

BEHAVIORAL HEALTH PROGRAM 2022 ANNUAL REPORT

MISSION

The purpose of the Saginaw Chippewa Indian Tribe Behavioral Health Program is to provide comprehensive, individualized, and holistic outpatient treatment in mental health and substance abuse services to Native Americans encompassed in the designated service areas. A cultural and sensitive approach shall be taken in the delivery of counseling, outreach, crisis intervention, administrative services, prevention measures, evaluation, and planning for the appropriate mental health and substance abuse services and referrals to the clients served.



For More Information or to Receive Services:

2800 S. Shephard Rd.
Mt. Pleasant, MI 48858

BEHAVIORAL HEALTH

Phone: 989-775-4850

Fax: 989-775-4851



SERVICES PROVIDED

2022 Annual Report

- Outpatient Counseling
- Case Management
- Adult Residential Treatment Center (RTC) for Substance Use
- Helping Healer & Traditional Healer
- Prevention
- Nami Migizi Nangwiihgan (NMN) Domestic Violence Services: Assistance, Advocacy, & Counseling.
- Psychiatric Services
- Zaagaate' Mentoring Program
- Graduate Level Internship Opportunities
- Community Presentations and Consultation
- Intensive Community Treatment Program
- Holistic Specialty Treatments: Acupuncture, Energy Healing
- Healing to Wellness (Tribal Drug Court)
- Supportive Living Program (SLP) for Substance Use
- Walk-in Crisis Services during business hours
- After Hours On-Call Crisis Services



MEETINGS & GROUPS

- ❖ Substance Use Drop-In
 - ❖ 2 X per week
- ❖ Weekly Talking Circle
- ❖ Monthly Traditional Healer
- ❖ Peer-360 Recovery Groups
 - ❖ 3 X per week

BUSINESS SERVICES

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Office Staff

Business Services Coordinator

Lacie Kelly

Administrative Assistants

Shannon Ley

Debbie Peterson

Amanda Wentworth

Psychiatrist

Dr. Kathleen Regan

FY 2022 Behavioral Health Funding Sources

(Excluding Tribal Support and Indian Health Services)

- SAMHSA Covid Protective Response Grant
- DOJ- OVW Sexual Assault
- DOJ Tribal Victim Set-Aside
- OVW CTAS Grant for Victim Services
- OVC Tribal Victims Set Aside Grant
- NCAI Victim Services Micro Grant
- ITC Mental Health
- ITC Adult Block Grant
- DHHS Family Violence Prevention Grant-FVPSA
- FVPSA ARP Supplemental Grant
- FVPSA ARP Sexual Assault
- TBHI Grant
- GLITC Reducing Effects of Covid on IPV-(Intimate Partner
- BIA-ARP Housing Improvement



Psychiatric Services

Dr. Kathleen Regan has been providing psychiatric services for Behavioral Health for more than 18 years. She also serves as Behavioral Health's Medical Director. In FY 2022, Dr. Regan provided services to 434 individual clients. Dr. Regan works in the Behavioral Health building one day per week and is available via telephone as needed. Dr. Regan also works collaboratively with the Nimkee Clinic for the oversight of shared clients. She is certified to provide Medical Assisted Treatment-MAT. She also approves all admissions to the Residential Treatment Center.

VICTIM SERVICES FY 2022

NAMI MIGIZI NANGWIIHGAN (NMN)

Domestic Violence, Sexual Assault, and Stalking can affect anyone regardless of race, culture, gender, and/or age. Nami Migizi Nangwiihgan-NMN provides assistance for anyone who has been affected by violence in their life.

NMN TEAM

The following positions are approved and we are working with HR to post, interview, and hire:

- Victim Services Coordinator
- Victim Services Case Manager (2 positions)
- Victim Services Case Manager – Sexual Assault
- Victim Services Advocate
- Victim Services Administrative Assistant II

- NMN services began at Behavioral Health Program in 2005. Over the years, changes have occurred within the program due to funding as the NMN program is completely grant funded.
- **Total clients served in 2022: 78**
 - Due to having no staff under this program the Business Services Manager and front office Administrative Assistants coordinated the following **services**.
- Emergency hotel placement (typically 1-14 days) 19 females and 3 males in FY22
- Childcare assistance; Rental and security deposit assistance
- DV pantry items (personal hygiene, household cleaning supplies, etc.)
- Small household furnishings and supplies
- Vehicle repairs ; Safety Kits; Care Bags
- Transportation assistance; Utility Assistance
- Emergency food (27 clients served in FY22)
- Outreach, education, and community activities

Outreach and education includes the following:

- Clothesline Project in collaboration with R.I.S.E.
- Sexual Assault Awareness month dissemination of information and resources
- 460 DV awareness shirt dissemination to staff and community members
- Teen Dating Violence school swag bags
- DV Awareness Month activities, email blasts, and promotional items

The following are activities budgeted in current Victim Services grants and will be completed pending hiring of staff:

- Tribal Code Development (informed Tribal Court of these funds and will work collaboratively with Court staff)
- Strategic Action Plan
- Taxi agreement to provide transportation for clients
- Sensory Room (items purchased and delivered on 10/18/22)
- Contract with Listening Ear to provide after-hours crisis services
- Purchase Electronic Health Record for Victim Services program
- Staff trainings
- Website development
- Billboard project



OUTPATIENT SERVICES FY 2022 Annual Report

CLINICAL TEAM

Outpatient Clinical Coordinator

Camille Sumpter

Intake Specialist:

Aleighta Reinsburg

Clinical Therapists:

Dawn Mena

Jenna Smelser

Stacie Stanton

Rita Lutes-Pulley

Brian Fermoyle

Kevin Daum

Trisha Bassett

Case Manager:

Jeannie Robinson

Psychologist (grant funded)

Lauren Herline

Perspective Psychological Associates of Mid-Michigan LLC

Interns:

Sarah Deaton

CMU Master's SWK Program

(graduate Aug. 2023).

Outpatient Clinical Services Numbers:

- Average case load size for clinicians: 50 clients per clinician. Up from last year which was 45.
- Counseling Sessions Scheduled per week: Each clinician averaged 26 scheduled appointments per week.
- Crisis walk-in services are offered 40 hours per week.
- After-hours crisis call services are available 365 days.
- Total number of appointments scheduled: 6,096
- Total Intakes completed: 526. Up from last year of 414
- Most common diagnosis of clients seen in 2022 are as follows:
 - Depression, Anxiety, Post Traumatic Stress Disorder, and Alcohol Dependence.
- The waiting list is at 8 people. We were able to reduce the list by having 4, 10 hour work days due to Monday's being the highest no-show days. Offering evening appointments to clients who work and after school appointments for children/adolescents also helped to reduce the wait time.



Training and Professional Development

Behavioral Health highly values the importance for ongoing education in an effort to continually improve the effectiveness and success of therapy. The list below represents a few of the trainings attended by our clinicians.

- Substance Use and Co-Occurring Disorders
- Eating Disorders
- ICT Behavioral Health Conference
- Suicide Prevention
- Eye Movement Desensitization & Reprocessing – EMDR Therapy
- Ethics and Boundary Issues
- Working with Native American Youth – Native Wellness Institute
- CARF-Commission on Accreditation of Rehabilitation Facilities
- Cultural Teaching with Marlene Syrette



PREVENTION PROGRAM

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Prevention Program Activities

The Prevention Team at Behavioral Health works very hard throughout the year to provide healthy activities that promote education, awareness and provide resources. Staff serve on several committees and are often asked to work collaboratively with other SCIT departments and community agencies. American Indian Sobriety Month (AISM), the Freedom Walk, Suicide Prevention Month, and Orange Shirt day are the highlights of the prevention program.

There are too many activities to list them all. Here are a few activities for 2022:

- Zaagaate' Mentoring Program and other regularly scheduled activities for youth to include workshops, monthly pro-social activities, educational activities.
- Elder Bingo, collaboration with Elders on their community outreach events, teaching them the importance of self-care.

Community & Family events:

- Lunch and Learn collaborative events
- 22 weeks of in-school cultural programming for youth
- Mending Broken Hearts
- Overdose Awareness Day Aug. 31st, 2022: 74 in attendance (50 in attendance last year)
- Orange Shirt Day in Collaboration with many other departments: 165 Attendees, including volunteers/staff who helped out
- Freedom Walk July 30th, 2022: 290 in attendance (Increase of 60 people from last year)

PREVENTION TEAM

Prevention Coordinator

Cathy Matthews

Prevention Specialists

Christina Osawabine

Zaagaate' Specialists

Aaron Hernandez-No longer employed with SCIT

Sarah Deaton-Moved to Case Manager position

Alicia Bowen-Position eliminated when grant ended



Residential Treatment Center FY 2022 Annual Report

RTC TEAM

RTC Manager

Sarah Winchell-Gurski

RTC Administrative Assistant

Position eliminated due to budget

Support Staff:

John Johnson

Dana Neyome

William Shipman

Lee Ann Price-Fortino

Kendra Nienkerk

Rochelle Wolf

Avery Barnes

Diamantina Niezgoda

Marie Kequom -temp

Theresa White -temp

Therapists:

Christina Otto

Substance Abuse Therapist: Vacant position

Substance Abuse Counselor:

Robert Storrer

Case Manager:

Christa Gomez

Stacy Johnson – SAMHSA grant to 5/23

Sarah Deaton – SAMHSA grant to 5/23

The Behavioral Health Residential Treatment Center-RTC offers a community based program providing for the needs of Native Americans who want to begin their journey to recovery. This program is supported by SCIT Tribal Council and financed through Tribal Support, Indian Health Services and SAMHSA Covid-Protective Response Grant.

The RTC houses a 24 bed (typically 12 male & 12 female) rehabilitation center with the flexibility to offer a Supportive Living Program-SLP as a step-down option. Treatment consists of individual and group therapy, case management, mindfulness, auricular acupuncture, energy healing, Traditional Healer, Psychiatrist, life skills, and a variety of other services. These programs support individuals as they work towards personal goals related to their spiritual, physical, emotional, and mental wellbeing.

Statistics for FY 2022:

- 40 clients resided in RTC, for a total of 1,258 days of service
- 3 clients of the 40 clients listed above participated in SLP for a total of 117 days of service in SLP.
- 31 SCIT, 4 LTBB, 1 GTB, 2 SSM, 1 KBIC, 1 Gun Lake
- 22 males, 18 females
- The average stay for RTC Recovery was 31 days.
- The average stay for SLP was 39 days.

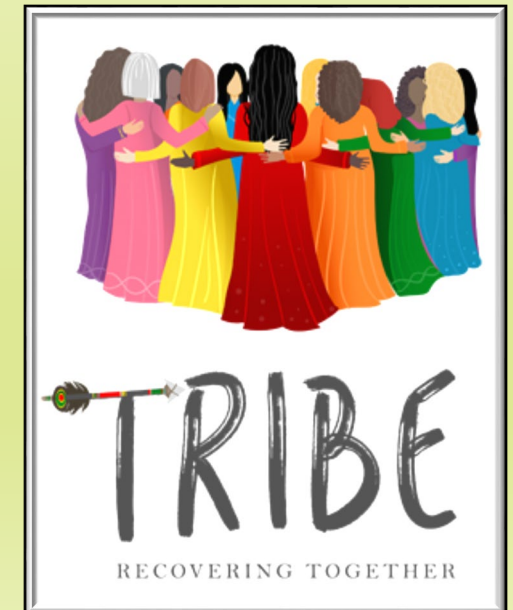
Prior RTC Residents share their Testimony:

Anna Winters:

<https://www.youtube.com/watch?v=ZWGzZnDt7sA>

Andrew Vasquez:

<https://www.youtube.com/watch?v=FpECXchCSwM>



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