

Manistee-Benzie CMH

Chip Johnson, Executive Director

Manistee-Benzie Community Mental Health Integrated Health Project

- MBCMH is a rural Community Mental Health Board in Northwest Lower Michigan and covers Manistee and Benzie Counties.
- Total population is approximately 41,000
- MBCMH received a two year block grant from the Michigan Department of Community Health to develop an integrated health and wellness program.
- We have 5 months left on the original grant and have experienced mixed results.
- Results can best be described as a tale of two communities.
- That progress centers primarily around personal relationships and the accessibility to community resources

Manistee-Benzie Community Mental Health Integrated Health Project – Benzie County

- MBCMH's Chief Operations Officer has personal relationships with physicians located within Crystal Lake Clinic (the local Rural Health Clinic).
- These personal relationships lead to a quick development of co-location in the building and lead to expenditure of much of the grant \$ in year one.
- Benzie County also has a Peer run Personal Action Toward Health (PATH) program that supports the primary and behavioral health effort.

Benefits:

- Consumers have quick access to medical tests that are requested/required by our physician.
- Doctor to Doctor and nurse to nurse conversation regarding a variety of issues is discussed at luncheons in the building
- Quick referral to our PATH programs and various community support groups.
- Greater accessibility to community programs for substance abuse including our Integrated Dual Disorder Treatment for Co-Occurring Disorders (COD:IDDT) programs.

Manistee-Benzie Community Mental Health Integrated Health Project – Benzie County

Barriers:

- Due to physical limitations in the Primary Care Clinic we were unable to co-locate in the same “space” as the community physicians, but rather an office in the same building.
- Additional overhead as a result of a separate office but opportunity to restructure other staff locations
- Mitigates anti-stigma efforts.
- Currently lacking a Social Worker on sight to help further facilitate communication regarding entry and exit criteria for MBCMH. Especially on days when our physician is not on site.

Manistee-Benzie Community Mental Health Integrated Health Project – Manistee County

- In Manistee County pre-existing relationships with the medical community were not as strong thus, MBCMH needed to start from a different place.
- The process of developing relationships and building bridges was begun via the Community Mental Health Affiliation of Mid-Michigan dinner and learning presentations.
- Attendance and sponsoring luncheon or dinner meetings with the general discussion around the overall health of Manistee County.
- Meetings included the Local Hospital, two regional federally qualified health centers (Baldwin and Traverse City), Region #10 Health Department, local independent physicians, and others.
- MBCMH is striving to have one of the two FQHCs locate in the City of Manistee where we intend to co-LOCATE within the next 3-5 years.
- Short-term we also hope to pursue having a community physician locate in our offices.

Manistee-Benzie Community Mental Health Integrated Health Project – Manistee County

Benefits:

- New MBCMH administration getting the word out that we are looking for partners.
- Open to new ideas and fresh approaches.
- In a position to go with any willing and appropriate medical community partner, either on our site or co-locating at a community site.
- Starting from Scratch

Barriers:

- Starting from Scratch.
- Going to take time to develop personal relationships with the medical community.
- No FQHC located where the majority of the medical community is or MBCMH's Manistee Consumer base.

Manistee-Benzie Community Mental Health Integrated Health Project – Outcome Measures

- MBCMH is struggling with outcome measures.
- MBCMH explored using the Flynn foundation tool but found its process to be too taxing for our current staffing capacity and our consumers inform us that they have survey fatigue (MDCH, PIHP, SA, MBCMH, etc...) However, we might use parts of the Flynn Tool.
- Currently we are relying on information from surveys and reviews by MDCH, and the Michigan Recovery Center for Excellence (Steve Batson, Project Coordinator), Consumers, and Physician feedback.
- We are in search of a tool that will work for all parties.

Manistee-Benzie Community Mental Health Integrated Health Project – Funding

- Funded by a two year grant from MDCH to fund a project coordinator to get the program off the ground.
- On-going funding will be part of MBCMH's day-to-day operations, coupled with integration and cooperation with PATH, Solutions to Wellness and other In-Kind cooperatives.
- Utilizing CMHAMM (Pre-paid Inpatient Health Plan) coordination efforts/cooperatives with MBCMH.
- Grants when they are available and where they make sense to foster/bolster the integration of behavioral health, substance abuse, and physical health.

Manistee-Benzie Community Mental Health Integrated Health Project – Conclusion

- It's all about establishing relationships with the local medical community.
- Build relationships through systems education, shared ownership of community problems, and mutual respect.
- Work within the communities' tolerance for change, but have a persistent and consistent message.
- Although our information is anecdotal at this time, the benefits in Benzie County appear to be immediate due to proximity and information sharing.
- Has it been worth it? Absolutely! MBCMH feels that in order to be effective we need to make every effort to engage those systems of care that touch each of our consumers, whenever possible.