

October 2023

RECOVERY TODAY



TBHS PERSON SERVED
NEWSLETTER



TUSCOLA

Behavioral Health Systems



PATIENT PORTAL

Your Gateway to Better Health

We are pleased to announce that **Tuscola Behavioral Health Systems (TBHS)** will be launching a new patient portal, **CEHR**, in the near future. This online tool will give you the flexibility to access your health information and other resources, on your time and between visits to TBHS. The **CEHR** portal is available over the Internet, which means that you can use it from virtually anywhere. If given permission, you can also use the **CEHR** portal to access information for family members and individuals for whom you provide care.

What is a patient portal?

A patient portal is a web-based system that provides a secure link to access protected health information from an electronic health record. When you log into the portal with your private username and password, you can view information in your TBHS electronic health record.

Why should I use a patient portal?

As an individual receiving services from TBHS, enrolling in the **CEHR** portal will allow you to:

- View upcoming appointments
- View your personal information on file to ensure it is correct
- Review specific health information
- View resources such as the TBHS Consumer Newsletter – Recovery Today

How do I get started?

1. Talk to your assigned caseworker to request a PIN number for CEHR.
2. Go to the CEHR website: www.mycehr.com
3. Create a new account by clicking on the 'Get Started' button.
 - a) Fill in all the required fields
 - b) Enter your case number
 - c) Enter your PIN
 - d) Click the 'Create Account' button

Information in CEHR Patient Portal:

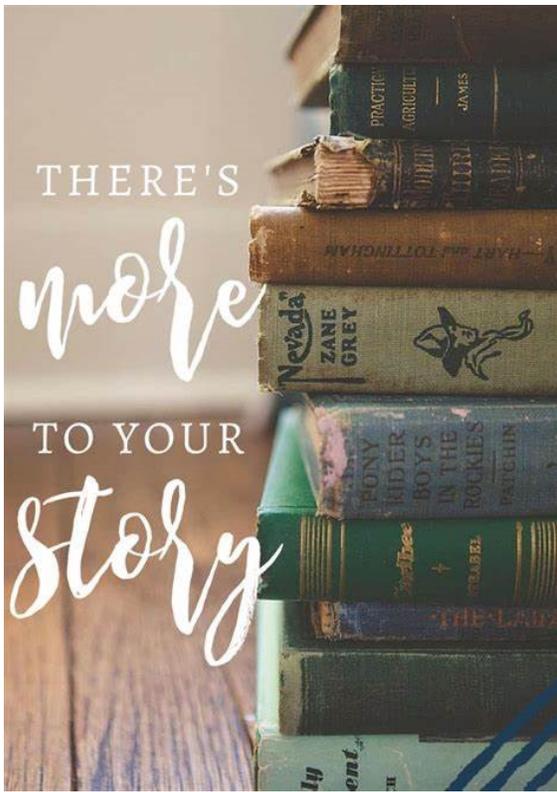
- **My Personal Information**
 - Contact Information
 - Emergency Contacts
- **My Health Record**
 - Allergies
 - Diagnosis
 - Medication
 - Vitals
 - Lab Test Results
- **My Appointments**
- **My Documents**
- **Continuity of Care**
- **Resources**

Please note, the CEHR portal is **not** for emergencies and should never be used for urgent health matters. For medical emergencies, please dial "911" or access the nearest emergency room.

Questions?

Please contact your assigned caseworker or call the TBHS CEHR Support Line at 989.673.6191, Monday through Friday, during normal business hours and ask to speak with the CEHR Administrator.





My Story

By: Amy

I am Amy and I have been diagnosed with Borderline Personality Disorder and PTSD but I no longer allow my diagnosis to define who God created me to be. We spend years enslaved by our demons in fear of them, being controlled by them, allowing them to grow stronger until they break us, hold us back, diminish us. But you know what?

They live IN us. Something inside has to be smaller than what it's contained in. You're bigger than your demons. You are the landlord to a non-paying tenant. If they don't leave when you serve them an eviction notice, you hire bailiffs. Those bailiffs might be counselors or therapists. They maybe be pills, DBT classes, maybe even a vacation or a retreat but you do not allow them to stay! Just like you hire a plumber to fix a dripping tap, there's no shame in getting outside help. You are loved and worth it, all you have to do is let people in to help you. You do not need to do it on your own.



October Party

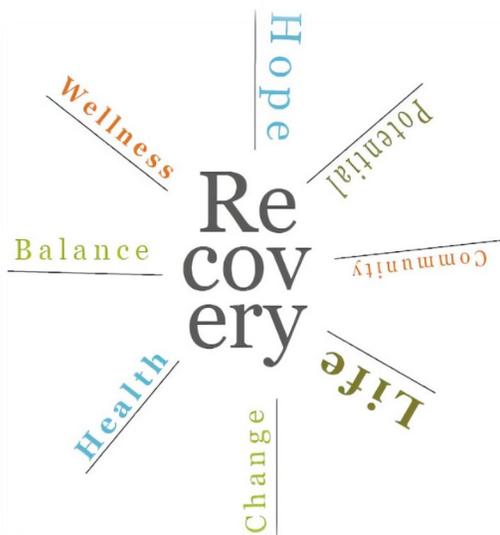
by George Cooper

October gave a party;
the leaves by hundreds came-
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

The, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the part ended
In jolly "hands around"





My Story

by Deb Dehmel
TBHS Peer Support
Specialist

I'm in recovery from SA, Childhood abuse, Domestic violence and the loss of my

22 year old daughter to a fentanyl OD. I felt empty , alone and worthless. Attempted suicide numerous times without succeeding. I was in several rehabs and learned how to stay sober, but had not dealt with my mental illness. I drank and used drugs to numb myself. Until I confronted my issues, I was lost and defeated. I started services here at TBHS. Do not recall how many years. Got on medication, but still was “numbing“ myself.

I was in ACT and had a peer who listened to me and introduced me to the Peer Center. I got a job there, quit drinking, became the Director. This was a huge challenge for me, but I stuck with it. Each day got better and better. I learned how to deal with situations without numbing myself. I grew up! I am so grateful to my Peer Support! And as a Peer , I was able to help another in the same situation that I was in for years, to get a job. I applied for this Peer Support position a year ago and gratefully accepting the position I was offered.

A Peer is able to provide partnership, guidance and support services through lived experiences. A Peer can identify with the individual and through recovery experience, educate the individual for a better way of life. A peer helped change my life and I am here to do the same for my individuals served!

RECOVERY IS POSSIBLE!



Fall Mental Health Tips

Submitted by: Brian Coty

The fall/autumn season can bring about various mental health challenges, such as seasonal affective disorder (SAD), which is a type of depression that occurs at a specific time of year, usually in the fall and winter months. Here are some mental health tips specifically for the fall season:

Maximize Daylight Exposure: As daylight hours decrease during fall, it's crucial to soak up as much natural light as possible. Open curtains during the day, take short walks outside, or consider investing in a light therapy box designed to mimic natural sunlight.

Stay Active Outdoors: Embrace the cooler weather by engaging in outdoor activities like hiking, biking, or simply going for brisk walks. Regular exercise outdoors can help boost your mood and energy levels.

Mindful Seasonal Eating: Incorporate seasonal produce like apples, pumpkins, and squash into your diet. These foods are not only nutritious but can also add a sense of coziness to your meals. Avoid excessive sugary or processed foods, as they can lead to mood swings.

Socialize and Celebrate: Fall offers several opportunities for social gatherings, from Thanksgiving to Halloween parties. Use these occasions to connect with loved ones, celebrate together, and combat feelings of isolation.

Create a Cozy Sanctuary: Enhance your home environment with fall-themed decorations, warm lighting, and comfortable blankets or throws. A cozy space can promote relaxation and well-being.

Monitor Mood Changes: Be aware of any changes in your mood or energy levels. If you notice symptoms of Seasonal Affective Disorder (SAD), such as persistent sadness, fatigue, or oversleeping, consult a mental health professional for evaluation and potential treatment options, such as light therapy or counseling.

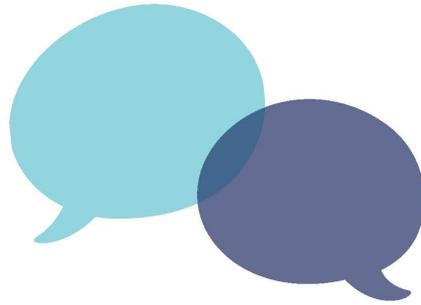
<https://www.healthline.com/health-news/autumn-anxiety>

<https://www.nytimes.com/2022/08/18/well/mind/fall-autumn-anxiety.html>

RECOVERY IS POSSIBLE!

Fall is one of the most beautiful times of year! It's also one of the busiest times of year with so much to do in the fall! Here are some fun fall activities that can double as a workout! Submitted by Casey M.

1. **Raking Leaves** – Raking is no one's favorite part of fall, but it is one of the best workouts you can get in the fall! While the leaves colors are turning, it's time to get those muscles burning!
2. **Apple picking** – You could spend hours walking through an apple orchard trying to find the perfect apples! Not to mention, once you burn all those calories, you have a bushel of apples to make into healthy recipes! Here are some of the amazing [health benefits of apples!](#)
3. **Gardening** – While most people think of gardening as a spring activity, in the fall is when those gardens are ready to be harvested and prepped for next year. Fall is the time to plant those bulbs for next year!
4. **Picking from the Pumpkin Patch** – Walking the pumpkin patch will help you burn off extra calories. Pick a big one for added weight lifting, although not too big as to cause injury. Keep your back straight and lift with your knees! And don't just use those pumpkins for carving Jack-O-Lanterns, make some fall pumpkin recipes and enjoy the [incredible health benefits of pumpkins](#) too!
5. **Football** – Playing a game of touch football is a fun way to get some exercise with the whole family! Not to mention the fine motor skills, teamwork, and numerous other [benefits playing sports has for kids!](#)
6. **Hiking to view foliage** – What could be better than spending some time to take in the beauty of the fall season while getting in a good workout. Connecting with nature has a calming effect on the mind. It's important not to overlook the mental health benefits of Autumn as you strive to improve your overall wellness.
7. **Biking** – If you're looking for a higher intensity workout, instead of hiking, try biking! The long winter is approaching so this might be your last chance to take that bike out for the season. What better way to take in more of the beautiful sights of Autumn in a shorter period of time?
8. **Corn Maze** – The corn maze is a staple of the fall season, and a great way to get exercise without even realizing it. Think of all the calories you'll burn as you aimlessly wander around the maze looking for a way out. Just don't get lost. Or do, and burn some extra calories in the process!
9. **Nature Scavenger Hunt** – Turning your nature walk into a fall scavenger hunt for the kids is a fun way to get them moving and enjoying nature! Here are some ideas for what they could collect on their [scavenger hunt!](#)
10. **Trick-or-treating** – Collecting all that candy might not seem like a healthy activity, but think of all the walking you are doing! The kids rack up the candy while you rack up the miles!



If you need to talk, we're here to listen.

Certified Peer Support Specialist Warmline

For persons with mental health conditions in Michigan.

The Certified Peer Support Specialist Warmline is a peer run phone service providing peer support, resource referral and shared experience of recovery and hope.

- When you need someone to talk to
- When you want to share your triumphs or challenges
- When you feel alone
- When you feel like others just don't understand

Call 888-PEER-753 (888-733-7753)
10 a.m. - 2 a.m., 7 days a week



Suicide Warning Signs for Adults

Be a Lifeline



**Risk is greater if a behavior is new or has increased,
and if it seems related to a painful
event, loss, or change.**

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling
or in crisis, help is available.

**Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org),
or reach out to a mental health professional.**



Medicaid and Transportation

Do you have questions about Medicaid? A good place to start to look for answers is on *your* Medicaid card. Have you been assigned to a Health Maintenance Organization (HMO). HMOs are organizations that consist of member physicians and health care staff that provide health care to enrolled individuals and families. **HMO organizations have contracts with the State of Michigan to provide transportation as part of the agreement.**

If you discover you have an HMO, you must call the phone number on your Medicaid card for transportation information. You will work with the staff at the HMO to make arrangements for your ride to the doctor or other medical appointment.

For more information regarding Medicaid enrollment, go to: www.MICoverage.org

If you do not have an HMO but Straight Medicaid, you must contact the Community Resource staff at your County's Department of Health & Human Services office or call the number on the back of your blue and green MIHealth card. If you speak with your case worker, the staff will work with you and help you understand what level of transportation service you qualify for and how to move forward to make arrangements for your ride. Each Michigan Department of Health and Human Services (DHHS) office will furnish information in writing and orally, as appropriate, to all applicants and to all other individuals who request it, acknowledging that **medical transportation is ensured for transportation to and from medical services providers for Medicaid (MA) covered services.**



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!



TUSCOLA

Behavioral Health Systems

Meridian Health Plan of Michigan, Inc.

777 Woodward Ave, Suite 600, Detroit, MI 48226

Call Member Services at (888)437-0606 or (313) 324-3700

<https://corp.mhplan.com/en/member/michigan/medicaltrip.net>

United Health Care

26957 Northwest Hwy. Suite 400, Southfield, MI 48033

Phone: [\(800\)903-5253](tel:(800)903-5253)

For a ride to a medical appointment, call Care Source at **1-877-892-3995**. Please try to call four days in advance to set up your ride to your doctor's visit to arrange transportation.

To set up FREE non-emergency transportation to go to and from:

- Doctor's visits
- Medical equipment companies for supplies
- Mental Health clinics
- Health Departments
- Vision clinics
- Urgent visits to your doctor's office or Urgent care centers — if you need an urgent ride to your doctor's office or an urgent care center sooner than the four-day advance notice, call us and we will help you.

McLaren Health Plan

G-3245 Beecher Road, Suite 200, Flint, MI 48532

Phone: [\(888\) 327-0671](tel:(888)327-0671)

<http://www.mclarenhealthplan.org>

How do members find transportation?

McLaren Health Plan must provide emergency and non-emergency medically necessary transportation for you to get medical care.

- If you have a medical emergency call 911
- If you need non-emergency, medically necessary transportation, call **Customer Service at (888) 327-0671**.

If you do not have a way to get to and from the doctor or you do not have a way to get to treatment that McLaren Health Plan covers, you can get help with rides. You may need a referral from your PCP. We need time to set up your ride and some important information from you to be able to get you a ride.

There is a special review process if transportation is needed outside of your county. It is also important to remember that if you cancel your appointment, you need to call McLaren Health Plan to cancel your transportation.

Some services are covered by Medicaid fee for service, not by McLaren Health Plan. These services include dental, substance abuse, and some mental health services. You should contact your local DHHS office for help with a ride.

Molina Healthcare of Michigan

100 W. Big Beaver Road, Suite 600, Troy, MI 48084

[\(248\) 925-1700](tel:(248)925-1700) or [\(888\) 898-7969](tel:(888)898-7969)

<http://www.molinahealthcare.com>

Molina Healthcare will provide transportation to covered services, when you have no other means to get to your doctor appointments, x-rays, lab tests, pharmacy, medical supplies or other medical care.

How do members find transportation?

Call Member Services at [\(888\) 898-7969](tel:(888)898-7969). It is important to call 3 days in advance of your appointment to schedule transportation. Have your [Member ID Card](#) handy.

Some services are covered directly by Medicaid, not by Molina Healthcare. These services include:

- Dental
- Substance Abuse
- Some Mental Health Services

Priority Health

1231 E. Beltline NE, Grand Rapids, MI 49525-4501

[\(888\) 975-8102](tel:(888)975-8102)

Transportation is covered at no cost to the client when medically necessary and appropriate.

Please call to set up a ride 4 days in advance of your appointment. To schedule a ride, call [1-888-975-8102](tel:1-888-975-8102).

Aetna Better Health of Michigan

1333 Gratiot, Suite 400, Detroit, MI 48207

<http://www.aetnabetterhealth.com/michigan>

Requests for rides must be made three days prior to appointment by calling this number:

[1-800-947-2133](tel:1-800-947-2133)

Blue Cross Complete

888-803-4947

Transportation is a covered service. CAN SCHEDULE ONLINE

<https://www.mibluecrosscomplete.com/member-benefits/transportation/>

If the insurance company does not provide transportation, you must file a complaint with the Help Line at 800-642-3195. These complaints must be filed so that we can see there is an issue.