



NLCMHA is a provider of public behavioral health services and supports in six counties:

- Crawford
- Grand Traverse
- Leelanau
- Missaukee
- Roscommon
- Wexford

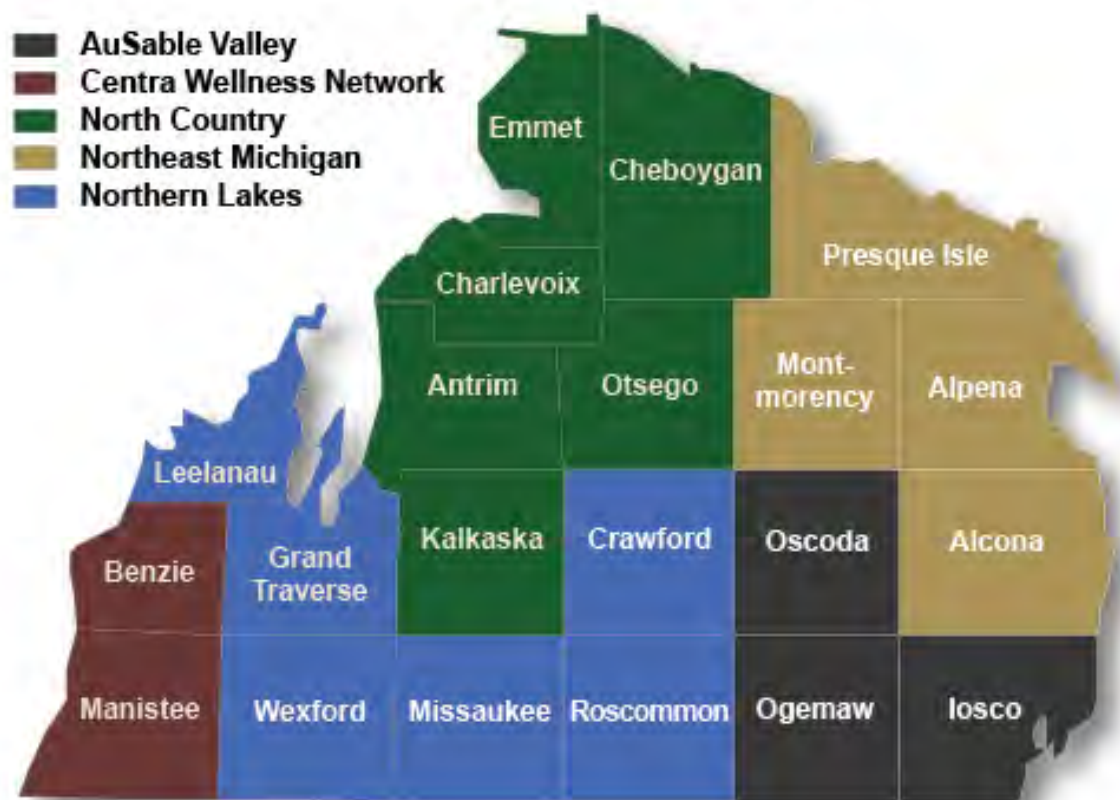
Our Region

NLCMHA is part of the Pre-Paid Inpatient Health Plan (PIHP) called the **Northern Michigan Regional Entity (NMRE)**.

The NMRE includes 5 CMHs and covers 21 counties.

There are 10 PIHPs in Michigan.

Area Map of CMH Coverage





NLCMHA serves:

- Adults with serious mental illness
- Persons with intellectual and developmental disabilities (I/DD)
- Children with serious emotional disturbance
- Persons with co-occurring substance use disorders

Northern Health Care Management

NHCM, a division of NLCMHA, is a MI-CHOICE Waiver program which operates in 10 northern Michigan Counties.



NHCM serves older adults and persons with disabilities who wish to remain living at home or in a community setting, instead of in a nursing home.

Northern Health Care Management

Eligible adults who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes in their own home or other residential setting.



Integrated Health Care

At NLCMHA we are changing our approach and providing care in a new way.

We are treating the whole person...
mind, body and spirit.



Integrated Health Care

We recognize the emotional effects of **physical** diseases as well as the effects of **trauma** on both physical and emotional health and healing.



Integrated Health Care

We help people with their mental illness, IDD, and/or substance use disorder **at the same time** we help them manage their chronic illnesses and learn about prevention, health and wellness.



Our Mission

To improve the overall health, wellness, and quality of life of our individuals, families and communities that we serve.



What we do...

We cultivate hope. The hope that someone has when taking their first small step toward recovering from a mental illness.

We nurture dreams. The dream of taking steps toward becoming gainfully employed or living independently.

Simply put, **we grow human potential.**

Accessing Services

When you contact us you can expect prompt answers to your questions about our services and eligibility requirements.

Priority is given to individuals with the most severe forms of serious mental illness, serious emotional disturbance, and intellectual/developmental disability.

Accessing Services

Three areas affect decisions about your treatment: 1) Clinical condition, 2) Therapeutic appropriateness, and 3) Medical necessity.

If you do not meet eligibility requirements as outlined in our contracts with the Michigan Department of Health and Human Services (MDHHS), we will assist you with referral to other service providers.

What is the access process?

A qualified Mental Health Professional will complete a telephone screening when you call to request services and, if you qualify, will arrange a face-to-face interview at a time and location convenient to you.

After your confidential interview, we will review your concerns and findings with you and help you decide on an appropriate course of care.

Then what happens?

If you qualify and are interested in ongoing behavioral health services, we will link you to the programs and/or services best suited to your needs. In most cases we will arrange your first appointment within 14 days.

We will also answer questions about your benefits and costs for services. We coordinate care with your health care provider and your health plan to make sure the services you receive are efficient and effective.

What if I don't qualify for services?

If you do not meet eligibility requirements for ongoing services as outlined in our contracts with MDHHS, we will explain why and we will assist you with referral to other service providers.

For specific questions about eligibility requirements call our Access staff at 231-492-5742.

What if it is an emergency?

Emergency mental health services are always available 24/7 for anyone who is experiencing a mental health crisis. You do not need to meet any eligibility requirements to be served in an emergency.

YOU decide if it is a crisis. When in doubt, call us!

Crisis Services (833) 295-0616

Ask for F.A.S.T. if the crisis involves a young person

Ask for F.A.S.T. for an extra layer of care for families with children age 0 to 20 in crisis. Follow up for 90 days may be provided. Our FAST team will come to you if needed.



Services available to the general public

- Crisis services 24/7
- Information and referral
- Community education, including Mental Health First Aid
- myStrength health and wellness app



myStrength is a proven health and wellness application

Use myStrength on your smart phone, tablet, or computer to support your health and wellness and as your own personal prevention tool.

It is available FREE to anyone in the community.

To set up your account
go to myStrength.com

Use the code: **NLCMHCommunity**

Issues facing NLCMHA and our communities

Increased demand for CMH services

- Opioid crisis
- The recognition of the prevalence of autism
- Incarceration of those with mental health needs
- Increased homelessness
- School safety needs



Increased costs

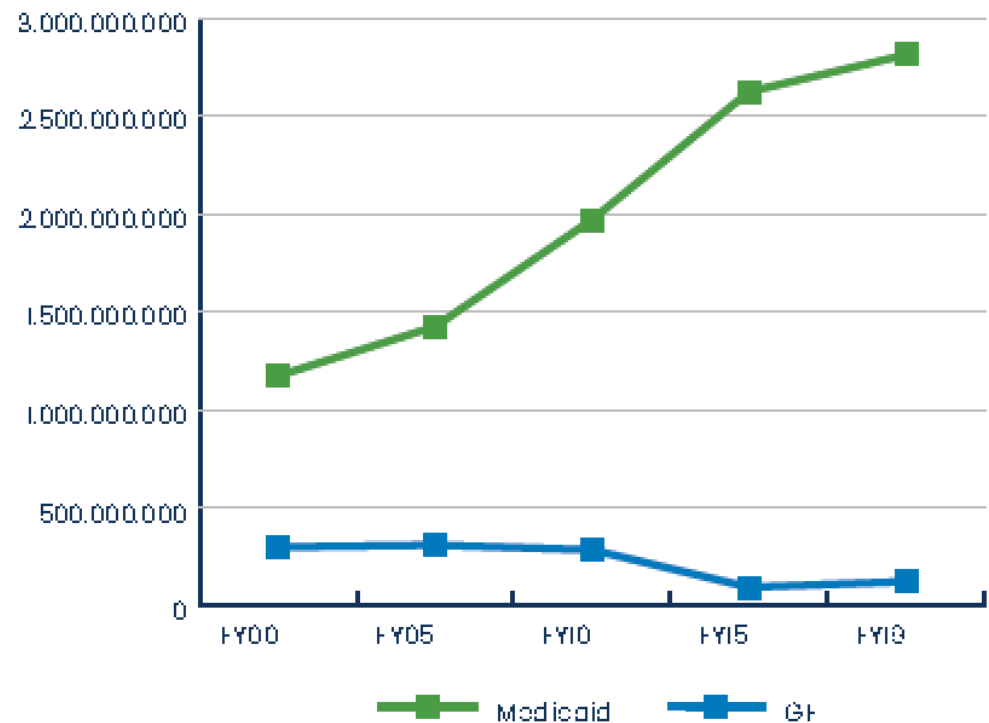
- Increased staffing costs due to minimum wage increases
- Expanded Medicaid services
- Federal Rules changes for people living independently
- Increased state reporting and assessment requirements



Funding system has removed flexibility and decreased local control

Only 4% of the funding provided to the CMH system is available to serve Michiganders without Medicaid who need mental health services.

DRAMATIC CONVERSION FROM STATE SYSTEM (GENERAL FUNDS) TO MEDICAID-DOMINATED SYSTEM



NLCMHA

An Economic Engine

NLCMHA provides high quality, comprehensive behavioral healthcare to over 5,600 persons in our six NLCMHA counties and over 400 people in our ten NHCM counties.

We also provide 2000+ face-to-face crisis interventions each year and answer 7,200 crisis calls.

NLCMHA

An Economic Engine

As we leverage the federal, state and local investments necessary to bring healthcare to our most vulnerable citizens, we also generate economic gains within the communities served.

NLCMHA

An Economic Engine

In 2018,
NLCMHA SUPPORTED MORE THAN
\$140.7 MILLION
IN TOTAL ECONOMIC ACTIVITY

NLCMHA

An Economic Engine

This is comprised of a DIRECT impact of

\$71 million

in services to individuals in NLCMHA counties served
through a variety of revenue sources

NLCMHA

An Economic Engine

Plus an estimated

\$69.7 million

of INDIRECT impacts
generated from our economic activities

NLCMHA

An Economic Engine

In 2018,
NLCMHA SUPPORTED MORE THAN

641 JOBS

310

NLCMHA Full-Time
Employees

331

Indirect jobs supported in
the community

NLCMHA

An Economic Engine

In 2018,
NLCMHA SUPPORTED MORE THAN

\$25 MILLION

In LABOR INCOME

\$15 million

NLCMHA Direct Payroll

\$10 million

Estimated income provided
to the community

Questions?