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AN INTERVIEW WITH THE NEW CEO SANKIEWICZ SETS AMBITIOUS GOALS AS NEW CEO OF LCCMH

Lapeer County resident for over 30 years, married for 20 years and a mother of two, Brooke Sankiewicz, has recently become the new Chief Executive Officer of Lapeer County Community Mental Health (LCCMH). She obtained her Bachelor of Social Work from Western Michigan University and later attended Michigan State University for her Master's in Social Work. During her career she became a certified drug and alcohol counselor as well.

Her career began in Wayne County as a wraparound facilitator and then she went to Oakland County for the next 16 years as an ACT Supervisor. In 2019, she transitioned to the ACT supervisor position at LCCMH. Looking to continue to grow professionally, Sankiewicz soon took on the Chief Clinical Officer (COO). In February 2024, Sankiewicz stepped into the role of CEO.

Sankiewicz stated part of her desire to return for her master's degree later in her career was not related to a love of the classroom, but more of a desire to become a leader and help to make change happen at a larger level. Sankiewicz stated, "LCCMH is a close-knit community in all senses of the word; most of the staff live within the community, persons served are familiar

faces, collaboration of resources, people lending a hand to help others. This was a community and agency I wanted to make sure received the attention and resources they deserved."

Lauren Emmons, LCCMH's previous CEO, helped guide her to the role of CEO. A true role model and positive influence, Emmons provided the necessary tools to Sankiewicz leading up to his retirement. "I face challenges every day in this new role," said Sankiewicz, "but it allows me to continue to grow into the CEO role that LCCMH and Lapeer County needs."

Reflecting on the progress LCCMH made in the previous fiscal year, Sankiewicz is proud of the steps taken to better serve the Lapeer County Community.

Throughout the previous fiscal year LCCMH has worked tirelessly to obtain Certified Community Behavioral Health Clinic (CCBHC) Demonstration Site status. Differing from the Substance Abuse and Mental Health Services Administration (SAMHSA) CCBHC grant that goes through September 30th, 2026. The CCBHC Demonstration Site is a federal initiative to improve the delivery of mental health and substance use



Brooke Sankiewicz, CEO

disorder services, access to care, enhance service quality, improve outcomes, and expand service population. Whereas the SAMHSA CCBHC Grant is a planning, development and implementation grant used to improve the quality of care, increase coordination between behavioral health and primary care services, and enhance the integration of mental health and substance use disorder treatment with physical health care.

The Demonstration Site, implemented in the current fiscal year, allows for staffing growth and new evidence-based practices. Sankiewicz says, "The demonstration also allows for LCCMH to provide services to the mild/moderate population in need of mental health and substance use disorder services."

New evidence-based practices that will be implemented in the current fiscal year include, Parenting Through Change (PTC), Dialectical Behavioral Therapy for Adolescents (DBT-A), Dialectical Behavioral Therapy (DBT) for adults, Zero Suicide, and Motivational Interviewing.



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SUBSTANCE USE DISORDER (SUD) TREATMENT AND PREVENTION

LCCMH has had a department focused on co-occurring disorders (mental health and substance use), but until recently did not have a substance use disorder (SUD) department.

Formally known as Alcohol Information and Counseling Center (AICC), the SUD Treatment and prevention team made their rebrand in September of 2023 while moving from the health department to LCCMH. As part of the services offered through the CCBHC demonstration site the SUD team joined LCCMH and has brought many resources to the agency.

SUD treatment focuses on the substance use of the person served as well as how this use has impacted all aspects of that person's life. The goal of SUD treatment is to return the person served back to their natural support system including family, friends, and other community supports while they start their recovery process.

Women's Specialty services are also available which include a gender specific therapist, daycare while in session, coordination with one's medical team, case management, and transportation to and from appointments as needed.

Prevention services that are currently being provided include, anger management classes, individual youth life skills programs that are offered in several schools

throughout the county as well as individual sessions offered at CMH offices, parenting programs, and life skills and cognitive restructuring programs provided at the Lapeer County Jail.

The goal is to reduce morbidity, recidivism, and addiction related to substance use disorders for the specific target population served by LCCMH.

SUD Supervisor, Todd Anglebrandt, describes a key factor in prevention as understanding risks.

"Understanding different risk factors and how they play a role is key to understanding how to prevent substance use disorders before they arise. Everyone has risks factors, that does not mean they will absolutely develop a SUD, but it increases the risk of development. If steps can be taken to limit the number of risks a person faces in their lifetime, the likelihood of a SUD goes down."

LCCMH understands not all risks factors can be removed but continues to work to help limit risk factors in the community to better help prevention efforts. When prevention isn't enough, the LCCMH SUD department has a strong team of individuals able to help assist those working toward a life without substance use.

Anglebrandt is excited about the recent relocation and is excited for available services for LCCMH persons served and former AICC persons served.

AN INTERVIEW WITH A BOARD MEMBER: BRAD HAGGADONE

Brad Haggadone, a proud Lapeer County Community member has served on the LCCMH Board since January of 2023. A 2014 Lapeer West Graduate, previous Lapeer School Board Member, and now District 4 County Commissioner, Haggadone keeps busy serving the people of Lapeer County.

"Born here, raised here, and hopefully, one day I will be put to rest here."

Passionate about the community, Haggadone felt it was only natural to join the Lapeer County Community Mental Health Board when a position became available. Relationships with the previous CEO, Lauren Emmons, LCCMH board member Mary Lin Voss, and personal connections to the mental health world inspired Haggadone to apply for the Board. He wanted to become an advocate for those struggling with their mental health and fully believes complete wellness can be achieved no matter what struggle one may be facing.

Seeing firsthand the impacts of

untreated mental health struggles, Haggadone continues to voice his beliefs that CMH has the tools and resources to serve the Lapeer community. Recognizing how impactful those first few steps to mental health treatment are, Haggadone encourages everyone to reach out if help is needed, "You will live a happier and more fulfilled life if you do get the help you need," he said.

With the love for all the community members of Lapeer County, the faith in the Lapeer CMH staff, and ability to surround himself with peers who help him with his personal and professional growth, Haggadone believes in the philosophy of Lapeer CMH: Support and Care for Complete Wellness.

Being a strong community advocate, Haggadone believes in a strong foundation and encourages everyone to look after each other, "Complete wellness encompasses yourself, but it also includes others. Take care of yourself, but also check on others."



Brad Haggadone outside of Lapeer County Community Mental Health.



LCCMH EMPLOYEE OF THE YEAR: LEANN DANIELS

Leann Daniels, the newly selected LCCMH nursing supervisor, was the 2023 Employee of the Year. Daniels can be described as quiet, reserved, and steady, so the award of Employee of the Year was quite shocking to her, "I didn't see it coming, I didn't even vote for me!" said Daniels.

Daniels came to LCCMH in 2013 as a contractual nurse and then moved into a county position in 2014. She had previously worked in a homeless shelter as a case manager and later shifted into nursing to help take care of people. She saw a need in the mental health world, and she wanted to contribute. "I saw firsthand the difference LCCMH can make in a person's life," said Daniels, "When I decided to pursue nursing, it was with the goal of working as a LCCMH Registered Nurse."

With 25+ years in the mental health

field Daniels felt it only natural to apply for the nursing supervisor position when it opened. With the knowledge of LCCMH and the nursing experience to back it, Daniels felt she would lead the department and continue to make a difference in employees and persons served lives. "I have the desire for continual improvement to best meet the needs of our persons served," said Daniels, "to successfully increase new services it is beneficial to have an in depth understanding of the established processes."

Daniels would like to help expand the services offered at LCCMH and fine tune current services already in place.

One service Daniels is very passionate about is the Dimensions Well Body Tobacco Free Program. It is an evidence-based smoking and tobacco cessation program that utilizes a group format and

meets one hour a week for 6 weeks.

Passionate about a tobacco free lifestyle, Daniels leads this program. Inspired by family connections, she said, "smoking is a leading cause of preventable disease, disability, and

death. Our persons served deserve the opportunity to learn how they can free themselves from something that has

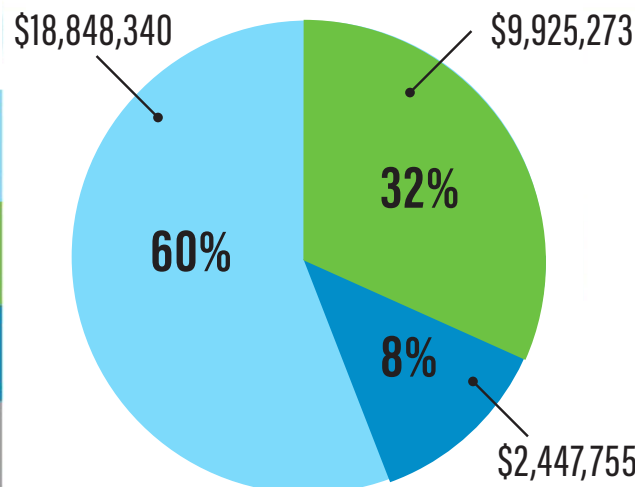
SEE LEANN DANIELS on page 4



LAPEER COUNTY COMMUNITY MENTAL HEALTH FY 2022/2023

TOTAL COST: \$31,221,369

PERSON WITH DEVELOPMENTAL DISABILITIES	463
ADULTS WITH MENTAL ILLNESSES	1,570
CHILDREN WITH SERIOUS EMOTIONAL DISTURBANCES	411
TOTAL PERSONS SERVED	2,365



Outpatient Therapy Visits:	2,646
Family Therapy Visits	642
Group Therapy Visits	584
Units of Case Management	21,327
Persons Served in Skill Building	176
Persons Served W/ Autism	188



LCCMH SUCCESS STORY: YOU

At LCCMH we recognize that the first few steps are always the hardest. That's why this year, we would like to recognize anyone and everyone who has taken the steps to complete wellness by recognizing you! This includes those who took



time to sit down and make goals for yourself, by taking the steps to take care of your wellbeing, and/or by walking through our doors if you need it.

We are aware of the stigma surrounding mental health and treatment, and although we cannot make it disappear completely overnight, we as an agency want to help take steps to create a more positive light around the process of receiving the help you need when you need it. One should not recognize success by graduating services, but acknowledging the need for help, you are already a success.

Taking those first steps to seek treatment in the face of stigma is an amazing accomplishment and should be recognized.

Although completing a program, finding physical and emotional balance, and seeing a reduction in treatment needed are great successes, we want to recognize any and all persons working toward complete wellness. We know it is not an easy path and understand the effort that goes into those steps taken to care for yourself. We at LCCMH are proud of YOU and see the strength it takes to walk through our doors.

LEANN DANIELS continued from page 3

such a detrimental effect on their health."

Daniels believes this program contributes to a person's complete wellness, the CMH mission. She states, "To me, complete wellness is addressing and treating every aspect of a person as a whole: mind, body, and spirit. You can't truly be well if any part of your being is suffering."

To Daniels, CMH is more than just a job, it is a part of her life that brings her a sense of purpose, belonging, responsibility, and satisfaction. She concluded the interview by saying, "I honestly can't envision myself doing anything else."

LCCMH Committee Spotlight: Zero Suicide

LCCMH has a new committee dedicated to the prevention of suicide. The Zero Suicide Committee was implemented late in the fiscal year with their first meeting conducted in August of 2023. Multiple team members attended a conference leading up to the creation of the committee to learn about the model and see how it can be applied to LCCMH and the community.

The Zero Suicide model believes suicide deaths of individuals under the care of health and behavioral health systems are preventable. It provides a practical framework for

system-wide transformation toward safer suicide care.

The committee is comprised of various staff across the agency ranging from licensed therapists, social workers, and nurses and cnas to administrative and financial staff.

The close-knit team works together to find new ways and ideas to implement suicide prevention methods for the agency. The committee has released an agency wide training on the model and is working on creating obtainable goals in different areas tailored to departmental needs.



One member, Triage Supervisor Taylor Volpe, is proud of the suicide prevention work being done by the agency for the community. "We are excited to implement The Zero Suicide model in hopes to continue our efforts

to reduce suicide deaths."

Since 2019, Lapeer County has seen a decrease in suicide deaths from 19 in 2019 to 10 in 2023. The Zero Suicide team hopes to help with the continual decrease in those numbers.