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Michigan Suicide Rates Rise, with Few Answers

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In the meantime, school districts have been stirred to action by multiple student suicides, including Cedar Springs Public Schools north of Grand Rapids, where three students took their lives over a one-year period in 2015 and 2016.

Those incidents prompted the district to invest \$400,000 from its \$38 million budget to add six mental health professionals to its staff, including three counselors and three other mental health specialists hired in 2018. More than two dozen states already require some form of suicide prevention training for teachers and other school personnel.



Veterans Also At High Risk

Suicide rates can also be far higher among Michigan's estimated 580,000 veterans, especially younger veterans. According to the U.S. Department of Veterans Affairs,

Michigan veterans had a suicide rate of 26.2 per 100,000 in 2016, well above the overall state suicide rate of 16.9. Among veterans ages 18 to 34, the rate was a 44.4 per 100,000 and 33 per 100,000 for those age 35 to 54.

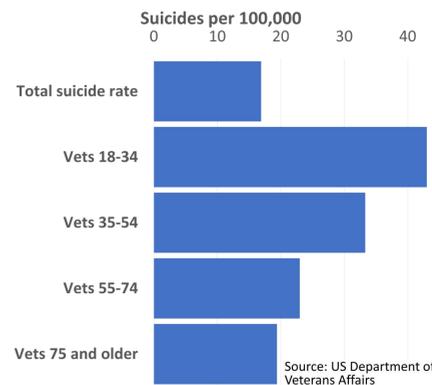
The VA recorded 159 suicide deaths among all Michigan veterans that year – nearly one every other day. Nationally, an average of 20 U.S. veterans and active duty service members commit suicide each day.

But as rates remain high, the issue cries out for a unified system to bring all suicide prevention players together, according to Kellie Cody, the current Michigan veterans ombudsman.

"Different counties have their approach to it. But there is no coordinating body to address it statewide," he said. "When you have a lack of overall coordination, it gets piecemealed."



Veterans pay high price
 Michigan veterans, especially the young, commit suicide at a higher rate than the state as a whole. Michigan suicide rates per 100,000 people in 2016



24-Hour Crisis Hotline
 877-800-1650



To learn more about New Oakland's state of Michigan-licensed FACE to FACE Partial Hospital Program, visit us online at www.NewOakland.org

It's About Time: We're Working Hard to Minimize Delays as an Obstacle to Care



by Kevin Sendi
 President
 New Oakland Family Centers

Our motto and philosophy of care at New Oakland Family Centers is "the right care . . . at the right time." "Right care" is about everything that happens while you're seeing your therapist, psychiatrist or other New Oakland professional.

But "right time" is just as important. It's about everything we do to ensure our clients don't have to wait too long to get an appointment or enter our FACE to FACE program.

It's about **providing transportation** to our day program clients, so that families for whom transportation is an issue can have a resource that will help get to and from important appointments.

It's about our strong, growing **Mobile Intensive Crisis Stabilization team** — a

team of Master's-level therapists who are on call round the clock every day to answer crisis calls and, in some cases, drive to the scene of a crisis to provide on-site therapy and guidance.

It's about the fact that you can **walk in to any New Oakland location without an appointment** and be assured you will be seen that day by a qualified therapist who will do an assessment and being to work with you to plan your care path.

If you or your child had a broken arm or high fever, you wouldn't be happy waiting days or weeks to get the attention you need. We believe the same standard of care should apply to families when there is a mental health need or crisis. In fact, it may be even more important for mental health care . . . because of the ways mental health symptoms can change so rapidly.

When it comes to delivering great mental health care and services, New Oakland believes . . . **it's about time!**

Meet Kimberly Poirier, LMSW, CAADC: New Oakland's Clinical Supervisor in Center Line



New Oakland is pleased to announce that **Kimberly Poirier, LMSW** has been appointed as Clinical Supervisor at our Center Line location.

Kim has been with New Oakland since 2014 supporting both our outpatient and FACE to FACE partial hospital program (PHP) services.

In her new role as Clinical Supervisor, Kim will work closely with Clinical Director Kim Smith to provide support

and leadership to the Center Line location.

"One of my favorite things about being part of the New Oakland team is how we work so well together," Kim says.

"Even though we are in locations all across Michigan, everyone seems to know of everyone . . . and it helps make a large workplace seem more approachable. I hope that's a quality our clients see in the care and service we provide."

Kim's wealth of clinical experience and commitment to client service provide a fantastic foundation for success in her new role and make her a great addition to the Center Line office and the New Oakland leadership team.

Kim says the foundation of her approach to client care is empathy.

"It is important to meet each client where they are specifically at within their life and healing process."

November Training Event to Focus on Substance Abuse and Mental Health

On Friday, November 8, New Oakland will host the next in its series of continuing education events for mental health professionals at the **Michigan State University Management Education Center (MEC)** in Troy.

Entitled, "**When Addiction is a Factor: Guidance for Mental Health Professionals**," the session will focus on the intersection of addiction medicine, mental health and community solutions to the persistent problem of substance abuse in our communities.

The session will feature presentations from **Judge Linda Davis, JD, former Macomb County District Court Judge and current Executive Director of Families Against Narcotics (FAN)**; and **New Oakland co-Medical Director and addiction medicine specialist, Dr. Robert Lagrou.**

The Nov. 8 event is approved for 4.0 CEUs by the Michigan Social Work Continuing Education Collaborative. Cost to attend is only \$35 and includes all materials, breakfast and break-time refreshments.

To register for the Nov. 8 event, visit www.NewOakland.eventbrite.com and click the "Tickets" button; or contact us by phone at **800-395-3223** to leave a message indicating your interest in attending.

New Oakland Selected as Potential Outpatient Partner in St. Clair County

The New Oakland Family Centers team has been selected by the St. Clair County Community Mental Health Authority (SCCCMHA) Board of Directors as the potential new partner to provide outpatient services to individuals in St. Clair County.

At its meeting on September 10, the SCCCMA Board reviewed the recommendation from a panel of mental health professionals and St. Clair County community residents that New Oakland be considered as the new outpatient care partner.

"We are so honored to have been chosen by St. Clair County as their mental health service partner for outpatient care," said Kevin Sendi, New Oakland President and CEO.

"We feel it's a fantastic affirmation of our long-term commitment to creating access to great professionals providing high-quality care for all the communities we serve," Sendi said.

While New Oakland has served individuals in St. Clair County for many years, the selection by the SCCCMA will provide the foundation of a new service location in the area that will enable New Oakland to provide service to many more county residents than ever before.

In its recommendation to the SCCCMA Board, the review team noted, "[New

Oakland's] strengths include staffing, experience with evidence-based practices and the ability to meet the needs of the local population for outpatient services with an office based in Port Huron. It is recommended to pursue a contract for outpatient services with New Oakland Family Centers."



Thorough Selection Process

St. Clair County's decision came following an extensive request for proposal (RFP) process which sought to review a number of important factors SCCCMA considered essential in its selection of a new potential partner.

The RFP process reviewed New Oakland's history, staff credentials and training, quality improvement processes, community involvement and flexibility to meet the needs of clients.

The St. Clair County CMH team also reviewed New Oakland's commitment to evidence-based therapy practices and ability to meet the needs of special populations, commitment to person centered planning and start-up plans for the new outpatient services program.

Mobile Intensive Crisis Stabilization to Begin in Macomb

The Macomb County Community Mental Health Board has approved a new program to provide New Oakland Family Centers Mobile Intensive Crisis Stabilization (Mobile ICS) services to individuals in Macomb County who are experiencing a mental health crisis.

Under the new program, New Oakland Master's-level Mobile ICS therapists will be authorized to provide in-person visits to the home or hospital emergency room for individuals in crisis.

The Macomb County/New Oakland Mobile ICS program will operate around the clock, 365 days per year.

Initially, the program will serve adults, with the potential in the future to provide round-the-clock supplemental support to Macomb County's existing mobile crisis program for youth.

According to New Oakland Intensive Crisis Stabilization program team supervisor, Amelia Jackson, LMSW, the Macomb County Mobile ICS program will provide resources and guidance to individuals and families during some of the most difficult moments in their lives.

"There is almost nothing more upsetting than experiencing a crisis or seeing a family member in crisis and not knowing where to go or what to do," Jackson said. "Our Mobile ICS therapists are experienced in helping provide the initial assessment and guidance in the home of the hospital emergency department that can help people regain a sense of control and direction about the path of care they need to be on."

New Oakland's Mobile ICS team provides similar services in Wayne, Oakland and Lenawee Counties.

Suicide Rates Rise Across Michigan, with Few Answers



by **Ted Roelofs**
The Bridge magazine

The following story is excerpted with permission from a longer piece that appeared in the September 4 issue of **The Bridge** magazine. The link to the full story is available at the **New Oakland** website at newoakland.org/TheBridge.

Even as Michigan's suicide rate rose by a third over two decades — and has been climbing even higher among young people, rural residents and military veterans — a fundamental question has yet to be fully answered. Why?

While no one's sure why the suicides are rising, University of Michigan research suggests part of the problem is linked to opiate use. Others point to a lack of medication assisted treatment in Michigan for opioid addiction that advocates say could help to lower the suicide rate.

According to the U.S. Centers for Disease Control and Prevention (CDC), the overall suicide rate in Michigan spiked 33 percent from 1999 to 2016, compared to a nationwide rise of 25 percent over the same period.

Two years ago, CDC issued a series of recommended strategies to help states reduce suicides. They include housing stabilization programs to keep people on marginal incomes in their homes, improved mental health care in rural areas, advocacy for safe firearm storage, broadened peer support programs in

For those ages 15 to 24 in Michigan, suicide is now the second leading cause of death, with the rate jumping nearly 50 percent in less than a decade in this age group, state health data show.

School Districts Respond

Many believe Michigan should require depression screening for students. Research has found that up to 65 percent of adolescents report depressive symptoms, but only a third to a fourth receive treatment. About half of all those who commit suicide nationwide have a current or known mental health problem, according to the CDC.

Adding to the challenge, Michigan schools have the nation's second-worst ratio of students to school counselors, with 741 students for every counselor, according to the American School Counselor Association, which recommends a 250-to-1 ratio.

New Oakland locations to serve you

Ann Arbor Center
501 N. Maple Road
Ann Arbor, MI 48103
734-669-3610

Center Line Center
26522 Van Dyke Avenue
Center Line, MI 48015
586-759-4400

Clarkston Center
6549 Town Center Drive
Clarkston, MI 48346
248-620-6400

Clinton Township Center
42669 Garfield Road
Clinton Township, MI 48038
586-412-5321

Farmington Hills Center
32961 Middlebelt Road
Farmington Hills, MI 48334
248-855-1540

Flint Center
2401 South Linden, Suite A
Flint, MI 48532
810-957-4310

Livonia Center
31500 Schoolcraft Road
Livonia, MI 48150
734-422-9340

Okemos Center
2300 Jolly Oak Road
Okemos, MI 48864
517-679-2050

Southfield Center
20505 W. 12 Mile Road
Southfield, MI 48076
248-849-9999

Southgate Center
13305 Reeck Road
Southgate, MI 48195
734-225-2090

Warren Center
8150 E. 13 Mile Road
Warren, MI 48093
586-825-9700

FACE to FACE Crisis Services
877-800-1650
(24 hours/day)