



People Helping People



Issue 13
Winter 2016

CARBON-MONROE-PIKE MENTAL HEALTH AND

DEVELOPMENTAL SERVICES



Two thousand sixteen (2016) has been a year of transition for us at Carbon-Monroe-Pike MH/DS. We have had a number of staff move on from our agency for a variety of reasons including relocation, retirement, and the opportunity to advance their careers. We believe that the training and experience our staff receive during their time with us prepares them well for great jobs within the behavioral health system. While this is a loss for our agency, having well-trained professionals working within the service system is a benefit to all.



Most notable of transitions is the change in Administrator for our agency. Sheila Theodorou, our former Administrator who we all know and love, accepted a position with The Office of Developmental Programs in Harrisburg. Her title there is Bureau Director of Community Services. Our loss is their gain. The good news is that she has already made a positive impact in

Harrisburg and we will continue to have regular contact with Sheila in her new role.

I am excited and honored to have been chosen as the one to step into the position of Administrator and feel a great deal of responsibility to the individuals we serve, our staff, and the community. I have big shoes to fill. I have been with the agency for 21 years and have worked in several different capacities within the Mental Health Department. I have the privilege of working with a fabulous staff of intelligent, creative, caring people. Many of them have years of experience and others are more recent hires who come to us with a great deal of passion and energy. The similarities and differences in our staff make our team strong and effective.

We are continuing many of the themes that started last year, including community training in Mental Health First Aid (MHFA), Suicide Prevention (e.g. QPR), and Crisis Intervention Training (CIT) with local police officers. We will also continue highlighting our Customer Service Initiative that began last year. Our surveys showed overwhelmingly positive feedback with some ideas on how we can improve our service to the community. We are in the process of implementing strategies to address some of those suggestions. Look for a special addition of this newsletter in Spring 2017 related to our customer service initiative.

One of the goals for the agency in the next year is to have more of a community presence. We hope to get out and about to events in the community so that people know who we are and how to access services. Keep your eyes and ears open for our public service announcements and, in the near future, our presence on social media.

There is a tremendous amount of work going on in each of our departments. I hope that you will take some time to read through this publication to get informed on what has been happening! For more information, please visit our website: www.cmpmhds.org.

Sincerely,

Tina



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2016 Advisory Board Award Recipients

- ◇ Developmental Education Services - Dedication and Service Award
- ◇ Jennifer Williams - Outstanding Achievement Award
- ◇ Chief William Parish - Outstanding Community Service Award
- ◇ Sheila Theodorou - Special Appreciation Award

DEVELOPMENTAL SERVICES

The National Community of Practice: Supporting Families throughout the Lifespan

There is a movement across the country of supporting families of people with disabilities differently. Spurred by the Wingspread Supporting Families Summit of 2011, and through the leadership of the National Association of State Directors of Developmental Disabilities Services (NASDDDS), the National Community of Practice: Supporting Families throughout the Lifespan is in its 4th year of five-year grant funding from the Administration for Intellectual and Developmental Disabilities (AIDD). Thus far, participating states in the National Community of Practice (CT, OK, TN, WA, D.C., and MO as the mentor state) have changed the front door into their service systems, improved cultural considerations in supporting families, guided and influenced policymakers, helped shape waivers to focus on supporting families and individuals throughout the lifespan, and spurred positive change both within the IDD systems and within communities at large.

The overarching goal of the National Community of Practice is to support and strengthen families in ways that strengthen their capacity to best support, nurture, love and facilitate the achievement of self-determination, interdependence, productivity, integration, and inclusion in all facets of community life for their family members. Pennsylvania has been accepted as one of the twelve states to join the National Community of Practice this year.

Pennsylvania's strategy in this initiative is to encourage and support planning and collaboration at the local and regional level. County MH/IDD programs take the lead in developing a Regional Collaborative that will bring together community partners to implement strategies, best practices and policies that support families in having a vision for their son or daughter. Carbon-Monroe-Pike MH/DS has submitted a proposal to facilitate a Regional Collaborative as part of PA's initiative.

For more information on the National Communities of Practice: Supporting Families throughout the Lifespan go to: www.supportstofamilies.org and www.lifecoursetools.com.

C-M-P Developmental Services and the Office of Developmental Programs

This is a very dynamic time, under the leadership of Deputy Secretary Nancy Thaler activities are proceeding at a very demanding pace to promote healthy system changes that will enhance services and supports to individuals with IDD.



Notable Activities

- ◇ **Waiting list management redesign.**
- ◇ **Intake & eligibility requirements to include Autism and young children likely to be eligible for services.**
- ◇ **CMS approval of PA's Transition Plan to comply with the Home & Community Based Services Final Rule by March 2019.**
- ◇ **Developed Consolidated & P/FDS Waiver Renewal applications for submission to CMS.**
- ◇ **Updated the Everyday Lives document.**
- ◇ **Renewing partnership between ODP Central and Regional staff and County MH/IDD programs.**
- ◇ **Accepted as a partner in National Communities of Practice.**

MENTAL HEALTH

On Friday, May 19, 2016, Carbon Monroe Pike Mental Health and Developmental Services joined with the Community Support Program to design the 17th Mental Health Awareness Walk. Our walks provide a great opportunity to fight stigma and to educate the community about the services that are available to the residents in Carbon, Monroe, and Pike Counties.



The walk began at the New Hope Recovery Center in Stroudsburg and ended at Dansbury Park in East Stroudsburg. Many providers of human services were on hand to assist with materials and brochures explaining the different services available to persons in our three counties.



Local and State officials also participated and shared in the days festivities showing support for this year's theme, "Recovery is within Reach".



Our speakers for the day shared powerful stories of recovery, and they're ambassadors of hope for all of us. They make it very clear that recovery from mental illness is possible and there are hundreds of people in our very own communities who are living proof that recovery is possible.



CASSP Coordinators

Our CASSP team is collaborating with local school districts to create relationships in order to be able to serve the youth involved in our systems. They are the MH Liaisons for the Student Assistance Program (SAP) Team in our school districts, and assist by providing services and resources to help solve problems.

Forensic Department

Our Case Managers have been working with the county facilities on a regular basis and are in contact with state prisons to facilitate re-entry plans. They continue to work with the Cognitive Behavioral Therapy Groups in the facilities and in the community. Our Forensic Supervisor is the Crisis Intervention Team (CIT) Coordinator, and is currently working on enhancing the partnerships with law enforcement and public safety offices in our communities.



TCM Department

Our Targeted Case Management (TCM) Department is collaborating with Community Care in implementing the Behavioral Health Home Expansion (BHHPE) Model. As part of our case management services, BHHPE is an integrated care model that seeks to enhance the capacity of behavioral health providers to assist individuals in treatment with identification of wellness and physical health challenges. Our Wellness Nurse and TCMs will assist consumers in identifying health risk factors, provide wellness assessment and coaching. Along with fostering motivation, health literacy, use of self-management strategies, and goal setting, our objective will be to promote improvement in physical health, wellness, and recovery.

CMP HEALTHCHOICES

Fiscal Year 2015/2016 was a year of increased membership for the Carbon-Monroe-Pike HealthChoices Program (CMP HC) as a result of a full year of the Medicaid Expansion in Pennsylvania. Our total, unduplicated

The main highlight of the fiscal year was the approval of the Supportive Housing Services Reinvestment Plan by the Department of Public Welfare. This project will provide Bridge Funding, Master Leasing and Contingency Funds for Medical Assistance-eligible adults with a mental illness and/or a substance abuse disorder who are: homeless; at risk for institutionalization; at risk for homelessness and/or temporarily unable to secure adequate income to maintain decent and affordable housing. The project will be operated by Resources for Human Development for the next four years.

number of HealthChoices members in CMP for the fiscal year was 54,536. This total number of Members was comprised of 39,917 "core" individuals and 14,619 who were newly eligible as a result of the Medicaid Expansion.

Of the total number of members, 6,736 adults received a behavioral health service during the fiscal year. The value of these services was \$17,295,637. The total number of child members, 4,279 received services during the fiscal year. The value of these services was \$25,236,337.

CMP HC was able to have its final Reinvestment Plan from FY2013/2014 funds approved in June 2016. The Reinvest-

ment Plan is for Supportive Living Services and the plan will cover Bridge Funding, Master Leasing and Contingency Funds for a total of four years.

CMP HC in collaboration with the Monroe County Homeless Advisory Board (MCHAB) selected Crossroads Community Services (a division of Resources for Human Development, Inc. - RHD) to oversee the Master Lease or provide Bridge Funding for up to 12 apartments throughout Carbon, Monroe and Pike Counties with the goal of providing safe and affordable housing opportunities for Medical Assistance-eligible adults with a mental illness and/or a substance abuse disorder who are: homeless; at risk for institutionalization; at risk for homelessness and/or temporarily unable to



secure adequate income to maintain decent and affordable housing. In addition, Crossroads/RHD will provide for Contingency Funds to assist members to remove financial barriers to assist them in being successful in the other two components of the project.

- * HealthChoices total Membership for FY2015/2016 –54,536
- * Core Membership consisted of 14,619 Members
- * MA-Expansion Membership consisted of 39,917 Members
- * 6,736 Adult Members received Behavioral Health Services totaling \$17,295,637
- * 4,279 Child Members received Behavioral Health Services totaling \$25,236,337



We're on the web!
www.cmpmhds.org

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Front L to R—Jeff Hartzell HC Director, Tina Clymer Administrator, Fred Betz DS Director. Back L to R—Sheryl Shay IT Director, Jennifer Williams MH Director, Kathleen Peterson CFO, GeorgeAnna Ferrara HR Director.

Mission Statement

Facilitate access to quality behavioral health and developmental services that empower individuals and families on their journey toward independence and wellness.

Vision Statement

Promote an environment where all community members receive the supports they need to be self-sufficient and to maintain quality of life in a community that fosters acceptance and embraces recovery.