



JUNE 15, 2015

While we prepared to talk about mental illness and the justice system...it was really the weather that seemed a bit unstable. Sprinkles to rumbles of thunder and then, all of a sudden, the big bright sun and blue skies.

Gotta love Michigan weather!

CREATING A NETWORK OF CARE

Between Elvin Gonzales and Terrie Matthes of the Berrien County Trial Court, we had about 75 years of juvenile justice experience on hand to inform us of the challenges existing between the mentally ill and the justice system.



- Mental Health First Aid
- Mental Health Navigator
- Crisis Intervention Training
- Jail Diversion

These training programs receive Federal and State funding and have goals of educating first-responders about mental health issues, identifying individuals with mental health problems and linking these individuals to assessment and resources to address their problems. The mission is to establish a comprehensive and interconnected network of care to improve outcomes for children with serious emotional disturbances that is family-centered, community-based and culturally/linguistically competent.

Mental Health First Aid

The Mental First Aid program was created in Australia in 2001 and is currently being used in 20 countries. The program was piloted in U.S. with an adult curriculum with a youth curriculum pilot beginning in 2012. In 2013 the program became certified as an evidence-based program.

Mental Health First Aid training covers topics relating to crisis and

non-crisis situations. The training also provides an overview of various mental health problems:

- Depressive/Mood disorders
- Anxiety disorders
- Disorders in which psychosis occurs
- Substance use disorders

This training is necessary because, although mental health problems are common, there is still a stigma associated with these issues. Professional help is not always on hand to diagnose or treat and individuals with mental health problems often do not seek help. Many people outside the medical profession are not well informed about mental health problems and do not know how to respond.

This training is focused toward those in law enforcement or education but it is open to anyone who is interested in being an advocate for those with mental health issues. There is no charge for the training for those in law enforcement or education but a \$50 fee applies to general community members (includes breakfast and lunch).

The sad truth is that the justice system has become the de facto mental health facility due to the trend in the 1970s that closed many facilities that existed for this purposes. A support system for those suffering from mental illness is sorely needed as 1 out of 4 individuals will need help at some point in their lives.

In a partnership between the Berrien County Courts and Riverwood, new training programs are now available for first-responders to help identify those with mental health issues BEFORE a point of crisis that ends in the hospital or in jail. These programs include:

Lest She Forgot...



Our Sergeant-at-Arms, Mary Spiegel, tried to outfox the foxes on Monday while handing out fines. She stated there was a \$1 fine to everyone who did not attend the Lest We Forget activities and the Vietnam reenactment. While the entire room was trying to grab a \$1 bill from

their purses or pocket, one small voice bellows: "That's not until next weekend!" It was a good laugh for all of us but now we know to bring that extra buck if we don't attend the event this coming weekend. She's also given us notice that there will be fines next week for having not paid our annual membership dues before then. She is a sly one! Now, in keeping with her slyness, this week's jokes will continue with the fox theme.

Joke(s) of the Week!



Religious Cowboy

The devout cowboy lost his favorite Bible while he was mending fences out on the range.

Three weeks later, a fox walked up to him carrying the Bible in its mouth.

The cowboy couldn't believe his eyes.

He took the precious book out of the fox's mouth, raised his eyes heavenward and exclaimed, "It's a miracle!"

"Not really," said the fox. "Your name is written inside the cover."

Nasty Little Boy

A policeman caught a nasty little boy with a bb gun in one hand and a fox in the other.

"Now listen here," the policeman said,

"Whatever you do to that poor, defenseless creature I shall personally do to you"

"In that case," said the boy.

"I'll kiss its butt and let it go"

Night of Drinking

A man and his pet fox walk into a bar. It's about 5pm, but they're ready for a good night of drinking.

They start off slowly, watching TV, drinking beer, eating peanuts. As the night goes on they move to mixed drinks, and then shooters, one after the other. Finally, the bartender says: "Last call."

So, the man says, "One more for me... and one more for my fox."

The bartender sets them up and they shoot them back. Suddenly, the fox falls over dead.

The man throws some money on the bar, puts on his coat and starts to leave.

The bartender yells: "Hey buddy, you can't just leave that lyin' there."

To which the man replies: "That's not a lion, that's a fox."

ANNOUNCEMENTS & EVENTS

- 6/19-6/21 - Lest We Forget
- 6/19-6/21 – Nonsense at Twin City Players
- 6/22 – Rotary Exchange Student Maya
- 6/22 – Al Stockman Memorial Golf Outing, benefit for the Benton Harbor Street Ministry
- 6/25 - Board Meeting at 7:30 PM at Area Agency on Aging
- 6/26-6/28 – Nonsense at Twin City Players
- 6/29 - No regular meeting. Installation Dinner at Hilton Garden Inn. Steve Smith will be accepting reservations at our next two meetings.
- 6/30 - Annual Membership Fee Due



NETWORK OF CARE

(CONTINUED)

Mental Health Navigator Model

The Mental Health Navigator Model was originally developed by the Health Resource Services Administration (HRSA) to assist patients with complex medical conditions. Over the years, it has been adapted to assist a variety of populations in need of services.

A Mental Health Navigator is a highly trained individual who will provide support and non-clinical activities to youth and their families. The primary goals are to screen youth who are potentially in need of mental health services, increase opportunities for client engagement, assist youth and families in gaining access to care, identify and reduce barriers to care and improve opportunities for retention in care.

The first approach with the Mental Health Navigation process is to divert first-time juvenile offenders with mental health problems from any type of court-involvement and work with the family to gain access to community resources for services and/or treatment. When diversion is not possible, these individuals work to minimize the involvement with the court, mitigate the charges and aim for a proportionate consequence.

The process for the Mental Health Navigator is for youth to complete a standardized screening process. With youth that flag for mental health problems, Navigators refer them to the Mental Health Liaison for a full assessment. After that assessment has been completed and the referral for services has been

made, the Navigator will assist the youth and family with the referral process and gaining access to services.

Mental Health Navigators are volunteers and must pass an extensive background check. Navigators must be available to spend from 5 to 10 hours per week working with an assigned family for up to 3 months. Navigators must agree to and be able to complete the training program before working with families.

Crisis Intervention Team

Law enforcement officers are generally the first to respond to a mental health crisis but their standard training includes very little time spent on mental illness issues. There are many reasons why this is now the societal norm and why further treatment is needed:

- De-institutionalization
- Societal push for mentally ill persons to live independently and be in control of their own treatment
- Improvements in psychotropic medications
- Changes to mental health laws
- Community-based Mental Health Service System
- Increased police interactions with the mentally ill, in crisis, who may be lacking treatment

Crisis Intervention Team (CIT) training is specialized for law enforcement officers to help them respond to crisis calls involving the mentally ill. Officers are trained on symptoms of common types of mental illness, allowing the officer to make quick decisions utilizing a greater number of options to resolve the crisis. Officers are exposed to

the experiences, viewpoints and concerns of persons and families suffering from mental illness. These officers also receive instruction and demonstrations in basic listening and responding skills in addition to crisis intervention strategies. Real-life scenarios of different types of mental illness are used to amplify the training.

Locally, the goal is to have an additional 14 Berrien County officers CIT trained by November 2015. This training will be offered annually to community law enforcement.

Jail Diversion Program

Riverwood's Jail Diversion program proposes increased intercept points where mental health professionals are available to provide mental health services to individuals in the community and those involved with the criminal justice system. The program has identified multiple interception points:

- Pre-Booking
 - Crisis response
 - Hospital pre-screen
- Lodged
 - Medication management
 - Suicide prevention
 - Psychiatric services
- After Release
 - Linkage to mental health services and treatment
 - Psychiatric services and supports

The statistics on the proportion of adults with mental health, substance use and co-occurring disorders in the U.S. population who are under correctional control and supervision are truly staggering.

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NETWORK OF CARE (CONTINUED)

Estimated Proportion of Adults with Mental Health, Substance Use and Co-Occurring Disorder in the U.S. Population and under Correctional Control and Supervision

	General Public	State Prisons	Jails	Probation and Parole
Serious Mental Illness	5.4%	16%	17%	7-9%
Substance Use Disorder (alcohol and drugs) Abuse and/or Dependence	16%	53%	68%	35-40%
Drug Abuse Only	1.4%	17%	18%	N/A
Drug Dependence Only	0.6%	36%	36%	N/A
A Co-occurring Substance Use Disorder when Serious Mental Illness is Diagnosed	25%	59%	72%	49%

Looking at Berrien County statistics, we see that in 2010, “psychosis” was the 8th leading cause of hospitalization. Based on interviews of 1,188 defendants prior to their arraignment hearings, 60.7% admitted to either a substance abuse and/or mental health problems. In 2013, the total number of inmates in the Berrien County jail was 7,682.

To find out more or to register for Mental Health First Aid training, visit www.riverwoodcenter.org. If you are interested in pursuing additional training or have other questions, contact Terrie Matthes at 269-983-7111 ext. 8354 or by email at tmatthes@berriencounty.org.



Visiting Rotarians

- Jordan Gardner – Hastings, Minnesota



Rotarians with Guests

- Jackie Huie brought Matt Gibiec, Mykala Dunaj, Tim Dunaj and Melinda Dunaj
- Deb Trapikas brought Fena D’Ottavio
- Tanya Urias brought Patrick Swem



Happy Bucks were flying in celebration of those who are traveling in the Dominican Republic and those who have worked hard to make it happen. \$25 came from



Charles Jespersen for all the kids and chaperones. \$5 was laid down by Bill Downey for Keegan who is the only Lakeshore student on the trip and will be working on starting an Interact Club at Lakeshore next year.

Jackie Huie also reminded us with her happy buck of all



the time and energy Charles Jespersen has put into the project over the

years. Thanks also to Charles for sharing a few teaser photos from the trip! I’m sure we’ll have many more to share soon.

Connect with the Rotary Club of St. Joseph-Benton Harbor online at www.sjbhrotary.org



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