

TBHS Recovery Today

TBHS Persons Served Newsletter

Spring 2023

Picture by Casey Mignoni



Peer Articles:
Win a \$20 Walmart gift card! Have a story you would like to share? Artwork? A favorite recipe? If you happen to be a current or past recipient of TBHS services and choose to submit an article that is featured in the quarterly newsletter, you could be a **Winner!**

*My birth dad tried to snuff me as an infant,
All cause his wife wasn't innocent.
She had an affair, and then I appeared.
After that I went to a home for the good youth done
Wrong. I grew up and moved on,
Marrying the devil and his mom,
Who wanted me gone.
I left and he wanted my babies,
Making them hate me.
Sad, I went to live on the streets with crack,
Running away, not wanting to look back.
Then God came along and said walk away from this
Pain and start a new game.
I got me a puppy and a new man it's true.
Now I don't have to worry about being so blue.
It's been almost a decade since God sent me his
Saving grace,
Now that I'm free from the pain and misery,
I no longer rush to finish this race.
I slow down and find happiness in every day lived,
No longer feeling that horrible strife.
Now I don't know where life is leading,
But at least I finally found my treaty.
For every tomorrow yet to come,
I'm going to thank God for heroes and love.
And one day when I go home, I'll be glad I didn't give Up.*

By Nikki.
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*When push came to shove I ran and hid in a shed,
But then God came along and gave me His right-handed glove
I put it on and felt the power of happiness ahead.
Now my life is mellow, at peace is what I feel.
Having God as my shield I now have plots I can yield.
Yes the memories still cause me pain,
But I hold God's hand and know I have a lot to gain.
God always said keep fighting for your happiness is near.
And it is true, now that God gave me the gear.
I'm as strong as the glazing compound, keeping together the window pain.
Thank you, God, for your glorious gifts.
I promise to never go adrift.
It's this life I want, the one you promised me.
Cause now I'm free from all the pain and misery.
Now I have no reason to grump,
As I feel so lifted up.
I'm going to end this here,
But just know it's my whole life I will cheer.*

I'm 5'6" my parents didn't give a lick. I'm still cool even though I didn't finish school. Life was hard and I was given lard but I'm still chill even though I need my pills. Where you from? Were you number one? Or were you lost in the crowd like you weren't allowed? It's all good, own that hood. You been beat but best believe you can run that street.



TUSCOLA

Behavioral Health Systems

By Nikki

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Tuscola Behavioral Health Systems

*Are you interested in becoming
more involved in your local
community mental health system?*

Become a Board Member!

Qualifications:

- ~ A person who has received public or private behavioral health services currently or in the past.
- ~ Over 18 years of age ~ Reside in Tuscola County
- ~ Meetings are held on the 4th Thursday of each month at 7:00 pm.
- ~ Position is open until filled

Application available at www.tuscolacounty.org,
www.tbhsonline.com or 323 North State Street, Caro MI.
Questions regarding application process call TBHS Board Secretary
at 989.673.6191.



Job Posting:

**Director of Operations at
Tuscola Peer Center (TPC).**

If interested apply in person
at

406 W Frank St.

Caro, MI 48723

(formerly the archery store)

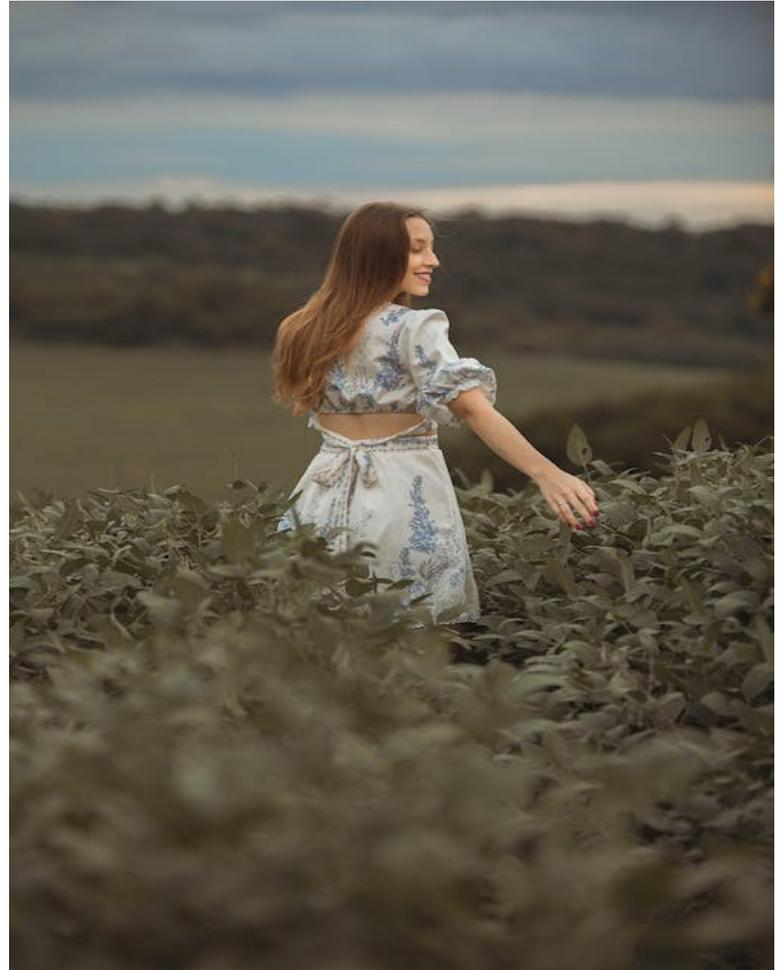
Or call **(989) 589-5824**

Ask for Shelly.



TUSCOLA

Behavioral Health Systems



**“In Recovery,
People reclaim their
sense of self, their
connectedness to
others, their power
over their own lives,
the roles they value,
and HOPE for
themselves.”**

**Tuscola Peer Center is seeking
members for their Board of
Directors. If interested, stop by
TPC (406 W Frank St. in Caro) and
ask for an application!**

Spring Season and Mental Health

Springtime is now upon us. After a long, cold winter, the warmer temperatures of spring are a welcome change. People can shed their heavy winter coats and enjoy outdoor activities. For people dealing with mental health challenges, the arrival of the spring season can be an especially big relief. Exposure to sunlight is known to increase chemicals in the brain that can help improve mood, while outdoor activities provide opportunities for social connection and support, which can be important for maintaining good mental health.

For people living with bipolar disorder, however, the spring season can provide its own set of challenges. There is some evidence to suggest that bipolar disorder symptoms may be more likely to worsen in the spring. This phenomenon is sometimes referred to as "springtime mania" or "springtime hypomania." Additionally, the spring season can also bring about social and environmental changes, such as increased social activities and responsibilities, which can also contribute to increased stress and trigger mood episodes. However, it is important to note that not all people with bipolar disorder experience seasonal fluctuations in symptoms, and for those who do, the timing and severity of these fluctuations can vary.

One theory is that the increased sunlight in the spring can trigger manic or hypomanic episodes in people with bipolar disorder, while the shorter days and decreased sunlight in the winter may have the opposite effect and trigger depressive episodes. However, this theory is not universally accepted, and the exact reasons for seasonal fluctuations in bipolar disorder symptoms are not yet fully understood.

It is important for individuals with bipolar disorder to work closely with their healthcare providers to monitor their symptoms and make any necessary changes to their treatment plan, regardless of the time of year. Keeping a daily journal of your mood and energy level can help identify patterns and recognize when you may be at risk of a mood episode. Updating a treatment plan may include adjusting medications, practicing good sleep hygiene, and engaging in stress-reducing activities such as exercise or therapy.

Rights Word Scramble



TUSCOLA

Behavioral Health Systems

llenttameedocohh

sbaue

teenlgc

cdnntiie

vssreicie

eeecdtsonnpr

rematttn

tiydnig

person centered

dignity

treatment

mental health code

abuse

neglect

incident

services



TUSCOLA
Behavioral Health Systems

Integrated Wellness Clinic Person-Centered Approach

The Integrated Wellness Clinic at **Tuscola Behavioral Health Systems (TBHS)** is a unique clinic where people receiving mental health services at TBHS can also receive primary health care within the same setting. The **Integrated Wellness Clinic** removes the access barrier to primary care services for individuals with mental health diagnoses. This allows individuals to receive treatment for **both physical and mental health conditions** at the same place.

The Integrated Wellness Clinic aims to care for the whole person while providing treatment, support, education, and wellness in an integrated healthcare setting.

In addition, a **Certified Peer Wellness Coach** is also on staff to assist and educate individuals in meeting their wellness goals.

TBHS collaborates with **McLaren Hill Family Medicine** and the **Caro Health Plaza** to bring nurse practitioners to the **Personal Independence Center** every Wednesday and Thursday, respectively. Clinics run from 9 am to 3 pm on both days.

**For Feedback regarding the
newsletter you may call (989) 673-
6191 ask for Caleb. Or write to:
323 N State St. Caro, MI 48723**



At **Tuscola Behavioral Health Systems** we provide tools to support the health of our staff and clients. We are excited to offer myStrength, a digital resource to promote mental health and wellbeing. myStrength allows us to extend FREE and unlimited accounts to our consumers, our community, and our friends and family. With myStrength you can:

- Learn techniques to reduce stress
- Track your mood online
- Manage depressive or anxious thoughts
- Access and share inspirations
- Get help on the go with the mobile app
- Explore hundreds of articles and activities