

AGENDA

HUMAN SERVICES COMMITTEE

111 S. Michigan Ave., Room 200, Saginaw, MI 48602

Monday, March 3, 2025 – 4:00 p.m.

Members: Tracey Slodowski – Chair, Gerald Little – Vice-Chair, Lisa Coney, Michael Webster, Jack Tany

Others: Administrator, Finance Director, Civil Counsel, Board Staff, *Media*

- I. Call to Order
- II. Welcome
- III. Correction/Approval of Minutes (***Jan. 13, 2025 – Attached***) [Note: Feb. meeting cancelled]
- IV. Public Comment (*Speakers limited to 3 minutes*)
- V. Agenda
 1. **Sandra Lindsey, CEO, Saginaw County Community Mental Health Authority, re:**
 - **3-18-1** Presenting the Saginaw County Community Mental Health Authority 2024 Update pursuant to agreement
 2. **Christina Harrington, Health Officer, Saginaw County Health Department, re:**
 - **3-18-2** Presenting a Summary of the BWell Saginaw Update/Year in Review
 3. **Jessica Sargent, Director, Commission on Aging, re:**
 - **3-18-3** Requesting approval to amend Commission on Aging (COA) Board Bylaws
 4. Any other matters to come before the committee
- VI. Miscellaneous
- VII. Adjournment

MINUTES

DRAFT

HUMAN SERVICES COMMITTEE

111 S. Michigan Ave., Room 200, Saginaw, MI 48602

Monday, January 13, 2025 – 4:00 p.m.

Present: Tracey Slodowski – Chair, Gerald Little – Vice-Chair, Lisa Coney, Michael Webster, Jack Tany

Others: Vanessa Guerra, Mary Catherine Hannah, Dave Gilbert, William Stanuszek, and Renee Sharkey

- I. Call to Order ---**Chair Slodowski at 4:00 p.m.**
- II. Welcome
- III. Correction/Approval of Minutes (**December 2, 2024**)
---**Moved by Coney, seconded by Tany, to approve. Motion carried.**
- IV. Public Comment (*Speakers limited to 3 minutes*)---**None**
- V. Agenda

1. **William Stanuszek, SCMAC Director, re:**

- **1-21-1** Presented the Saginaw County Mosquito Abatement Commission 2024 Annual Report for review and discussion.

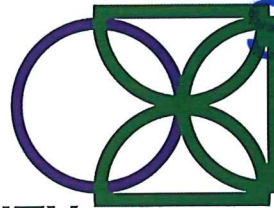
---Director Stanuszek spoke of new insights into the behavior and environmental influence of mosquitoes. The longer seasons, due to warmer temperatures, have an impact on the actions of Mosquito Control. For instance, the controlled flooding of the Shiawassee State Game Area, to produce waterfowl habitat, in combination with warmer temperatures, resulted in non-typical mosquito activity beyond the established season pattern. SCMAC is collaborating with the DNR to better understand the mosquito impact due to the changing seasons to be better prepared moving forward. Director Stanuszek gave updates on the new facility at 705 N. Towerline Rd. in Buena Vista Township stating they should be moved in by the last week of January 2025. SCMAC is the largest by size and budget in the area. SCMAC has 7 aircraft used in the spring, stored at HW Browne Airport (for a very minimal fee) and employ almost 60 seasonal employees; those who stay past the normal season are paid an extra dollar per hour. St. Charles area is most impacted by mosquitoes in Saginaw County due to the State game area, Shiawassee Wildlife Refuge, and river but for the past few years mosquitoes have been troublesome in Frankenmuth near the river. Director Stanuszek advised that the Monarch butterfly will likely be listed as endangered this year and they are working toward a solution. Extended-release products are being used to allow treatment of more than one area without increasing the labor resource. To ensure treatment is the most effective, it is not done if temperatures are below 55 degrees or too much wind. SCMAC is a community resource, not intended for private businesses, but they do offer education to them. There is a Saginaw Mosquito Notifications app that residents can load to their phones to stay informed about mosquito control activities, receive notifications of nighttime adult treatment planned for their area, and request mosquito control services.

---**Moved by Tany, seconded by Little, to receive and file. Motion carried. (Receive and File)**

2. Any other matters to come before the committee ---**None**

- VI. Miscellaneous ---**None**
- VII. Adjournment ---**Moved by Coney, seconded by Little, to adjourn. Motion carried; time being 4:44 p.m.**

Respectfully Submitted,
Tracey Slodowski, Committee Chair
Vanessa Guerra, Committee Clerk



3-18-1

SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

SAGINAW COUNTY BOC
FEB 25 '25 AM 9:13

Presentation to:
Saginaw County Board of Commissioners
Health & Human Services Committee
March 3, 2025

1

SCCMHA

- A local, independent governmental unit that provides for the publicly funded mental health needs of all eligible persons in Saginaw County
- Governed by a 12-member Board of Directors appointed by the Saginaw County Board of Commissioners with Mental Health Code specified composition
- Serves people with serious mental illness or emotional disorders, intellectual/developmental disabilities, and co-occurring substance use disorders

2

Treatment and Service Network and CCBHC Status

- SCCMHA both provides services directly and contracts with a large and diverse number of service providers which together comprise the SCCMHA Service Network to ensure a comprehensive service array required by state and regional contracts to meet the needs of residents in the greater Saginaw County community.
- SCCMHA became a Certified Community Behavioral Health Clinic (CCBHC) Demonstration site in 2022, allowing the agency to expand eligibility to both adults and youth with mild and moderate mental illnesses and those with substance use disorders that are primary, who are Medicaid, Medicare or commercially insured as well as those underinsured or uninsured.

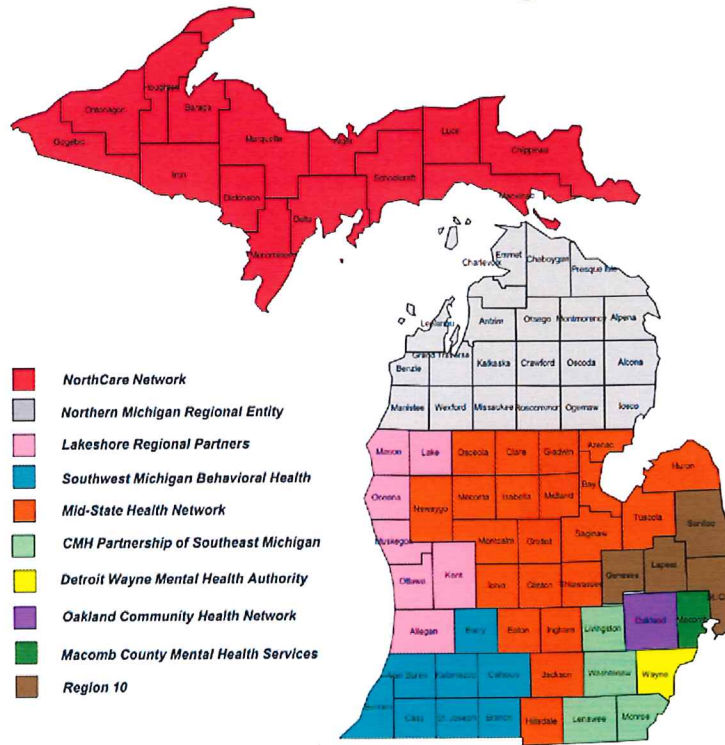
3

- Operates under contract with the Mid-State Health Network (MSHN), a Pre-Paid Inpatient Health Plan (PIHP) to serve eligible persons with Medicaid in the County of Saginaw, and
- SCCMHA also holds a contract with MDHHS as a certified Community Mental Health Services Program (CMHSP) which directs behavioral safety net services for Saginaw County, including responsibilities for persons placed in State psychiatric hospitals and a host of other administrative and program obligations.

4



Michigan PIHP Map



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Current Staffing as of 02/1/25

Full Time

• SEIU	191
• AFSME	24
• MNA	6
• <u>Non-Union</u>	<u>59</u>
	280

Part Time

• SEIU	45
• Non-Union	0
• Board Members	12
• <u>Temp Non-Union</u>	<u>13</u>
	70

Current Staffing as of 02/1/25

Hourly Contracted Staff

- Direct Treatment – Telepsychiatry 3
- Direct Treatment – Teletherapy 3
- Direct Treatment – On Site Nursing 2
- On Site Prescribers – MD, PA, NP 8
- Clinical Contingency – 2nd & 3rd Shift Crisis/MRSS 20
- SCCMHA Building Security 14
- Administrative Consultants/Special Projects 7

**SCCMHA employees, contracted staff and the staff of contracted service providers collectively employ over 2,000 people.*

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2024 Provider Credentialing

- SCCMHA's Credentialing Committee credentialed or re-credentialed 249 professional staff members (59 at SCCMHA and 190 in the contracted Provider Network. Recredentialing is required every 3 years.
- Credentialed staff include internal and external professional staff in our network that are licensed including; LMSW, LLMSW, LPC, LLPC, LBSW, LLBSW, RN, NP, PA, MD, DO, Speech, OT, PT, RD and PhD. Psychologist and BCBA, BCaBA, QBHP.
- Credentialing also includes the vetting of unlicensed staff to assure they meet the Medicaid requirements of a QMHP, QIDP, CMHP. The process ensures they have requisite years of training and experience working with persons with Mental Illness, I/DD, or with children with SED.

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Office of Recipient Rights (ORR)

- The SCCMHA Office of Recipient Rights (ORR) is responsible for ensuring the rights of persons served are preserved and protected as per Chapter 7 of the Michigan Mental Health Code. Anyone can make a complaint on behalf of themselves, their family member, or a concern for community member. Contact the SCCMHA Office of Recipient Rights at (800)258-8678 or Michigan Relay 711.
- Last year, SCCMHA ORR investigated 239 allegations of rights violations and of these substantiated 114 complaints. SCCMHA ORR provided face to face training to 147 staff and virtual training for 2,091 staff working in the SCCMHA Network. SCCMHA ORR visited 123 service sites as annually required, to ensure ORR compliance and consumer knowledge about how to file complaints.

9

2024 Continuing Education Department Trainings

Continuing Education and Training Department: Required Staff and Network Trainings and Mental Health First Aid

- SCCMHA provides the MDHHS required 73 hours of Specialized Group Home /Community Living Supports training monthly. In FY 2024, 349 network staff members were trained for this vital role delivered in residential settings and to individual consumers in their own homes.
- In 2024 SCCMHA Continuing Education held 27 professional trainings for over 150 clinical providers. These courses offered opportunities to acquire, 374 Social Work CEUs, 191 MCBAP credits and 199 Child Diagnostic credits. These trainings included topics ranging from Motivational Interviewing, Adult Needs and Strengths Assessment Reliability, MDHHS Mandated Reporting, Level of Care Utilization System, Trauma Informed Care, Pain Management and Whole Person Care.

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2024 Continuing Education Department Trainings

Continuing Education and Training Department: Required Staff and Network Trainings and Mental Health First Aid

- The SCCMHA Continuing Education Department also offered 15+ sessions of professional training to staff of local clinical community partner agencies outside the SCCMHA Network.
- SCCMHA provides Mental Health First Aid (MHFA) training to individual members of the public and community groups in the region. This includes the curricula for both Adult MHFA and Youth MHFA through 5 certified instructors. To date, 2,375 individuals have completed MHFA training offered by SCCMHA.

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2024 Program Audits and Billing Event Verification

- The SCCMHA Program Compliance Auditing Division completed 38 full program audits of provider organizations and SCCMHA Board Operated Programs last year.
- In addition, the unit also partnered with Mid-State Health Network to provide audits to providers with point of service locations inside Saginaw County also serving consumers from outside Saginaw County, which are referred to as Reciprocity Audits. The shared audit responsibility in 2024 included 1 inpatient psychiatric hospital, 10 Applied Behavior Analysis providers and 2 Fiscal Intermediary Management firms.
- These audits are largely compliance audits to SCCMHA Contract provisions, federal / state regulations and public policies required by MDHHS of CMHSP Networks and of the State Office of Recipient Rights.
- 31 Event Verification Audits also include the testing of the accuracy of billable encounters and related documentation.

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External Audits and Accreditation by Council of Rehabilitation Facilities (CARF)

SCCMHA like every CMHSP prepares and participates in numerous External Audits and Site Surveys:

- MSHN Medicaid Waiver Annual Site Review April 17 - 19, 2024 (HSW, SEDW, CWP, and iSPA)
- MDHHS Medicaid Waiver Annual Site Review June 17 - 20, 2024 (HSW, SEDW, CWP, and iSPA)
- CCBHC Recertification – June 2024
- CARF Three Year Survey to commence in November 2025
- MSHN Medicaid Event Verification January and July 2024
- HSAG & MSHN Performance Measure Validation (PMV) May 2024 and July 2024
- HSAG Encounter Data Validation (EDV) May – June 2024
- HSAG Compliance Review July 2024
- Annual Financial Audit for FY 2024 (Yeo & Yeo) – November 2024 thru March 2025
- Annual Contract Compliance Audit for 2024 (Yeo & Yeo) – January through June 2025

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Certified Community Behavioral Health Clinic (CCBHC) Status

- SCCMHA is one of 33 MDHHS CCBHC Demonstration sites for the MDHHS State Expansion Grant, serving 29 Michigan counties.
- CCBHC is a national demonstration launched by the Excellence in Mental Health Act & Addiction Treatment Act in 2014, sponsored by US Senators Debbie Stabenow (D-MI) and Roy Blunt (R-MO)
- CCBHC has set the first national standards for Community Mental Health Centers for Core Services, Quality Metrics and Evidence Based Practices.
- As of 2024, there are 495 CCBHCs in 46 states, the District of Columbia and Puerto Rico.
- Michigan became a CCBHC Demonstration Site in April of 2022. The MDHHS Demonstration will run through 2027.
- SCCMHA CCBHC Enrollment as of Feb 1, 2025, was 5,268 persons

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Service Delivery Process as per Mental Health Code & Policy

- Services are provided to persons served, through an individualized person-centered or family-centered planning process, with guiding principles of recovery, consumer choice and voice, and trauma informed care. SCCMHA provides services and support through a variety of community clinical and support programs and evidence-based practices most of which are unique to the public mental health system.
- “See Our Services publication or visit www.sccmha.org and click on the Services Tab”

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Network Services [continued]

- 24/7 Mobile Response and Stabilization Service (Crisis Telephone or Virtual Support, Deployment of clinical staff to people at home, to schools or other community locations)
- Clinic Services at the Hancock Bldg. Behavioral Health Home, including Psychiatry, other prescribers including Physician Assistants, Nurse Practitioners, and Nursing Services
- Outpatient Psychotherapy (Individual and Group)
- Assertive Community Treatment
- Case Management, Supports Coordination,
- Psychology- Behavior Management Treatment
- SUD Outpatient Therapy and Medical Assisted Treatment (MAT)

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Network Services [continued]

- Enhanced Health Services (OT, PT, SLP, RND)
- Applied Behavior Analysis Services
- Infant Mental Health Services
- Transition Aged Youth Services
- WrapAround Services
- Home Based Therapy Services
- Supported Integrated Employment Services
- Peer Support Specialists and Recovery Coaching
- Family Support Peer Partners

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Network Services [continued]

- Specialized Residential Services in licensed Adult Foster Care Settings inside and outside Saginaw County
- Crisis Residential Services
- Community Living Support Services to consumers in their own homes or living with family
- Housing Assistance Services and HUD Shelter Plus Care Rental Subsidies
- Respite Services
- Pharmacy Med Drop Program- Pharmacy delivery to consumers at home and training on self administration or actual administration and medication reconsolidation

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Network Services [continued]

- Saginaw Nursing Home Placement Assessments and Annual Resident Reviews
- Veteran and Veteran Services Navigation (Saginaw, Bay and Midland Counties)
- Hispanic Outreach
- Pre-Admission Screening at Covenant Emergency Care Center and Admissions to Local Psychiatric Hospitals and Units across Michigan
- State Hospital Liaison Services and Discharge Planning
- Compliance Monitoring of Involuntary Probate Orders
- Family Support Subsidy Enrollment
- Vehicle Modification
- Assistive Technology
- Home Modification for Accessibility

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Near Future Challenges

Underfunded Public Mental Health System

1. Most regional PIHPS are burning through their Internal Service Fund because Medicaid capitation rates are inadequate to cover expense related to select services including;
 - A. Legislatively mandated ABA tech rates at \$66.00/hour.
 - B. CLS rates of \$31.00/hour for specific subpopulations of persons served that are enrolled in the Habilitative Supports Waiver and in Self Determination arrangements, that resulted from the recent Settlement of a class action litigation settlement. Though there are Medicaid funding contingencies that must be met before implementation.
 - C. 8 of the 12 CMHSPs in MSHN/Region 5, were significantly overspent last year and the trend looks the same for 2025. SCCMHA is not one of these.
 - D. Additional expense coming to CMHSP Networks as contracted agencies preparing to implement the Earned Sick Time Act, particularly in residential settings. where additional cost will be incurred when covering shifts for staff out sick.

20

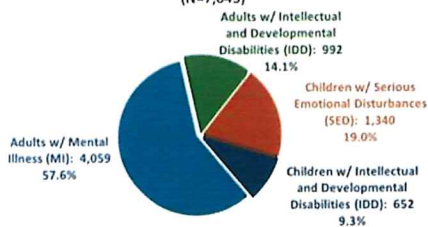
Near Future Challenges [continued]

2. Unfunded added regulatory burden from MDHHS.
3. Professional workforce shortages continue.
4. Inadequate local inpatient psychiatric beds statewide continue.
5. Inadequate specialized residential beds statewide continue.
6. Uncertainty about SCCMHA Shelter Plus Care HUD funds connected to Federal OMB Funding Freeze and uncertain result of related litigation and potential impact on grant dollars supporting rental subsidies.
7. Uncertainty about Federal changes/cuts to Medicaid, Healthy Mi, Medicare SSI, SSD and impact on those served by the public mental health system, physical health care system and on service benefit coverage overall.
8. SCCMHA will need to design and Implement CCBHC required Behavioral Urgent Care Walk-in Service by Sept 2025 with extended hours.
9. Continued increase in the demand for behavioral health services.

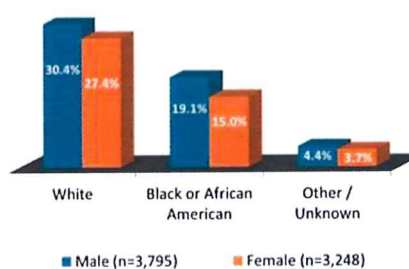
Demographics Reports

FY 2023

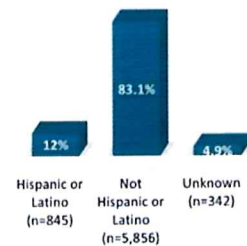
NUMBER OF CONSUMERS SERVED
(N=7,043)



SEX ASSIGNED AT BIRTH & RACE

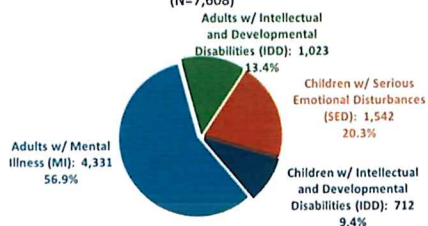


ETHNICITY

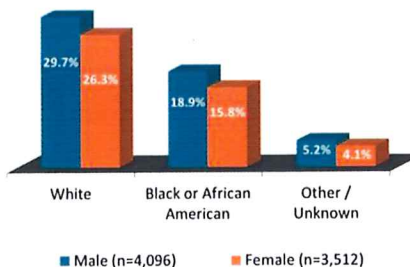


FY 2024

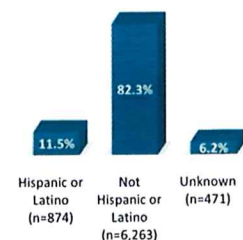
NUMBER OF PERSONS SERVED
(N=7,608)



SEX ASSIGNED AT BIRTH & RACE



ETHNICITY





Financial Review

	ACTUAL FY23	(Unaudited) ACTUAL FY24	Estimated Budget FY25
REVENUE			
Capitated Revenue - Medicaid	\$ 74,327,583	\$ 76,278,123	\$ 79,646,353
Capitated Revenue - Healthy MI	\$ 4,395,152	\$ 4,925,232	\$ 7,749,676
Capitated Revenue - CCBHC Medicaid	\$ 22,460,167	\$ 13,817,541	\$ 16,392,310
Capitated Revenue - CCBHC Health MI	\$ 3,004,365	\$ 2,381,385	\$ 3,071,369
TOTAL CAPITATED REVENUE	\$ 104,187,267	\$ 97,402,281	\$ 106,859,708
CCBHC - Supplemental - Medicaid	\$ 10,530,408	\$ 23,672,666	\$ 7,560,186
CCBHC - Supplemental - Health MI	\$ 1,391,611	\$ 4,079,868	\$ 1,416,525
General Fund Revenue - State	\$ 2,351,436	\$ 2,469,008	\$ 2,351,436
Other Revenue Sources			
Saginaw County Appropriation	\$ 778,961	\$ 778,961	\$ 778,961
HUD Grant Revenue	\$ 519,307	\$ 489,147	\$ 495,000
MDHHS Grant Revenue	\$ 156,717	\$ 182,725	\$ 180,000
Behavioral Health Home Revenue	\$ 128,536	\$ 643,218	\$ 521,457
Fee for Service Revenue	\$ 143,798	\$ 289,471	\$ 303,214
Quality Bonus & Performance Incentive Pymts	\$ 1,581,392	\$ 1,771,081	\$ 1,000,000
Interest Revenue	\$ 462,747	\$ 1,211,790	\$ 1,200,000
Other - Local (Room & Board & Misc.)	\$ 1,375,586	\$ 1,177,877	\$ 1,250,000
TOTAL OTHER REVENUE	\$ 5,147,044	\$ 6,544,270	\$ 5,728,632
TOTAL FISCAL YEAR REVENUES	\$ 123,607,766	\$ 134,168,093	\$ 123,916,487



Financial Review [continued]

	ACTUAL FY23	(Unaudited) ACTUAL FY24	Estimated Budget FY25
EXPENDITURES			
Direct Service - Contracted Network	\$ 71,023,438	\$ 77,580,780	\$ 80,545,716
Direct Service - Board Operated (Internal)	\$ 16,179,730	\$ 18,995,309	\$ 19,826,638
Administrative Expenditures	\$ 18,913,264	\$ 22,767,534	\$ 23,544,133
TOTAL FISCAL YEAR EXPENDITURES	\$ 106,116,432	\$ 119,343,623	\$ 123,916,487
TOTAL FISCAL YEAR NET POSITION	\$ 17,491,334	\$ 14,824,470	\$ -



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

**Thank you for your interest in
Saginaw County Community Mental Health Authority Network**

For more Information:

Sandra M. Lindsey, CEO

Phone: (989) 797-3505

Email: slindsey@sccmha.org

24-Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

Access & Eligibility

(989) 797-3559

Toll Free: 1-800-258-8678

Visit our website: www.sccmha.org

Like us on [facebook.com/sccmha](https://www.facebook.com/sccmha)

HUMAN SERVICES

BWELL  *Saginaw* 3-18-2

2024 YEAR IN REVIEW

SAGINAW COUNTY BDC
FEB 24 '25 AM 11:54



Envision a Saginaw where...

All residents have access to healthy, fresh foods...

Families, neighborhoods, and workplaces embrace healthy lifestyles marked by physical activity, mental well-being, and preventive healthcare...

Everyone – from the youngest to the oldest – is connected to people and services designed to help them thrive...

New mothers are wrapped in a warm embrace from the community where their infants will grow and take root...

Mental health IS health, resources are readily available to everyone for self-care, and no one is left alone to navigate connections to professional care...

Patients and healthcare providers regularly interact for wellness as much or more than illness...



WHAT IS BWELL SAGINAW?

It is our commitment to this vision of becoming a healthier community – for ourselves, our families, schools, businesses, churches, community-based organizations, and...our future!

Ranked one of Michigan’s least healthy counties, Saginaw is on a mission to become one of the state’s Top 25 healthiest. Why? To improve quality of life, to reduce preventable illness and injury, to drive growth and prosperity for all, and to create a Saginaw where individuals want to live, work and play.

The COVID-19 pandemic brought together 12 organizations that are sticking together in an unprecedented way to apply a COVID-like sense of urgency to addressing our THREE most urgent health priorities: Obesity & Chronic Disease, Maternal & Child Health, and Mental Health & Substance Use.

The BWell Partner Coalition -- including CMU Medical Education Partners, Covenant HealthCare, Great Lakes Bay Health Centers, HealthSource Saginaw, Michigan Department of Health & Human Services, MyMichigan Health, Saginaw Community Foundation, Saginaw County Community Mental Health Authority, Saginaw County Health Department, Saginaw Intermediate School District, Saginaw Valley State University, and United Way of Saginaw County – is engaging with a multitude of other community partners to cast a vision of a healthier Saginaw so each of us can envision and achieve a “healthier me.”

The group’s collective assessment of the community’s health in late 2023 resulted in a comprehensive community health improvement plan unveiled in early 2024. Workgroups comprised of partner representatives, subject matter experts, citizens with lived experience, and innovative thinkers have been working throughout the year to develop solutions, optimize resources, and produce measurable results.

This report provides a glimpse of progress to date.



BWELL COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

Introduced January 2024



Based on an assessment of more than 1,500 county residents, Saginaw's health improvement plan addresses measurable strategies for – among other things – decreasing infant mortality, reducing obesity, improving access to mental health services, and arming healthcare professionals with cultural sensitivity, knowledge and awareness to drive better care for all.

To read the full plan, click [here](#).

The following impact dashboard includes initial progress toward our ultimate goals.

1500 people in Saginaw shared their thoughts about Saginaw's most pressing community health issues – insight used to develop a comprehensive health improvement plan

4 MILLION reminders each month to place babies alone on their backs, in a crib, thanks to a collaborative safe sleep campaign launched November 2024 to reduce infant mortality

200 healthcare providers attended the first ever BWell Saginaw Obesity Summit, April 2024

550 double the walkers and runners registered for the BWell Strides Toward Wellness race series in September 2024 (this race series replaces the previous Run for Your Heart events)

2000 school-age children and their families participated in Step Up & BWell in Saginaw County school districts – learning to move more and exercise healthier eating habits

12 doulas are now helping at-risk moms deliver healthy babies and better advocate for equitable care

600+ pregnant women in the City of Saginaw will soon benefit from RxKids – no-strings-attached cash payments to help defray the costs associated with having and raising healthy, young children.

\$26 MILLION

opioid settlement dollars now available to local organizations over a period of several years to prevent and address the adverse impacts of drug overdoses. A committee of BWell partners and subject matter experts are collaborating to effectively award these dollars

110 Saginaw County residents from targeted marginalized populations participated in discussion sessions to confirm the existence of health disparities and provide valuable insights into solutions. These results are helping to drive the 12 strategies identified in Saginaw County's Community Health Improvement Plan. A full report of the HEC discussion sessions is available at bwellssaginaw.org.

50 attendees of the BWell Men's Health Symposium in October 2024 learned that men die earlier than women in 9 of the Top 10 causes of death. Fifteen of these attendees are going on to become certified men's community health workers to advocate, educate and motivate men to get serious about taking control of their health.

\$30,000 funding provided by Tri Star Trust Bank to support BWell initiatives in educating women about safe sleep and providing safe sleep environments, improving nutrition standards in schools, and supporting high risk birthing women through doula services.

20 mini grants awarded by Saginaw's Health Equity Council to help local non-profit organizations make meaningful impact toward BWell Saginaw Top 3 health priorities

1 Saginaw County high schooler's life was saved when a staff member trained to prevent sudden cardiac death through a BWell Saginaw sponsored HeartSAFE school program responded with the proper care.

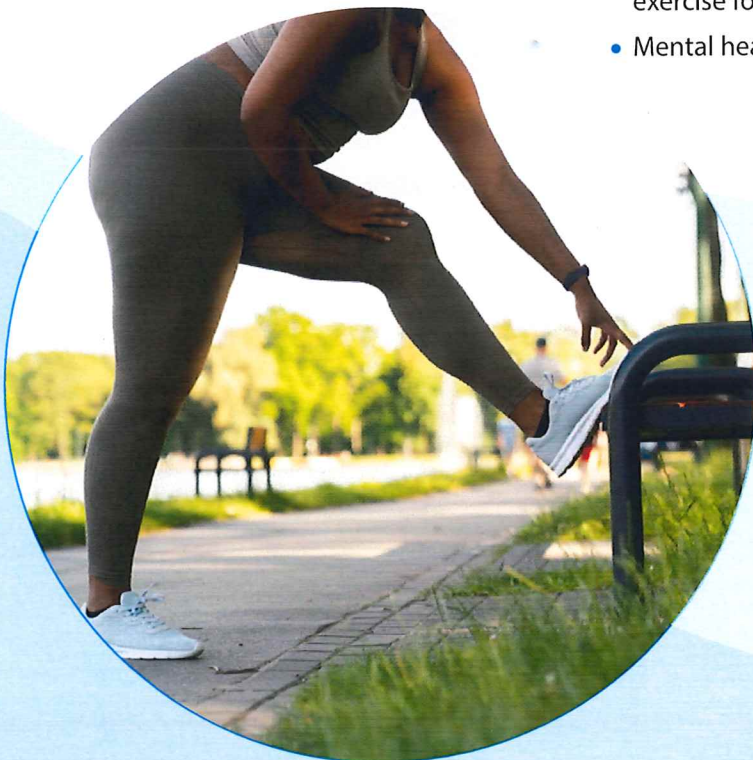
OBESITY & RELATED CHRONIC DISEASE

BWell Obesity Summit Encourages Healthy Conversations About Weight

As many as 75% of Saginaw County residents are overweight or obese. Yet few of us are having healthy conversations with our doctors about how our weight directly impacts our risk for weight-related health issues. To change that, BWell Partners invited 200 physicians, advanced practice providers, nurses, therapists, dietitians, social workers, and other patient-facing professionals to the inaugural BWell Obesity Summit in April 2024 at Saginaw Valley State University's Ott Auditorium where they earned free continuing medical education for their participation.

Attendees learned about:

- Cultural differences in what patients perceive "overweight" and "obese" to be (aka "Saginaw Skinny" is likely "overweight" according to standard BMI measures)
- How to start uncomfortable conversations about weight: "Are you comfortable talking about your weight with me today so we can work on a plan to minimize your risk for diabetes or heart disease?"
- Using waist circumference and other indicators of metabolic syndrome to define "healthy body status" beyond BMI to help patients understand and "know their numbers."
- Resources available to providers to help patients learn healthier lifestyle habits (see toolkits at bwell.saginaw.org).
- SVSU's pilot program matching patients with kinesiology students to provide personalized exercise follow-up and accountability.
- Mental health and obesity.



Summit attendees received pads to officially “prescribe” exercise and nutritional support for patients, toolkits with prescriptive exercise programming, tape measures to conduct waist circumference measurements during appointments, and access to SVSU’s pilot program including group nutrition discussions and exercise follow-up from SVSU kinesiology students.

The toolkit library continues to expand with added nutrition videos, a listing of local gyms and fitness programs, and other resources to help reinforce healthy conversations about weight. All of these resources are available to providers and the general public online.

The next summit is planned for April 11, 2025 at SVSU and will be a more comprehensive public health event – with experts addressing all three of Saginaw County’s health priorities and break sessions for both healthcare providers and the general public. Registration is opening soon.



“Healthier Me” Podcast Launches in January 2025

Regaining mobility to get down on the floor to play with grandchildren. Going on hikes without getting winded. Finally losing 100 pounds after finding the right nutrition and exercise plan. Overcoming injuries that limited exercise options. Assessing your own risk for weight-related health issues. Saginaw County is now hearing inspiring stories from friends and neighbors featured in a new podcast called “Healthier Me”.

The podcast is hosted by Alexandria Rene, marketing specialist for CMU Medical Education Partners and is available on YouTube, Spotify, Amazon Music, and Apple Podcast. Shorter promotional clips will be shared on BWell Saginaw TikTok, Facebook, and Instagram.

INTRODUCING “HEALTHIER ME”

Episode 01-14 starting January 20, 2025



Healthier Me | The podcast

With Alexandria Rene & your friends and neighbors in Saginaw County detailing their “why” for embarking on a healthier living journey.



Hint: it’s always something bigger and better than the number on the scale.

“HEALTHIER ME”
BWELL Saginaw

Looking for inspiration to start your own “healthier me” story? Listen now!



Apple Podcasts



Spotify



Amazon Music

bellsaginaw.org



YouTube



Facebook





BWell “Strides Toward Wellness” Event Doubles Participation in 2024

Everyone and anyone – from serious athletes to couch potatoes – found a way to participate in BWell Saginaw’s third annual race series, called “Strides Toward Wellness” on September 28 at the Saginaw YMCA. Registration nearly doubled to 550 in 2024, including more than 40 first-time participants.

This was exciting to the event planning committee, which committed itself to reaching beyond “elite runners” and “athletes” to encourage the entire community to participate and experience the inspiration and motivation of race day!

Some walkers/runners prepared for the event with a BReady program offered at the Saginaw YMCA, complete with “coaches” who provided training for all levels. Others participated in monthly Community Strides walks hosted in the City of Saginaw, Birch Run, Hemlock, St. Charles, and Freeland by health department school health resource advocates (HRAs) determined to encourage exercise, social engagement and community building.

Events included a new 3K Turtles & Hares event which, along with the traditional 5K run/walk, took participants through the Saginaw Children’s Zoo – an homage to the Run for Your Heart event that the BWell races have replaced. Other events included a 10K run and Double Challenge for Change (both 5K and 10K).

BWell Saginaw Race sponsors included Dig Deep Races, KISS 107.1 FM, Saginaw YMCA, Saginaw County Health Department, Covenant HealthCare, Great Lakes Bay Health Centers, MyMichigan Health, Saginaw Community Foundation, Michigan Department of Health & Human Services, HealthSource Saginaw, Saginaw County Community Mental Health Authority, United Way of Saginaw County, with additional support from CMU’s Pulse 3 Endowment for Community Cardiovascular Health, Saginaw County Parks & Recreation, Health Advantage Credit Union, Team One Credit Union, Baynes, and Damore Produce.

Next year’s races are scheduled for September 26, 2025.



“Start a Healthy Conversation with Your Doctor” Campaign Launches January 2025

BWell Partner Coalition member organizations are disseminating new messaging encouraging patients to talk to their healthcare providers about how their weight might be impacting their risk for weight-related chronic diseases like diabetes, heart disease, and high blood pressure.

If your doctor isn't talking to you? Start talking to him or her to get a healthy conversation going so you know your risk, your numbers, and your potential solutions!



Step Up & BWell Focuses on Health of Students, Staff and Families at County School Districts

Health resource advocates (HRAs) contracted under the Saginaw County Health Department led Step Up & BWell in all Saginaw County school districts during the 2023 and 2024 school years. The aim of the program is to encourage students, staff and families to exercise more and make healthier choices for beverages, snacks and meals.

The program was initially funded by the Michigan Health Endowment Fund as a pilot project with assistance from Central Michigan College of Medicine researchers.

Over the duration of the grant, as many as 2,000 people participated in the program. Though the data set for evaluation was small (due to participants not filling out pre- and post-program surveys), the CMU researchers did note that:

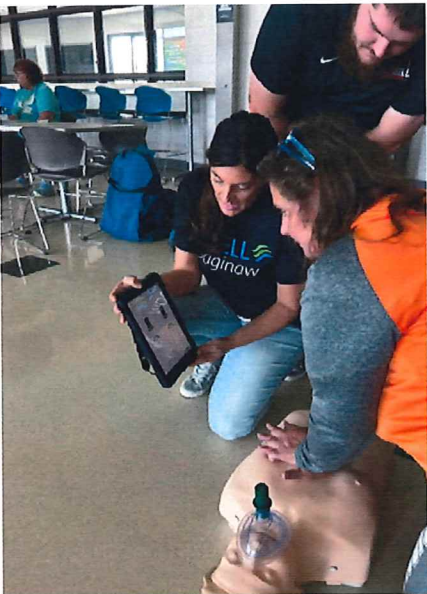
- There was an increase in individuals exercising at the recommended level of 60 minutes per day for children and at least 150 minutes a week for adults.
- There was a 5.5% reduction in students weighing in at 85-95 percentile of weight for age.
- There was a notable decrease in consumption of soda pop.

HRAs will continue to lead Step Up & BWell without some of the benefits provided by the grant, including incentive events for winning schools.



Schools Earn MI HEARTSafe School Recognition

We put our kid's lives in the hands of their school every day. It should be reassuring to know that Saginaw's school communities are willing to go through a process to know how to recognize the signs of a sudden cardiac arrest and respond quickly by calling 9-1-1 and using CPR and an automated external defibrillator (AED) until EMS arrives.



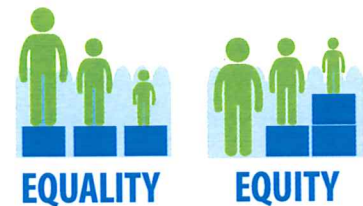
Thanks to a partnership between the Saginaw County Health Department HRAs, Central Michigan University's Pulse3 Endowment for Community Cardiovascular Health, and BWell Saginaw, every high school building in Saginaw County is receiving the education and resources needed to qualify for MI HEARTSafe School recognition.

The Michigan Department of Health and Human Services MI HEARTSafe award recognizes a school or school district's efforts to prevent sudden cardiac death of the young by preparing for cardiac emergencies. As of Fall 2024, more than 110 staff from eight Saginaw County school districts were CPR trained – one step in a series of award requirements that also includes creating a cardiac emergency response team, completing a cardiac emergency response plan, and running cardiac emergency response drills.

Already, many Saginaw Township Community schools are HEARTSafe certified. The remaining districts are in various stages of completion, with all area high schools likely to apply for the designation soon.

Saginaw's HEC Advocates for Health Equity for ALL

The Health Equity Council (HEC) is designed to build and strengthen the capacity of the local Saginaw community



to develop and deliver programs and services specifically to reach those who, despite our best efforts, are impacted disproportionately when it comes to healthcare – African Americans, Latinos, Native Americans, rural and senior citizens, and women who seek maternal infant care.

The council exists thanks in part to a grant to the health department from the Michigan Department of Health and Human Services (MDHHS) Office of Equity and Minority Health (OEMH) in partnership with the Michigan Public Health Institute (MPHI). Saginaw's HEC is one of 11 across the state to address health disparities in underserved and rural populations.

Under the coordination of Joyce Seals with oversight by the health department, Saginaw's HEC works with a network of trusted community partners to improve gaps in healthcare. Among HEC activities to date are:

- **10 "discussion sessions" with more than 110 participants representing a diverse range of residents from targeted marginalized populations.**

These sessions confirm the existence of disparities and provides valuable insights into solutions. The health department and its BWell Saginaw partners are using the results to help drive the 12 strategies identified in Saginaw County's Community Health Improvement Plan. A full report of the HEC discussion sessions is available at bwellsaginaw.org.

- **Girltrek** – a global, evidence-based neighborhood program described as far more than a walking club. It exists to bring health and happiness to the doorsteps of Black women who dedicate themselves to taking back their neighborhood streets for 30 minutes of walking daily.

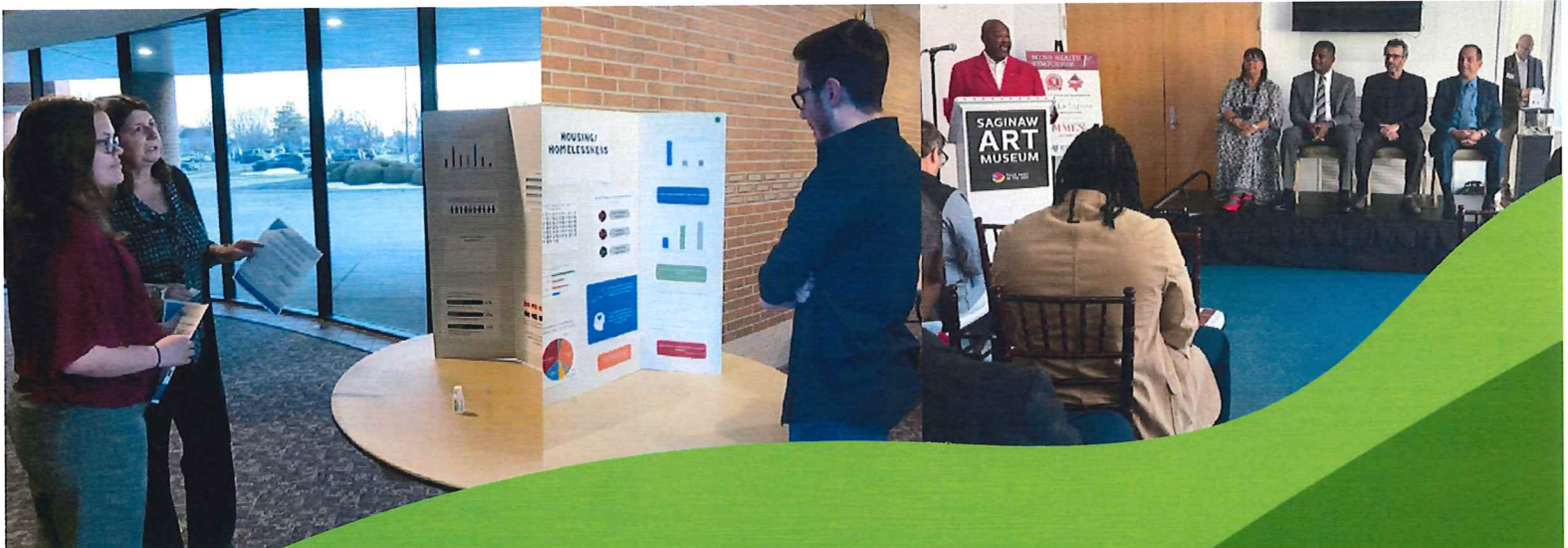


- **20 mini grants** to local non-profit organizations to fulfill the work of the HEC in addressing Saginaw's Top 3 health priorities



- **Men's Health Symposium** to engage Saginaw men in making health a priority, to know their numbers, understand their health risks, and talk to their doctors about health goals

- **Implicit bias training** for health care providers through Saginaw Valley State University



MATERNAL & CHILD HEALTH

Collaborative Safe Sleep Campaign Aims to Prevent Sleep-Related Infant Deaths

In 2024, 11 Saginaw County infants under the age of one lost their lives due to unsafe sleep practices that were preventable – one more than 2023. This startling data, provided by the Saginaw County Medical Examiner's Office, is helping to guide BWell Saginaw partners in responding with the most effective safe sleep messaging and the most appropriate messengers.

CMU Medical Education Partners stepped up to design a comprehensive, year-long campaign focused on the ABCs of safe sleep -- place babies Alone, on their Backs, in a Crib for every sleep.

To more effectively communicate the ABCs of safe sleep, Covenant HealthCare, CMU Medical Education Partners, Saginaw County Health Department and Region 5 Perinatal Quality Collaborative pooled

resources to launch the campaign for a full year. The message is placed on four STARS busses, a series of monthly billboards, posters, flyers, and two large banners on the United Way of Saginaw County and health department buildings. It is also the subject of videos shared with expectant and new moms at doctor appointments.

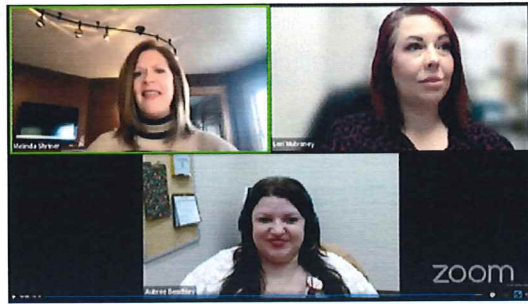


In the future, these videos – now implemented at CMU – will hopefully be shared with patients countywide through all OB and pediatrician offices, WIC locations, and home visiting programs.

In total, the campaign should deliver as many as 48 million impressions in and around the City of Saginaw where infant mortality is highest.

Special thanks go out to Tri-Star Trust Bank for a grant to help fund this effort.





Safe Sleep and More Addressed by Parenting Street Smarts Video Series

Safe sleep was also featured on FB Live videos as part of the Parenting Street Smarts video series at <https://bwellssaginaw.org/maternal-child-health/>. This library was created collaboratively by Covenant HealthCare, Great Lakes Bay Health Centers, CMU Medical Education Partners and Saginaw County Health Department.



Great Lakes Bay Health Centers Takes the Lead in Building Doula Program to Improve Maternal Health Outcomes

One of every 100 black babies die within their first year. One of every 500 black mothers die within 42 days of delivery. Doulas are trained professionals who provide physical, emotional, and informational support to individuals and families before, during, and shortly after childbirth to improve outcomes for moms and babies. Doulas are not medical providers but work alongside the medical team to ensure a positive and empowering birth experience and reduce disparities for patients at highest risk.

Great Lakes Bay Health Centers is using grant funding to launch and grow a doula program to support Medicaid-eligible pregnant women in Bay and Saginaw counties. Their initial team of 12 was introduced in May 2024.

Again, we thank Tri-Start Trust Bank for a grant to support this important work in our community.



RX Kids Coming to Saginaw!

Saginaw will soon be offering no-strings-attached cash payments to expectant and new moms. Fundraising is underway to secure matching funds to bring Rx Kids to our community!

RxKids is a first-in-the-nation program created by Flint pediatrician Dr. Mona Hanna, who was named one of Time magazine's 100 Most Influential People in the World and recognized as one of USA Today's Women of the Century for her role in uncovering the Flint water crisis and leading recovery efforts. RxKids reimagines how society can come together to eliminate infant poverty by providing families with cash to combat income plunges and poverty spike right before a child is born and throughout the first year.

State funding has been secured. In order to get that funding, Saginaw needs to raise another \$1.4 million annually.

More potent than any prescribed pill, Rx Kids aims to improve health, hope, and opportunity for families. For too many, income plunges and poverty spikes right before a child is born and remains high throughout the first year. Built on the tremendous success of the expanded Child Tax Credit, which cut child poverty to its lowest level in recorded history, and in line with global evidence, Rx Kids boldly reimagines how we care for each other by walking alongside families during the challenging time of pregnancy and infancy.

Saginaw's Health Department Assumes Leadership of Michigan's Region 5 Perinatal Quality Collaborative

SCHD stepped up to lead Michigan's Region 5 Perinatal Quality Collaborative (PQC) – one of 10 organized statewide. Each is charged with improving birth outcomes and authentically engaging families in a unified approach by healthcare professionals, community partners, families, faith-based organizations, Great Start, home visiting agencies and others in the region.

The work of our region's PQC is closely tied to BWell Saginaw goals but combines the resources and brainpower of others in our region, including Bay County.



Saginaw Community Breastfeeding Coalition (SCBC) Awards First Breastfeeding-Friendly Workplace Award

SCBC awarded Covenant HealthCare with its first Breastfeeding-Friendly Workplace Award in August 2024 during the group's Breastfeeding Month Celebration.

The award is designed to recognize Saginaw County businesses that support breastfeeding and play an important role in impacting better health outcomes for mothers and infants, lowering healthcare costs, and creating more satisfied and loyal employees.

Also receiving certificates in recognition of creating and maintaining breastfeeding-friendly workplace environments are Great Lakes Bay Health Centers at its Saginaw Arts & Sciences Academy as well as Old Town and Janes Street locations, Delta College Downtown Saginaw, Saginaw County Health Department, and Mid-Michigan Children's Museum among others.

The SCBC – a joint effort of both Saginaw County Health Department and Great Lakes Bay Health Centers WIC programs – advocates for breastfeeding because it:

- Protects babies from infections and illnesses like diarrhea, ear infections and pneumonia.
- Babies are less likely to develop asthma.
- Children who breastfeed for six months are less likely to become obese.
- Breastfeeding reduces the risk of sudden infant death (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancer.
- Families can save between \$1200-\$1500 in the first year on infant formula alone.



MENTAL HEALTH & SUBSTANCE USE

Saginaw Collaborates to Effectively Spend Opioid Settlement Funds

Saginaw County is receiving a share of the \$26 billion nationwide opioid settlement to spend on opioid overdose prevention, treatment and recovery initiatives.

The goal of Saginaw County's opioid settlement fund program is to collaborate with community partners in a way that maximizes impact and best serves Saginaw County in preventing and addressing the adverse impacts of drug overdoses.

Since 2021, Saginaw County has recorded 201 overdose deaths – 73% of which were opioid related. In 2023, 100% of the overdose fatalities for Saginaw County citizens ages 15-24 were opioid related.

BWell Saginaw partner organizations are actively involved in a process to open up these funds to local nonprofit organizations or groups (including 501c3 organizations, schools, and churches) to address opioid prevention, harm reduction, treatment,

and recovery to support the development, implementation, enhancement, or expansion of programs.

This countywide committee of proposal reviewers, which is identified at bwellsaginaw.org, is guided by full transparency and a set of core principles – many of which reflect and impact our Top 3 health priorities.

- Is the money being spent to save lives?
- Is the program evidence-based?
- Does the program invest in youth?
- Does it focus on inequality?

Priority is placed on the following items when awarding opioid settlement funds:

- Naloxone or other FDA-approved drug to reverse opioid overdoses
- Medication-assisted treatment (MAT) distribution and other opioid-related treatment
- Needs of pregnant and postpartum women
- Expanding treatment for Neonatal Abstinence Syndrome (NAS)
- Expansion of warm hand-off programs and recovery services
- Treatment for incarcerated population
- Prevention programs
- Expanding syringe service programs

Information about applying for opioid settlement funds is available at <https://bwellsaginaw.org/mental-health-substance-use/opioid-settlement-funds/>.



Saginaw Intermediate School District Hires School-Based Mental Health Program Director

In July 2024, Emily Rau was hired as the school-based mental health program director for the Saginaw ISD, tasked with leading efforts to enhance mental health services and support across Saginaw County schools. As part of the role, Emily oversees 10, 31N mental health practitioners, who work directly with students to address a range of mental health needs, from counseling to crisis intervention.

Key initiatives include:

- **Training & Development:** One of her primary responsibilities involves organizing ongoing training opportunities for mental health professionals, educators, and staff to ensure they are equipped with the latest tools and strategies for supporting student well-being. This includes both professional development workshops and collaborative sessions with local partners.
- **Coming May 2025** - Group Critical Incident Stress Management (CISM) Training for our SISR mental health practitioners, SISR school social workers, and select local district representatives.

As Saginaw ISD continues its ongoing efforts to strengthen the Crisis Response System this training is certified through the International Critical Incident Stress Foundation (ISIF) and is designed to present the core elements of a comprehensive, systematic and multi-component crisis intervention curriculum. The Group Crisis Intervention course will prepare participants to understand a wide range of crisis intervention services.



- **Threat Assessment Protocols:** Emily will be actively assisting some local school districts in implementing and refining behavior and suicide threat assessment protocols, ensuring that schools have robust systems in place to identify and address potential concerns of student and or staff safety in a proactive manner.
- **Future Goals & Expansion:** Looking ahead, Emily is exploring opportunities to expand mental health services, including partnerships with community organizations, resources for families, and further integration of mental health support into the daily school environment.

This role continues to evolve, with a focus on building a comprehensive, accessible mental health infrastructure to ensure every student in Saginaw County has the resources and support they need to thrive both academically and emotionally.

Saginaw ISD Adds Mental Health Resources Page to Website

Saginaw ISD now has a [Mental Health Resources](#) page on its website to ensure that students, staff, families, and community members can access critical resources in real time. As Saginaw ISD's capacity continues to expand, it plans to add additional resources here. This is also where it is housing a link to the [Mental Healthopedia](#) resource that was developed in conjunction with SCHD and SVSU and various community partners.

CMU College of Medicine and Saginaw ISD partner to Offer Pediatric Fellowship Opportunities

Through ongoing collaborations between Saginaw ISD and the CMU College of Medicine, pediatric psychiatry fellowship opportunities are now underway at Saginaw ISD's Millet Learning Center in Bridgeport. The fellowship is a 10-week rotation where medical students observe and support in classroom settings that serve students with various disabilities from the ages of 3-18.

Everyone is excited to see this collaboration blossom as it allows for increased access to a mental health and psychiatric knowledge base in a way that has not been experienced before.

In addition, fellows will offer "office hours" to discuss more in depth topics related to child and adolescent mental health. These recorded conversations will then be made available to staff so they can listen and learn at a time that is convenient for them. Topics may include:

- ADHD symptomology and supports
- Medication-related discussions
- Autism Spectrum Disorder (ASD) symptomology and supports
- Increased partnerships and collaboration between schools and clinical agencies

Saginaw ISD Partners with TRAILS to Offer Liaison Support

Saginaw ISD has recently partnered with Trails to Wellness in an effort to increase capacity and support in rolling out TRAILS resources at the Tier 1, Tier 2 and Tier 3 levels. This liaison works in coordination with Saginaw ISD, local school districts, and public school academies to increase access to and utilization of Tier 1 social-emotional resources for all students. Tier 2 supports are delivered by licensed and credentialed school-based mental health providers directly within the school environments while utilizing cognitive-behavioral therapy modalities to address

mild-to-moderate mental health challenges within student populations. Tier 3 resources address suicide prevention, protocols, and crisis response. The liaison is tasked with the responsibility of supporting district and ISD staff in accessing training and developing implementation plans.

BWell Work Group Focuses on Creating Behavioral Health Provider Directory

Increasing access to professional mental health care begins with identifying where care is available! One of BWell Saginaw's 12 workgroup is developing an accurate and up-to-date behavioral health provider directory – a living document soon to be available at bwell-saginaw.org and maintained by designated BWell partner staff.

The goal of the behavioral health services directory is to facilitate referrals, increased access, and improved experiences for those struggling to navigate Saginaw's mental health system.

Highlights include:

- Initiating an interagency process that will track availability of services/service providers in real time with information to identify best match for insurance credentialing, specialty services (EMDR, autism services, treatment modalities for eating disorders, providers with expertise with certain populations).
- Identifying a network of community agencies that can assist with referrals to improve client navigation issues with insurance coverage, credential matching, service provider matching, and other assistance to obtain access to behavioral health services.
- Inviting other provider representatives within the community (such as Latino/ Hispanic, LGBTQ+) to ensure representation of a cross section of providers who can inform this process.
- Sharing cards with QR codes linking to the directory with emergency departments, schools, physician offices, food pantries, churches, and other community-based organizations.

Mental Healthpedia, Mental Health First Aid Training and “Chill Rooms” Help Saginaw Youth

At the request of a group of Saginaw County high school students, SCHED spearheaded the development of an online self-help tool called the Youth Mental Healthpedia, located at bwell.saginaw.org.

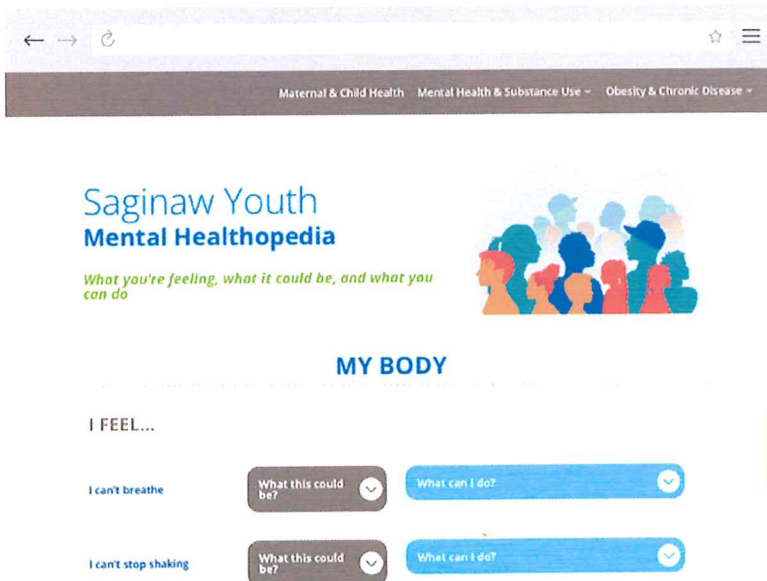
The “feelings” described in the Mental Healthpedia are in students’ own words. The suggestions for “What this could be?” and “What can I do?” have been provided by a team of local mental health professionals within the BWell Saginaw Partner Coalition and are not meant to replace professional help.

“Professional help can be hard to ask for but can often make these kinds of feelings less troublesome for teens,” says Catherine Macomber, PhD, LMSW, assistant dean at the Saginaw Valley State University College of Health & Human Services, Department of Social Work, and lead content creator for the new tool. “But self-help is a good start, and this is a great example of how adults can stop talking and instead engage young people in the solutions they crave.”

The Youth Mental Healthpedia had 485 views in 2024 clustered in the spring and fall.

In addition to the Youth Mental Healthpedia, each county public high school also now has the materials and equipment for a Chill Room for students to seek out when they need a moment to collect their thoughts and address their mental health needs. Grant dollars are also being used to train school staff in Mental Health First Aid Training and Suicide Prevention Training.

While not a comprehensive solution to our county’s youth mental health crisis, these tangible resources are “getting the ball rolling” on a community-wide continuum of care to help kids cope, build resilience, and access help when needed.



Saginaw County Community Mental Health Authority Uses Storytelling in Anti-Stigma Video Campaign

Mental health IS health. It's okay to ask for help. Talk to those you trust in your community. Here's a place to start.

These messages – delivered by well-known community members – are being delivered in a series of social media videos created by Saginaw County Community Mental Health Authority (SCCMHA) and shared by BWell Saginaw partners on their social channels.

One of the biggest obstacles to date with promoting mental health services collaboratively – and directing

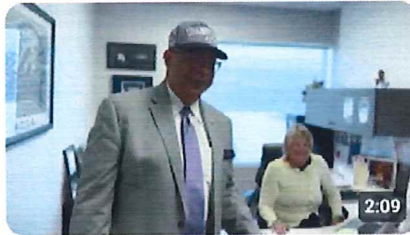
viewers somewhere for help – has been a single call to action. These videos direct viewers to SCCMHA where they can talk to our county's mental health experts for services or referral to other resources.

We know there can't be one single point of access into Saginaw's mental health system, but this is a helpful start designed to reduce the stigma of seeking help and normalize conversations about stress, depression, anxiety, grief and more.

View the videos on [YouTube](https://www.youtube.com) or at bwellsaginaw.org.



BWell Breaking Mental Health Stigmas :
- Friendship and Mental Health



BWell - Breaking Mental Health Stigmas - Finding Balance :



BWell Breaking Mental Health Stigmas :
- Suicide Prevention



Mobile Response and Stabilization Services (MRSS)

(989) 272-0275

MRSS is a team of mental health professionals trained to assist youth, adults, and their families through a mental health crisis. MRSS can provide phone or virtual support, or a team of two can respond in-person to a home, school, or other community setting within Saginaw County.

AVAILABLE 365 DAYS A YEAR

CALL FOR CURRENT HOURS OF OPERATION

24-Hour Mental Health Emergency Services Also Available:

(989) 792-9732
Toll Free: 1-800-233-0022

500 Hancock St
Saginaw, MI 48602

www.sccmha.org
www.facebook.com/sccmha

Saginaw County Community Mental Health Authority Expanding Behavioral Health Access and Crisis Services

As a certified community behavioral health clinic (CCBHC), SCCMHA continues to expand its service delivery system by offering therapy and counseling to individuals seeking mental health services for mild to moderate mental health symptoms, such as anxiety and depression.

Presently, SCCMHA is providing behavioral health crisis intervention services, including pre-admission screening for Inpatient levels of care and mobile response stabilization services, 24/7/365 including holidays. SCCMHA is currently developing walk-in Behavioral Health Urgent Care services at the 500 Hancock location with immediate access to psychiatric prescribers with expanded hours, which will be implemented Q3 of fiscal 2025.

Room 202 ON THE ROAD

Needles and other clean supplies to reduce harm

Meeting each other wherever we are... with compassion, not criticism



Room 202 Opens to Reduce Harm and Prevent the Spread of Disease

SCHD continues to operate Room 202 at the health department as well as expanded mobile services, providing lifesaving resources to drug users including clean syringes, injection supplies, smoking and snorting supplies, wound care supplies, and hygiene kits along with NARCAN and fentanyl test strips.

According to the Michigan Department of Health & Human Services, substance users who engage in harm reduction services are 5x more likely to enter a drug treatment program than non-clients. Harm reduction is an evidence-based approach to reducing the negative personal and public health impacts of substance use. It allows community "helpers" like the health department, police and first responders to engage very high risk and hard-to-reach individuals in comprehensive, free programs and services to prevent the spread of diseases like hepatitis and HIV, prevent overdoses, and prevent deaths while NOT increasing illegal drug use.



Room 202 is a judgment-free space where people can connect with friendly faces, ask questions, and pick up free supplies to reduce their risk for disease transmission, illness, or accidental overdose. Coaches from Peer 360 are available every Tuesday 9am-3pm.

BWell Saginaw Health ALERT STREET DRUGS: Buyer Beware!

In our continuing efforts to reduce accidental overdoses and harm from drugs purchased without a prescription from a healthcare provider, we are working with the Michigan State Police to analyze and report the "state of street drugs" seized during law enforcement activity.

Be careful of what you buy on the street – you have no idea what you are getting:

- Beware of white powders! They could be cocaine, methamphetamine, ketamine, fentanyl, nothing at all, or a mixture of all of the above.
- 99% of opioid samples in Michigan contain fentanyl and/or a fentanyl analog.
- 25% of opioid samples in Michigan (as of January 2024) contain xylazine, a dissociative anesthetic used to tranquilize animals.
- 90% of "ecstasy" tablets contain methamphetamine – only 3% contain MDMA.
- Most M/30 tablets on the street are fake and contain fentanyl or another opioid.
- Most Xanax bars on the street are fake and contain one or more designer benzos. Designer benzos produce strong sedation and amnesia and increase the risk of respiratory depression and death. They are particularly dangerous when mixed with alcohol.
- Approximately half of Adderall tablets on the street are fake and contain methamphetamine.

If you use, please consider the following to reduce your risk of harm:

- Have Narcan on hand anytime you use.
- Never use drugs alone.
- Use test strips on your drug before use.
- A free vending machine for Narcan and test strips is available in the first-floor lobby of the Saginaw County Health Department, 1600 N. Michigan Avenue, 8am-5pm, Monday thru Friday.
- Free, confidential supplies such as safer injection supplies, safer smoking and snorting supplies, wound care supplies, and peer support are available in Room 202 every Tuesday at the Saginaw County Health Department, 9am-3pm. Call (989) 758-3802 for more information.
- If you would like to talk to a peer about quitting, please reach out to Peer 360 Recovery at (989) 778-3144.

State Police Help Inform Overdose Prevention Partners

Based on information gathered from drugs seized and analyzed by the Michigan State Police, Bwell partners are gaining better real-time information about drugs in our community. We are using this information in our harm reduction efforts and to guide our countywide response.

Saginaw Creates Overdose Fatality Review Team

An Overdose Fatality Review Team (OFR) is now conducting thorough reviews of selected overdose fatalities within Saginaw County to better understand the circumstances surrounding these deaths. The goal is to guide our community in better providing services, more effectively responding to overdose deaths, and preventing them from happening.

OFR involves a deidentified case review process that generates information about decedents and their interactions with our services and systems. The team uses this information to craft recommendations to prevent future similar deaths.

As a result of the very first OFR and identification of little to no treatment, harm reduction or recovery services in the location of the overdose, SCHD – in partnership with Peer 360 Recovery – provided the community with a Narcan stand available 24/7.

COMMUNITY INFORMATION EXCHANGE

Creating Electronic “Hub” for Services... Engages Community Health Workers to Connect Services to Those Who Need Them

BWell Saginaw representatives are meeting regularly now to create a robust online community information exchange – in collaboration with Bay County, 211, United Way and others – to be managed by community health workers. The goal is to mobilize an already growing number of CHWs, networking them to achieve better referrals “out” for services with better documentation back “in” the system for tracking and quality control.

Representatives at the steering team level include Saginaw Intermediate School District, Covenant HealthCare, PartnerShift, United Way of Saginaw County, 211, Saginaw County Health Department, CAC, and more.

RESOURCE AVAILABLE AT BWEELLSAGINAW.ORG

- [Community Health Improvement Assessment](#)
- [Community Health Improvement Plan](#)
- [BWell Saginaw brand assets](#) – logo, style guide
- [Events calendar](#)
- [Equity Council](#)
 - Focus Group Report
 - Meeting calendar and minutes
- [Saginaw County's Health Report Card](#)
- Data-at-Glance sheets for Top 3 health priorities
- [Provider Toolkits/Obesity Summit](#)
 - Prescription pad
 - Exercise information sheets
 - Nutrition information sheets
- [List of local fitness facilities](#)
- ["How to Measure Waist Circumference" videos](#)
- [Nutrition video library](#)
- [Parenting Street Smarts video library](#)
- [Mental Health Anti-Stigma video library](#)
- [Men's Health Symposium Toolkits](#)
- [Opioid Settlement Fund](#)
- [Mental Health Resources](#)
 - Youth Mental Healthopedia
 - Smart phone apps
 - Articles
 - Crisis information
 - Self-care/anti-stigma social media post library

TIPS for supporting someone RECOVERING FROM ADDICTION

- Stay out of risky situations
- Build a support network
- Find a peer support group
- Manage your urges
- Find and do an activity that means something to you
- Learn relaxation techniques
- Explore resources for alternative pain management
- Be the designated driver



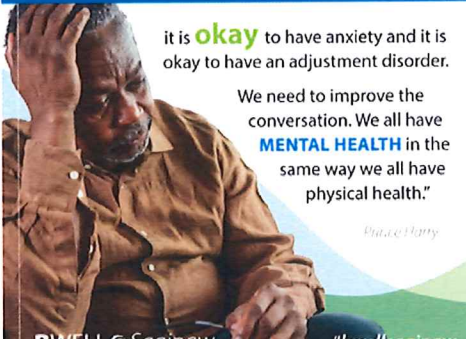
BWELL Saginaw #bwellssaginaw

"It is okay to have depression,"

it is **okay** to have anxiety and it is okay to have an adjustment disorder.

We need to improve the conversation. We all have **MENTAL HEALTH** in the same way we all have physical health."

Prince Harry



BWELL Saginaw #bwellssaginaw

DEEP BREATHING

is our nervous system's **LOVE LANGUAGE**

- Breathe in for **5 seconds**
- Hold your breath for **3 seconds**
- Now, breathe out for **7 seconds**

This gentle **5, 3, 7** repetition gets you out of stress mode and into a state of relaxation.

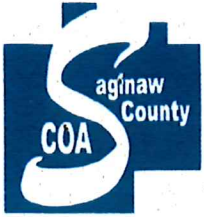


BWELL Saginaw #bwellssaginaw

bwellsaginaw.org



BWELL  *Saginaw*



HUMAN SERVICES

SAGINAW COUNTY COMMISSION ON AGING

...Providing Services, Programs and Opportunities for Older Adults...

3-18-3

February 25, 2025

Commissioner Jack Tany, Chairman
Board of Commissioners
111 S. Michigan Avenue
Saginaw, MI 48602

SAGINAW COUNTY BOC
FEB 26 '25 AM 10:51

RE: BOARD BYLAWS REVISION

Dear Chairman Tany:

Please accept this letter as my request to the Human Services Committee to approve the amended Commission on Aging (COA) Board bylaws. The bylaws were amended by motion at the February 20, 2025, Board Meeting, as set forth in the attached document. Under Article III:5 (Term of Appointment) the member term was changed from two (2) years to four (4) years, to run concurrent with terms of the Board of Commissioners. The bylaws were also reviewed by Legal Counsel and no further changes were recommended at this time. The Commission on Aging bylaws state that *COA is given the authority to adopt and amend its own bylaws and is responsible for them subject to the approval of the Board of Commissioners of Saginaw County.*

I am recommending the Board of Commissioners approve the Commission on Aging Board bylaws as written. I will be present at the March Human Services committee to answer any questions.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jessica Sargent', with a long horizontal flourish extending to the right.

Jessica Sargent
Commission on Aging Director

BYLAWS
THE SAGINAW COUNTY
COMMISSION ON AGING

ARTICLE I - AUTHORITY AND NAME

The Saginaw County Commission on Aging, hereinafter COA, is created by and is an arm of the Board of Commissioners of Saginaw County, Michigan. Once created, the COA is given the authority to adopt and amend its own bylaws, and is responsible for them subject to the approval of the Board of Commissioners of Saginaw County.

ARTICLE II - PURPOSES

The COA is a non-profit, non-sectarian, non-political organization, whose purposes are to:

1. Coordinate and implement public and private programs which promote and safeguard the independence and welfare of older persons, as defined by the Older Michigianians Act of 1981, as amended.
2. Provide leadership, consultation, and assistance to those who are interested in fostering the well-being of older persons.
3. Accumulate, tabulate, and study factual information relating to the resources and needs of older persons.
4. Disseminate information concerning services and programs having to do with, but not limited to, social, economic, health, and housing needs of older persons.
5. Coordinate and plan with Federal, State, and Local Governments, and private agencies, in order to develop and make available needed services for older persons.
6. Promote and participate in such activities and endeavors as are necessary to secure Federal, State, and Local Government, and private sector funding for programs aimed at serving the needs of older persons.
7. Accomplish these objectives by managing the multipurpose programs of the COA.
8. Perform such other actions as are required to further the welfare, well-being, and happiness of older persons.

ARTICLE III - BOARD OF DIRECTORS

1. Members. The COA Board, hereinafter Board, shall consist of eleven (11) voting members who shall be residents of Saginaw County and be responsible for governing its actions and achieving its purposes subject to the authority of the Board of Commissioners of Saginaw County.
 - a. At a minimum, two-thirds of the members of the Board shall be comprised of persons age 60 or older.
2. Appointment. All eleven (11) members of the COA shall be appointed by the Chairperson of the Board of Commissioners of Saginaw County. In addition, the Chairperson of the Board of Commissioners shall appoint one County Commissioner to act as a non-voting, liaison for one year.

3. Representation. One member shall be appointed from each of the eleven (11) County Commissioner Districts. To the extent reasonably practicable and subject to requirements otherwise herein contained, members of the COA shall consist of persons representing government, business, religion, education, and senior citizenry.
4. Conflict of Interest.
 - a. No member shall be affiliated with a public or private organization that contracts directly with older persons in Saginaw County or be involved in any endeavor which would influence the policy decisions regarding older persons, unless that affiliation is disclosed to and approved by the COA.
 - b. A member who is contemplating a specific business transaction or contract, either directly or indirectly with the COA, must make the Board cognizant of said interest.
 - c. Any member's conflict of interest will be handled in accordance with the Contracts of Public Servants with Public Entities Act of 1968, as amended.
5. Term of Appointment. Members of the COA shall be appointed for terms of four (4) years commencing initially on January 1, 2013. Each term shall expire thereafter consecutively every four years. Board members shall serve their term until a successor is appointed and qualified or said member is reappointed for another term.
6. Compensation. Members shall be entitled to receive compensation for attendance at full Board meetings based on the policy established by the Board of Commissioners of Saginaw County.
7. Removal. A member may be removed by the Board of Commissioners of Saginaw County under the following conditions:
 - a. If a member has three (3) unexcused absences from any regularly called meeting of the Board in one calendar year, that member shall be considered for removal.
 - i. Notification by a member to an officer of the Board or to the Commission on Aging Director, hereinafter Director, twenty-four hours or more prior to the state time of the meeting, of inability to attend such meeting shall be considered sufficient excuse.
 - b. If a member is unable to perform their duties, that member shall be considered for removal.
 - c. Members of the COA may be removed at will by the Board of Commissioners of Saginaw County for neglect of duty or misconduct in office, provided that a written statement of reasons and an opportunity to be heard thereon are provided. Neglect of duty shall be viewed as failure to carry out the duties of membership. Misconduct shall be viewed as an abuse of COA membership.
8. Vacancies. If a vacancy occurs on the COA as a result of a member's death, removal, resignation, incapacitation, and/or change of residence outside of the district represented, a new member shall be appointed by the Chairperson of the Board of Commissioners of Saginaw County for the remainder of the unexpired term.

ARTICLE IV - OFFICERS

1. Officers. The officers of the COA shall be a Chairperson, a Vice-Chairperson, a Secretary, and any other officers the COA may deem as necessary. No person may hold more than one office.
2. Term of Office. The officers shall be elected at the first meeting of the Board after January 1, 2013, and every year thereafter at the April meeting. Officers shall be elected by the majority vote of the members present and voting. The election of officers shall be conducted by a voice vote. The officers shall hold office, unless sooner removed, until their successors are chosen and qualified.
3. Duties of Officers.
 - a. Chairperson. The Chairperson shall preside at all meetings of the COA, appoint the Chair of all committees, and be an ex-officio member of all committees, except a Nominating Committee, if convened.
 - b. Vice-Chairperson: The Vice-Chairperson shall perform all duties of the Chairperson during the absence or inability of the Chairperson to act, and perform all such other duties as prescribed by the Board.
 - c. Secretary: The Secretary shall attend all general and special meetings of the COA, assure that accurate and true minutes of such meetings are recorded and kept, cause the issuance of minutes and notices of all meetings of the COA within the guidelines of the Open Meetings Act, and perform all duties of the Chairperson in the absence or inability of the Chairperson and Vice-Chairperson to act.
4. Removal. Any officer may be removed from office by a majority vote of the Board.
5. Vacancy. A vacancy occurring in any office may be filled for the unexpired portion of the term by the majority vote of those members present and voting at any regular or special meeting of the Board.

ARTICLE V - COMMITTEES

1. Executive Committee. The COA shall establish an Executive Committee consisting of the Officers of the COA, who shall serve a term concurrent with that for their elected office, plus two additional members-at-large and one alternate member-at-large, who shall serve on the Executive Committee in the absence of a regular member. The members-at-large, including the alternate, are to be elected by the members at the time of the election of officers. The purpose of the Executive Committee shall be to act on behalf of the COA in the event a special COA meeting cannot be called and immediate action is necessary. Any action taken shall be subject to ratification of the COA at its next regularly scheduled meeting. Executive Committee meetings may be called into session by the Chairperson.
2. Special Committees. The COA may establish Special Committees to address defined purposes for a specified duration. The Chairperson shall appoint members to the Committee which may include non-COA members. All special committee members shall serve in a voluntary capacity and shall not be entitled to any of the powers that come through COA membership.
3. Compensation. In accordance with policy established by the Board of Commissioners of Saginaw County, committee members shall be entitled to per diems for committee work

during the recess of the Board, when said work has been previously ordered by the Chairperson or the applicable Committee Chair.

ARTICLE VI - MEETINGS

1. Regular Meetings. The COA shall hold regular meetings at least once every two months at such times and places as may be designated by the Chair or by the Director with the consent of the Chair. Such meetings shall be open to the public in accordance with the Open Meetings Act of 1976, as amended.
2. Special Meetings. The COA may hold special meetings at the call of the Chairperson or upon the request of three (3) members of the Board. Such meetings shall be open to the public in accordance with the Open Meetings Act of 1976, as amended.
3. Notices. Public notices of any meetings of the Board shall be posted in accordance with the Open Meetings Act of 1976.
 - a. Notice to the members of all regular meetings shall be given by ordinary mail deposited in the United State mail at least five (5) days prior to such meeting.
 - b. Members must be notified of a special meeting and a public notice of a special meeting must be posted at least eighteen (18) hours in advance of the time and date of the special meeting.
4. Committee Meetings. Any committee established by the Board shall meet at the call of said Committee's chair, the Chairperson, or the Director.
5. Attendance. COA members are expected to attend COA meetings.
6. Quorum.
 - a. For any meeting of the Board, a simple majority of the members, including at least one officer, shall constitute a quorum for the transaction of business. If, for any reason, a quorum fails to appear, the meeting shall be rescheduled and the members present may act as a committee of the whole. The recommendations of this committee shall be presented to the Board for action in the next meeting at which a quorum is present.
 - b. For any committee meeting, a simple majority of the appointed committee members shall constitute a quorum for the transaction of business of the committee.
 - i. For committee meetings, the Chairperson, if present, can be counted for the purpose of a quorum.
7. Voting. For the purpose of voting, each member, including the Chairperson, shall be entitled to one vote, unless provided to the contrary in these bylaws.
 - a. Proxies are not permitted.
8. Conduct.
 - a. No action and/or statement of any individual member of the Board shall be deemed an action and/or statement of the Board, unless such responsibility and/or relationship has been created by the Board.
 - i. Exception: The Director shall be authorized to deliver actions and/or statements on behalf of the Board.
 - b. Robert's Rules of Order, latest edition, shall govern the sessions of the Board unless the bylaws conflict therewith, in which event, the bylaws shall supersede as long as

they are not in conflict with the Constitution of the United States or the laws of the State of Michigan. Under no circumstances will the Board transact any business which is contrary to any Federal, State, or Local Government law or regulation.

ARTICLE VII - COMMISSION ON AGING DIRECTOR

1. Director. A Director shall administer the daily affairs of the COA and provide expertise, leadership, and support to the COA.
 - a. The Director is a Saginaw County employee and shall report directly to the Saginaw County Controller/Chief Administrative Officer.
 - b. The Director shall have the authority to operate the day-to-day activities of the COA within established policies, including, but not limited to the following responsibilities: general administration/leadership, program development and evaluation, public relations/outreach, personnel management, financial management, and such other duties as directed by the Controller/Chief Administrative Officer and established by the Saginaw County Job Description dated December 28, 2017, as may be amended from time to time..
 - c. It is the responsibility of the Director to report all matters requiring Board action to the Board without delay and provide timely and accurate information to the Board on personnel, fiscal and program matters.
 - d. The Director shall prepare and recommend an annual budget to the Board of Commissioners for Saginaw County through the Controller/Chief Administrative Officer.
2. Contracts. The COA shall be authorized to enter into contracts with private and public agencies for the purpose of providing services to older persons. All such contracts shall be executed in accordance with Saginaw County policy.

ARTICLE VIII - BYLAWS

These bylaws may be amended in whole or in part at any time by a two-thirds vote of all members of the Board present and voting at any regular or special meeting of the COA provided that written notice of proposed amendment shall be given to all Members not less than thirty (30) days prior to such meeting. Any such amendment shall be subject to approval by the Board of Commissioners of Saginaw County.

ARTICLE IX – DISSOLUTION

The COA may recommend dissolution to the Board of Commissioners of Saginaw County at any time it deems necessary; however, the Board of Commissioners of Saginaw County may dissolve the COA at any time.