



# GRATIOT INTEGRATED —HEALTH NETWORK—

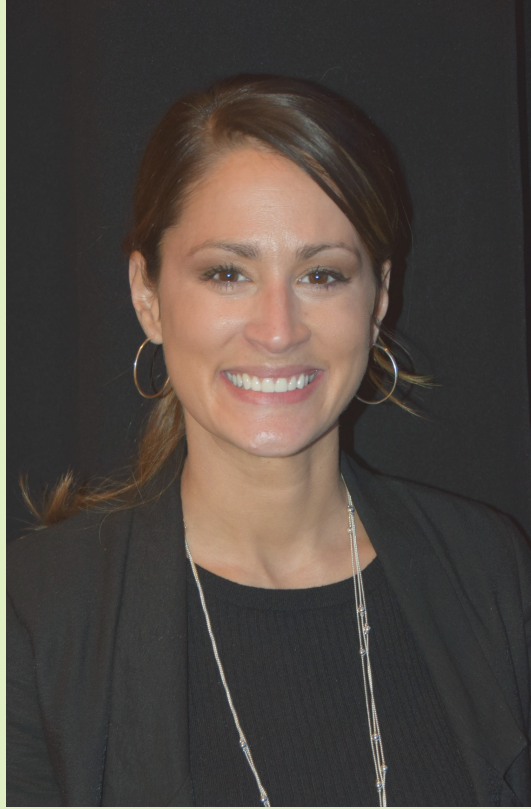


FISCAL YEAR 2019

# ANNUAL REPORT

Prepared by: Rachelle Page-Lewis

## Introducing Our New CEO



Michelle Stillwagon was announced as the new CEO at the October 10, 2019 Board of Directors meeting. Ms. Stillwagon has been with GIHN for the past 10 years as a service provider and administrator. Chair, Irene O'Boyle states that, "The selection of Ms. Stillwagon is on track with the agency's long term vision to provide care through integration, collaboration, innovative services and community outreach. This includes GIHN's recently expanded community services to St. Louis with the opening of a community clinic that serves the public three days a week."

We are excited to announce that GIHN was awarded our fourth consecutive 3-year accreditation with CARF International! GIHN is committed to improving the quality of the lives of the person's we serve, and this accreditation is a testament to that dedication. We have expanded our primary care services at our St. Louis clinic to 3 days per week and are confident that we will see continued growth over the next year. In February 2019, we also expanded our treatment options for those struggling with opioid dependency by opening the first Medication Assisted Treatment (M.A.T.) clinic in Gratiot County. We have increased our presence in schools through a partnership with Isabella Citizens for Health and are looking forward to forming new partnerships to reach individuals in need of our services in the coming year.

**-Michelle Stilwagon, CEO**



# ANNUAL REPORT FISCAL YEAR 2019

**October  
2018**

## Child Advocacy Game Day Challenge



Every year our staff participate in fundraising activities to help support other local community organizations. Last fall, GIHN raised funds to help support Child Advocacy in their mission *"to improve the welfare of children and their families through education, training, and support for the prevention of substance abuse, and child abuse and neglect"*.

**November  
2018**

## Resume Building Workshop



Gratiot Integrated Health Network conducts many wellness activities throughout the year.

Employment Specialist Shelly Lawrency BA, ETS led a resume workshop which included advice to building a professional resume, as well as, advice on how to prepare yourself physically and mentally for an interview. Participants were encouraged to ask questions and were able to bring their resume for one-on-one questions and guidance at the end.

**December  
2018**

## Christmas Time at GIHN

GIHN staff celebrated the holiday spirit with "12 Days of Christmas," an event to help raise funds for Child Advocacy. This was the first official year we participated in the St. Louis Holiday Parade. The "Giving Tree," was another success that provided hats and mittens to many individuals in the community.



# ANNUAL REPORT FISCAL YEAR 2019

**January  
2019**

## Mindful Movement

A Mindful Movement class was conducted for a second year in a row by Outreach Therapist, Stacy Graham. Research has shown that yoga has many physical health benefits as well as psychological benefits. Yoga practices can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression.



## Middle of the Mitten Award for GIHN

Every year the Middle of the Mitten, the St. Louis branch of the Gratiot Area Chamber of Commerce, recognizes new businesses who have opened the previous year or businesses that have changed ownership. Gratiot Integrated Health Network was a recipient of the New Business and Pride Award.



**February  
2019**

## Medication Assisted Treatment Offered



Adults with mental illnesses receive more than half of all opioid prescriptions dispensed each year across the United States. A 2016 Substance Abuse and Mental Health Services Administration report revealed that 1 in 10 adults with a mental disorder had misused opioids in the past year. Individuals with mental illnesses use and misuse of opioids is particularly

concerning, as research suggests that regular users are about 75 percent more likely to make suicide plans, and are twice as likely to attempt suicide, as those who did not report any opioid use. Medication Assisted Treatment (MAT) is one option to help individuals who struggle with opioid abuse. MAT is the use of medications in combination with counseling and behavioral therapies for the treatment of opioid addiction. Treatment also helps you change addictive thinking patterns and move away from other harmful behaviors. February, 2019 Gratiot Integrated Health Network opened the first MAT Clinic in Gratiot County.



# ANNUAL REPORT FISCAL YEAR 2019

**March  
2019**

## Beating The Winter Blues



"Winter Survival Kits," were made to help inform families of seasonal depression symptoms. Ways to combat these symptoms were discussed with families in the community. They played a game; each family chose a member of their family to wrap in toilet paper and dress them like a snow man. They competed against the other families. Winners recieved first choice of the donated items to add to their kits. We made several different items to put in a "winter survival kit," which included donations of family movies and books they could choose from.

**April  
2019**

## Autism Awareness Social Media Campaign

Gratiot County Herald published an article written by Supports Coordinator April Higgins that promoted awareness and acceptance of autism while dispelling commonly heard myths. In addition to the article, a social media campaign was posted on the agency Facebook to further share facts and awareness in honor of Autism Awareness Month.



**May  
2019**

## Walk-A-Mile



On May 9th, Gratiot County supporters joined nearly 2,500 mental health advocates at the State Capitol to enhance public awareness and put an end to the stigma related to mental illness, intellectual/developmental disabilities. Michigan does not have equality between mental health & physical health care coverage.

# ANNUAL REPORT FISCAL YEAR 2019

**June  
2019**

## Veteran Suicide Awareness Walk



June 8th, 2019 GIHN helped plan and organize a 19.1 mile walk honoring Veterans and 1st responders, who are taking their lives at a rate of 22+ a day. The walk began at the Edmore V.F.W. and ended at the Alma V.F.W. Participants were encouraged to walk what they could. Assistance, rides, snacks, and refreshments were provided to help along the way. GIHN staff also offered a specialized Veterans Mental Health Aid course free to the community to honor our Military and their families.

**July  
2019**

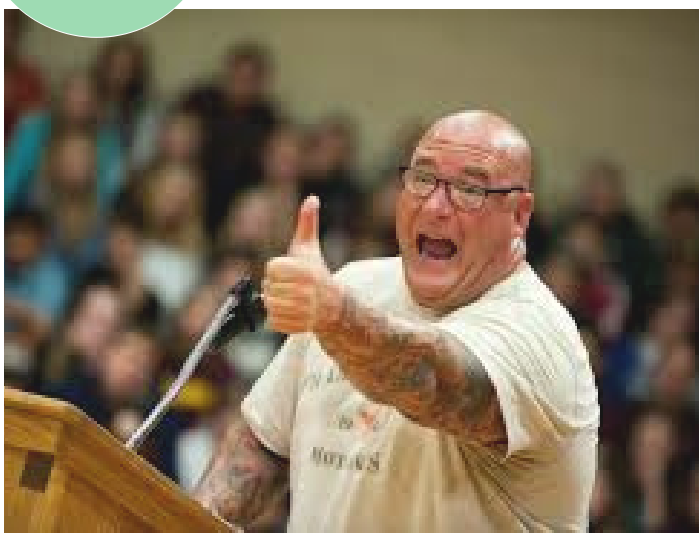
## Mental Health First Aid

In support of GIHN's on-going efforts to support education and advocacy, six Mental Health First Aid courses were provided to community members throughout the year. Mental Health First Aid teaches risk factors and warning signs for mental health and addiction concerns, strategies for how to help in both crisis and non-crisis situations, and where to turn for help.



**September  
2019**

## Suicide Awareness Month



In collaboration with our community partners, GIHN planned a month of Suicide Awareness Activities. 1,800 flags were planted on the front lawn and represents 25 individuals who have died by suicide. Jeff Yaldin was brought to share his story and promote hope, with local school districts and the community. Other activities included Yoga in the park, free Mental Health First Aid, QPR, and a Social Media Campaign.

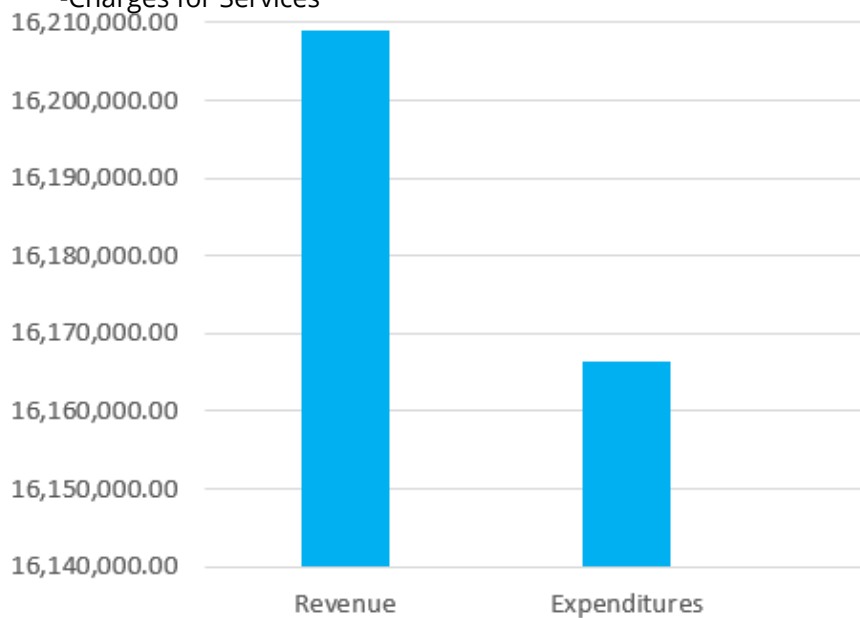
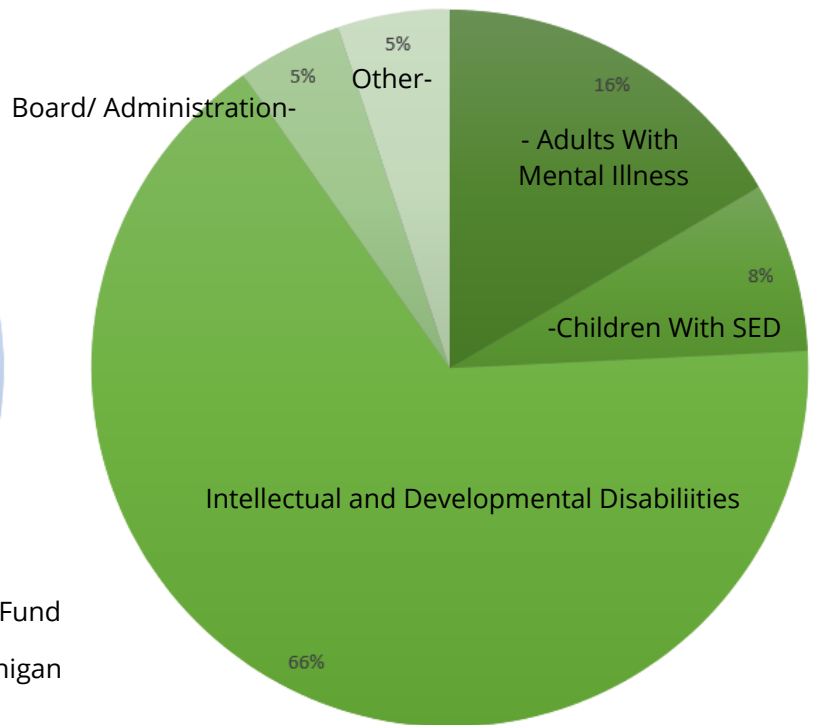
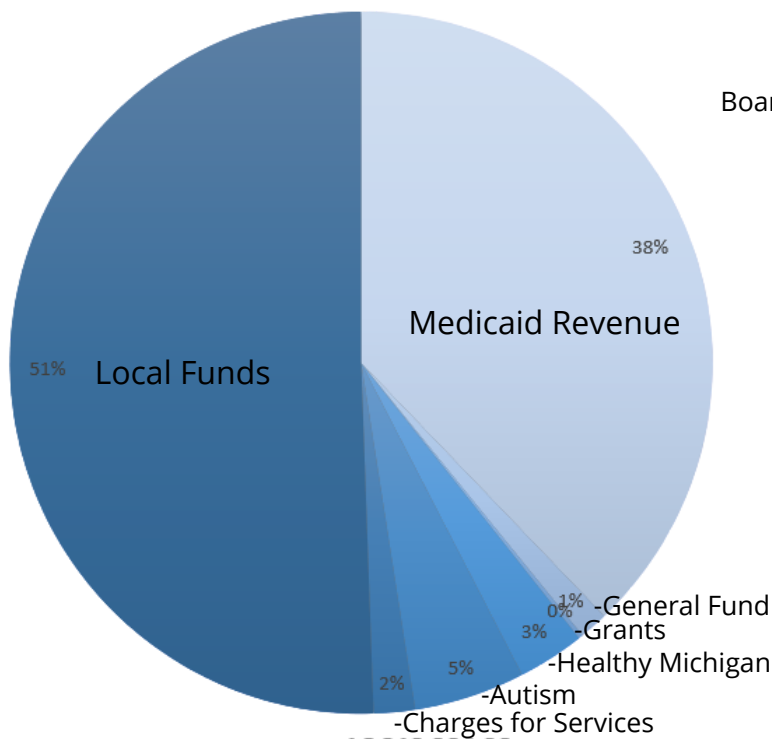


# ANNUAL REPORT FISCAL YEAR 2019

## Financials

Revenue		
Medicaid Revenue	\$12,126,332	38%
General Fund	\$423,547	1%
Grants	\$62,395	0%
Healthy Michigan	\$986,561	3%
Autism	\$1,639,430	5%
Charges for Services	\$608,848	2%
Local Funds	\$16,208,972	51%
<b>Total:</b>	<b>\$16,208,972</b>	

Expenditures		
Adults with Mental Illness	\$2,677,452	16%
Children with SED	\$1,239,025	8%
Intellectual and Developmental Disabilities	\$10,668,849	66%
Board/ Administration	\$765,675	5%
Other	\$815,329	5%
<b>Total:</b>	<b>\$16,166,330</b>	



# ANNUAL REPORT FISCAL YEAR 2019

## The Adult Customer Satisfaction Survey Showed out of 139 participants:

- 137 individuals agree or strongly agree they like the services they receive.
- 131 would still choose to get services from this agency even if they had another choice.
- 135 would recommend this agency to a friend or family member.
- 132 felt they were able to get all the services they felt they needed.
- 131 felt free to complain.
- 134 felt that staff believed they could grow, change and recover.
- 137 felt encouraged to take responsibility for how they live their life.
- 137 felt that staff helped them obtain the information they needed so that they could take charge of managing their illness and disability.
- A majority felt neutral-strongly agree with all the questions asked.

## The Youth Customer Satisfaction Survey Showed out of 87 participants:

- 77 participants agreed that they liked the services their child receives.
- 79 participants agreed that they helped to choose the services their child receives.
- 81 participants indicated the people helping their child stuck by them no matter what.
- 84 participants said they participated in their child's treatment and services.
- 80 participants felt their child had someone to talk to when he/she was troubled.
- 83 indicated the location for services was convenient for them.
- 87 said staff spoke to them in a way they understood.
- 83 indicated staff treated them with respect.
- 77 indicated the services they received were right for them and their family.

## Other Events

### Wellness Activities

- Painting Against Stigma
- Nutrition 101
- Walking Group

### Agency Groups

- Love and Life Group
- Bipolar Disorder and Substance Use Group
- DBT Group
- Other Groups

### School Group Activities

- Middle School Girls Group
- High School Girls Group
- Family Work Shops
- Middle & High School Summer Group

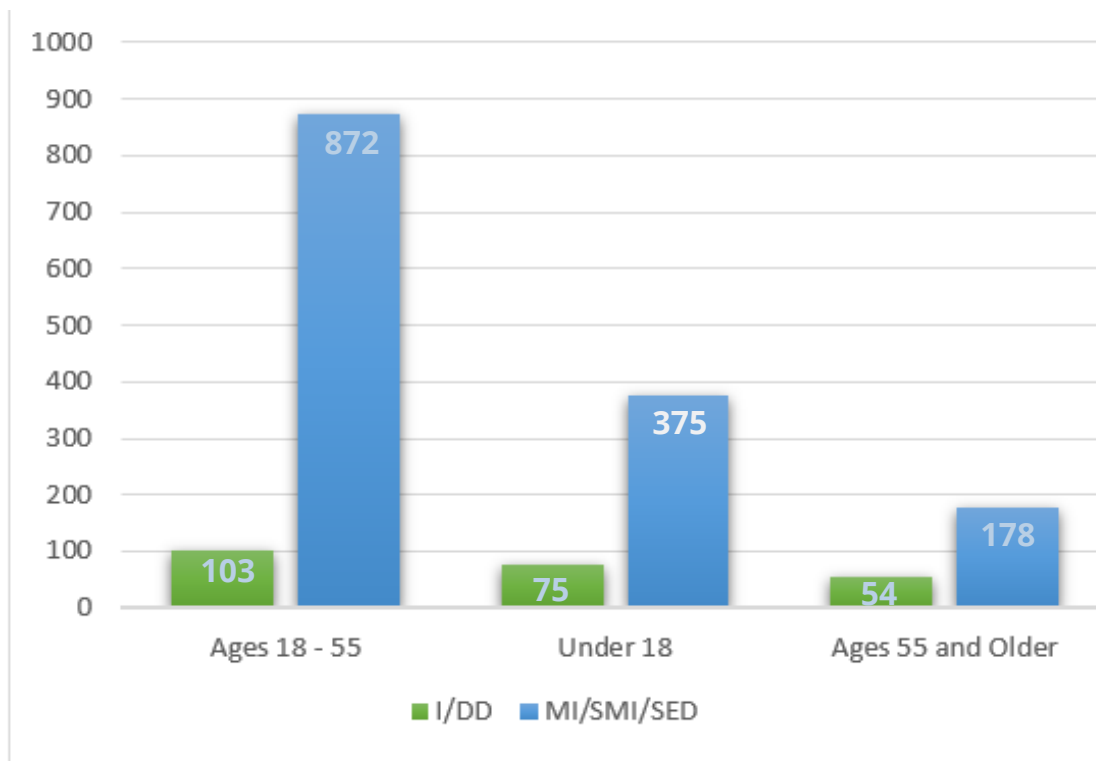
### Other Activities

- County Fairs Booths
- Employment Fairs
- Social Media Campaigns
- Family Support Groups
- Smoking Cessation



# ANNUAL REPORT FISCAL YEAR 2019

## Population Served



## Board Of Directors

**Irene O'Boyle- Chairperson**

**Joe Barden - Treasurer**

**Cassie Thelen-Secretary**

**George Bailey**

**Luanne Billings**

**Dan Carley**

**Sheryle Dixon**

**Tina Hicks**

**Jared Merchant**

**Michael Mitchell**

**Kendra Overla**

**Thomas Sirrine**



Michigan Association of  
COMMUNITY MENTAL HEALTH  
Boards

