



ANNUAL REPORT 2023

Setting a New Standard
For Mental Health

www.cnshealthcare.org



From The President's Desk

Dear Friends & Partners,

As we prepare for the years ahead, it is important that we build upon what we have accomplished while adjusting to what has emerged as our new normal. The goal for CNS Healthcare moving forward is "Setting a New Standard for Mental Health."

This means embracing best practices and engaging in new approaches. Our experience and expertise have resulted in our community's sustainability and contributed to our continued growth. We serve more than 8,600 persons throughout the tri-county area.

We have also opened a new office in Macomb County to increase our reach. Our children's services in Oakland County have also been expanded to meet changing and growing needs amongst that demographic.

We continue to nurture and maintain mutually beneficial partnerships, weigh in on legislative decisions determining how services are provided in Michigan and the country, and stay in touch with our staff, providers, and persons served to ensure a comprehensive and cohesive approach to service delivery. We are strengthening our platform and positioning CNS Healthcare for the future.

Quality mental health services should be available and accessible to everyone without question or criticism. That is our daily goal, and we will continue to adjust and adapt as needed to ensure such. We are raising the bar, setting new standards, and working to achieve and exceed those new standards.

It's a lofty but obtainable goal to change standards and demand a new level of excellence. But it is one that we will achieve because we are CNS Healthcare.



A handwritten signature in black ink, reading "Michael K. Garrett". The signature is fluid and cursive, with the first name "Michael" being more prominent.

Michael K. Garrett
President & CEO

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 Healthcare employs more than 425 professionals, paraprofessionals, and support staff, delivering services to more than 8,600 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 annual reports, is available on the CNS Healthcare website: www.CNSHealthcare.org.



Strengthening Community Bonds

CNS Healthcare is committed to increasing community knowledge and awareness about mental health, by attending events, sharing resources, and starting conversations.



Oakland County Sheriff Police Athletic League (PAL)

CNS Healthcare partnered with the Oakland County Sheriff Police Athletic League (PAL) in 2023 to create the inaugural “Soccer for Success” league for children in Pontiac. CNS Healthcare supplied uniforms, conducted a soccer cleat drive, provided resources at games, trained coaches on youth mental health disorders and signs to watch for in the youth they coach. More than 200 children and their family members benefited from the program.

Additional Community Outreach

CNS Healthcare attended more than 200 local community events and interacted with almost 70,000 people in 2023.

CNS Healthcare’s 2023 Turkey Giveaway expanded to four locations, providing 2,200 turkeys to residents of Detroit (East and West side), Eastpointe, and Pontiac.

A sampling of additional organizations supported include: Crisis Intervention Team International, Detroit Community Policing, Detroit Housing Commission, Gift of Life Michigan, Lakes Area Chamber of Commerce, Livonia Public School, Metro Detroit Youth Day Foundation, NAACP Freedom Fund, NAMI Michigan, Oakland County Sheriff Community Policing, Old Redford Academy, The McKinney Foundation, Van Dyke Public Schools, Veterans Administration, and Wayne State University.



Improving Access to Mental Health Services in Wayne County



Certified Community Behavioral Health Clinics (CCBHC) are groundbreaking mental health clinics that improve access for all people to quality mental health and substance use disorder services. CNS Healthcare has been a CCBHC since 2018.

CNS Healthcare's CCBHC Demonstration status was expanded to our Wayne County clinical sites in 2023, including Detroit-West (Joy Road), Detroit-East Adult (Warren Avenue), and Detroit-East (Eli Z. Rubin Children's Wellness Center). This certification expansion is a testament to the outstanding services CNS Healthcare staff provides in partnership with our persons served.

Becoming a CCBHC Demonstration Site in Wayne County is a positive step for CNS Healthcare and the individuals in the metro Detroit area. As a CCBHC, CNS Healthcare can provide services to people not typically covered by community mental health services, including the uninsured, underinsured, and underserved populations.

CNS Healthcare will focus on increased access to Evidence-based Practices such as Dialectical Behavior Therapy, Zero Suicide, and more.





Supporting The Children Of Oakland County

CNS Healthcare was selected to expand behavioral health support for children in Oakland County by adding Serious Emotional Disturbance services in 2023.

Providers were selected through a formal process that identified qualified agencies that offer evidence-based services to children and youth with Severe Emotional Disturbance. Oakland County Health Network used this process to determine the best-suited providers to address the needs of the community and CNS Healthcare was identified as one of those agencies.

CNS Healthcare's Children's Programs provide mental and physical health services to children ages 0 - 21 years. Children served may be diagnosed with various mental health, development, or substance use disorders. All programs are family-centered, youth-guided, and trauma-informed.

CNS Healthcare's Children and Family Services include:

- Psychiatric Services
- Therapy Services
- ASPIRE (Intellectual/Developmental Disabilities)
- Baby Court
- Children's Outpatient Therapy
- Cornerstone
- Infant & Early Childhood Mental Health Program
- Intensive Home-Based Services
- Parent Support Partner
- School-Based Services
- Trauma-Focused Cognitive Behavior Therapy
- Wraparound Program
- Youth Peer Support



CNS Healthcare's Camp Kelly for Kids

Through a combination of generous donors, grant awards, and the tireless efforts of CNS Healthcare's Children Services staff, CNS Healthcare was able to hold two large events for children in 2023 - Camp Kelly for Kids and Pajama Jam!

Camp Kelly for Kids brought awareness to our communities and fought stigma by immersing our youth in local culture and activities. Throughout the seven week schedule, our children-served were exposed to new and exciting experiences. They interacted with the world and each other, and learned valuable life lessons and skills. Our tri-county area communities had the opportunity to see CNS Healthcare youth at their best!

In addition to growth and learning through new experiences, our persons-served received education through therapeutic and life skills groups facilitated by our certified Child Mental Health Professionals. Therapeutic groups included developing and practicing social skills, improving self-esteem, and practicing conflict resolution. Youth were introduced to Detroit's rich history by visiting the Underground Railroad and Museum. Participants also visited the Heidelberg Project, which included meeting the project creator who explained to them how having a dream or a vision can become a reality.

CNS Healthcare was able to provide 68 children with an amazing day camp experience that included 14 trips to places like the Detroit Science Center, Detroit Zoo, and the Ann Arbor Hands on Museum. From start to finish, Camp Kelly for Kids 2023 was a seven week successful camp experience for our youth.

Local vendors and community partners helped this project by maximizing the impact on our kids and improving the experience of both our children and families, and the community at large. The success of Camp Kelly for Kids 2023 was due to the hard work and partnership of our Metro Detroit area communities.



CNS Healthcare's Pajama Jam Holiday Event

Pajama Jam was an event for children who receive behavioral health services through CNS Healthcare, and their families. Pajama Jam was an opportunity to celebrate the holiday season and socialize with families facing similar challenges.

The holiday season can be a very stressful time for families who cannot afford food or utilities. Holiday food and gifts are often an unreachable goal for those at or below poverty level. To help assist in bridging this disparity gap and create a happy holiday experience for the children we serve, CNS Healthcare provided entertainment, arts and crafts, and gifts such as toys, books, toiletries, clothing, school supplies, food and drink, and gift cards. CNS Healthcare also ensured that siblings of children receiving services were included.

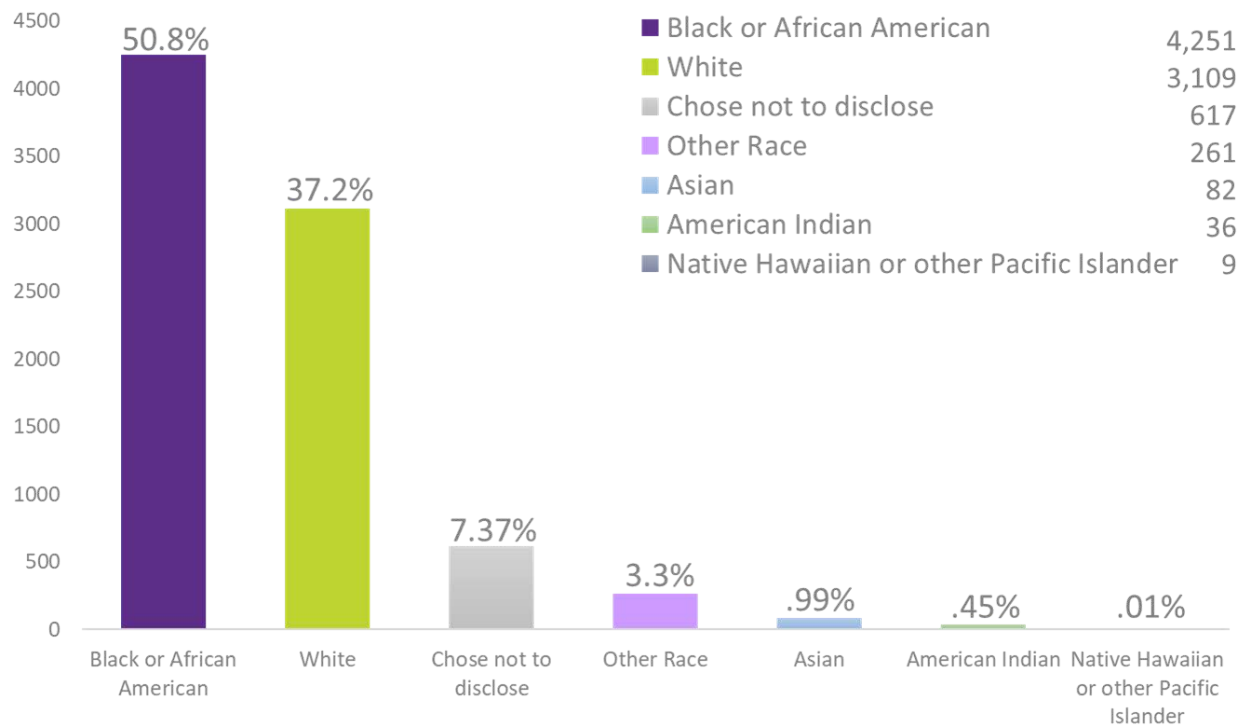
CNS Healthcare's Pajama Jam provided these moments of joy, hope, and connection by bringing our children and families together to create new memories and family traditions. We are so excited to report that 85 families and a total of 278 people were able to attend the 2023 Pajama Jam. Each parent/caregiver went "shopping" for holiday gifts through our huge selection of new toys, games, crafts, clothing, and more. All children were provided with a holiday gift, and each family received a small kitchen appliance (air fryer, electric skillet), family game, snuggle blanket, and large reusable tote bag full of groceries.

All toys, games, blankets, clothing, and food was donated by generous individuals and businesses. Thank you to everyone who made this event possible.

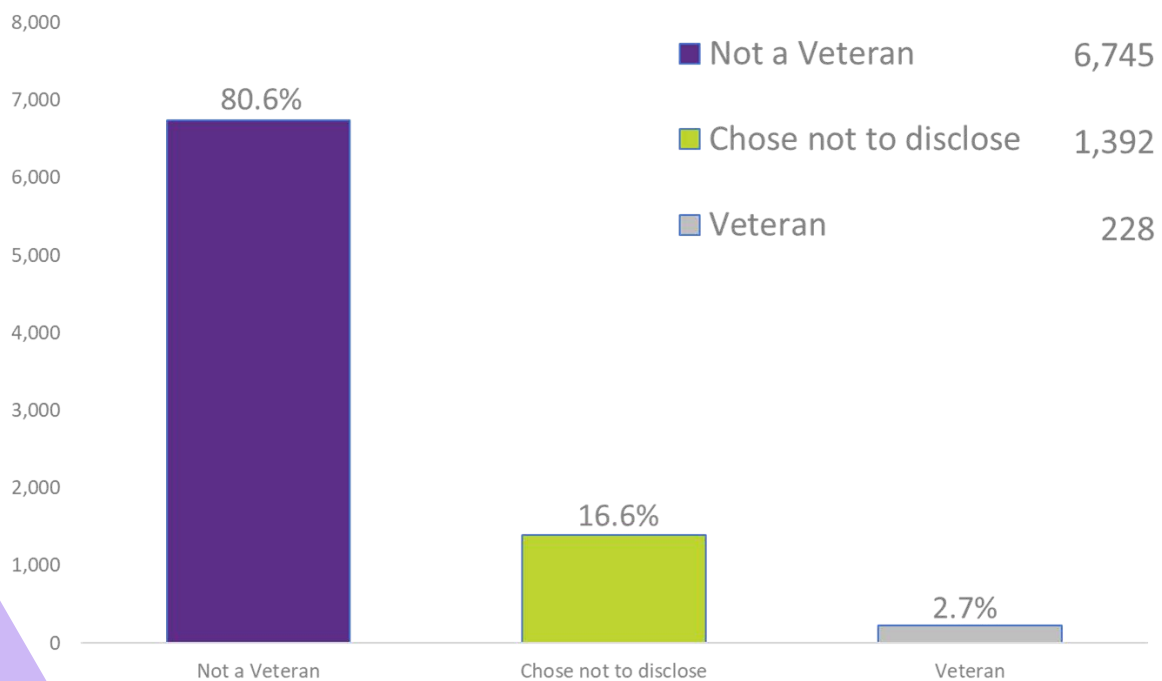


The People We Serve

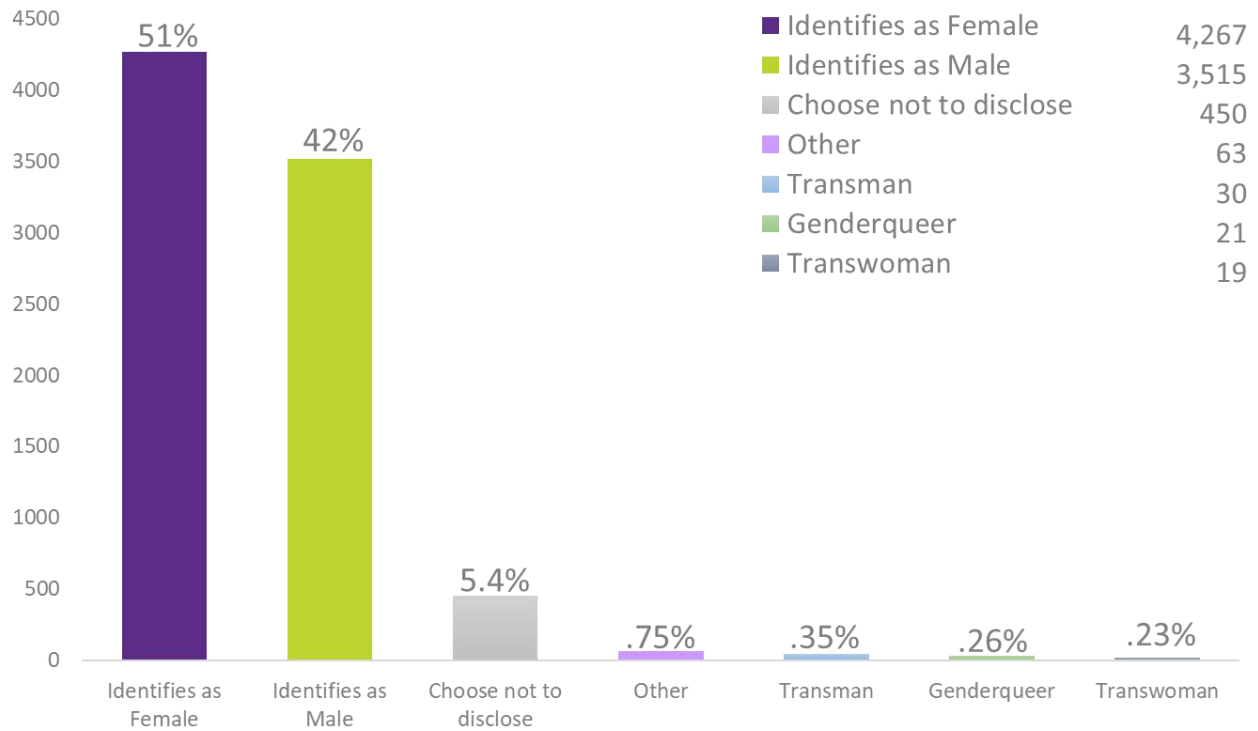
Race by Quantity



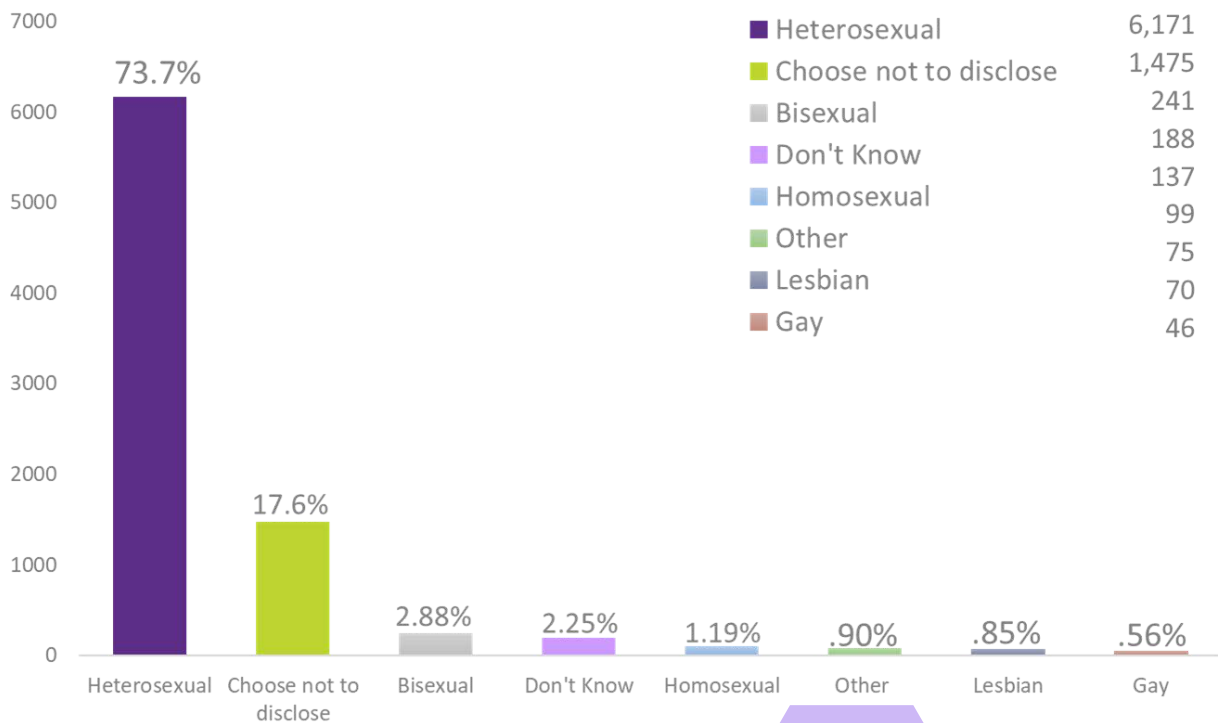
Veteran Status by Quantity



Gender Identity by Quantity



Sexual Orientation Quantity



Michigan Department of Community Health Performance Indicators

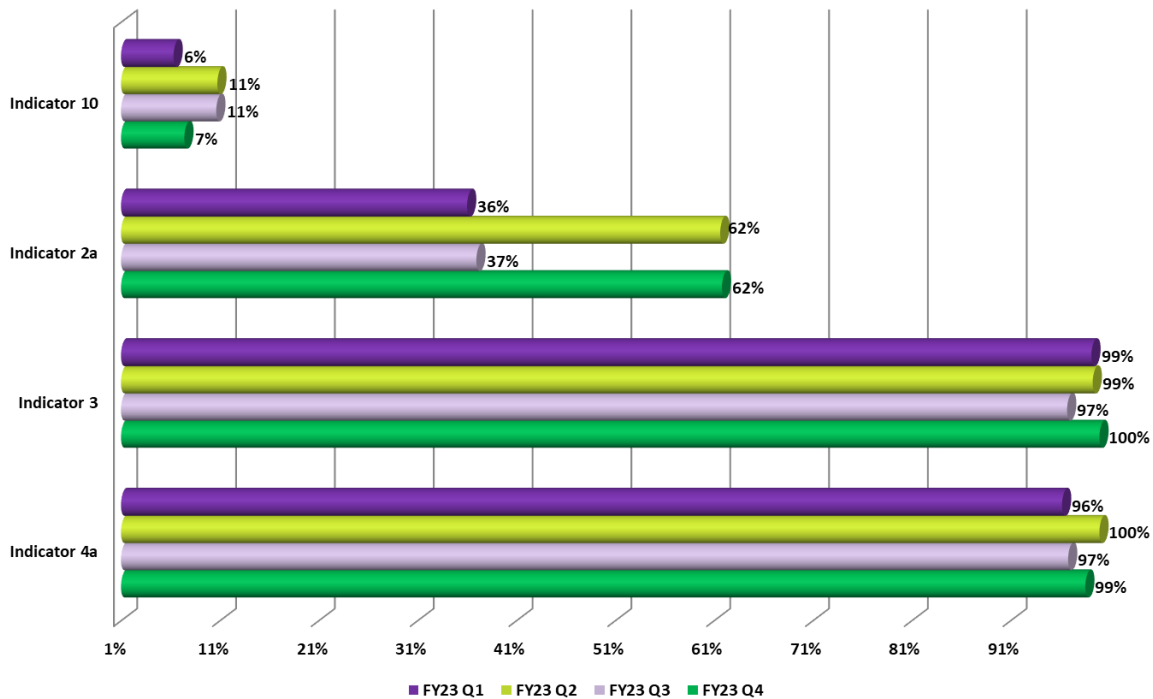
Indicator 2: % of Persons Receiving an Initial Assessment within 14 Calendar Days of First Request

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

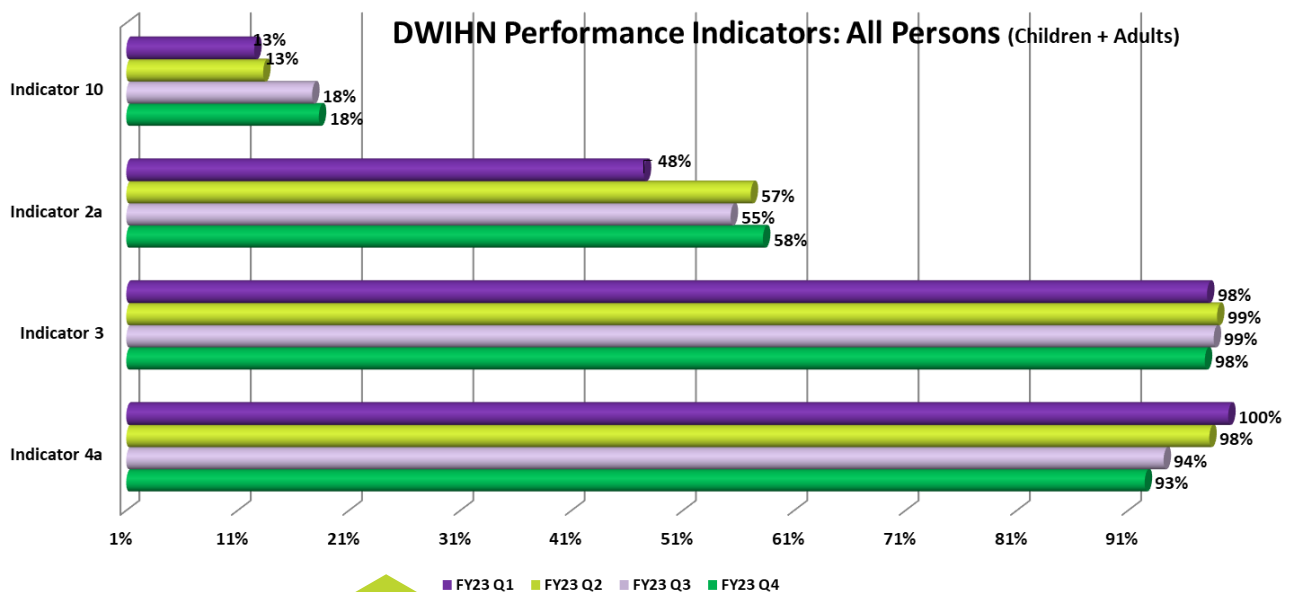
Indicator 4a: % of Persons Discharged from a Psychiatric Inpatient Unit Seen within 7 Days

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

OCHN Performance Indicators: All Persons

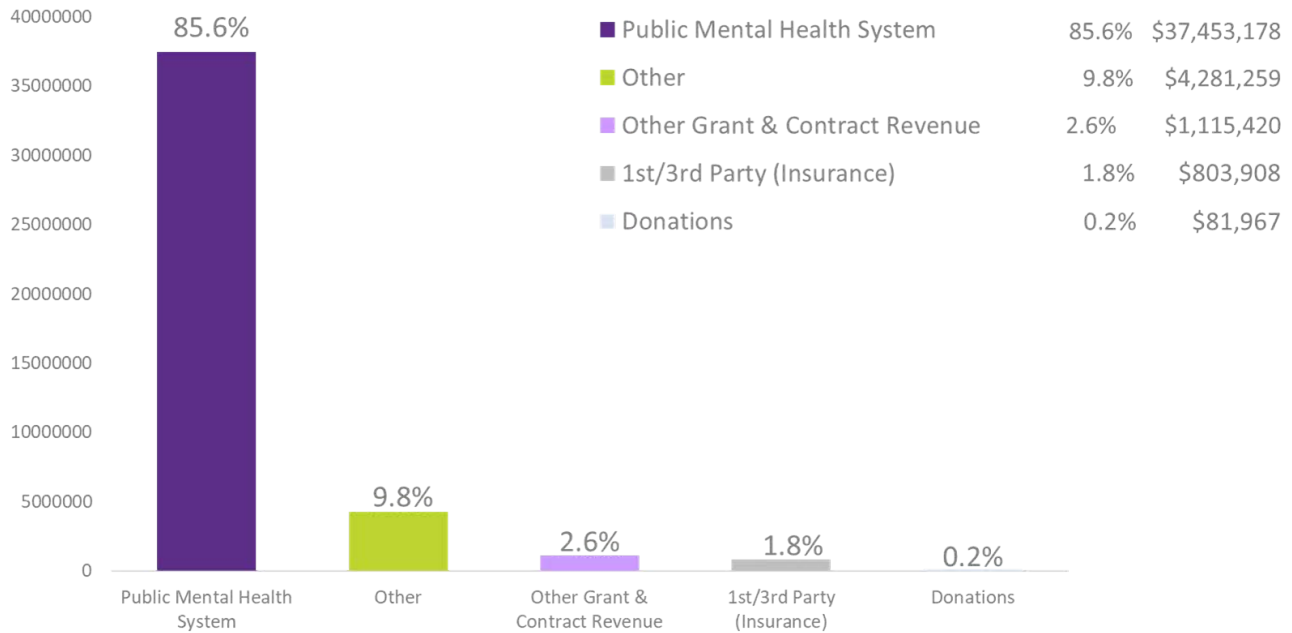


DWIHN Performance Indicators: All Persons (Children + Adults)

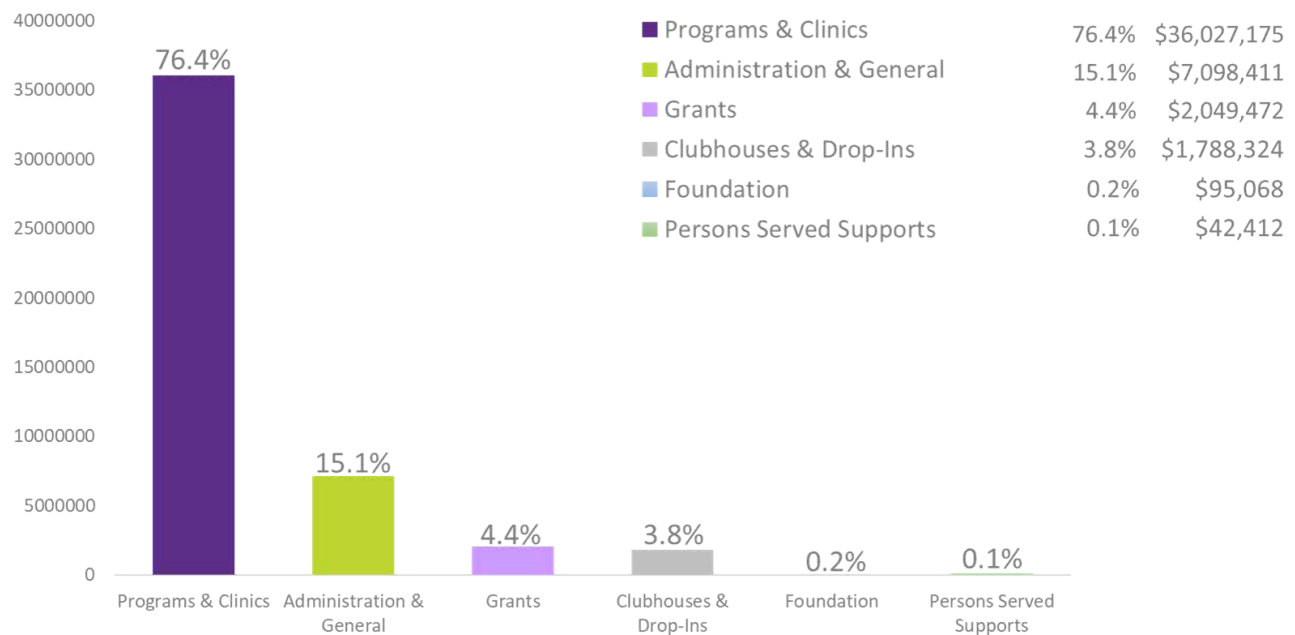


CNS Healthcare Finances

Revenue



Expenses





2023 Board Member Spotlight Rita Turner, President

Can you tell us a little bit about yourself?

I went to Central Michigan University, and then I graduated from the University of Michigan in social work. After that I had a variety of jobs...I worked as a clinical social worker, school social worker, I've been in management and administration. I worked in some good places that gave me a variety of experiences, which is one of the reasons why I became a board member.

Why did you decide to become a CNS Board member?

When I worked in Wayne County, I worked with Dr. Reid and Michael Garrett, so they knew my background. When I retired, they asked me about becoming a CNS Board member. I felt that with my background I had a lot to offer. With my history of working in various fields, especially mental health, I was able to look at the programs at CNS and know what I was talking about and what I was looking at.

Where do you see CNS in 10 years?

"In 10 years, I see CNS being a national or state provider. We are constantly growing and providing all types of services. I believe we will be a provider that companies like General Motors or Ford would look at. When I worked in the private sector, we were always looking for good providers of service. And to me, CNS is meeting that kind of criteria. I see us on the national front, definitely on the state front, being a provider of service."

What is your proudest accomplishment as being a member of the board?

"Several. I think one of the biggest ones in was in 2018 when we received Certified Behavioral Health Clinic (CCBHC) Demonstration status. Getting that kind of attention and being able to expand and reach more people to receive our services, I knew we were on our way."

"The other two were when we started children's services, and when we opened our clinic in Detroit and the clinic in Macomb. All that to me was growth. Those were very proud moments for me. Those kinds of expansions and going into other communities, I was very proud of that."

What do you think makes CNS unique and sets us apart from other mental health providers?

"I think because of our services and being able to expand and provide services the way we're doing it. One of the things I'm proud of, we always have one of the highest levels of accreditation and certification with the Commission on Accreditation for Rehabilitation Facilities (CARF.)"

"I think we're able to do what we do because we have such a good board, and Michael Garrett and Dr. Reid are providing excellent direction and heading in the right way. The staff and administration are stellar. They are the reason that we have CARF and the reason we're expanding. It is because of the administration and staff, and their dedication."

Thank you to the 2023 Donors!



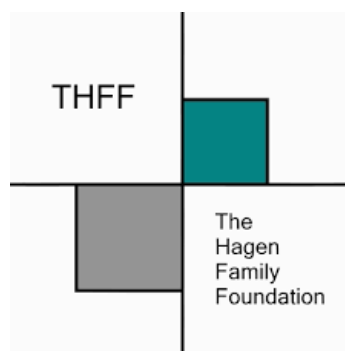
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Corporate Headquarters

Novi
24230 Karim Blvd
Suite 100
Novi, MI 48375

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

Clinic Locations

Detroit - East
Adult Services
12800 E. Warren Ave
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 Blvd
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 40341