



BEHAVIORAL HEALTH 2013 ANNUAL REPORT

MISSION

The purpose of the Saginaw Chippewa Indian Tribe Behavioral Health 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.



SERVICES PROVIDED

****Integrated Mental Health/Substance Abuse Services/Cultural Services**

****Outpatient Mental Health/Substance Abuse services, including access to Psychiatrist and Psychologist**

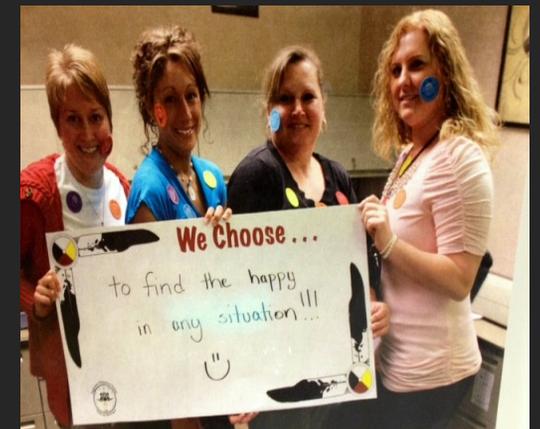
****Adult Substance Abuse Primary Residential**

****Domestic Violence Shelter**

****Helping Healer provides cultural guidance including access to traditional healer**



2013 ANNUAL REPORT



Satisfaction Summary



Business Services

2013 Annual Report

Meet the Front Office Staff

Office Manager
Tina Holley

Asst. to Psychiatrist
Evelyn Recker

Asst. to Administrator, ATR & Insurance Billing
Julie Thomason BSBM

Medical Records
Tasha Wemigwans

Asst. to Clinical Services
Sheila Mullen

Business Service Coordinator
Elizabeth Evans – LLMSW

Psychiatrist
Kathleen Regan



Written by: Elizabeth Evans

Our front office is the hub and the lifeline of our organization. Without them and their organization we would not function as smoothly as we do. They work to keep our clinicians structured with schedules and communicating changes to them as needed. They coordinate reminder calls to help ensure individuals are aware of their appointments. They also work continuously to make sure individuals, when needed, are able to get their appointments scheduled or rescheduled as easily as possible and in a timely manner. Our front office staff are often the first persons an individual will talk to when they are in crisis. They are compassionate, understanding and caring, taking the time to listen and know what an individual needs to get them connected to services. They also assist in other areas with regards to medical records, billing and much, much more. We are fortunate to have such a wonderful team and I encourage you to say hello the next time you are visiting.



**Anishinabek Healing Circle
Access to Recovery
By: Elizabeth Evans**

The Access to Recovery (ATR) Initiative has been successful for our program as well as for other tribal programs and departments in generating revenue to support services that may not have had the financial support otherwise. The Behavioral Health program has been able to support positions within the organization, contract with a Traditional Healer, Donnie Dowd, and offer other programs and services that are cultural in nature to the community through funds generated.

We find ourselves in the last year of the Anishinabek Healing Circle in 2014. We're hopeful we will be able to continue to offer support with the planning and development of a new initiative that would shift from a treatment focus currently to a focus of maintaining and sustaining long term recovery after treatment. We have an excellent system and resources in place to assist individuals in this effort and we look to add additional resources in the future to help.

**Quality Services
by Elizabeth Evans**

Behavioral Health is committed to continually monitoring how well we are providing services to the community. We will not only ask individuals who are receiving services but also those agencies and programs with whom we collaborate. We feel there is always room for improvement and work hard to implement changes as needed to make sure we are meeting the needs of the community. Overall we see that individuals are satisfied with our services and with the services they receive.



**Business
Services
2013
Annual Report**

**Meet the
Clinical Team**

Intake Specialists

Camille Sumpter, LMSW, CAADC
Lacie Kelly, MA, CADC-M

Clinical Therapist

Amy Kisel, MALLPC, CAADC
Dianna Chipp, MA, LPC, CAADC
Rita Lutes-Pulley, M.MFT, LPC, LMFT,
CAAC
Deanna Scott-Hicks, MA, LPC, CAADC
Adam Philo, MA, LPC, CAADC
Dawn Hughes, LLMSW

Substance Abuse

Outreach Counselor

Stacie Stanton, MS, CADC, LLPC

School Based Consulting Clinician

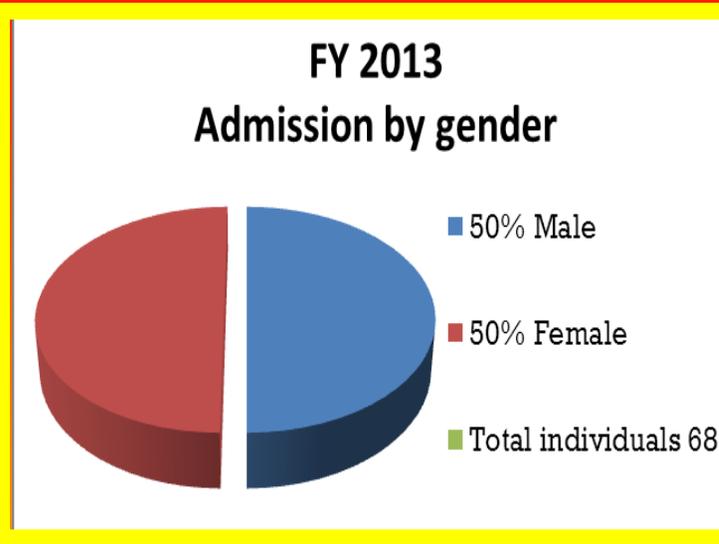
Shane Brooks, MA, LPC, CAADC

Case Management

Josh Lintz, BS

ATR Client Services Worker

Anita Hinmon



Residential Treatment Center 2013 Annual Report

Meet the RTC Team

Support Staff

Kim Hinmon
Theresa White
Meghan Kennedy
Henry Shaw
Anthony Quiroga
Carol Corbiere
Andrew Koehn LeeAnn Price-Fortino

Dietary Cook

Kevin Warmbier

Case Manager

Sarah Winchell - LLMSW, ADS

Substance Abuse Counselor

Robert Storrer - CADDC, RT-ADS

RTC Coordinator

Arthur Cicalo III - LMSW, CCDP-D,
ADS

Written by Art Cicalo II

The Saginaw Chippewa Indian Tribe, Behavioral Health, Residential Treatment Center offers a community based program catering to the needs of Native Americans who want to begin their very personal journey to recovery. The program is financed through financial support from SCIT Tribal Council and monies made available through the Access to Recovery Grant.

The Residential Treatment Center Program houses a 12-bed Residential Treatment Center and a 6-bed Supportive Living Center. Programming is based on the Twelve Steps and incorporates the cultural and traditional practices of the Anishinabek including but not limited to: Sacred Fire Keeping, Full Moon Ceremony, Fasting Teachings, Casting Away Ceremony, Sweat Lodge, and many other cultural practices.

RTC Programming consists of individual and group therapy sessions, case management; and a variety of other services to assist one in being balanced spirituality, emotionally, mentally, physically, and socially. The variety of services offered would not be possible without the help of our community partners including but not limited to: Human Resources and Anishinaabe Workforce Development, 7th Generation, Ziibiwing Cultural Center, Nimkee Public Health, Nimkee Medical, Nimkee Fitness, Information Technology, Andahwod & Elder Services, as well as Domestic Violence Services, and Behavioral Health.

Written by: Art Cicalo II

An important aspect of RTC programing that we are particularly proud of is our Supported Living Program. As many know, admission to RTC is just the beginning to traveling the road of recovery. Recovery can often be a difficult and a life changing process that requires hard work, dedication, and multiple supports. Through our Supportive Living Program individuals in early recovery are given access to a structured yet supportive environment that provides outpatient case management, life skills, education, mental health, and substance abuse counseling services in a live in environment. The Supportive Living Program allows for a step-down approach from the structure of RTC; which emphasizes client engagement in the community as a sober individual, while pursuing education, employment, and service work opportunities.

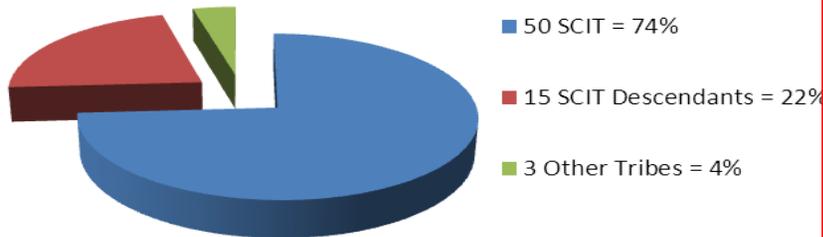
While SLP is an important component to an individual's early recovery, many SCIT staff members recognize that more services are needed to assist individuals in the community. Through the work of RTC Substance Abuse Counselor, Bob Storrer, RTC Case Manager Sarah Winchell, ACFS Administrator, Phil Millerov, Behavioral Health Administrator Hunter Genia, MSW Intern Melody Lake, and many others the now Grass Roots Group was formed in partnership with community members and past graduates of RTC. Their mission is to establish a 24/7 sober drop-in center within the community, so that those early in recovery will have a safe and sober place to go to when needed. The proposal created by community members and past RTC graduates is in the final stages of completion and we are excited and hopeful that the sober drop-in center will become a reality in this community.



Residential Treatment Center

2013
Annual Report

FY 2013 Admissions by Membership Status



**12-bed
Residential Treatment Center
6-bed
Supportive Living Center**

Written by: Art Cicalo II

Through the last year, many of our RTC clients have had the opportunity and pleasure to participate in service work throughout the community. RTC clients have assisted in many service-related volunteer activities including: Repatriation Ceremonies, Angel Tree Program, Sacred Fire Keeping, Elders Bingo, making of Tobacco Ties, Freedom Walk, and the setting up and cleanup of local community events.

The staff at RTC have also gone above and beyond their normal job descriptions to work to make this community a healthier place. Many late Wednesday nights have been spent planning and drafting the proposal for a 24/7 drop-in center. Many hours and energy are spent by our RTC Support Techs coordinating client transportation schedules, monitoring client safety, as well as providing a safe, supportive, and structured environment 24/7 all 365 days of the year. Drop-in acupuncture is being offered every fourth Wednesday from 10:30 AM-11:30 AM here at Behavioral health. Acupuncture and a presentation on Seasonal Affective Disorder were recently held in Saganing as well.

As a new Manager at RTC, I am astounded by the innovation, dedication, and caring that I have observed by RTC staff in just the short time I have been working at my new assignment through Behavioral Health. It is exciting, challenging, rewarding, and at times heartbreaking. While we hope that everyone who walks through our door finds their path to sobriety, this is not always the case. However, much like this community the RTC staff, and in fact all of the Behavioral Health staff are resilient, determined, and courageous people who will continue to stand alongside community members to fight for healing and wellbriety. Miigwetch for reading, and take good care.



**Residential
Treatment
Center
2013
Annual Report**



Niikewehn Mentoring Program by Natasha Estill

Children are the leaders of our future, and it was only fitting that the creation of the Niikewehn Mentoring program was implemented in collaboration with Central Michigan University. It was started for the purpose of empowering our youth by one on one mentoring with a Central Michigan University College student. The students meet once weekly for one hour and do a range of activities in classroom settings and recreational outings.

What is mentoring anyways?

“A mentor is an adult, who along with parents provides young people with support, counsel, friendship, reinforcement and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there” (The National Mentoring Partnership, www.mentoring.org, 2002).

Expansion of the Program

In the beginning months of the program in 2013, 6 Central Michigan College students were teamed up with 12 of Saginaw Chippewa Academies 5th and 6th grade students. They were involved in a range of different activities throughout the months of January- May 2013 such as:

- Round Dance and the 7 Grandfathers teaching,
- In classroom skill building
- Bowling outing
- Fitness with Nimkee
- Cooking Healthy
- Waterpark Outing

As the school year of fall 2013 began, the program was expanded. Participation from West Intermediates, 7th and 8th graders along with Mary McGuire's 5th and 6th grader were integrated into the program with the Saginaw Chippewa Academy. Central Michigan College student's participation increased to 21 student mentors working with the youth.

Future Plans

It is the vision that as we continue into the 2014 year that we will continue to expand the program into other elementary and middle schools. Along with a continual increase in Native American College students with mentor participation. Planned activities for January-May 2014 include:

- Roller skating outing
- Ziibiwing tour
- CMU basketball game outing
- Cultural Arts and Crafts
- Many More



2013 Annual Report

Meet the NM Team

Program Coordinator
Natasha Estill BSW



Written by: Amanda Dolan

The purpose of the Saginaw Chippewa Tribe of Michigan's Nami Migizi Nangwiihgan Services is to assist those affected by domestic violence, sexual assault, and stalking in finding another path without abuse. In 2013 NMN was able to assist more than 121 victims, and 126 children who have been affected by abuse in their lives. These numbers only reflect one on one assistance, and do not include individuals who are supported and educated through outreach campaigns.

Individual needs will be addressed by utilizing the emergency shelter and case management services. We are dedicated to providing resources, safety and advocacy to ensure the physical, mental, spiritual and emotional well-being of families victimized by violence. In order to achieve balance and independence, we as a community, need to reestablish a support network of services and resources.

Outreach campaigns include group educational programs throughout the community in order to network with other providers and reach out to victims in a group setting. It also includes our paint the rez purple campaign which had its 5th successful year in 2013. Events included empowerment night, paint the rez purple competition, fundraisers, and a DV Walk to show support and honor for survivors.



2013 Annual Report

Meet the NMN Team

Support Techs

Karen Bond

Casey Smith

Ashton Shahin

Jessica Owl

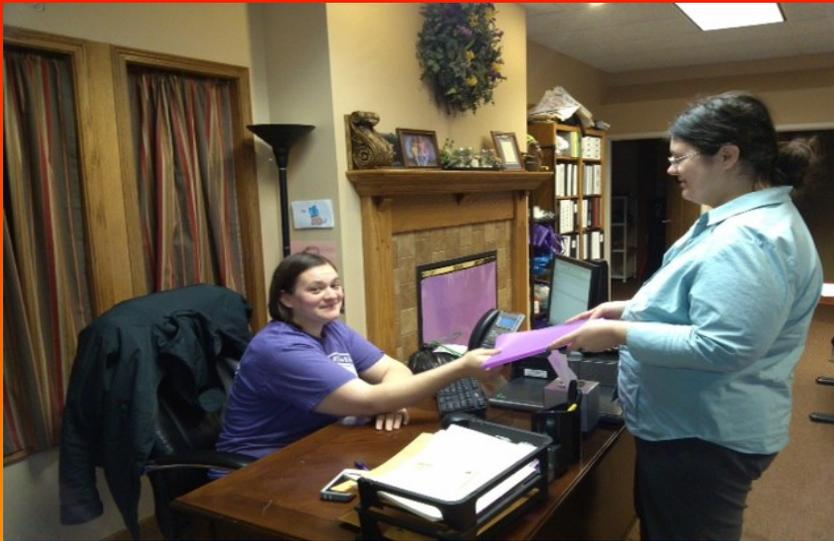
Domestic Violence Case Manager

Christa Gomez - BS, CADC

Domestic Violence Coordinator

Amanda Dolan - BSW

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



Nami Migizi Nangwiihgan Services

Case Management - Individualized services assisting victims/survivors with finding the appropriate resources by developing and following through with a client directed case service plan.

Shelter - 24/7 home like environment providing safety for women and children who are victims of domestic violence, sexual assault, and stalking.

Kaa Migaozii Batters Intervention –30 week class for Native American men who have been convicted of a domestic violence charge and are ordered through tribal court to receive services to learn how to live a life without abusing their loved ones.

Outreach/Education-Presentations and Educational materials provided to victims and providers in order to increase awareness and knowledge throughout the community.

Support Group-Weekly support offered facilitated by NMN staff to provide support and empowerment to victims/survivors.



2013 Annual Report



Helping Healer Program By Beatrice Jackson

The purpose of the Helping Healer within Behavioral Health Programs is to be the bridge between prevention, education, outpatient, residential therapeutic services, and serve as a community outreach person. Our Cultural Plan at Behavioral Health has made our programming an integral part of the tribal community, and has given us the opportunity to provide more spiritual and traditional client centered services.

Service

- ◆ Traditional Healing hours with Healer once a month
- ◆ Grand Mother Moon Ceremonies
- ◆ Medicine Garden
- ◆ Maintaining the Teaching Lodge and Teepees for Community use
- ◆ Fasting Camps held in the Spring and Fall
- ◆ Men and Women's Sweat Lodges held monthly
- ◆ Smudging ceremonies
- ◆ Assistance with Naming ceremonies, wedding ceremonies and funeral ceremonies and water ceremonies

Group Activities

Group activities are held to increase cultural knowledge of Native American traditional ways of coping with domestic violence prevention, sobriety, and family and community wellness and healing.

- ◆ Women's Tradition Society-Mondays 5-6:30 pm
- ◆ RTC Cultural Class Fridays 8-9:30am
- ◆ Men and Women's Traditions 101-Friday 3-5pm

Community Activities

- ◆ Sanilac Petroglyphs cedar washing and water ceremonies
- ◆ Ziibiwing Boarding School Sunrise Ceremony, Jingle Dress, Healing ceremonies
- ◆ Support Leadership Cancer Group
- ◆ Reburial ceremonies with Ziibiwing Center Anishinabe
- ◆ Ancestral Remains Recommitment and Feast
- ◆ Bear hide Forgiveness Ceremonies
- ◆ Casting Away Spring Ceremonies
- ◆ National Women and Girls HIV/AIDS Awareness
- ◆ Critical Issues Conference

Future Plans

- ◆ Wellness and Wellbriety Family Conference Summer 2014
- ◆ Critical Issues Conference-Ziibiwing Center March 20-21st
- ◆ Fasting Camp April 22-27



2013 Annual Report

Helping Healer
Beatrice Jackson



The Power of our Anishinabek Youth!

Much has been documented and said about our people's history. History is only as far as yesterday so in that context we as Anishinabek have to decide and choose how we are going to walk and live today. More importantly and to the point is when we travel out that western door how do we want to be remembered? What will be our legacy?

Perhaps this is something most of us don't think about. Most of us will think about only today and what we are going to do and what needs to be done. That's not really a bad thing but as Anishinabeg we've always looked to 7 generations ahead and what will be best for those yet to come into this world.

As a child I was fortunate to attend the original Longest Walk in DC in the late 1970's. This experience along with the experience of UNITY allowed me to see my world differently which until then was centered around the community I lived in. I learned how we as Native American youths from all over the country were similar and different but had one common link and that's our culture.

Today I am fortunate to be asked to assist our community in various roles and one of them is with our youth. I will advocate that they have the same opportunities and similar experiences that I once had. I hope that they will be able to experience and be invited to participate not only with UNITY but other leadership opportunities that have traditionally only been attended by adults. Perhaps we can all do better to not think of our youth as an afterthought but as a partner who will be guiding our tribe on that wellness path one day in the future. If they are exposed to the same opportunities that not only myself but many others in this community have had then it is possible we can have a bright future for our community. If we're not working for that then what are we working towards?

This experience and many others that followed helped me to see that we have the ability and power to make a difference in the world outside of our own community. It set me on a path where I was able to meet some awesome people who are fighting the fight and trying to make a difference in their own communities and on a state and federal level. Let's not think of our youth as an afterthought but as a partner who if given the chance and experiences could be great leaders in our community and world. Kchi-Migwech



2013 Annual Report

Administrator
Hunter Genia - LMSW, CAADC



2013 Annual Report

**For More Information or Services Please Contact:
2800 S. Shepherd Rd.
Mt. Pleasant, MI 48858**

Behavioral Health

Ph# 775-4850
Fax# 775-4851

Nami Migizi Nangwiihgan

Ph# 775-4400
Fax# 775-4195

**On call after hours Emergency Phone
#989-621-1986**

