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# People & Possibilities

Volume 2, Issue 4

Fall 2015

## ANNUAL MEETING OCTOBER 21, 2015



*Please join us at our Annual Meeting to celebrate the successes of our clients and their contributions to the Lamoille County community.*

*Reception begins at 5:00 p.m.*

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## UPCOMING EVENTS

NAMI Walk	October 3
*Columbus Day	October 12
Annual Meeting	October 21
Chamber Mixer	November 10
*Veterans' Day	November 11
Board Meeting	November 18
Thanksgiving Dinner	November 24
*Thanksgiving & *Day After	November 26 November 27
Board Meeting	December 16
*Christmas Eve (1/2)	December 24
*Christmas	December 25
*New Years' Eve (1/2)	December 31

\* The Agency is closed on these holidays.



College Steps, a program that allows Developmental Services consumers to attend Johnson State College, has begun its new school year. DS currently has six students taking part in this program.

College Steps partners with colleges across the country to provide individualized college support for students living with social, communication, or learning challenges. The program coordinator at JSC oversees the network of trained peer mentors, who provide customized social, academic, and relevant vocational training support to College Steps scholars.

## BUDGET INCREASES

For this fiscal year (July 1 through June 30), the state legislature gave LCMHS only a .22% (yes, 22/100 of one percent) increase in Medicaid reimbursement rates. In dollars, the increase amounts to only \$27,498. The Agency received no increases in grant money (e.g., Oasis House, Emergency Services, etc.).



LCMHS staff and consumers at Direct Service Professionals Day

## EXPANDED PSYCHIATRY SERVICES

LCMHS is pleased to announce it has added two psychiatric nurse practitioners to its psychiatry staff.

Rebecca Brooklyn, APRN, PMHCNS-BC, joined the staff at LCMHS in December of 2014 after a lengthy career as a registered nurse and nurse-midwife. She is board certified as a psychiatric nurse practitioner and brings with her extensive experience caring for children, families, and adults in a variety of settings.

Julie Sullivan, APRN, PMHCNS-BC, joined LCMHS on August 17. She has been providing psychiatric services, as a nurse, therapist, and nurse practitioner, for over 20 years. Most recently, she practiced at Washington County Mental Health Services, working with both children and adults.

## PRIMARY CARE IN A MENTAL HEALTH SETTING

Lamoille County Mental Health Services and Morrisville Family Health Care have partnered their resources to offer acute primary care exams at LCMHS' main office on Harrel Street in Morrisville.

Both organizations understand that some mental health patients don't feel comfortable in a primary care setting, or may have transportation challenges that prevent them from making doctor appointments. The addition of a medical exam room at LCMHS' main office makes it easy and convenient for their patients to see a medical practitioner before or after a routine counseling visit.

"Adding primary care to the services available at Harrel Street not only creates better access, but is also another step toward providing integrated, holistic health care in our community," says Savi Van Sluytman, CEO of LCMHS.

Family Nurse Practitioner Kim Dacek of Morrisville Family Health Care is the attending medical professional. She will see LCMHS patients for acute conditions such as flu, headache, sprains, sore throats, ear aches, or having stitches removed. Morrisville Family Health Care is a division of Community Health Services of Lamoille Valley.

LCMHS is reaching out to their patients and encouraging them to take advantage of the on-site medical care. Patients can schedule acute care visits by calling the LCMHS at 802-888-5026.



L to R: Kim Dacek, nurse practitioner; Kevin Kelley, CHSLV CEO; Savi Van Sluytman, LCMHS CEO

### Expanded Psychiatry Services, cont'd

Both Julie and Rebecca are available to consult with individuals for medication management and other psychiatric services. The addition of these practitioners doubles the capacity of LCMHS to serve its consumers, resulting in less delay for individuals needing these services.

We are honored to have two such experienced health care providers join our staff and we are looking forward to the contribution they will make to our continuous efforts to provide professional, high-quality services in a timely way,



Rebecca Brooklyn



Julie Sullivan



**4,000** Vermont adolescents (8%) had a Major Depressive Episode in 2013.

**Less than 1/2** received any treatment for depression.

\* SAMHSA Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2009 to 2013.



LAMOILLE COUNTY  
MENTAL HEALTH  
SERVICES

72 Harrel St.  
Morrisville, VT 05661  
Phone: (802) 888-5026  
Fax: (802) 888-6393  
E-mail: info@lamaille.org

SUPPORT  
LCMHS

LCMHS serves children, youth, families, and adults, providing treatment and supports—at home, in school, and at work. No one is turned away, regardless of their ability to pay. However, the need for LCMHS' services continues to grow at a rate that outpaces the state's ability to fund them. Support from our donors is absolutely vital to ensuring that LCMHS can continue to provide life-changing services and care to Lamoille County.

You can help by sending your gift to:

LCMHS  
Attn: Savi Van Sluytman  
72 Harrel St.  
Morrisville, VT 05661



CRT & DS AUDITS

The CRT and DS programs were recently audited by the Department of Social Security in their role as the representative payees for some of our consumers who receive Social Security benefits. The programs are pleased to report that auditors were very happy with the systems we have in place and our transparency throughout the process.



DEVELOPMENTAL  
SERVICES  
QUALITY REVIEW

Developmental Services recently underwent a bi-annual quality review by the State of Vermont. The DS division exceeded expectations in several categories, resulting in adulation from service coordinators and state officials alike.

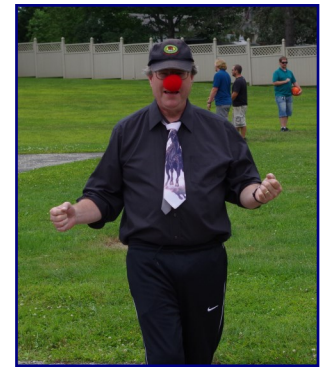
In 2014, 4.32% of adult Vermonters had serious thoughts of suicide, one the ten highest rates among the United States.

\* Mental Health America, Parity or Disparity: The State of Mental Health in America, 2015



STAFF DEVELOPMENT DAY

Staff Development Day, held August 14, was a success! Employees attended presentations at People's Academy from JP Hayden, a master's-level psychologist, and Susan Loynd, the director of operations at WCMHS. in the morning, and returned to 72 Harrel Street for lunch and afternoon activities, including a trivia quiz, raffle drawings, prizes, volleyball, and—most popular—the dunk tank!



DIRECT SERVICE PROFESSIONALS DAY

LCMHS Developmental Services consumers and employees participated in Direct Service Professionals Day at the State House, a celebration of—and show of appreciation to—individuals who work with individuals with developmental disabilities. (The Montpelier Times Argus also posted a picture of Jennifer Stratton reviewing the flag garden.)



Jennifer Stratton, DS Director, at Direct Service Professionals Day at the State House