Discover Wellness Within – behind these three simple words lie the key to good physical and mental health. If you improve your mental health, you will improve your physical health, and vice versa. Recognizing and acting on this fact is crucial in achieving recovery. This is why providing integrated healthcare, the blending of behavioral health care and physical health care, to individuals receiving St. Clair County Community Mental Health (SCCCMH) services is our primary focus.

The three individuals who have received SCCCMH services, recognized in this year’s Annual Report, Stephen Page, Phyllisca Rabine and Rebecca Williams, exemplify the motto “Discover Wellness Within.” Our Employee of the Year and Team of the Year remind us of another truth, sometimes before a person has enough hope to discover their wellness within, they need someone to hold that hope for them. Our Community Service Award winner Jason Stier and Organization Award winner the Community Foundation of St. Clair County provide so many supports in so many ways to individuals in our community. Finally, Communications Awareness Award winners Karley Hurley and Mallory Michaluk together helped educate countless Blue Water Area residents about mental illness, intellectual / developmental disabilities and substance use disorders.

One of the most significant changes for SCCCMH in years is becoming a Certified Community Behavioral Health Clinic (CCBHC). In December 2018, we were awarded a CCBHC project grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), in the amount of $2,000,000.00 per year for the years 2019 and 2020. This grant will increase our ability to serve individuals receiving SCCCMH services, recognized in this year’s Annual Report, Stephen Page, Phyllisca Rabine and Rebecca Williams, exemplify the motto “Discover Wellness Within.” Our Employee of the Year and Team of the Year remind us of another truth, sometimes before a person has enough hope to discover their wellness within, they need someone to hold that hope for them. Our Community Service Award winner Jason Stier and Organization Award winner the Community Foundation of St. Clair County provide so many supports in so many ways to individuals in our community. Finally, Communications Awareness Award winners Karley Hurley and Mallory Michaluk together helped educate countless Blue Water Area residents about mental illness, intellectual / developmental disabilities and substance use disorders.

Emotional Disturbances, and Veterans. We anticipate that as a CCBHC we will see a 25% increase in the number of individuals served, approximately 335 more adults and 116 more youth under 18 years of age. For more information on expanded SUD services, please go to page 3.

Also built into this grant is funding for an additional year to continue our Primary and Behavioral Health Care Integration (PBHCI) Project, a critical component in providing integrated healthcare to individuals receiving SCCCMH services. PBHCI brings together the treatment team involved in an individual’s care so that, from the individual’s perspective, the physical health care and behavioral health care services delivered are consistent and coordinated. This results in an individual receiving higher quality, more efficient care that better meets their needs. Since receiving the four-year $1.6 million PBHCI grant from SAMHSA in August 2015, we have served 931 people through the program. There are several other exciting changes coming to SCCCMH. In 2018, we began the process of introducing the Zero Suicide program. This initiative utilizes quality practice means improvements in behavioral and physical health care organizations to eliminate suicides among people in care. Organizations that have used this approach reported a 60 to 80% reduction in suicide rates among those in care. The success of our Mobile Crisis Unit, implemented in May 2016, continued this past year. The Mobile Crisis Unit is available to respond to calls for service at the request of individuals experiencing a mental health crisis, first responders, schools, medical facilities, or other natural supports like friends and family. Details about this exciting and important innovation can be found on page 7.

Our focus on Trauma Informed Care continues. Studies indicate that 80% or more of people receiving public mental health services have experienced some form of trauma. Trauma Informed Care takes into account knowledge about the neurological, biological, psychological, and social effects of trauma and incorporates it into all aspects of mental health services. SCCCMH staff are now fully trained in Trauma Informed Care with additional training available to help facilitate trauma recovery, specifically among women with histories of exposure to sexual and physical abuse.

We introduced two new classes that provide support for recovery and trauma informed care. Our Music class, which is offered at the Center of Port Huron, provides a way for individuals to express ideas they choose and how to calm their mind and body. Likewise, our new yoga class provides a valuable relaxation tool and anxiety-reduction technique. It teaches participants how to focus on ideas they choose and how to calm their mind and body. At a time when 49.5% of adolescents will meet the criteria for a mental health disorder at some point and the percentage of emergency room visits related to suicidal thoughts or attempts more than doubled between 2008 and 2015, it has never been more important to proactively address the behavioral health needs of today’s youth. For this reason,
SCCCMH partnered with Riverview East High School to create a self-management program, an innovative program that educates young people about a series of 15 mental health topics, including how to recognize warning signs, how to problem solve, and coping skills. Students learned about the importance of healthy relationships and the benefits of exercise and diet. They practiced stress management techniques and learned how to set goals and track their progress. This program was designed to empower students to take control of their mental health and make positive changes in their lives.

Phyllis Williams

Phyllis Williams began receiving treatment at St. Clair County Community Mental Health Services almost 2½ years ago. Faced with the challenges of living with mental illness, Phyllis decided to turn her life around. She worked closely with her primary care physician and her mental health care provider to develop a recovery plan that would address both her behavioral and physical health concerns. The plan included medication management, therapy, and lifestyle changes.

Phyllis's journey to recovery was not easy, but she committed herself to following the plan. She began by going to individual behavioral health therapy to improve her skills at managing symptoms. She also opted to participate in SCCCMH's InShape program, an individualized health promotion program designed to help people to independently address their nutritional and physical activity requirements. Participants have access to group training sessions and workshops with personal trainers, as well as nutrition classes. Phyllis has worked out with SCCCMH several times a week. She also changed her eating habits, working to cut out junk food and fast food and eating six small meals a day. She also began taking yoga classes.

Since accepting SCCCMH services she has lost 55 pounds and is currently participating in the InShape program. She has successfully lowered her blood pressure, cholesterol, and blood sugar levels for a 2 to 3 month span, so she is no longer taking medication for these conditions. In addition, Phyllis has lost 47 pounds. She has successfully lowered her blood pressure, cholesterol, and blood sugar levels for a 2 to 3 month span, so she is no longer taking medication for these conditions.

Phyllis has embraced self-management and self-advocacy, providing an example to others of how making good choices creates a bright future. Her optimistic attitude and the support of her family and friends have been crucial to her success.

Steve Poe

Steve Poe

Steve Poe's story is one of hope and recovery. Steve was diagnosed with bipolar and anxiety disorders. However, in reality alcohol and drug use are common among individuals with serious mental illness. The U.S. Department of Health and Human Services reports that 60% of people with mental illness, particularly in the United States, believe that they have self-medicated themselves. This is not uncommon for individuals diagnosed with mental illness. As the early stages of learning to cope with symptoms of mental illness, many turn to substances, such as alcohol, to help them feel better. Because alcohol interacts with brain chemistry in the short term it gives the appearance of reducing stress and anxiety. However in reality alcohol often exacerbates symptoms instead of curing them.

Like others with a co-occurring disorder – having both a mental illness and substance use disorder – Steve has battled his addiction to alcohol for a little over two years. Steve credits three things with his success. First, he describes what he learned through dialectical behavioral therapy at SCCCMH, which includes mindfulness, acceptance, and change and negative thinking patterns, with providing him the tools to manage his disorder. Second, he credits his total involvement in Alcoholics Anonymous, where he explains he found an excellent sponsor who, “pulls no punches.” Third, Steve attributes his success to his faith and belief in Jesus Christ was crucial to his success.

"A higher power gives you the power to get through this sort of thing" he says. "I did the footwork, but it was God who gave me the strength." Steve's favorite quote, which he says perfectly fits his situation is “I found God and in finding God found myself.” To others, Steve always offers the same advice with a smile, “No matter what, never give up on yourself. You are worth it."
In December 2018, the Substance Abuse and Mental Health Services Administration award-
ed St. Clair County Community Mental Health (SCCCMH) a Certified Community Behavioral Health Clinic (CCBHC) expansion grant in the amount of $2,000,000.00 per year for 2019 and 2020 that will provide services to individuals with a Substance Use Disorder (SUD). The CCBHC became operational May 1, 2019.

Tony joined the Individual Placement Support Specialists team of Peer Support Specialists in 2010. Peer Support Specialists have recovered from mental illness and have strong self-doubt about their skills. Tony says, “I have to help them see beyond what life was to what life could be.”

However, this was not always the case. Tony shares that the first half of his career was spent in mental health and substance use disorder challenges that led to intermittent periods of incarceration and homelessness. Then, twenty years ago, he made the decision to accept help and entered treatment. After treatment, Tony went on to study strategic planning, advertising and client relations, the summer internship program and production of several shows, as well as occasionally report-
ing on local events. Mallory Michaluk, EBW news director, is a Port Huron native. Mallory also writes news stories and manages EBW’s social media sites. Together they are responsible for creating as many as thirty news reports a week.

Both Karly and Mallory are excited to be pioneers in an innovative news model. Key to that model is the ability to provide timely, original, and local video content to a region that is rarely covered by the major media outlets in Detroit. They also share the goal of making EBW the number one source of news in the area by creating confidence in their product and a sense of trust between EBW and the community.

Karly and Mallory are critical components in St. Clair County Community Mental Health’s (SCCCMH) efforts to educate the community about Mental Illness, Intellectual / Developmental Disabilities, and Substance Use Disorders, as well as enhancing public understanding of the role and impact of CCBHC services, activities, events and initiatives. In their reporting, they are always knowledgeable and skilful at communicating information in language that is accessible to the public and recovery focused. This has allowed SCCCMH to reach tens of thousands of individuals that in the past may not have had the opportunity to learn about us, our services, and that recovery is possible, all of which aids in reducing the stigma associated with mental illness, developmental/ intellectual disabilities, and substance use disorders.

For their consummate professionalism and exceptional attention to Board relation and communication between SCCCMH and the residents of St. Clair County, the Board of Directors of SCCCMH are proud to name Karly Hurley and Mallory Michaluk the 2019 SCCCMH Media Award Winners.
The “Rights Champion” award recognizes individuals and organizations for their extraordinary contributions to the Rights Protection System, which protects the rights of individuals with mental illness, intellectual / developmental disabilities, and substance use disorders. In recognition of her dedication to ensuring individuals are treated at all times with dignity and respect, the St. Clair County Community Mental Health (SCCCMH) Board of Directors named Latina Cates the 2018 Rights Champion of the Year. Latina serves as the SCCCMH liaison to the Port of Hope, a local recipient-run drop-in center for individuals with mental illness. Many members of the Port of Hopes also receive SCCCMH services. In her role as SCCCMH Liaison, and congruent with our Human Services for several health and wellness projects. These projects included assisting the members of the Port of Hopes in learning how to prepare healthy dishes on a budget, education about diabetes and hypertension, how to use a glucometer, and how to use a pedometer to track exercise activity, and how to identify emotional eating triggers. Additionally, Latina developed a cookbook for participants to reference when choosing to cook healthy meals. All of these projects support a healthy lifestyle and the knowledge that what we eat relates to how we feel mentally and physically. Additionally, through the Justice in Mental Health organization, Latina coordinated training for Port of Hopes board members in ethics and board responsibilities. Congratulations, Latina!
Many individuals with a mental illness have difficulty in recovery or in returning to work. However, for a few others, an acute mental health crisis, one where symptoms are severe enough to present a danger to oneself or others, requires immediate intervention. As a result, many people are unsure of where to turn to for crisis intervention. In May 2016, St. Clair County Community Mental Health (SCCMCH) introduced a Mobile Crisis Unit to respond to these unpredictable crisis situations. The Mobile Crisis Unit is a team of seven mental health professionals who are available to respond to calls for service at the request of individuals experiencing a mental health crisis, first responders, businesses, schools, medical facilities, or other natural supports like friends and family. The Mobile Crisis Unit offers services on a 24-hour basis, seven days a week, seven days a week, seven days a week. One of these team members is on duty at all times and generally responds within thirty minutes.

Members of the Mobile Crisis Unit are skilled at stabilizing potentially threatening situations and providing the needed needs of individuals potentially in crisis. They are trained to take the time to assess whether or not at risk of harming themselves or others from unnecessary hospitalization. They also are skilled at determining whether another individual is a danger to them- selves or others and whether the circumstances are not standard. They employ a much more subjective approach to the work. By taking into account whether there is a deterioration in a person's condition or a major setback in the person’s mental illness, Mobile Crisis Unit staff accomplishes an important feat: performing a standardized transport and placement assessment to identify alertness, cognition, mood, and thought processes. Based on the assessment, the Mobile Crisis Unit Clinician makes a placement decision with the individual. Placements can include in-patient psychiatric hospitalization, discharge home with outpatient referrals, rapid re-linkage or re-linkage to treatment providers, without a corresponding increase in the number of young people in Juvenile Justice Systems report mental health problems and one in five has a Serious Emotional Disturbance.

During Fiscal Year 2018, among individuals receiving SCCCMCH services, the Mobile Crisis Unit screened a total of 500 people for Inpatient Hospitalization, an average of two people a month, met face-to-face with individuals potential, 1,079 times, an average of 90 times per month, and had a total of 1,442 telephone contacts, or 129 per month. In total, in 2018 the Mobile Crisis Unit responded 2,321 times the home, or even 5 visits to the Emergency Room is related to a men- tal Health or Substance Use Disorder issue.

Currently the Mobile Crisis Unit averages three ser- vices per day and two requests for law enforce- ment assistance per day. Close commu- nication and cooperation between the Mobile Crisis Unit staff and local law enforcement is critical to diverting individuals when ever possible from a law enforce- ment setting to a treatment setting. Nationally, approximately seven per cent of all police contacts in urban settings involve a person believed to have a mental illness and about three out of every four young people in Juvenile Justice Systems report mental health problems and one in five has a Serious Emotional Disturbance.

loans to area businesses such as the Knollwood Ice, Atrium Cafe, and Casey’s Pizza in Port Huron, the Anchor Pointe Bistro in St. Clair, and the Inn on Water Street in Marine City. The Community Foundation also recently made a $300,000 equity investment in Smart Shelf Inc., in St. Clair. Other investments include $750,000 in financing for the new St. Clair County Community Mental Health Center. This new 120,000 square foot facility located in Marysville will be in operation by August 2018 in downtown Port Huron. This is the third Community Foundation-supported so-called “non-traditional students,” from a wide spectrum of backgrounds who face unique chal- lenges. Additionally, this investment includes age and particular life situations. This includes not just traditional college scholarships but funding for non-degree professional certifications, work ships and apprenticeships in skilled trades where positions are currently going unfilled. The Community Foundation is also working to add to the areas where community through funding Placemaking projects, which is the process of creating and maintaining community spaces where people can meet and interact. The one-mile long habitat-restored Blue Water River Walk along a restored bank of the St. Clair River is the largest and best-known example. It boasts a pedestrian trail, observation dock, fishing pier and public art. Other recent Community Foundation investments included the St. Clair Riverview Plaza, little league fields, the Optimist Skate Park and Algonac Skate Park, and many of the area’s public parks, such as a $100,000 investment to rebuild the play structure in Greg Park in Port Huron. For its three quarters of a century of consum- mate giving, the Community Foundation has received recognitions to the Blue Water area, the Board of Directors of SCCCMCH is proud to name the Community Foundation as the 2017 Adult Organization Award Winner. If you would like to support the work of the Community Foundation, consider attending the 75th anniversary celebration on Thursday, May 9 from 6 to 8:30pm at the Blue Water Convention Center. Tickets are $50 per person and must be purchased in advance. For more information about the Community Foundation or to apply for a grant through their EZ Grant Application, go to stclairfoundation.org
The Power of Peer Supports

Presentation Team of the Year

The 19th century American poet Ralph Waldo Emerson famously said, “The purpose of life is to be useful, to be honorable, to be compassionate, to have some sort of contribution which you can make that your friends, your students may not have that when they come here. “

The Power of Peer Supports Presentation Team has been excellent ambassadors to part of a Peer Supports Presentation ful and amazing recovery stories as receiving SCCCMH services, Megan, which provides an intensive and inteCommunity Treatment program, Michelle, supervisor of our Assertive one-on-one support to someone during difficult moments. Lisa and Recovery Coaches like Megan and Doug are people who have personal lived experience with mental illness and Doug explains, “People may think things will never get better. That's when you have hope."

The four members of this team explaining narratives have proven impactful, and Michelle's potent and motivat...
**n the 12th annual St. Clair County Community Mental Health (SCCCMH) Middle School Writing Contest, students were asked to create an original book mark design, 2” wide by 6” long, around the theme of how being kind to others is important. The winners were selected from each grade level K-5. Winners were judged on originality, creativity, neatness, and printability. Each winner will receive a certificate and $25 gift card to Barnes & Noble at the SCCCMH annual award recognition dinner on May 7th at Alexander’s Premiere Banquet Facility and Catering, in Marysville. Winning book marks were distributed to participating schools.

**PRIZE WINNERS**

**KINDERMADNESS**

1st Place: Anna Buehler
2nd Place: Ariel Ziebell
3rd Place: Camrynn Pfister

**BOOKMARK DESIGN**

1st Place: Avery Noyes
2nd Place: Emily DeWitt
3rd Place: Madison Brown

**PATHWAYS**

GRAND PRIZE WINNER
By Bailey Haslem

Marine City Middle School

**“PATHWAYS”**

From a gang of rough thugs,
And now there was no turning back.
So I accepted my fate
But it was too late,
I was already addicted.

But then there was light
And it shined, oh so bright
At that point, I thought I was dead
My mind was so broken
The light words were unspoken
My Savior emerged from the burst.

They told me that no fate
Was ever too late,
To make a jaw-dropping change.
All the light faded
My emotions cascaded
Over me like a waterfall.

I had been in the darkness
Broken and heartless,
For about three years too long.

But it was time for a change
To turn a new page,
To find what I had lost.

To help others in need,
To help set them free,
To help others in need,
To destroy this ordeal.

So I took back the wheel
To evade this ordeal
And destroy it once and for all
So I took back the wheel

To help make theirs new
To help others make theirs new
To help others make theirs new
To help others make theirs new

But I wanted more
I don’t know what for,
But I thought that I should help
I thought I could stop
I believed I was at the top
It had control of my life
But I thought it was right
Even though I knew I was wrong.

I wanted to stop
I wanted the situation to drop
But it was too late.
I had taken the drugs
They call me a failure, a fraud, a clutz.
They say that I’m nothing
But their words, they do something.
It makes the pain too much to bear.
I look to escape
They’re a new fate,
Yet they seem to always be there.
There seems to be something
That emerges from the nothing
But my conscience tells me it’s wrong.
But it’s all I have left
So I took the step
Even though I knew I’d be lost.
I had been warned.
And for my family, I mourned
But I was through with hopelessness.

An escape from reality
From the mortality
An escape from the prison I’m held.
It was like a medicine
But just like all medicines
The effects eventually wore off.

But I wanted more
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St. Clair County Community Mental Health Program Operations
Revenue and Expenditures
October 1, 2017 - September 30, 2018

Debra B. Johnson, MSA
Executive Director

Mohammad Saeed, M.D.
Medical Director

Tracey Pingitore, MM
Associate Director of Administration

Kathleen Gallagher, LMSW
Program Director

Karen A. Farr, CPA
Finance Director

Dann Hayes, BS, A+
Information Technology Director

Michelle Measel-Morris, MA, MA, PhD
Support Services Director

2018 St. Clair County Community Mental Health Board of Directors
Officers
Edwin J. Priemer, Chairman
Nancy Thomson, Vice Chairman
Julie Jowett-Lee, Secretary/Treasurer

General Membership
Lori Ames
J. Stephen Armstrong
Jackie Bligh
Anthony Essian
Mark Paulus
Ed Rieves
Martha Partipilo
Mike Smith
Sue White

2018 Advisory Council
Lisa Clark
Lawrence Doherty
Cheryl LaFrance
Nancy Levitt
Richard Parker
Martha Partipilo
Mark Paulus
Cynthia Raymo
Alice Rieves
Ed Rieves
Amy Sanderson
Nancy Thomson
Antoinette Tucker

2018 Recipient Rights Advisory Committee
Nancy Thomson – Chairperson
Lori Ames
Sue Bolton
Georgia Day
Barbara Deegan
John Duddy
Rosella Mirabelli
Ed Rieves
Adelle Schwan
JoAnn Wilton

2018 St. Clair County Board of Commissioners
Greg McConnell
Karl Tomion
Howard Heidemann
Duke Dunn
Jeffrey L. Bohn
David Rushing
Bill Gratopp

2018 St. Clair County Community Mental Health Team
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Executive Director
Mohammad Saeed, M.D.
Medical Director
Tracey Pingitore, M.M.
Associate Director of Administration
Kathleen Gallagher, LMSW
Program Director
Karen A. Farr, CPA
Finance Director
Dann Hayes, BS
Information Technology Director
Michelle Measel-Morris, MA, MA, PhD
Support Services Director

REVENUE

Medicaid, including MI Child and Autism Benefit $45,565,772
Healthy Michigan Plan $3,812,031
General Fund $1,463,839
Local Funds $1,143,562
Other $4,103,216
TOTAL REVENUE $56,088,420

EXPENDITURES

Intellectual / Developmental Disabilities $32,009,970
Mental Illness - Adults $12,824,188
Mental Illness - Children $5,111,546
Other $4,961,189
St. Clair Share of Managed Care Administration $525,153
St. Clair Share of PIHP Delegated Administration $484,675
TOTAL EXPENDITURES $55,916,721

Net Revenue in Excess of Expenditures $171,699

CMH Local Fund Balance Increase

General Fund Services Surplus $54,787
Local Funds Surplus $38,838
General Fund Services Lapse $93,625
TOTAL $171,699

2018 St. Clair County Community Mental Health Consumer Satisfaction Survey
As a result of services received, my child is better able to do the things he/she wants to do 38%
Overall, I am satisfied with the services my child receives 90%
As a result of services received, I deal more effectively with daily problems and am better able to control my life 59%
I like the services I have received 57%

In FY 2018, St. Clair County Community Mental Health served 4,105 individuals:
Children with co-occurring substance use disorders 42
Children with serious emotional disturbances 1,033
Adults with co-occurring substance use disorders 579
Adults with mental illnesses 2,465
Children with Intellectual / Developmental Disabilities 382
Adults with Intellectual / Developmental Disabilities 820

COMMUNITY IMPACT 2018 by the Numbers
220 people were trained in Mental Health First Aid
Contributed $72,596 in payroll taxes to the City of Port Huron
Employees gave $9,743 in “Casual for a Cause” donations
Employees donated $6,113 to Red Cross, United Way and CMH Endowment Fund
Participated in 51 community and outreach events
Staff contributed several thousand volunteer hours