

TBHS Recovery Today

TBHS Consumer Newsletter

July 2021

SAVE THE DATE!

August 24th, 2021

TBHS will be hosting the annual ACT/Case Management Summer Celebration! This will be a drive-thru event similar to the most recent Holiday Party. Location is Midway Hall at 700 S Almer St. in Caro. Workers will be providing invitations which describe the event in more detail.

Newsletter

Submissions:

Do you have a story you would like to share?

How about a recipe? A

poem? Artwork?

TBHS Recovery

Today is looking

for articles from

YOU to publish

in the quarterly newsletter.

Please see your case manager or therapist for

more details. If

your article is

featured, you

could win a

Walmart gift

card!

Sarah's Life by Sarah Guith

When I was 25 years old and living in Omaha, Nebraska I found out that place was not a good fit for me. I tried to make friends there but ended up meeting some people who were not what they seemed to be at first. Nine of them beat me up and I was very lucky to get out of there with my life. I still feel it is important to always stand up for yourself but one piece of advice I have is be very careful around people you hardly know because situations can change in the blink of an eye.

Walk a Mile in My Shoes LIVE, IN-PERSON Rally!

September 29, 2021 – Mark Your Calendar!!

Why We Rally...

To enhance public awareness, because legislators need to know that Mental Health Matters! To put an end to the stigma that surrounds mental illness and developmental disabilities. To promote mental health and wellness, because we can make a difference! cmham.org

The TBHS Consumer Advisory Council, Peers for Peers, is seeking new members! This is a fantastic opportunity to advocate for yourself as well as others who receive services. At our quarterly meetings we discuss marketing efforts by TBHS, agency performance, upcoming events, and we always welcome your constructive ideas for advocacy and improvement of TBHS services. Our next scheduled meeting is on **September 9th, 2021**. For an application ask your therapist or worker, or contact

Caleb Mann at (989) 673-6191.



*You can't fix
your mental health
with duct tape.*

»»» —————> mantherapy.org

DID YOU KNOW?

Men are 4x more likely to die by suicide than women.

In 2018 there 41 deaths by suicide in the Thumb.

90% were men.

Men are less likely to receive any kind of support

They hesitate to talk about it with any friends or family, or seek professional help.

SO WHAT IS MAN THERAPY?

www.mantherapy.org gives men access to local services through a humorous, sincere, and confidential resource to help with issues they may be facing. Man Therapy is for more than just depression & suicide. Other topics include sleep, grief, anger, trauma, relationships/sex, and services for veterans and first responders.

If you are interested in learning more about the Man Therapy program, please contact Kari White at tchpinfo@gmail.com



PERFORMANCE IMPROVEMENT

Michigan Mission Based Performance Indicator System (MMBPIS)

MMBPIS is a quarterly process that was put into place to outline the dimensions of quality (access, efficiency, and outcome) that must be addressed by the Public Mental Health System as reflected in the Mission statements from Delivering the Promise and the needs and concerns expressed by consumers and citizens of Michigan.

Fiscal Year 2021 Quarter 2

Indicator 1: *Percentage of persons during the quarter receiving a pre-admission screening for psychiatric inpatient care for whom the disposition was completed within 3 hours. Standard = 95%*

Population	Percent of Emergency Referrals Completed within the Time Standard
Children	100.00%
Adults	96.77%

Indicator 2a: *The percentage of new persons during the quarter receiving a completed biopsychosocial assessment within 14 calendar days of a non-emergent request for service. No Standard set as this is a new indicator.*

Population	Percent of Persons Receiving an Initial Assessment within 14 calendar days of First Request
Total	70.80%

Indicator 3: *Percentage of new persons during the quarter starting any needed on-going service within 14 days of completing a non-emergency biopsychosocial assessment. No Standard set as this is a new indicator.*

Population	Percent of Persons Who Started Service within 14 days of Assessment
Total	92.31%

Indicator 4a: *The percentage of discharges from a psychiatric inpatient unit during the quarter that were seen for follow-up care within 7 days. Standard = 95%*

Population	Percent of Persons Discharged seen within 7 Days
Children	100.00%
Adults	100.00%

Indicator 10: *Percentage of readmissions of children and adults during the quarter to an inpatient psychiatric unit within 30 days of discharge. Standard = 15% or less.*

Population	Percent of Discharges Readmitted to Inpatient Care within 30 days of Discharge
Children	0.00%
Adults	12.00%

Quality Assessment and Performance Improvement Program (QAPIP)

The QAPIP is a report that contains a random sample of consumers pulled from Tuscola Behavioral Health System’s electronic health record to show that they are receiving coordination of care with their primary care physician and to show that a consumer has received their Person Center Plan within 15 business days.

Month	Evidence of Coordination with Primary Care Physician	Evidence that the Consumer Received a Copy of their Person Center Plan within 15 Business Days of their Planning Meeting
March	96.55%	93.10%
April	96.67 %	96.67%
May	100.00%	96.67%

2020 Consumer Satisfaction Surveys – Mental Health Statistics Improvement Program (MHSIP) & Youth Satisfaction Survey for Families (YSSF)

MHSIP: Survey for adults experiencing a mental illness to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.

YSSF: Survey for families to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.

Survey	General Satisfaction/Appropriateness
MHSIP	92%
YSSF	98%

Suggestion Boxes

Please remember that these boxes are available to submit any comments, questions, concerns, complements, etc. The boxes are located at Echols, Burnside and PIC. You may use the provided suggestion cards to write down any thoughts. If you would like feedback on anything, please remember to include your contact information so TBHS may reach out to you.



Tuscola Behavioral Health Systems announcing a Three-Year Accreditation by CARF

Tuscola Behavioral Health Systems (TBHS) Board of Directors are pleased to report to the residents of Tuscola County that TBHS has been accredited for a period of three years, through October 31, 2023 for the following programs:

Assertive Community Treatment: Mental Health (Adults); Case Management/Services Coordination: Integrated: IDD/Mental Health (Adults); Case Management/Services Coordination: Mental Health (Adults); Case Management/Services Coordination: Mental Health (Children and Adolescents); Crisis Intervention: Mental Health (Adults); Intensive Family-Based Services: Family Services (Children and Adolescents); Outpatient Treatment: Mental Health (Adult, Children and Adolescents), Community Employment Services: Employment Supports and Job Development, Community Integration.

The latest accreditation is the ***fifth consecutive*** Three-Year Accreditation that the international accrediting body, CARF, has awarded to Tuscola Behavioral Health Systems. Prior to 2008 TBHS was accredited by the Joint Commission on Accreditation of Rehabilitation Facilities (JCAHO).

By pursuing and achieving accreditation TBHS has demonstrated that it meets international standards for quality and is committed to pursuing excellence. TBHS has established a history of using the CARF standards to guide administrative policies, program practices and consistently uses the CARF standards as a framework for quality improvement.

The survey report highlighted a number of items that CARF determined to be strengths of TBHS such as:

The organization has an excellent team, highly caring and dedicated staff whose work reflects the mission and vision of the agency. TBHS incorporates the CARF standards into its day-to-day service delivery practices and business functions, and its practices exemplify continuous quality improvement.

TBHS provides excellent mental health services to children, adolescent and adult consumers.

A strong culture of recovery and hope characterizes the organization's community employment services program. The program is well integrated in the overall operations of TBHS. Individualized supports enable consumers to attain their goals via a wide variety of volunteer opportunities and paid employment opportunities.

Clients speak highly of staff and services and shared some stories related to individual staff and the differences that they have made for consumers/families.

External stakeholders complimented TBHS staff and noted them to be dedicated and passionate.

The organization provides a culture of hope; staff are passionate and committed.

TBHS is very vested in its employees.

CARF (continued)

Sharon Beals, TBHS Chief Executive Officer, stated “the survey results are confirmation of the staff commitment of providing consistent delivery of quality services and commitment to individuals during their recovery process.”

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows our organization’s substantial conformance to over 2000 CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. TBHS has demonstrated to a team of surveyors during a virtual review in December 2020, that it is committed to offering programs and services that are measurable, accountable, and of the highest quality.

Tuscola Behavioral Health Systems administration office is located in downtown Caro and clinical programs are located at 1332 Prospect Ave., Caro. TBHS has been providing mental health services in Tuscola County since 1974. TBHS believes our organization is a valuable asset, and our CARF accreditation underscores our commitment to the community we serve.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

🌸 State Flowers 🌸

H F E Y U T L G N O R D N E D O D O H R
 A V J F S K E E D T S I Z V N D E U M K
 E M C R Y G I Y K A C C U Y M W S Q B D
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 E S R V F I R D B B V I U P O D R E G O
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poppy
 sunflower
 lilac
 bluebonnet

rose
 goldenrod
 yucca
 clover

azalea
 mayflower
 lily
 rhododendron

violet
 iris
 carnation
 dogwood

peony
 magnolia
 mistletoe
 coneflower



myStrength

myStrength makes it easy to track your health to help you stay focused on your goals.

At **Tuscola Behavioral Health Systems** we provide tools to support the health of our staff and clients. We are excited to offer myStrength, a digital resource to promote mental health and wellbeing. myStrength allows us to extend FREE and unlimited accounts to our consumers, our community, and our friends and family. With myStrength you can:

- Learn techniques to reduce stress
- Track your mood online
- Manage depressive or anxious thoughts
- Access and share inspirations
- Get help on the go with the mobile app
- Explore hundreds of articles and activities

Contact Us

For information, electronic copy of the newsletter, or to possibly have your article featured in TBHS Recovery Today contact:

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And Be Sure To Visit

TBHS on the web at

www.tbhsonline.com