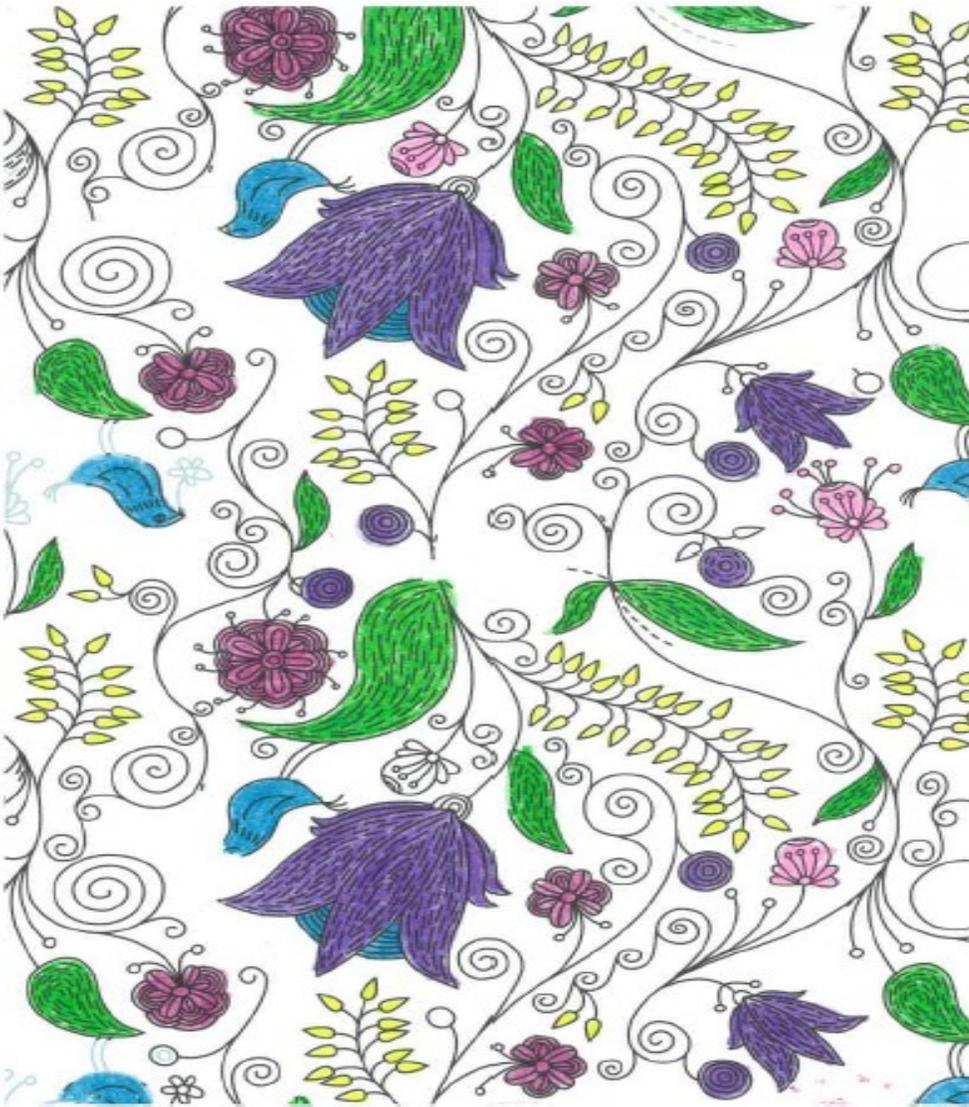


July 2023

# RECOVERY TODAY



TBHS PERSON SERVED  
NEWSLETTER



**TUSCOLA**

*Behavioral Health Systems*

# *I HAVE A MENTAL ILLNESS*

*BY SHELBY CAMPBELL*

*I'm the awkwardness that fills the room  
When death is mentioned, the fear, the gloom,  
I'm the look of pity upon their face, I'm the outcast from the human race.  
I'm the pills you swallow, no "one for all,"  
Blue ones to fly and pink ones to fall.  
I'm the stench of bodies that lie unwashed.  
I'm the nightmares of all your dreams I've squashed.  
Ill steal your family, I'll reject your friends.  
I have a beginning but you'll see no end  
I'm the stigma hung around your neck,  
So easy are the lives I wreck.  
I'm the vomit when you won't hear.  
I'm the awkward looks down to their fee.  
I'm the scars you try to hide.  
I'm the thought you wish you'd died.  
I'm the house you won't stop cleaning.  
"Touch taps 3 times" I know its meaning.  
I'm the voice inside your head,  
That whispers "You're better off now dead."  
I'm the one who will make you seep.  
I'm the one who steals your sleep.  
Yes late at night amongst the stillness,  
You can call me mental illness.*



**TUSCOLA**

*Behavioral Health Systems*

## ***Five strategies to help with anxiety.*** [www.mind.org](http://www.mind.org)

1. Aromatherapy – Essential oils, incense, and candles can help with anxiety in some settings. Scents like rosemary, sandalwood, or even vanilla can be very soothing.
2. Exercise – You can reduce stress by walking, palates, swimming, skiing, skating, or yoga can help stop anxious thoughts and feelings.
3. Manage triggers – Some triggers can be caused from chronic pain, work, or other life stresses, and even side effects from certain medications! Everyone has a different trigger if you can identify them can help manage symptoms.
4. Supplements – Researchers suggest Omega 3, Magnesium, Vitamin D, Vitamin C, curcumin and multivitamins may reduce anxiety symptoms.
5. Socialization- Even if you are shy all you must do is smile and say “Hello!!!” Although people are different but spending time with friends and family can relieve stress, bring laughter, and decrease loneliness. Submitted by: Amanda Magielski

## FRIENDS

BY BRIAN

***Friends are more valuable than golf.  
Real friends are a treasure, new and old.***

***In this world, a friend can be trusted.  
Every bond between them shall never be  
busted.***

***No power on earth can sever the bond.  
Depend on your friends and you'll never go  
wrong.***

***Stranger then friendship is a heavenly love.  
He was sent down to earth from heaven  
above.***

***It took Him to a cross to die for our sins.  
Please open your heart friend, and let Him  
come in.***

### 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!

## THOUGHTS

FROM BRIAN

I sit here in my car in the parking lot.  
Watching the people on the beach enjoying themselves.  
Those who dare to brace the deep seem blessed.  
Event those who stay in the shallows are surely cooler than I.

But, no, I sit in the shade of my life, contemplative.  
It's so sweltering outside, but so pleasant inside here.  
Everything I could want is here ( a book, music, food, AC)  
Yet I receive more than these fleshly indulgences.

Is it worth leaving my safe zone to experience coolness?  
If I did attempt it; would I , could I make it?

The walk just to reach the edge looks so far, probably  
scorching hot also.

Would I stumble and fall as I make my way across the endless  
sands? Would the water I seek truly quench my parched, dry  
body?

Would my foulness pollute its cleansing nature?

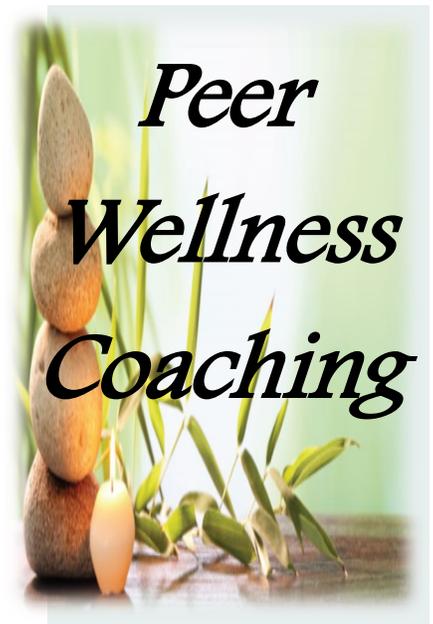
All those questions taunt me, hindering my resolve,  
weakening my faith.

I know two things: I want to drive into the refreshing flood.  
And I never will until I take a leap of faith and get of the car.

## *What is Peer Wellness Coaching?*

A Peer Wellness Coach Can . . .

- Support you in choosing, achieving, and maintaining wellness goals and an overall healthy lifestyle.
- Encourage personal progress & accountability.
- Empower you to find your own solutions to problems.
- Energize you as you embark on a self discovery journey where you identify what motivates & inspires you about your goals and desires.
- Reflect clarity that highlights important steps and considerations.



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*You may be eligible for Peer Wellness Coaching if you receive services at the TBHS Wellness Clinic located at 1332 Prospect Avenue, Caro, MI, the building where all TBHS clinical programs are located.*

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## **What a Peer Wellness Coach Doesn't Do ?**

- Give advice
- Pass judgement
- Act as an authority on your recovery & wellness goals or lived experience.
- Take the place of your therapist, psychiatrist, physician, nursing team, social worker, or other healthcare professional.
- Abandon personal boundaries or professional standards while providing support to you.





## Practicing Self-Care

By Amy

My name is Amy and I love to do anything that involves self-care. Whether it's reading a book or giving myself a facial or foot bath. Self-Care is self-love and much needed when you have a full day of emotions. I also enjoy doing Self-Love Challenges. Day 1 could be words that describe you to the core of who you are. Day 2, "I am grateful for my body," that means you say a part of your body and tell why you are grateful for it. For example, "My heart gives my body the energy to run." Day 3 is emoji emotions. That is where you describe how you are feeling and draw an emoji face of happy, sad, or angry. Day 4 is "I can choose my thoughts." You get to choose what your brain thinks. If you have negative thoughts like "I can't do anything right," replace it with "I can make mistakes and learn from them." And Day 5 is "Always Be Amazing." You get to add things uniquely make you, you! Life is a process, and some days are easier than others. Give yourself credit for all the amazing things that make you who you are. Be sure to practice your self-care because feeling good starts from the inside out.

RECOVERY IS POSSIBLE!



# WALK A MILE IN MY SHOES RALLY

**Wednesday, September 13, 2023**

*Join us in celebrating the 2023 **Walk a Mile in My Shoes Rally** at the state Capitol in Lansing, as we educate the public about behavioral health issues and intellectual and developmental disabilities.*



## **Summer Mental Health Tips**

Source: Orange County Health Psychologists (<https://www.ochealthpsych.com>)

**Stay Active:** Physical activity plays a critical role in maintaining mental health. Warm summer weather provides a perfect opportunity to engage in outdoor activities like hiking, swimming, cycling, or just taking a stroll in the park. Regular exercise has been proven to reduce symptoms of anxiety and depression by releasing endorphins that naturally improve mood. If you're not a fan of intense workouts, even light activities such as gardening or walking your dog can be beneficial. Just ensure to protect yourself from the sun and stay hydrated.

**Maintain a Routine:** Although summer often means a break from regular routines, maintaining a structured day-to-day life can be extremely helpful for those managing mental health concerns. Consistency provides a sense of stability and predictability, which can reduce stress and anxiety. Try to wake up and go to bed at the same time every day, eat regular meals, engage in daily exercise, and set aside time for relaxation and self-care. A routine does not have to be rigid, it can be adjusted according to your summer plans, but having a basic structure can be a stabilizing factor.

**Connect with Others:** The longer days and warmer weather of summer can offer more opportunities to socialize. Whether it's a picnic in the park, a barbeque with family, or simply catching up with friends over a cup of coffee, maintaining social connections can significantly boost your mental well-being. It's important to surround yourself with supportive, understanding people who make you feel good about yourself. If large gatherings feel overwhelming, consider smaller, more intimate meet-ups or even digital connections.

**Practice Mindfulness and Self-Care:** Lastly, summer is a great time to practice mindfulness and engage in self-care activities. You could start your day with meditation or yoga, or take advantage of the pleasant weather to practice mindfulness outdoors. This could be as simple as observing the nature around you during a walk or taking a moment to appreciate a sunset. Self-care is not just about physical health; it also encompasses managing stress, setting and maintaining boundaries, and taking time to do things that bring you joy. The key is to be present and engaged, to appreciate the moments as they come, and to ensure that you're taking care of your mental health alongside your physical health.



## **WHAT ARE SERIOUS MENTAL ILLNESSES?**

With early and consistent treatment, people with serious mental illnesses can manage their conditions, overcome challenges, and lead meaningful, productive lives.

Mental illnesses are disorders that affect a person’s thinking, mood, and/or behavior — and they can range from mild to severe. According to the National Institute on Mental Health, nearly one-in-five adults live with a mental illness.

A mental illness that interferes with a person’s life and ability to function is called a serious mental illness (SMI). With the right treatment, people with SMI can live productive and enjoyable lives.

A mental illness that interferes with a person’s life and ability to function is called a serious mental illness (SMI). With the right treatment, people with SMI can live productive and enjoyable lives.

There are many kinds of serious mental illnesses. Common ones include

**Bipolar disorder** is a brain disorder that causes intense shifts in mood, energy, and activity levels. People have manic episodes in which they feel extremely happy or euphoric, and energized. Usually, they also have depressive episodes in which they feel deeply sad and have low energy.

**Major depressive disorder** (MDD) is one of the most common mental disorders. Symptoms vary from person to person, but may include sadness, hopelessness, anxiety, pessimism, irritability, worthlessness, and fatigue. These symptoms interfere with a person’s ability to work, sleep, eat, and enjoy their life.

**Schizophrenia** is a chronic and severe mental disorder that causes people to interpret reality abnormally. People may experience hallucinations, delusions, extremely disordered thinking and a reduced ability to function in their daily life.

Despite common misperceptions, having an SMI is not a choice, a weakness, or a character flaw. It is not something that just “passes” or can be “snapped out of” with willpower. The specific causes are unknown, but various factors can increase someone’s risk for mental illness including, family history, brain chemistry, and significant life events such as experiencing a trauma or death of a loved one.

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### **Treatment works. SAMHSA can help you find it.**

Effective treatments for serious mental illnesses are available in your area. The earlier that you begin treatment, the greater likelihood of a better outcome. For confidential and anonymous help finding a specialty program near you, visit SAMHSA’s [Early Serious Mental Illness Treatment Locator](#).

If you have been diagnosed and are receiving treatment for a serious mental illness, but moved to a new location, help is available. Use SAMHSA’s [FindTreatment.gov](#) to locate a new program.

# PERFORMANCE IMPROVEMENT

## Michigan Mission Based Performance Indicator System (MMBPIS)

MMBPIS is a quarterly process that was put into place to outline the dimensions of quality (access, efficiency, and outcome) that must be addressed by the Public Mental Health System as reflected in the Mission statements from Delivering the Promise and the needs and concerns expressed by consumers and citizens of Michigan.

### Fiscal Year 2023 Quarter 2

**Indicator 1:** *Percentage of persons during the quarter receiving a pre-admission screening for psychiatric inpatient care for whom the disposition was completed within 3 hours. Standard = 95%*

Population	Percent of Emergency Referrals Completed within the Time Standard
Children	96.67%
Adults	93.18%

**Indicator 2a:** *The percentage of new persons during the quarter receiving a completed biopsychosocial assessment within 14 calendar days of a non-emergent request for service. No Standard set as this is a new indicator.*

Population	Percent of Persons Receiving an Initial Assessment within 14 calendar days of First Request
Total	39.33%

**Indicator 3:** *Percentage of new persons during the quarter starting any needed on-going service within 14 days of completing a non-emergency biopsychosocial assessment. No Standard set as this is a new indicator.*

Population	Percent of Persons Who Started Service within 14 days of Assessment
Total	88.57%

**Indicator 4a:** *The percentage of discharges from a psychiatric inpatient unit during the quarter that were seen for follow-up care within 7 days. Standard = 95%*

Population	Percent of Persons Discharged seen within 7 Days
Children	100.00%
Adults	100.00%

**Indicator 10:** *Percentage of readmissions of children and adults during the quarter to an inpatient psychiatric unit within 30 days of discharge. Standard = 15% or less.*

Population	Percent of Discharges Readmitted to Inpatient Care within 30 days of Discharge
Children	12.50%
Adults	4.55%

## **Quality Assessment and Performance Improvement Program (QAPIP)**

*The QAPIP is a report that contains a random sample of consumers pulled from Tuscola Behavioral Health System's electronic health record to show that they are receiving coordination of care with their primary care physician and to show that a consumer has received their Person Center Plan within 15 business days.*

<b>Month</b>	<b>Evidence of Coordination with Primary Care Physician</b>	<b>Evidence that the Consumer Received a Copy of their Person Center Plan within 15 Business Days of their Planning Meeting</b>
March	96.30%	96.43%
April	96.55%	85.19%
May	96.43%	92.31%

## **2022 Consumer Satisfaction Surveys – Mental Health Statistics Improvement Program (MHSIP) & Youth Satisfaction Survey for Families (YSSF)**

*MHSIP: Survey for adults experiencing a mental illness to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.*

*YSSF: Survey for families to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.*

<b>Survey</b>	<b>General Satisfaction/Appropriateness</b>
MHSIP	90.00%
YSSF	94.00%

## **Suggestion Boxes**

*The suggestion boxes are available to submit any comments, questions, concerns, complements, etc. The boxes are located at Echols, Burnside, Maple Ridge, Gun Club and PIC. You may use the provided suggestion cards at each station to write down any thoughts. If you would like feedback on anything, please remember to include your contact information so TBHS may reach out to you.*

*\*\*\*Note: We now offer suggestions that can be submitted through our website at [www.tbhsonline.com](http://www.tbhsonline.com)*



## *A MESSAGE FROM... TUSCOLA PEER CENTER NEW DIRECTOR TANYA HOBSON*

Hi and hello, everyone! I'm super excited to announce that I am the new director at the Tuscola Peer Center and am excited for this opportunity. I have been busy scheduling fun events for the summer and hope you can be part of the amazing outings we have planned. I'm a big animal lover and enjoy spending my time chalking and making home decor in my spare time. I would love for you to come to the Peer Center and have the opportunity to meet you and have you join us for the summer for some excitement and events.

Sincerely, Tanya Hobson

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### Tuscola Peer Center

406 West Frank Street, Caro—next to Weaver Group Insurance Agency.

Individuals who currently receive or have received serves from TBHS in the past are welcome.

Please join us for daily activities such as card games, coloring, puzzles, movies and more! We offer classes in physical wellness, behavioral health education. Art therapy and other topics. We also have many special events and group outings throughout the year.

### Hours of Operations:

Monday 8:30 am to 4:30 pm

Wednesday 8:30 am to 4:30 pm

Friday 8:30 am to 4:30 pm

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