote these services. We expect this work to build on WHP's existing strengths, namely:

- We assist entire immigrant families with accessing health insurance and other benefits. Many of our adult WHP members have children who are eligible for and covered by Medicaid. Through the relationships we develop in this work, we can assess interest in mental health services and promote mental health services.
- Much of the communication in the Spanish-speaking community happens through informal networks, many of which the WHP is involved in. These include Facebook groups, WhatsApp message chains, and community groups (e.g. Mexiquenses, Buenos Vecinos, Spanish Healthcare Outreach Collaborative, and Washtenaw Interfaith Coalition for Immigrant Rights). The WHP is currently working on establishing a Latinx Health Services Consortium.
- The WHP has an existing connection to public schools through our Child Health Advocate, Kelly Stupple, and our collaboration with Washtenaw County Success by 6 Great Start Collaborative.

We anticipate that much of this work would involve targeted outreach through our existing networks to individuals and groups. This would include developing targeted informational flyers in multiple languages about where and how to access mental health services. Over the course of 12 months, we expect our staff to have 400 touchpoints with families facilitating access to health insurance, mental health services, and other benefits coordination. We would expect to provide mental health information and set up informational meetings as needed with middle and high schools in Ann Arbor and Ypsilanti, as well as with the WHP's existing network of over 30 healthcare providers. In addition to including mental health coordination as a piece of the Latinx Health Services Consortium and promoting these efforts through our existing Latinx communication networks, the WHP will also promote mental health access on Spanish language radio. This work will be coordinated with the Washtenaw Health Department's mental health promotional work, which is a much broader educational campaign, as well as other millage-funded work (such as the WISD initiatives).

Alignment with Millage Priorities and Conclusion

We believe that this work aligns very well with [the millage investment priorities](#), particularly the following:

- Serve all residents, regardless of insurance status.
- Target additional millage resources to serve persons, families, and areas with high levels of disparity and risk including youth; persons with moderate to severe mental health needs and co-occurring illnesses who are uninsured or underinsured; underserved zip codes with high levels of risk or disparity (i.e., 48197, 48198, 48189); and persons with very low economic and/or social resources.
 - Notably, 66% of WHP members live in the zip codes above. WHP serves approximately 2,500 people total each year in these zip codes.
- Build on current demonstrated capacity and expertise in the community, optimizing community partnerships, especially with other sources of funding.

We are asking for ongoing funding for this work. By building these outreach and referral networks, as well as helping people to access insurance, we will expand mental health service capacity and access to quality mental health services in these underserved communities. These efforts will go a long way to preventing and quickly responding to the mental health crises exacerbated by the COVID-19 pandemic.



Youth Mental Health Mini-Grants

2020-21 School Year
Shannon Novara, WISD

Student-Led Mental Health Mini-Grant Projects to Prevent Stigma

- \$107,030 investment over 2 years

What Was New This Year?

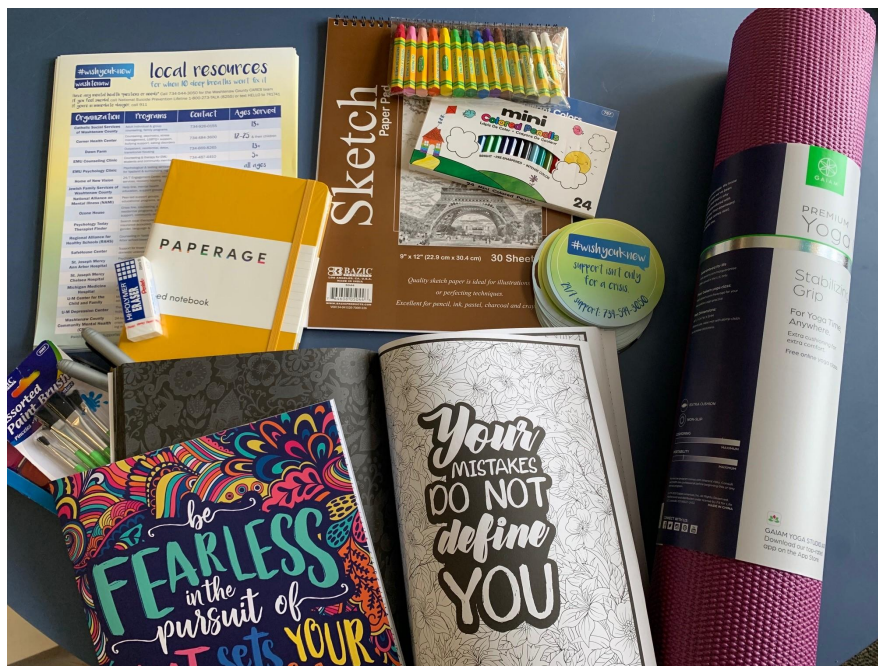
- Expanded eligibility to include **public middle schools**
- 19 total schools participated (**5 more than last year**)
- Funded projects were asked to address 2 key areas:
 - How will funds be used to **engage students who typically don't participate in mental wellness activities?**
 - How will funds be used to **ensure students and families are aware of Community Mental Health's 24/7 CARES number?**
- All schools could request funding up to \$5,000
- Applications were accepted on a rolling basis

A2 STEAM @ Northside

- 3 students planned project
- 26 students participated

Activities

- Invited students (students of color, low-income, LGBTQ+, and/or pretty isolated and shy) to join a virtual yoga & art club and delivered bags of materials to participating students' homes
- March-June weekly sessions for 23 students in mindfulness, yoga, and art to equip students with tools for self-care, wellness, and stress management
- Materials provided to students included: yoga mat, journal, inspirational coloring book, mental health resource sheet, CMH CARES sticker, sketchpad, colored pencils, and pastels



"One of our 8th grade students, who experienced a lot of social isolation this year, and who continues to be wholly remote, showed up for every online session. When students were invited to offer feedback she said, "Yoga and art is fun. Yoga helps me with being flexible - like both ways (body and mind). The art portion has helped me think about my emotions and how to paint them."

Chelsea High School: #WhyYouMatter

- 30 students planned project
- Over 700 students (including virtual) and staff participated

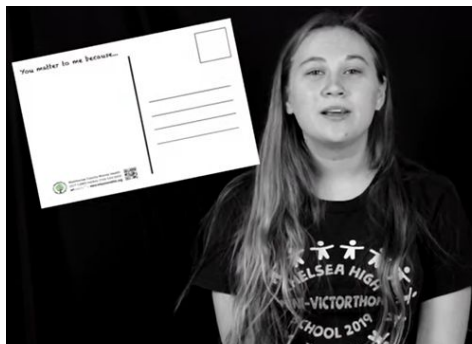
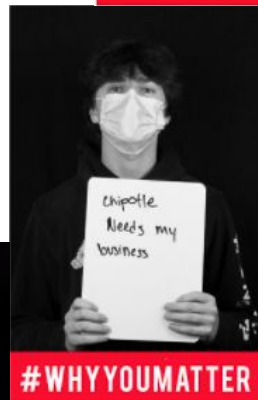
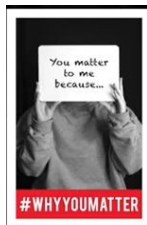
Activities

- **Portraits:** Asked students and staff, "Why do you matter?"

- ◆ Student-led team developed a series of social-emotional lessons to help their fellow students think about why they are important in this world. The team photographed everyone within 2 months and in a hybrid format

- **Postcards**

- ◆ Encouraged students to mail postcards to classmates saying why they matter





“If you ask the students at CHS, the best part is seeing their peers up on the wall. They hadn’t seen most of their fellow classmates in over a year, and it felt good to see their faces.”



Clague Middle School: "Depression Is Real, Hope Is Real Too. When In Doubt, Talk It Out"

- 15 students planned project
- 700+ students impacted

Activities

- Partnered with school librarian to create a mental health library consisting of digital and hard copies. Themes included: bullying prevention, anxiety & depression, divorce, racial identity, equity/diversity/social justice and inclusion, eating disorders, physical & learning differences
- From 3/29-5/23, mental health library had a total of 95 check-outs
- Counselors integrated these books into a classroom advisory lesson for all students



[Clague Counseling Website](#) includes: mental health resources, mental health summer book club, and mental health book reviews

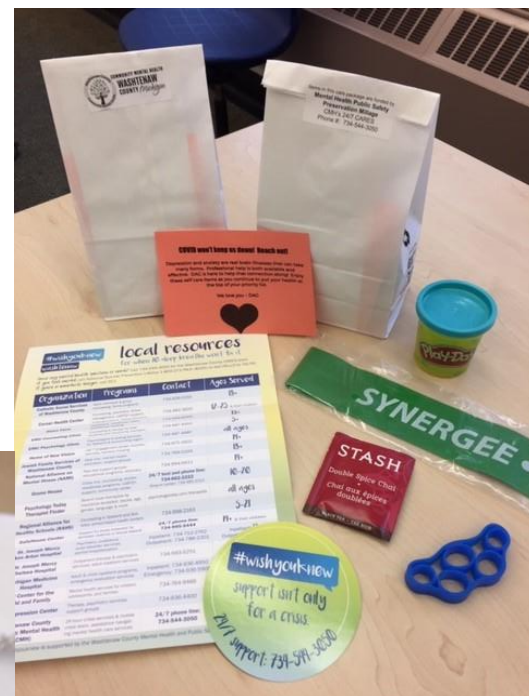
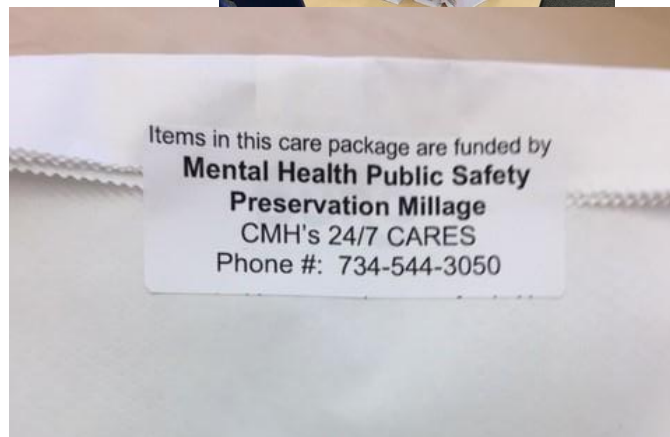


Community High School: "Covid won't keep us down. Reach out!"

- 16 students planned project
- All 530 students impacted

Activities

- Depression Awareness Group (DAG) students:
- Designed self care challenge for the student body
- Created 2-page spread of mental health resources as well as a magazine insert of resources for *The Communicator* magazine. The CARES phone number was included on both.
- Planned, ordered, assembled, and distributed self care kits to all students. Items in the kit included: Play-doh, tea, encouragement bracelets, CMH resource sheets, and homemade self care booklets.
- Hosted a schoolwide mental health storytelling session with guest speakers and students sharing their stories.



Dexter Alternative High School

- 15-25 students worked on project

Activities

- Flyers with CMH CARES number posted in school and talked with students about helpline
- Used activities such as cooking and art to help develop a sense of community amongst students. Students bonded and opened up emotionally while engaging in activities like cooking or art.
- Purchased a variety of cooking supplies and art supplies. These supplies have been such a blessing! Not only have students utilized them as a means for daily living skill development and mental health/stress reduction, but we also have been able to use them to help meet classroom requirements for general education students who were at-risk in such classes as Foods and Nutrition and Art!





“We have a senior who has had a really tough school year. She has struggled academically throughout her school career. As her senior year progressed, her grades suffered and she began failing two of her classes, both of which were needed for graduation. Midway through the semester, her grandfather died of COVID and two other family members were very ill with it. She was close with her grandfather and shut down when he died.

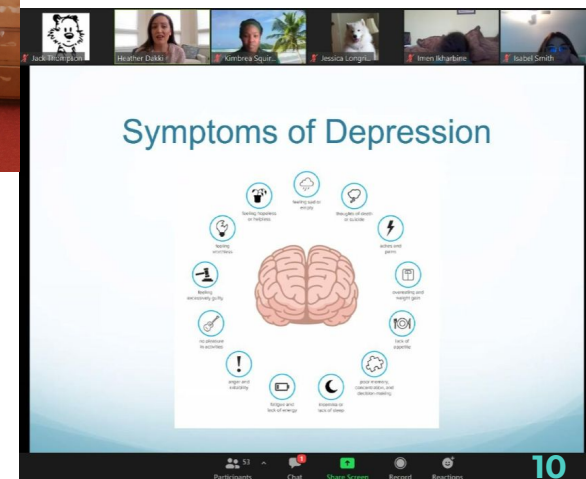
Consequently, she fell further behind in her school work. She began skipping all of her classes. We reached out to her and had her come in to work with us. Once she began coming in, she utilized some of our art supplies to help her stay calm and centered when she was here. This helped increase her productivity, helping her to get work done. One of the classes she had to pass was a Foods and Nutrition class. Because we had the cooking supplies, this young person was able to make up five food preparation labs at our school. This put her in a position of empowerment, as she felt much more confident about passing the class. She is now coming in to our school every day to complete work, and is on track to graduate! The art and cooking supplies were instrumental in her success!”

Early College Alliance @ EMU

- 8 students planned project
- 51 students impacted

Activities

- ➔ Guest speaker presentation on Anxiety and Depression via Zoom in April
- ➔ Kahoot game and Q&A with gift cards provided to the winners
- ➔ Hoodies with peer2peer and CMH logos for team
- ➔ LivingWorks suicide prevention training
- ➔ Sent postcards to all students with words of encouragement and local mental health resources



Forsythe Middle School: "Treat Mental Illness Like a Broken Bone"



- 8 students planned project
- 600 students impacted

Activities

- Created an online resource page available to all students in their school portal. Students created a course in Schoology with resources and info on mental illness that was then shared with all the students.
- Provided an in-person classroom lesson about mental health and distributed Forsythe CARES stickers and bracelets to all students



"Mental health for our students is a major concern. The remote learning was very difficult for many kids. Many students were very isolated and we did not know if they were ok. Getting the number out to everyone and knowing each student knew how to contact help for a friend, family member, or themselves was rewarding."

Huron High School: “Self Care is Not Selfish”

- 5 students planned project
- 1500 students impacted

Activities

- Created 1600 custom magnets with slogan and local mental health resources printed on it
- The resources were distributed to all students at book pickup (everyone required to attend)
- We also spent the month of May using Instagram to get our mental health messages/resources out to all students (we have over 400 followers)
- Students watched a mental health presentation about self care and supporting friends during advisory



Lincoln High School: #YouAreVisible

- 7 students planned project
- 89 students impacted

Activities

- Weekly mental health-related Instagram posts
- Weekly SEL lessons in Homeroom
- Created and printed 500 yard signs and stands and made them available to all students to remind them how they can receive mental health support even when they're home during the pandemic.

"I know of at least one student who signed up for a yard sign and his mom has since reached out to the school counselor for support."

**You Don't Have to
Struggle in
Silence!**

Crisis Text Line: Text HOME to 741741
Suicide Prevention Lifeline: (800) 273-8255

Not All Struggles Are Visible
#YouAreVisible



CMH CARES 24/7 Crisis Line: (734) 544-3050

Funded by the Mental Health Public Safety Preservation Millage

**You Make the
World a Better
Place!**

Crisis Text Line: Text HOME to 741741
Suicide Prevention Lifeline: (800) 273-8255

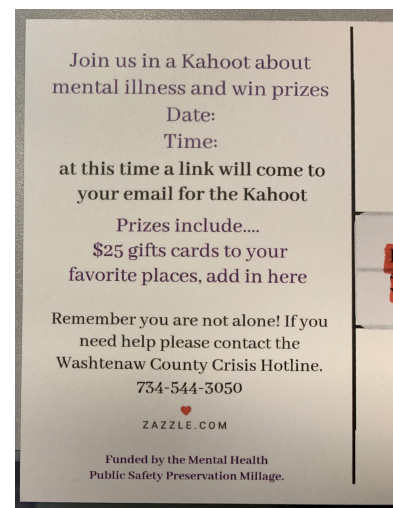


Milan High School: “You Are Not Alone”

- 15 students planned project
- Approx. 400 students were impacted by it

Activities

- Social media campaign reaching in-person and virtual students
- Created a diversity poster for the cafeteria
- Invited students to play Mental Health Kahoots to educate students about mental health and resources available. We had over 60 students participate. The winners received gift cards.
- Had a water/snack table during PSATs and handed out stickers and lanyards
- Activities for our Gay Straight Alliance club: Monthly book club, Pride Picnic in the Park
- Purchased 39 books, 500 bracelets, 200 drawstring bags, 800 diversity stickers, gift cards, and food for events





“Students told me that the campaign helped normalize what is usually a very stigmatized topic. It gave them an opportunity to connect with others that were also struggling. One student mentioned that she was surprised that some of the “popular” students also struggle with depression which she would have never guessed.”

Pioneer High School: "Connection is the Key: You Are Not Alone"

- 20 students planned project
- 1,980 students impacted

Activities

- Postcards with CMH contact info, national hotline info, and listing of other supports mailed to all PHS students
- SAEBRS (Social, Academic, and Emotional Behavior Risk Screener) administered during ELA classes to all students.
 - ◆ Data from SAEBRs was sorted for multiple sub-groups and shared with the committee of support staff who followed up with individual students.



STRESS-RELIEVING ACTIVITIES & APPS

Color in a coloring sheet or doodle
Listen to music that relaxes you
Do some stretching, yoga, or take a walk
Read a book or journal
Take deep breaths or meditate



Calm

Breathe
2Relax

Youper



Zensong



“A young woman who took the SAEBRS here earned a score that was of concern. The school psychologist contacted the parent and a number of emails were exchanged. As a result, the parent enlisted the help of one of the resources provided and the student, who was not on the radar of anyone in the building or of concern to the parent, was evaluated by a local agency. Medications were prescribed and other resources tapped to provide her support. The parent was very grateful. This scenario likely repeated at least once with each member of the committee.”

Saline High School

- 20 students planned project
- 1000 students impacted

Activities

- Met with Social Justice Group and created a Diversity Board to design a Diversity Hub and a Reset Room.
- Students designed wall displays and window panels to welcome students to the Diversity Hub and the Reset Room
- Painted and cleaned up the Reset room and added new shelves with mental health awareness books, fountains, and calming activities.



Scarlett Middle School: "Scarlett Nation ~ Find Help Here!"

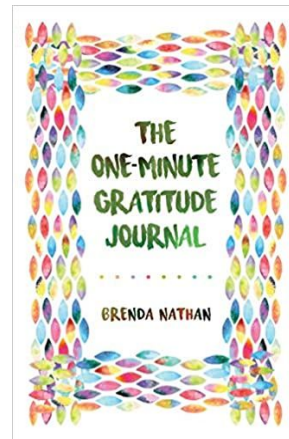
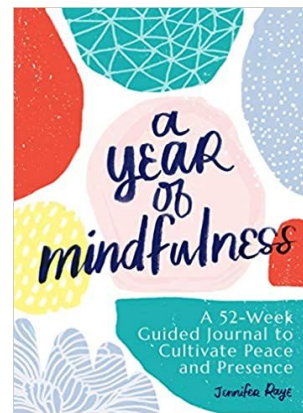
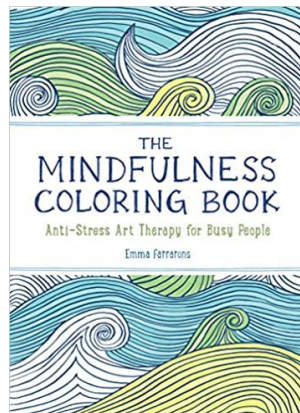
- 9 students planned project
- students impacted

Activities

- Printed pencils with "Scarlett Nation - Find Help Here - Community Mental Health 734-544-3050"
- Calming items: squishy toys, therapy putty, journals, coloring books, and yoga balls
- Shared CMH CARES number on counseling website
- The need for mental health support is great and anticipate an increased number of students seeking mental health support as we return to in-person learning full time in the fall. Items will be distributed between school counselors, intervention specialist, and school social worker



© 2020



Skyline High School: "Eagles vs. Stigma"

- 8 students planned project
- 1300+ students impacted

Activities

- Created Instagram account
- Mailed every single student a handwritten "We miss you" postcard with CMH CARES phone number
- Ran multiple virtual mental health/ CBT groups with students and offered gift cards as incentives
- Distributed Eagles vs Stigma t-shirts to returning students

"While we were still deep in virtual learning, we received multiple messages from students sharing how they appreciated the card. They thought it was a nice gesture and it showed that we cared."

MISS YOU!



Hello from the Skyline Counseling team! We want you to know how much we value working with you and getting to know you. We can't wait to see you in person. Until then, we have a few resources to share.

COMMUNITY MENTAL HEALTH "CARES" 24-HOUR PHONE LINE:

734-544-3050

Call this number for:

- crisis support
- mental health referrals
- general information related to mental health

OZONE HOUSE 24/7 CRISIS SUPPORT:

734-662-2222 (text or call)

Ms. Kincaid
 SKYLINE COUNSELOR
 KINCAIDT@AAPS.K12.MI.US
 734-994-7683



Washtenaw Alliance for Virtual Education (WAVE)

- 8 students planned project
- 250 students impacted

Activities

- Researched equipment to produce a mental health podcast and created 1 episode. More episodes to come next year.
- Created mental health kits for all WAVE students that were distributed in May.
- Mental health kits included: headphones so students had access to a quiet space to cope with their emotions or to take their minds off negative thoughts, a hot chocolate packet to remind students to take time for self care, thinking putty as a distraction/sensory coping skill, and a fidget spinner or cube to use when feeling stressed, overwhelmed, or anxious. Kits also included stickers, magnets, postcards and flyers from #WishYouKnew.



Washtenaw Technical Middle College:

"Trust to Discuss"

- 10 students planned project
- 700 students impacted

Activities

- Gave lanyards to all students with the goal of increasing awareness of our Instagram account which has ongoing mental health-related content, decreasing stigma about help seeking for all students and supplying all students with the CARES phone number and text crisis line.
- Distributed #WishYouKnew posters, magnets and stickers.



"I was not aware of the CARES number as a resource. We now include it on our crisis referral document and also shared it with our staff during a suicide prevention training."

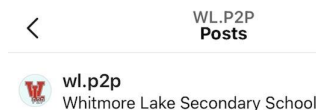
Whitmore Lake Middle/High School:

#StrongerTogether

- 20 students planned project
- 300+ students impacted

Activities

- Created Instagram account and posted regular mental health support posts
- March 22-26 Mental Health Week—Students watched mental health videos in their seminar classes (Trojan Time), mental health swag passed out for participation, students put up mental health posters and local resource numbers.
- May “Wellness Wednesdays”—Students wore their #WhyYouMatter t-shirt to win mental health prizes. Weekly mental health awareness videos. Social Worker talked to classes about mental health.



24 likes

wl.p2p Wellness Wednesday was a “white out” as all the students received #WhyYouMatter t-shirts funded by the Mental Health Public Safety Preservation Millage. #trojanpride #WLP2P

View 1 comment



26 likes

wl.p2p Next Monday is the kick off of the first annual mental health week. Our peer 2 peer squad is wearing #WhyYouMatter shirts to start conversations about mental health and it's impact on our daily lives. #wlp2p #mentalhealthawareness

Ypsilanti ACCE High School

- 23 students planned project
- 100 students impacted

Activities

- Surveyed students about how grant funds should be spent, asking what they need to support their mental health
- Set up a Chill Room and outdoor classroom projects including planting a garden for students' return to school
- #WishYouKnew posters/materials distributed in English classes/posted in hallways
- May 27 **ACCE Mental Health Day**— staff and students participated in activities designed to discuss/practice taking care of ourselves. Built wellness kits to help us on tough days.
- Summer engagement program will include outdoor yoga/fitness, painting/decorating the Chill Room and use of outdoor classrooms



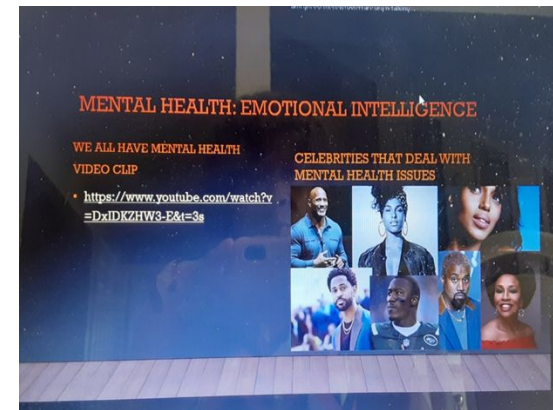


“In virtual class the week before we returned to school, we were talking about our Mental Health Day coming up in May and discussing how we were going to improve/change things about the school this spring/summer. A colleague was having a tough mental health day and in our daily SEL check-in, let us know that she was having a hard day. A student who is very active in our Peer 2 Peer program and planning committee said, “You know Miss, I’m here for you, too. That’s what we do here. We talk about it, and we take care of each other at ACCE.” This a student who barely spoke and was incredibly disengaged as an 8th grader, but has become a leader in discussing and caring for his own mental health and supporting our community’s mental health and wellness programs.”

Ypsilanti Community Middle School

Activities

- Hosted a Mental Health Awareness presentation for (60) 8th grade students who learned new strategies to avoid or reduce stress and anxiety.
- Students also participated in a mindfulness activity and received stress relief items
- (65) 7th grade students participated in a 2-day Mental Health Matters presentation designed to address the importance of mental health, reduce stress, and promote resilience.
- The CARES phone number was included on flyers and parent permission forms.
- YCMS will create a Calming Regulation Zone. Each grade will have a rocking chair, bean bag chair, books and games to promote positive mental health.



Mental Health MATTERS

Lessons Learned

- Our students connect well on **social media**. We will continue to use social media as a means of communicating with students.
- Students are hungry for **events that promote mental health**, community with peers, and inclusion.
- The importance of engaging students in activities other than academics. The importance of building a **sense of community** amongst students and fostering **collaborative activities** that involve the arts.
- We learned that **modeling the open discussion of mental health** for students really helped them open up to talk about what they've experienced this past year.
- Sending a personalized touch point to every student is powerful. We got a lot of positive feedback.
- It takes many people to adequately address mental health in a school our size. We want to find ways to **connect with ALL students** rather than being a "drop-by" for interested students.
- When we **respect** one another's emotional, intellectual, and mental workspaces we can **accomplish** really amazing things together.
- We collectively learned about the importance of **clear and empathetic communication**. It was a learning experience as we worked together to develop norms around sharing our struggles and asking for help while still maintaining healthy accountability when needed.
- Students most benefited from **personal story videos** about mental health.

“We are so grateful for your support.
Thank you so much for everything!”

“Looking forward to next year!”

“We greatly appreciate
the support and look
forward to serving and
supporting our students
towards greater
awareness and
wellness.”

Thank you!

“We are looking forward to a "normal" year
where we can have more impact in person!”

“We really appreciate the funds
that the Washtenaw County
Mental Health Safety and
Preservation Millage has
provided to help our students
(who are disproportionately
impacted by both COVID and
racial inequity) begin the
healing process and identify
supports within the school and
community to prioritize their
mental health. As they process
and deal with trauma, grief,
and loss and reconnect
themselves to a loving, caring
school community, we hope to
continue the momentum we've
started this spring into our
summer and fall programming.
Thank you!”

Questions? Contact Shannon Novara at snovara@washtenawisd.org