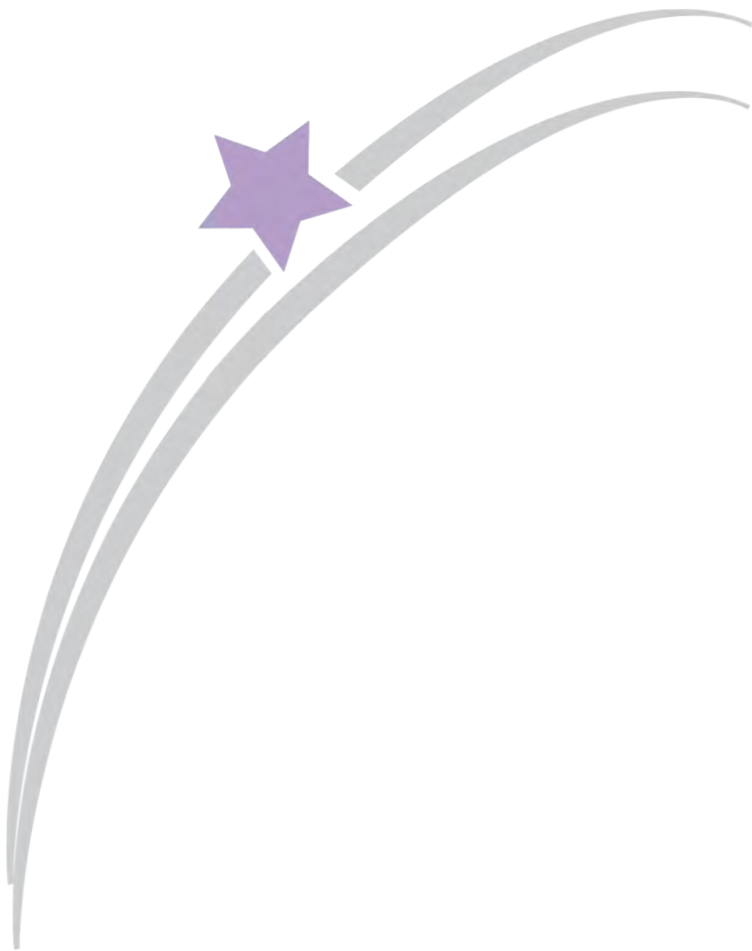




2022



**Community Connection
to Wellness**



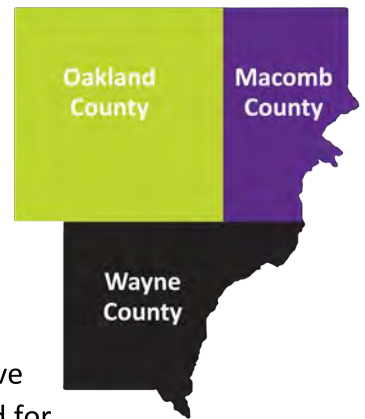
From The President's Desk



Michael Garrett, President & CEO

While there are indicators that we may be emerging from the physical implications of the COVID pandemic, we are continuing to deal with its collective mental and emotional impact. From hybrid work and learning models, and disrupted business work practices, to the normal stress resulting from the uncertainty of uncharted challenges, our communities are in need of behavioral health resources now more than ever. CNS Healthcare has risen and responded to the challenge. We now serve all three southeast Michigan counties including Wayne and Oakland, with expanded services in Macomb County.

Our enlarged footprint means enhanced partnerships to help meet the growing needs of those in southeast Michigan. As a Certified Community Behavioral Health Clinic (CCBHC), CNS Healthcare is allowed to treat mild to moderate populations in greater numbers than ever before. This is a game changer as it relates to providing mental and behavioral health services and increasing the number of persons-served. Our school-based services have been widely embraced. As we witness the increased need for in-school services, CNS Healthcare is present and participatory in the on-going engagement of schools—students, staff, teachers, and families—to address their growing social and emotional needs.



Helping to keep our communities safe is also a goal of CNS Healthcare. We are working closer with local, county, and state law enforcement agencies in various jurisdictions to help officers better respond to those experiencing a mental health crisis. We are also working diligently to expand those initiatives.



Overall, our outreach has resulted in thousands more receiving much needed treatment. It will continue to expand as we enhance the awareness of our facilities and resources, work with existing partners while identifying and engaging new ones, and expanding both our reach, initiatives and impact in the community effort to normalize mental health, well-being, and the access and utilization of mental health resources are driving forces behind who we are and all that we do.

About CNS Healthcare

CNS Healthcare is a non-profit, Certified Community Behavioral Health Clinic (CCBHC) with eight clinics and two clubhouses in Southeastern Michigan. CNS employs more than 425 professionals, paraprofessionals, and support staff, delivering services to more than 10,000 people annually. CNS Healthcare provides comprehensive integrated health services in partnership with several community organizations, and uses a patient-centered approach to identify support and promote the overall health of children, adolescents, adults, and older adults.

CNS Healthcare services include psychiatry, therapy, assessment, case management, substance use disorder, and recovery services. Services are delivered in a holistic, trauma-informed manner to meet the needs of individuals and help improve their quality of life.

CNS Healthcare is accredited by the

Commission on Accreditation for Rehabilitation Facilities (CARF).

More information, including services and previous community impact summaries, is available on the CNS Healthcare website -



**Now serving Macomb County
from our our new location at: 21331 Kelly Road, Eastpointe, MI 49021**

**www.CNSHealthcare.org
800-615-0411**

Medication-Assisted Treatment

Reducing Risk and Helping People

CNS Healthcare's Medication Assisted Treatment (MAT) program assists people in abstaining from opioids, alcohol, and tobacco.

This program has seen great success in helping people with substance use disorders achieve their sobriety goals, working in concert with their mental health treatment. Since 2019, over 180 individuals have received treatment for Opioid Use Disorder (OUD) alone. MAT, including OUD, Alcohol Use Disorder (AUD), and promoting smoking cessation are all integral parts of health promotion for individuals served and a nationwide goal for CCBHCs, like CNS Healthcare.



As CNS Healthcare continues to expand MAT to address the nationwide opioid epidemic, risk reduction is the utmost priority. Risk reduction measures being implemented by CNS Healthcare include the distribution of fentanyl testing strips to persons-served. These strips can be used to see if substances have been laced with fentanyl. Narcan kits are also a significant risk reduction. In 2022, CNS dispensed over 300 free kits to the community, including to individuals served by the MAT program and their families. People in the MAT program can achieve and maintain sobriety, reunite with family and friends, obtain employment, and have children return to substance-free households.



Success Spotlight: A young adult first came to CNS Healthcare in 2020, taking 30 prescription pain pills daily, struggling to care for a child and unable to gain employment. Today, this individual is celebrating three years of sobriety, raising a healthy and happy child, and is employed full-time.

This program is offered in Oakland and Wayne Counties.

Commitment to Eliminating Community Stigma

CNS Healthcare is committed to advancing integrated mental and physical healthcare and eliminating stigma through advocacy, education, and community outreach.

In 2022, CNS Healthcare once again showed its commitment to eliminating stigma by being active in the community. Events, both large and small, were held with neighborhood organizations, block clubs, police and sheriff groups, schools and churches, veterans groups, and business / community groups. By attending events in Wayne, Oakland, and Macomb counties, CNS Healthcare has the opportunity to educate others and respond to the misperceptions or negative connotations of mental health care by sharing facts and information. Talking openly about mental health is a very big step towards ending the stigma surrounding it.

CNS Healthcare participated in 275 events and reached 25,000 people in 2022.

Organizations Supported in 2022 Include:



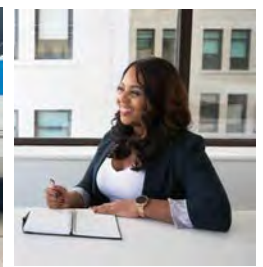
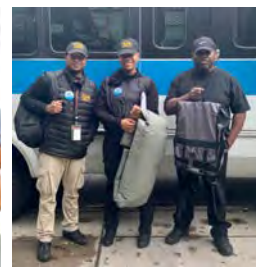
Compassion In Action

In 2022, CNS Healthcare held its 10th Turkey Giveaway where almost 2,000 turkeys were distributed to Detroit and Pontiac residents with the help of Wayne and Oakland County law enforcement.



CNS Healthcare celebrated its second Season of Caring by holding our Adopt-a-Child Program and Warm Coats Initiative. Through the Adopt-a-Child Program, more than 60 children who received services at CNS Healthcare, and their siblings, received holiday gifts. Additionally, the Warm Coats Initiative was able to provide approximately 200 winter coats, along with hats, gloves, and scarves to children in our community.

The Beaumont Hospital Foundation granted CNS Healthcare a supply of their branded Beau Bears. These bears are distributed by law enforcement officers and the CNS Healthcare Crisis Intervention Team when co-responding to a mental health crisis call where children are present. Beau Bears are provided to help comfort children in traumatic situations.



Cultural Diversity, Equity & Inclusion

CNS Healthcare actively works to foster an inclusive environment that recognizes the value and contributions of all persons regardless of race, ethnicity, national origin, gender, religion, age, marital status, sexual orientation, gender identity, or disability. The mission of the Cultural Diversity, Equity, and Inclusion Committee is to ensure that every person who comes through the doors of CNS is made to feel welcome, respected, and valued.

Activities At a Glance:

- Implicit Bias Learning Series was held for staff
- LGBT Detroit did a pronouns training for the community and staff
- Movie Club met monthly; the Book Club met twice
- Seven articles for observances and two articles by the LGBTQIA+ subcommittee were posted on North Star
- LGBTQIA+ subcommittee gave out inclusive stickers to staff and posted them in all the office lobbies
- Committee members took part in:
 - Motor City Pride
 - Hotter than July
 - Ferndale PRIDE
 - Hazel Park PRIDE
 - Transgender PRIDE in the Park
 - Mt. Clemens Fall PRIDE



Compassionate Team Helps Individuals Achieve Goals



The Behavioral Health Home Program (BHH) at CNS Healthcare had an amazing year in 2022. BHH works with persons-served at CNS to help them achieve their physical health goals, from sobriety to connections with both primary and specialty care physicians, important annual screenings, vaccinations, educational classes, and increased self-monitoring skills for chronic health conditions. BHH staff go above and beyond for persons-served, including advocating for needed services with insurance companies. Their successes provide persons-served

with much-needed items such as medical mobility scooters, making a huge difference to their quality of life. Team Supervisor, AJ Jurgensen says, “I’ve personally witnessed the team journey with several individuals through the grief and loss of their loved ones, and for some, the loss of previous functioning due to the onset of a stroke or cancer diagnosis”. She is proud of the work her team does every day to help individuals make positive changes in their lives.

Notable Successes:

- By engaging consistently with his nurse care manager, one individual made amazing progress by lowering his A1C (blood sugar measurement) levels by 6 points
- Several people have successfully lost weight
- Another Individual successfully maintained sobriety all year after a decades-long struggle with alcoholism
- An individual who experienced wildly uncontrolled diabetes and showing signs of kidney failure, agreed to emergency medical intervention when historically she has been resistant to treatment

“These accomplishments are the result of Motivational-Interviewing and compassionate interactions” of BHH staff with persons-served, says Jurgensen.



Perception of Care

Feedback shows a high percentage of persons-served Agree/Strongly Agree with the following statements

Staff here believe that I can grow, change, and recover

88.6%

Staff encouraged me to take responsibility for how I live my life

93.6%

Staff were sensitive to my cultural background (race, religion, language, etc.)

91.4%

I, not staff, decided my treatment goals

95%

If I had other choices, I would still get services from this agency

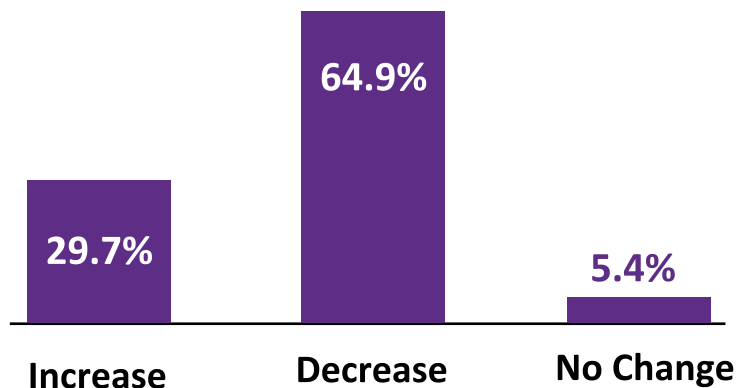
90%

I would recommend this agency to a friend or family member

89.3%

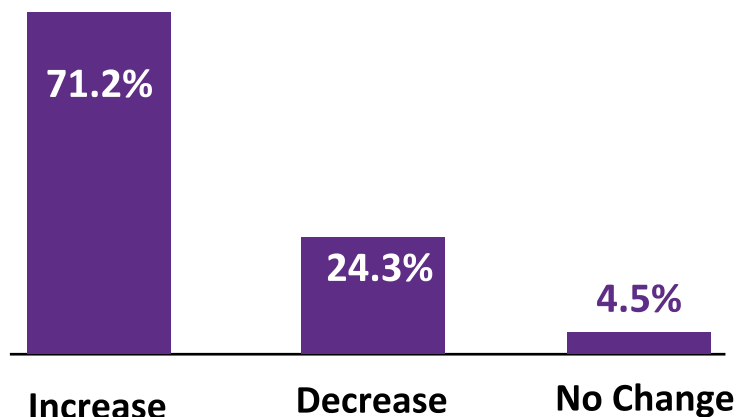
Persons-Served Behavioral Stability and Functioning Has Been Maintained/Improved

Psychological Distress



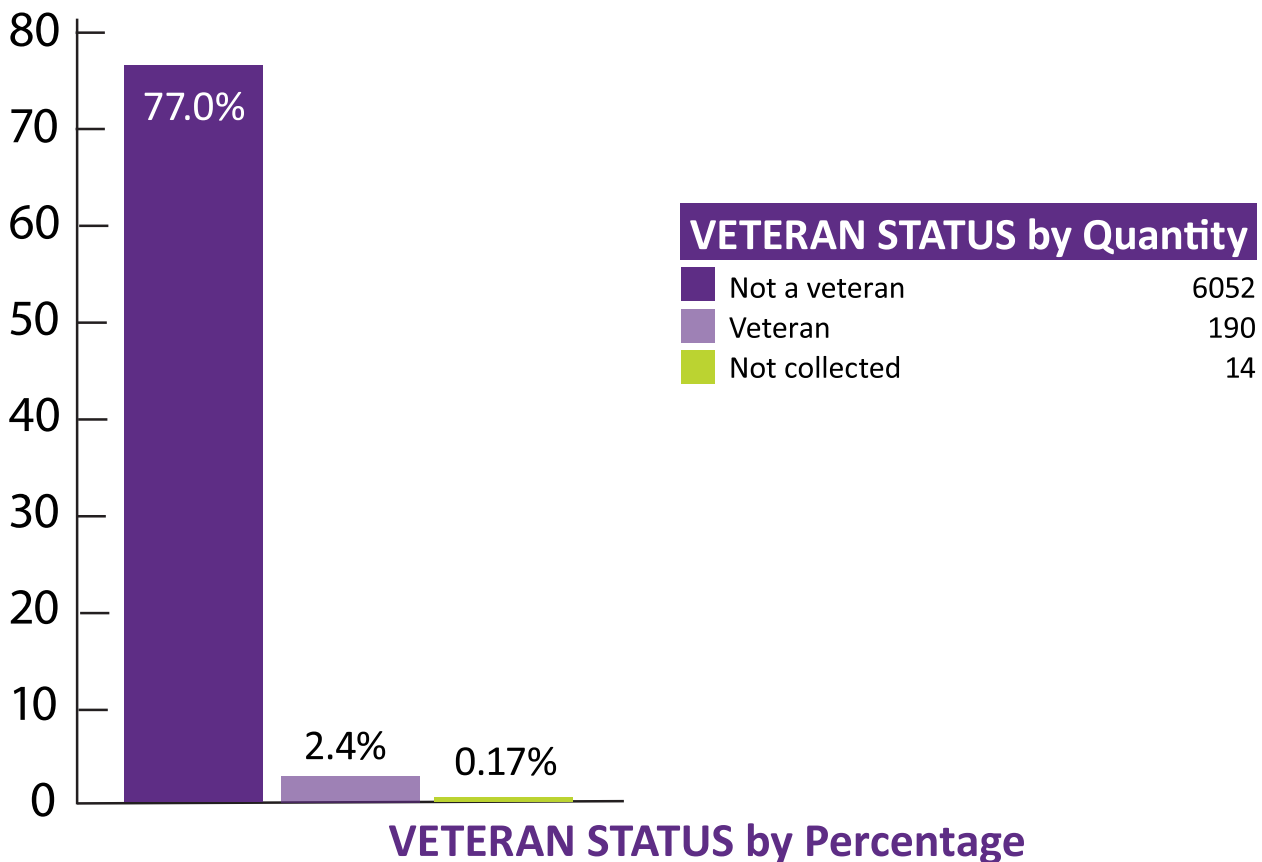
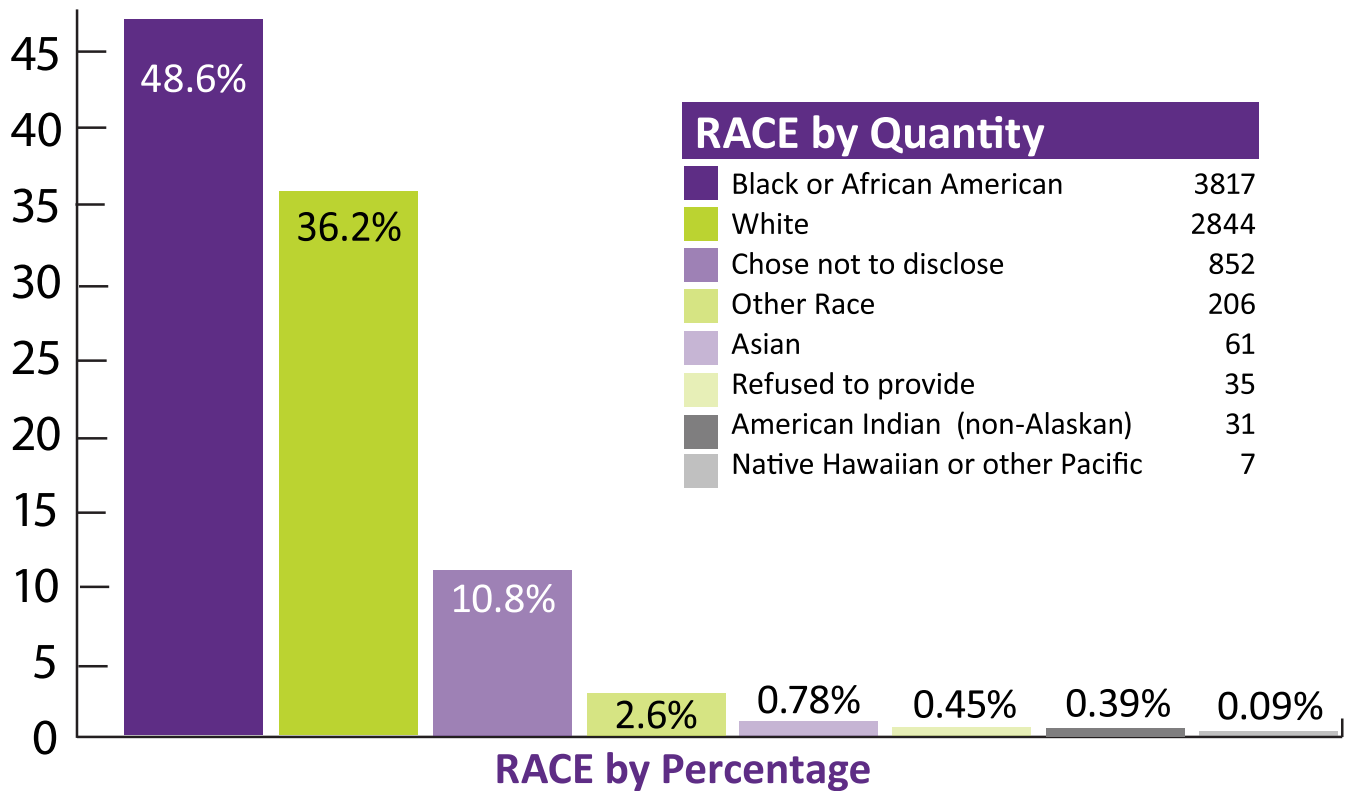
Maintained or Improved = 70.3%

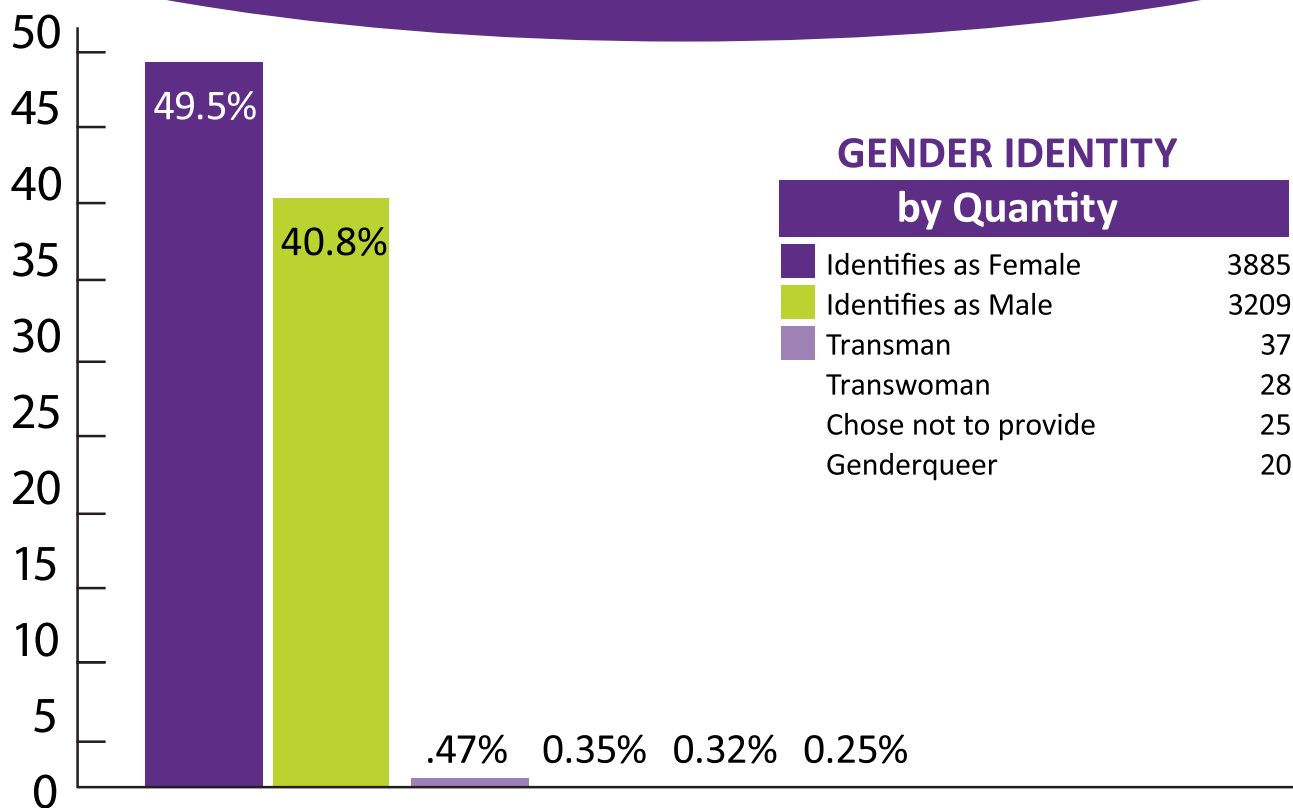
Psychological Functioning



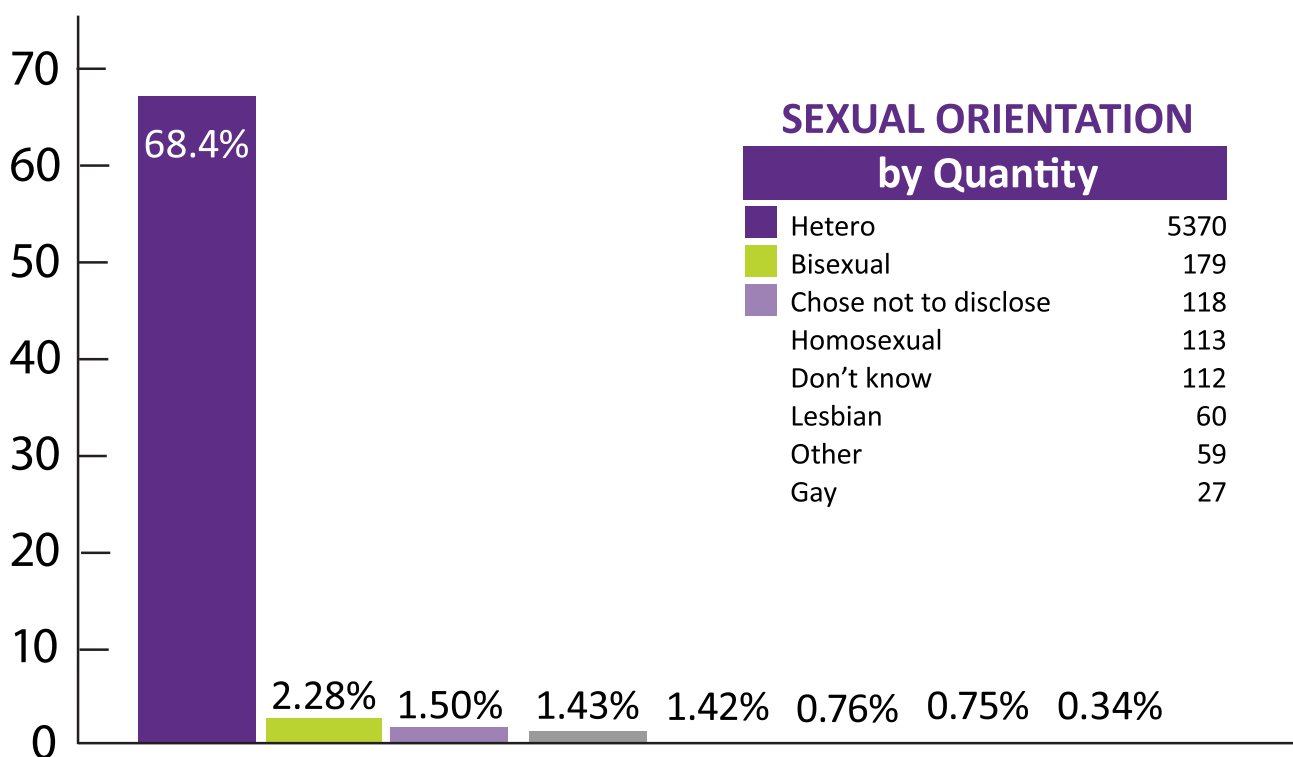
Maintained or Improved = 75.7%

The People We Serve





GENDER IDENTITY by Percentage



SEXUAL ORIENTATION by Percentage

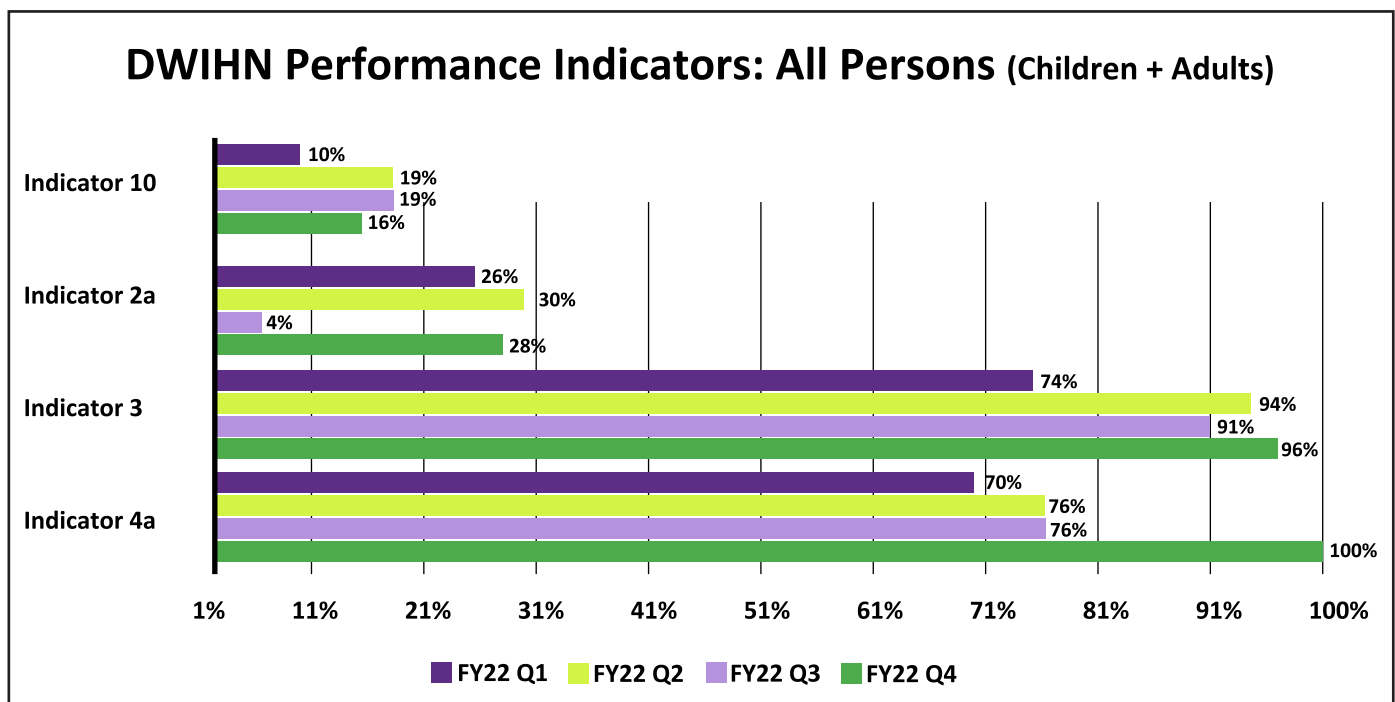
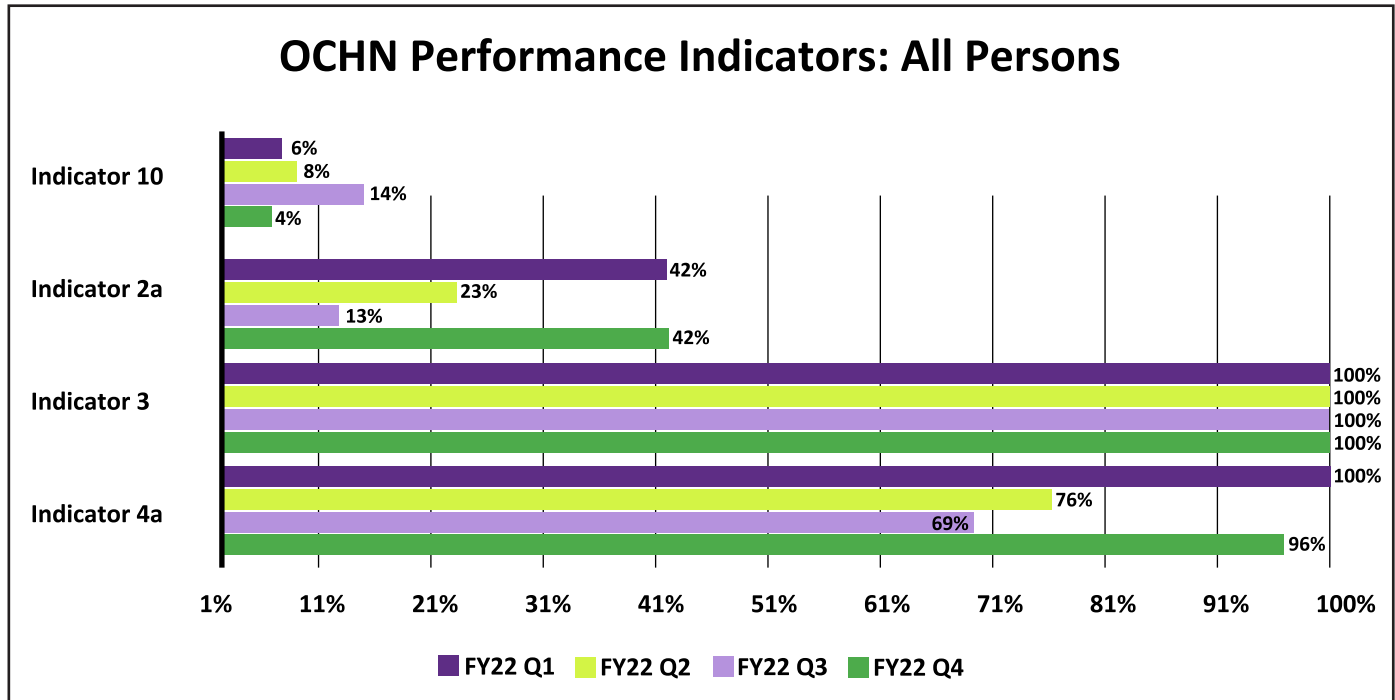
Michigan Department of Community Health Performance Indicators

Indicator 10: % of Persons Discharged from a Psychiatric Inpatient unit that were re-admitted within 30 days (recidivism)

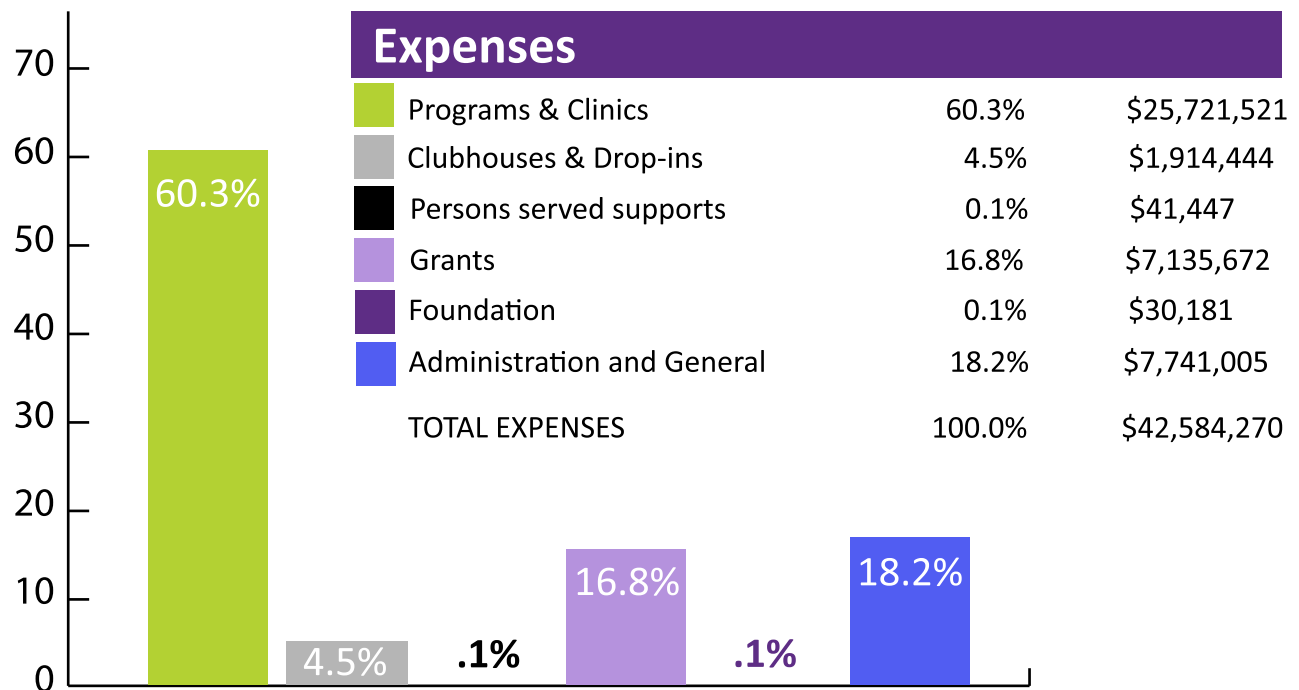
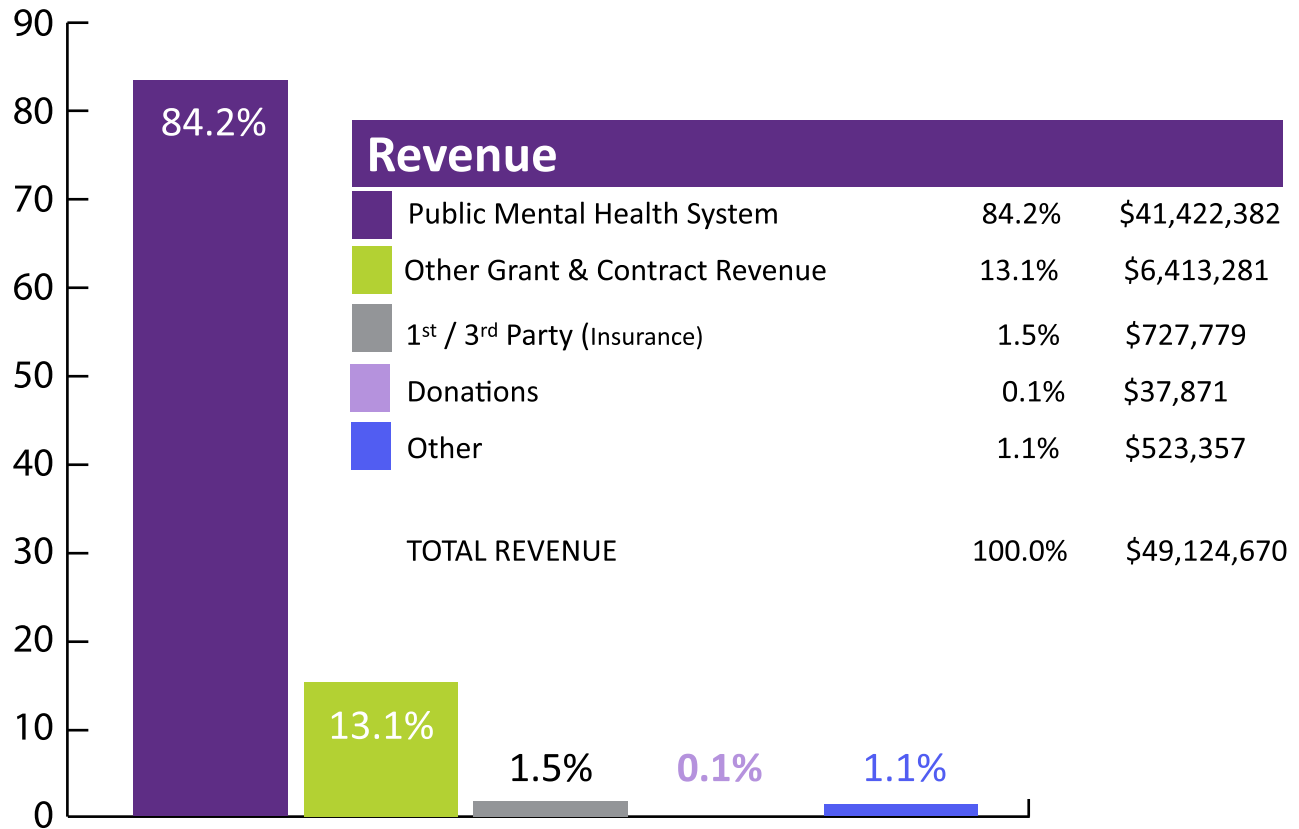
Indicator 2a: % of Persons Receiving an Initial Assessment within 14 Calendar Days of First Request

Indicator 3: % of Persons Who Started Services within 14 Days of Assessment

Indicator 4a: % of Persons Discharged from a Psychiatric Inpatient Unit Seen within 7 Days



Finances



2022 Board Member Spotlight

Dianne Bostic Robinson



Can you tell us a little bit about yourself?

I grew up in a loving family in Rochester, New York. I was very close to my extended family, too, with many aunts, uncles and cousins around. I think those relationships formed the foundation for me and the idea that we are on this earth to give back. Growing up like I did, it was just assumed that you would do what you could to make the world better.

I remember a few stories from that time - first, when we went shopping, we always had two shopping carts. One for us, the other for seniors in the neighborhood who perhaps could not get to the store. Second, growing up in the church, the men of the congregation took turns cleaning and us kids would help. I remember thinking it was fun cleaning (mostly playing) but also cleaning. It just seemed natural to

me to give back to your community. We are on this earth to leave it better than it was before. I am a servant leader.

I am a social worker and I have worked in senior positions and directed nonprofit agencies. I am retired now, but still active on the board with CNS Healthcare and previously Northeast Guidance Center (NEGC.) I have volunteered at national, statewide, and local organizations working on child welfare and other causes.

When I am not volunteering, I love bowling at the Detroit Athletic Club. I enjoy traveling. I have met and worked with a wonderful team of people throughout my career and retirement.

What makes CNS Healthcare's mission, vision, and values important to you?

They are important to me because there is a sincere focus on being persons-served-centered and being committed to staff. As a retired social worker, I have a lot of appreciation for the staff that does this important work, and I love interacting with persons-served.

I only get involved in the boards where I really feel the organization is sincere about making a difference. That sincerity is what attracted me to NEGC at first, and then to CNS Healthcare.

My vision for CNS Healthcare is that we truly meet the agency's vision: "To be leaders in building, empowering, and fostering strong communities where people are mentally, emotionally, and physically healthy." That says it all.





What are the characteristics of a great board member?

A good board member is one who truly believes in the mission. They are ambassadors of the organization in the community, active and engaged, and they appreciate the work that is done. I think doing (appropriate) hands-on work is important for a board member because it shows staff and persons-served that board members are supportive. I consider myself always learning and growing, and I think board members should be life-long learners.

I am grateful to be part of an outstanding board at CNS Healthcare. One does not do the work alone, and this team is comprised of dedicated and sincerely invested board members. The spotlight is not just on me, but on the entire board and its work. Truly, together we make a difference.

What about CNS Healthcare makes you the most proud?

I can't find just one thing that I am proud of as it would do an injustice to everything else. I am proud of the total work that we do, meeting the needs of our persons-served, and involving them in the work.

I am impressed with staff for their visions and hard work. In all staff I have interacted with, leadership to direct care workers, I can see their commitment to persons-served. They take their jobs seriously.

Our board is made up of persons-served, too, which makes me proud. I think it's so important to hear their voices so that those of us on the professional side know we are on the right track.



Donors

Lisa Libraries	
Delta Dental Foundation	
Bob Cares Foundation	
Hagen Family Foundation	
4Imprint	
Kronlund Foundation	
Kiwanis International	
Ethel & James Flinn Foundation	

Stellantis Foundation	
Aldi Cares	
The Kroger Co. Foundation and The Kroger Co. Zero Hunger Zero Waste Foundation	
The Meijer Foundation	
Costco Foundation	
Dollar Tree, Inc.	
Walmart Foundation	
Beaumont Foundation	

Corporate Headquarters

Novi
24230 Karim Boulevard, Suite 100
Novi, MI 48375

Detroit
2900 Conner Avenue, Buildings A + B
Detroit, MI 48215

Clinics

Detroit / Eastside (Adult Services)
12800 E. Warren
Detroit, MI 48215

Detroit-East
Eli Z. Rubin Children's Wellness Center
20303 Kelly Road
Detroit, MI 48225

Detroit-West
15560 Joy Road
Detroit, MI 48228

Eastpointe
21331 Kelly Road
Eastpointe, MI 48021

Novi
24230 Karim Boulevard, Suite 100
Novi, MI 48375

Pontiac
1841 N. Perry Street
Pontiac, MI 48340

Southfield
24600 Northwestern Hwy.
Southfield, MI 48075

Waterford
279 Summit Drive
Waterford, MI 48328

Clubhouse Locations

Our House Clubhouse
28200 Franklin Road
Southfield, MI 48034

Visions Clubhouse
185 Elizabeth Lake Road
Pontiac, MI 48341

