

# 2017 ANNUAL REPORT



## Centra Wellness N E T W O R K

### Vision:

We see a community where everyone's life is valued, has meaning, and each person is treated with dignity and respect.

## A YEAR IN REVIEW:

### CHIP JOHNSTON, EXECUTIVE DIRECTOR

A year in REVIEW: CHIP Johnston, EXECUTIVE Director

Much of this past year we have not only negotiated changes within our organizational structure, but also followed numerous bills and legislative discussions that directly impact funding and service.

The largest area of concern at the state is proposed legislation, Section 298 of the State's budget. This proposal inserts a private Medicaid Health Plan will get public safety-net funding for the provision of behavior health services, replacing direct funding from the state.

The state, to assure appropriate management of such a system requested mental health agencies to consider volunteering to be part of a 298 pilot over the next 3 years. CWN and our regional partners did not see this as a positive venture for our clients, communities and agencies that we work with and declined to participate. While CWN and our regional partners did not find this a positive venture, there were other mental health agencies, (5) who have volunteered so the state has a pilot in place and it should be executed sometime in 2019 or 2020. We will all be watching this closely.

This past year we were able to launch our Medication Assisted Treatment (MAT) program for opioid use disorder. Seeing a need in our communities and having an opportunity to partner with Catholic Human Services in both counties, we applied for the funding and were able to secure 50 slots to treat persons with an opioid addiction. And, not long after we launched these services we found ourselves near capacity. To date all is going well, we continue to work in collaboration with Catholic Human Services and other Providers securing therapy for those persons enrolled in the MAT program. We hope there will be an ability to expand this service into our 2019 fiscal year.

Lastly, CWN, as you will see later in this report, had a good financial year. And we continue to sustain a healthy fiscal forecast. Our ability to sustain a healthy fiscal "bottom line" allows us to work with community partners addressing identified needs. One such collaboration has been our SafeNet program which we operate in Benzie and Manistee Counties. This year in discussions with several Superintendents, there was a suggestion to expand our services from the elementary level to middle school. Knowing the stresses and strains within our society and the difficulties within families, expanding our prevention services to collaborate with the three area school districts adding a Master Level Therapist in the Middle School seemed like a reasonable request to assure better outcomes for our middle school students.

As always, CWN continues to evaluate identified community needs, we look toward new and lasting partnerships within our two-county system and always hope to assist in the expansion of services and remaining fiscally responsible.

### OPERATING HIGHLIGHTS FOR 2017:

- Health Home Evaluation provides strong support for services. Clients overwhelmingly satisfied with services and estimates of thousands of dollars in cost savings per client.
- Trauma Informed Care Initiative
- CARF 3-year Recertification (National Accreditation)
- Fiscally sound
- MAT program launched and operational
- Mental Health First Aid trainings for community members
- Substance Education Awareness (SEA) program partners with Manistee Youth Program
- Master Level Clinicians hired for Middle School in Manistee and Benzie Counties
- Benzie Recovery Center and Manistee Friendship Center have successful year in providing healthy living education



## PROGRAM SPOTLIGHT:

### MEDICATION ASSISTED TREATMENT (MAT)

### PROGRAM FOR OPIOID USE DISORDER:



This section will spotlight the different services and programs offered or supported in collaboration with other agencies and organizations.

This past year we rolled out a new service; MAT. This program and efforts to get this established was supported in partnership with Catholic Human Services through a Liquor Tax Grant from the Northern Michigan Regional Entity (NMRE).

By now everyone knows that Northern Michigan is experiencing a serious opioid crisis. Benzie and Manistee Counties have felt the impact of the crisis with an increasing rate of overdoses and deaths being reported. This past year Benzie and Manistee Counties collaborated to hire a Medical Examiner/Pathologist to preform autopsy services. The addition of this office locally provides our agency more specific data we can review regarding this issue. One death from substance use is one too many.

With the onset of this epidemic throughout the United States, programs to combat the issues were quickly developed. CWN was able to partner with addictionologist Dr. Bruce Baker, MD

to provide Medication Assisted Treatment to persons living with an opioid use disorder. Through Liquor Tax funds, dedicated to substance use disorder services, CWN secured grant monies to support treatment for 50 persons in Manistee and Benzie Counties. This effort was a collaboration between CWN and Catholic Human Services. Dr. Baker works with clients receiving regular individual and/or group therapy through CWN or CHS by prescribing suboxone to combat their physical addiction to opioids. We have found that in the MAT programs short existence the need is high and the openings for both CWN and CHS filled quickly. CWN remains committed to providing MAT services and we are looking forward to possible expansion in 2018/19.

**FOR MORE INFORMATION ON OUR  
MAT PROGRAM CALL:  
24 Hr. Crisis Line 1-877-398-2013**

## COMMUNITY SERVICES AND RELATIONS AWARD RECIPIENTS

Over the year, the Staff and Board of Centra Wellness Network takes time to recognize partners throughout the community who contributed to our communities by improving the lives of individuals living with mental illness and/or intellectual/developmental disabilities. The work of these individuals and organizations assist with daily needs, provides needed resources, assures treatment options are accessible, or provide the supports needed for initiatives and programs that can make a significant difference in the life a person living with illness and/or disabilities. Centra Wellness over the years with the leadership of Executive Director Chip Johnston has made efforts to assure community partnerships. He notes that working with others within each community can only have positive outcomes. More resources (people and organizations working together) provides more ability to “lift the heavy workloads”, and CWN has found many people and organizations willing to share in this process.



### The 2017 Recipients are:

- (Left) Leanne Witucki; Manistee ARC
- (Right) Sharron Lemmer; Manistee HSCB
- Mike Savage and Jennifer O'Brien; MDHHS (Benzie County)
- Cameron Clarke, Family Division 19th Judicial Circuit Court
- Jon Hauswirth; Prosecuting Attorney
- (Below Left) Clinton McKinven-Copus; Manistee Housing Commission
- (Below Right) Dottie Batchelder; Behavioral Health, LRBOI



**Thank you to all  
our community  
partners!**





## LISTENING TO OUR STAFF....

### Human Resources

Annually CWN seeks input from not only their clients regarding their treatment experience, they also survey staff seeking input on several items from work environment to compensation. These surveys help us to develop programs, look at our benefits and to review our practices to assure that CWN is considered a great place to work! Here is a small sampling of the responses we received this year regarding our benefit package.

#### *Staff Comment on 2017 Survey:*

*"I feel our agency does a lot for the community. I feel the staff want to see others do better. This makes me proud".*



Survey summaries are shared with the Board, Directors, Leadership Team and all staff. This is the first time we are providing results publicly.

The survey results are used to develop training opportunities, improve areas of satisfaction for our employees and to address other areas of concerns that come to light during the survey process.

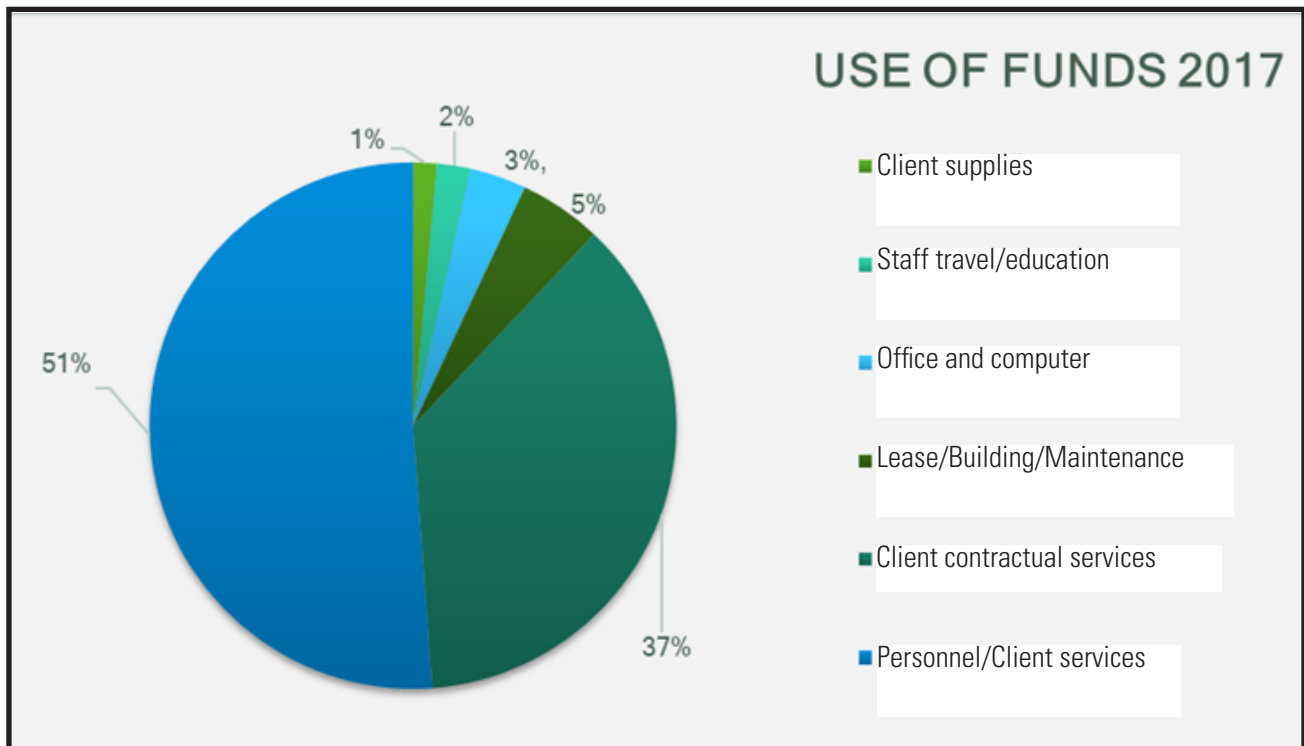
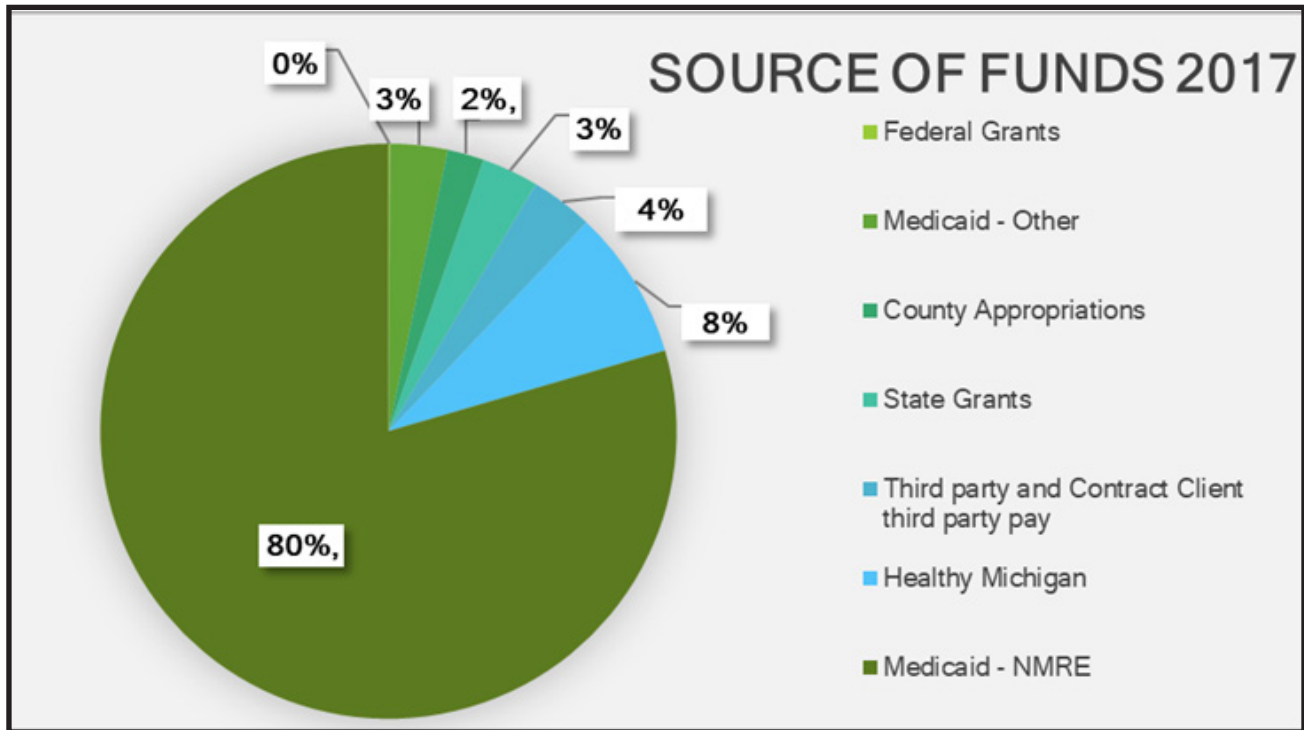
Overall staff report satisfaction in their jobs, they are satisfied with benefits and with their work environment. Opportunities for improvement were noted by staff, then included the dissemination of information between programs and locations along with training opportunities.

## LOOKING AHEAD TO 2018:

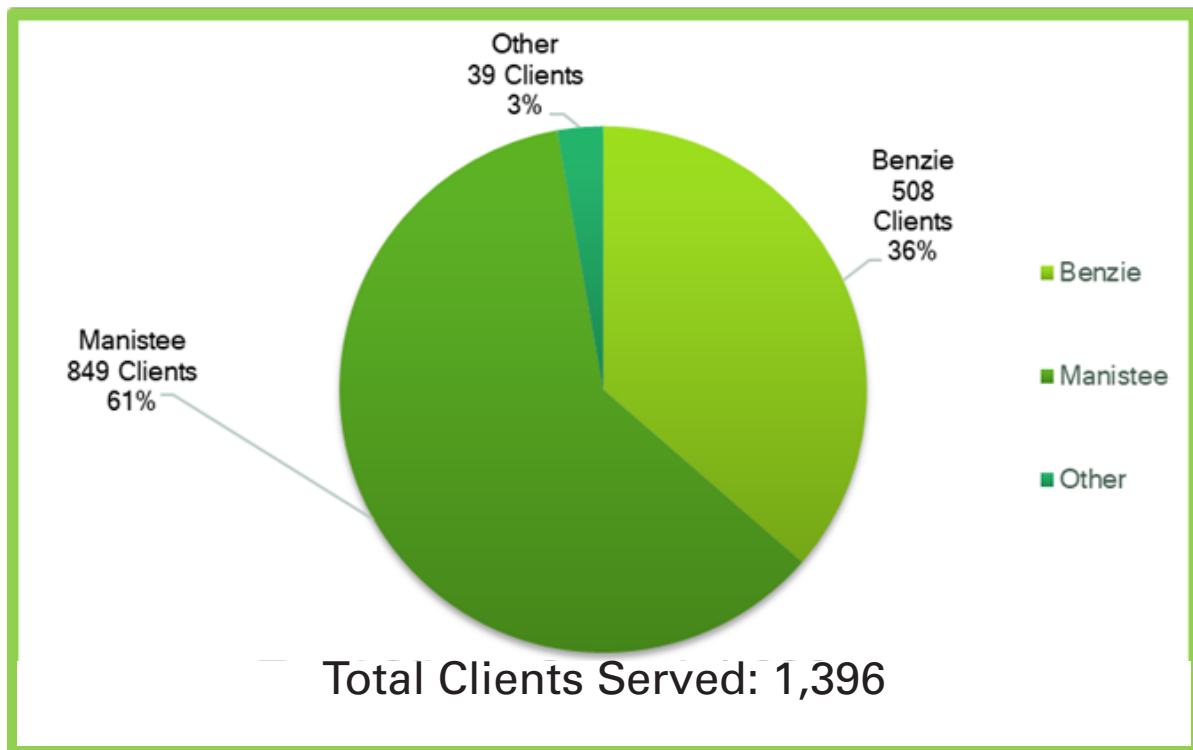
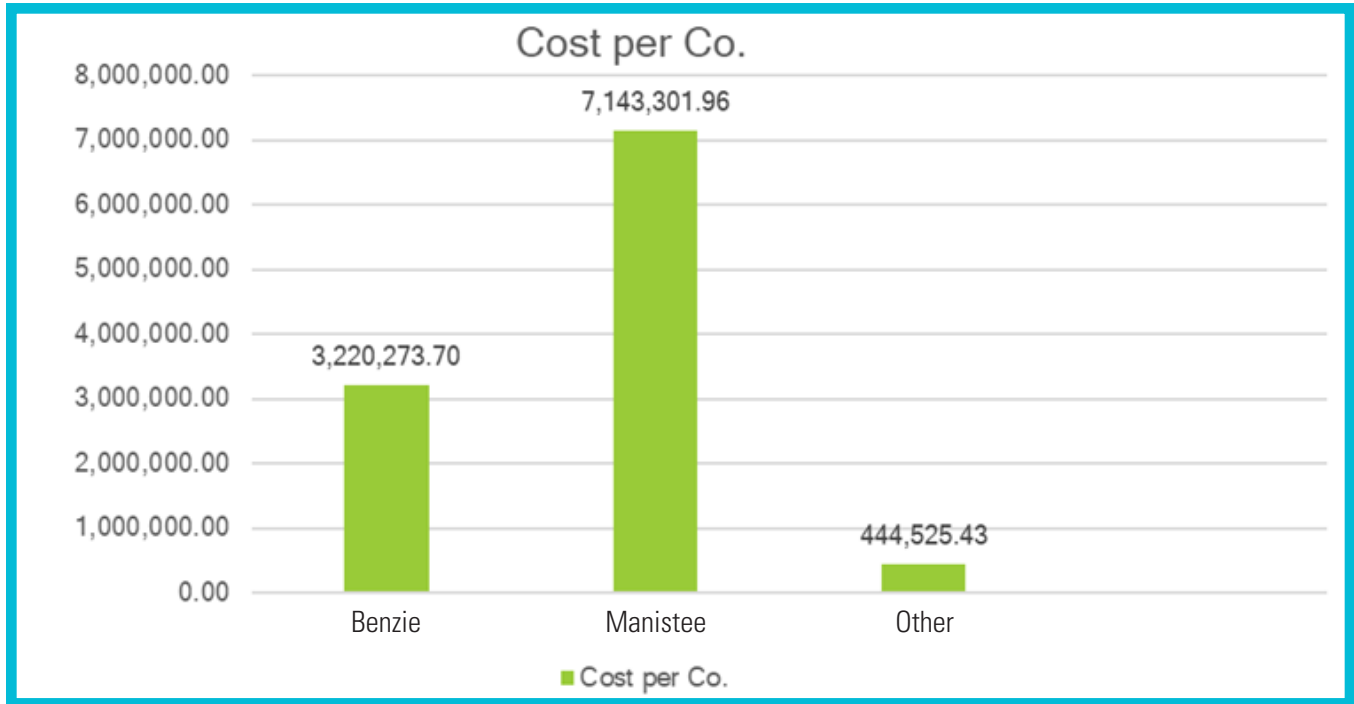
- As we moved into the 2017/18 fiscal year the Board and Directors reviewed and updated our strategic plan to include the practice of trauma informed care.
- Expanding our Health Home
- Opioid Health Home (Part of a 21 County Initiative)
- Increasing clinical services to children, adolescents in Benzie and Manistee county
- Collaboration with the Court System; developing services to meet the needs of family and children involved in the legal system
- Continue to promote healthy lifestyle education and services through Benzie Recovery Center and Manistee Friendship Center.

## FINANCIAL SUMMARY:

Centra Wellness continues to have good fiscal management while working to assure client and community needs are met.



## Cost By County - A Review:



## Centra Wellness Board of Directors:

- Coury Carland, Benzie County Commissioner
- Roger Griner, Benzie County Commissioner
- **Annie Hooghart, Board Secretary, Manistee County Representative**
- Pauline Jaquish, Manistee County Commissioner
- Mary O'Connor, Benzie County Representative
- **Dennis Risser, Board Chair, Manistee County Representative**
- Richard Schmidt, Manistee County Commissioner
- Don Smeltzer, Benzie County Representative
- Cheryl Stephison, Manistee County Representative
- **Don Tanner, Board Vice-Chair, Benzie County Representative**
- Leslie Wilson, Manistee County Representative
- James Wisniski, Sr., Manistee County Representative



Centra Wellness  
N E T W O R K