

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

March 2017

Trauma –Informed Services

Trauma-informed services are designed to deliver mental health care in a manner that recognizes the presence of trauma symptoms and acknowledges the role that violence and victimization plays in the lives of most individuals of mental health services. This understanding drives the design of service systems to accommodate the vulnerabilities of trauma survivors, promote resiliency and recovery, and reduce and eliminate practices that have the potential to be traumatizing and re-traumatizing. Trauma informed services are provided in a way that will facilitate adult participation that is appropriate and helpful to the special needs of trauma survivors.

Healing and recovery take time and many questions, hurdles, and frustrations may surface throughout the recovery process.

(Trauma Informed Services Continued on Page 5)

Newsletter Submissions:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? Recovery Today is looking for articles from **YOU** to publish in the quarterly newsletter. Please see your case manager or therapist for more details.





I SCREAM

By: RAH

I look, I see, and I detest
I scream for guidance
I hear, I judge, but don't understand
I scream for assistance

I am afraid and am full of questions
I scream for someone to listen
I am fragile and am being used
I scream for help

I hide in a corner; I am scared
I scream for someone to lead me away
I am timid, it may not be safe
I scream for security

I hope, I wish, I pray
I scream for a better way
I need, I search, but all is impossible
I scream for a change

I can't cry, I can't laugh
I scream for I want to be human
I want to do what is right and forget the wrong
I scream for forgiveness

I hurt, I fear I'm dying
I scream for a cure of the pain
I plead and I try
I scream for patience

I scream so very loud
Day after day, I scream in rage
No one ever hears me. I get nowhere
For all of my screams are only heard inside of me



I still scream,
but "I" took a
chance and
shared this
poem with
someone.
Today, we
are very
close friends
and I value
that. So, I
say "take a
chance – try
and share."

- RAH

Introducing TBHS' New Recipient Rights Officer

“When you receive mental health services, Michigan's Mental Health Code, as well as other laws, safeguard your rights. Staff are responsible to protect your rights when they provide services to you. You are encouraged to ask questions about your treatment and about your rights and to make suggestions that you feel are in your best interest.” (Taken from MDHHS' Recipient Rights Handbook, “*Your Rights When Receiving Mental Health Services in Michigan*”.)

TBHS has a new Recipient Rights Officer. Her name is Syndi Neeb and her office is located in the Echols Building. Syndi states, “I am looking forward to my position as the Recipient Rights Officer. I am transitioning from Care Coordination, which I have been at for 10 years. I love to go camping and antiques.”



**KEEP
TALKING
ABOUT
MENTAL
HEALTH**

My Recovery

I want to thank Tuscola Behavioral Health Systems for recognizing my struggles with mental health and treating these issues. Working with counselors and a psychiatrist helped me work through high anxiety and depression.

For six years TBHS helped me to become stable. During that time I made enough progress to where I no longer need to be in services.

I will continue taking medicine for my mental health and, in case I need them again, I know TBHS will always be there.

Thank you TBHS,

Thomas A. King

Tobacco Use Prevention

Nearly all tobacco use begins during youth and young adulthood. In fact, according to SAMHSA's National Survey on Drug Use and Health, 88% of adults who have ever smoked daily report that they first smoked by the age of 18.

Tobacco and Behavioral Health: The Issue and Resources

As overall smoking rates have declined, the prevalence of smoking among people with behavioral health conditions (mental and/or substance use disorders) has remained high. Although people with behavioral health conditions represent about 25 percent of the U.S. adult population, they account for nearly 40 percent of all cigarettes smoked. This disparity is causing serious health consequences. Smoking also appears to interfere with behavioral health. A growing body of research shows that quitting smoking can improve mental health and addiction recovery outcomes. For example, studies show that:

- Quitting smoking can decrease depression, anxiety, and stress.
- Quitting smoking can increase positive mood and quality of life.
- For persons in treatment for substance use disorders, smoking cessation can increase long-term abstinence from alcohol and other drugs.

"I'm Ready to Quit!"

It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Most smokers have tried to quit 6–9 times in their lifetime. There is hope!

Tobacco

Get the facts on the use of tobacco, including cigarettes, chewing tobacco, snuff, cigars, pipe tobacco, and electronic cigarettes (e-cigarettes).

Sources: www.samhsa.gov/atod/tobacco
www.cdc.gov/tobacco/campaign/tips/quit-smoking

What are the causes of traumatic stress with adults?

Trauma can be the result of exposure to a natural disaster, sudden unanticipated death of a loved one, terminal illness of a loved one, car fatality, medical procedure, house fire or events such as war and terrorism. Trauma may also occur if witnessing or being the victim of violence, serious injury, physical or sexual abuse, or being neglected. Unfortunately, about 60% of men and 50% of women have experienced a traumatic event in their lifetime. (National Center for PTSD)

If an adult has gone through a terrible experience, it is normal for them to feel lots of emotions, such as distress, fear, helplessness, guilt, shame or anger. They may start to feel better after a few days or weeks, but sometimes, these feelings do not go away. If the signs are prolonged or disrupt the adult's life, it may be post traumatic stress disorder (PTSD). For many people, symptoms begin almost immediately after the trauma happens. For others, the symptoms may not begin or may not become a problem until years later.

How to get help.

The first step for all trauma survivors is getting to safety and feeling safe. The second step is understanding the role that trauma has played in your life, past and present challenges and beginning to heal. Everyone's experience is unique, there is no one-size fits all remedy for trauma survivors. Hope and healing are possible through the recovery process.

- You must be in charge of your own healing .
- Take personal responsibility for your life by talking to supportive individuals.
- Be patient. Understand that it will take time for the healing process.
- Reassure yourself what has happened to you is not your fault.

Help may be needed, please contact Tuscola Behavioral Health Systems 989.673.6191 or 1.800.462.6814 or your primary care physician.



ST. PATRICK'S DAY



S E V E N T E E N T H G P K G S L Z W T
M N C L O V E R L T R A E N M H S I R I
T A I N V Y I Z B E T M I I T A Y L U P
Z Y R O T O V M E R P R A G L M X J N D
R V D C C I D N I N P R A D M R I L N M
E T L T H K Y C K S K J E J B O H G I I
G L R R C D K F C V U B V C B C C J D K
Y T S N A C X O U L F X F Y H K R L R Q
Q A E A I H N R L D N Q R M Q A O C Z V
E B D L O A R P F L W W A E J G U Q Z P
J Y I I C R Q B O B V P A T X E G N K Z
X E N K L M N Y M V L P J Y I P X C R O
D H X S O O P K A H O W O B N I A R E Z
A Z J J I Y H E G O F B P T D Z X S V H
F R U G Z J U N J N M T S B J U T U V O
J S H U A T F U F N H S N M X L T P G T
Y R H D V J R T T X V Q I X Q T L I H G
U E O K U C G R G Q R I P G E B D V C O
Z J M R H R B O V I I A J O G S D C H S
C P A F M W B F Q Z M H H H V O R W E P

CHARM
COINS
GOLD
HOLIDAY
LEPRECHAUN
SEVENTEENTH

CLOVER
FORTUNE
GREEN
IRISH
LUCK

MARCH
RAINBOW
SHAMROCK
PATRICK
SPRING





CARF Is Coming Soon!

What is CARF?

“CARF (Commission on Accreditation of Rehabilitation Facilities) - The mission of CARF is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served.

CARF provides accreditation services worldwide at the request of health and human service providers, whether it's rehabilitation for a disability, treatment for addiction and substance abuse, home and community services, retirement living, or other health and human services. Providers that meet CARF standards have demonstrated their commitment to being among the best available.” (Taken from the CARF website)

Tuscola Behavioral Health Systems was first accredited by CARF in 2011 and re-accredited in 2014. The next survey conducted by CARF will be in the fall of 2017. More details to come regarding CARF as we prepare for our next survey.

The Peer Center Has a New Location!

The Tuscola Peer Center is now located at **191 State Street in Caro** (just across the street from State Street Pharmacy). Please use the back entrance! For the past 7 years TPC has provided consumers the chance to meet and mingle, as well as offered terrific education, recreation, and volunteer activities. If you are interested, drop in to see what TPC is offering to help in your journey of recovery!

Hours of Operation: Monday, Wednesday, Friday 8:30am to 3:30pm

Upcoming Events

Adult Mental Health First Aid 4/18/2017 8:30-5:00
TBHS Training Center

CPR/First Aid classes are available on 4/14/2017
and 4/21/2017. First Aid at 9:00 and CPR at
1:00. Contact Susan Holder at TBHS to
register

Children's Fun Fair 4/29/2017 11:00-2:00
Highland Pines

Walk A Mile Rally 5/10/2017 State Capitol (More
information to come. See case manager.)

Cooking Class – 5/24/2017 through 6/28/2017
1:00-3:00. Call Christie at 673-3238 to register

“Spoonfuls of Plenty” free meal every Wednesday
night at the LeeRoy Clark Center (435 Green
St. Caro) from 3:30-6:00.

Mobile Food Pantry 6/2/2017 (Doors open at 4:00
and distribution begins at 5:00) at First Baptist
Church (1535 W. Gilford Rd. Caro)



TUSCOLA

Behavioral Health Systems

Contact Us

For information, e-copy of
the newsletter, or to
possibly have your article
featured in TBHS
Recovery Today contact:

**Tuscola Behavioral
Health Systems**
323 N. State Street
Caro, MI 48723

(989) 673-6191

Visit TBHS on the web at
www.tbhsonline.com

TBHS is offering the chance for your story to be featured in the consumer newsletter, ***TBHS Recovery Today!*** “Stories” may be in the form of your personal triumphs & interests, original poetry, favorite recipe, or possibly even a quote that has helped inspire you. With each quarterly issue, a random drawing will be held for a single contributor to receive a Wal-Mart gift card! Please talk to your case manager for more information on how you can contribute. Don't lose out on this chance to aid your peers in recovery.