

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

March 2018

Don't Give Up!

Hello, I'm Ari. I want to say I believe in you and I always will! Never give up. We may not know each other but I care about you and I always will! Depression is a tough fight but I believe you can win because I believe in you. Stay strong! About myself, I am 13 and suffering major depressive disorder but I haven't given up. I am still fighting! If you are facing depression I believe you can win!



- Ari

**"Whether You Think You Can Or
Think You Can't, You're Right"**

- Henry Ford

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. If your article is featured, you could win a \$10 Walmart Gift Card!

Clothed In Beauty

by Shelby

Body, mind and soul

Upon seeing your face in an everyday crowd

I'm realizing where my heart is now there

There is a whole

As two hearts become one

And our shyness fades away

I am filled with happiness

With the thought of holding your hand

Each and every day

I am asking whole heartedly to share

Smiles and memories with you

And not by myself and not alone

Upcoming Events

April 5th and 6th Mental Health First Aid Training
8:30-12:30 Both Days

May 2nd Walk A Mile Rally in Lansing

May is Mental Health Awareness Month



Depression Article by Anthony

I am not an expert on depression. But I do have some experience with it. I should start off by saying if you have severe depression you need to seek professional help. For my part I would like to tell you what I did.

A few years ago I was doing fine and feeling good. Even though I was feeling good there was something in my life I was going to have to face which I did not like. I got angry about it and started thinking about it all day long.

It did not take long for me to become extremely depressed. I soon learned that I did not like this feeling so I changed my thinking. It took a few days but the depression eventually went away.

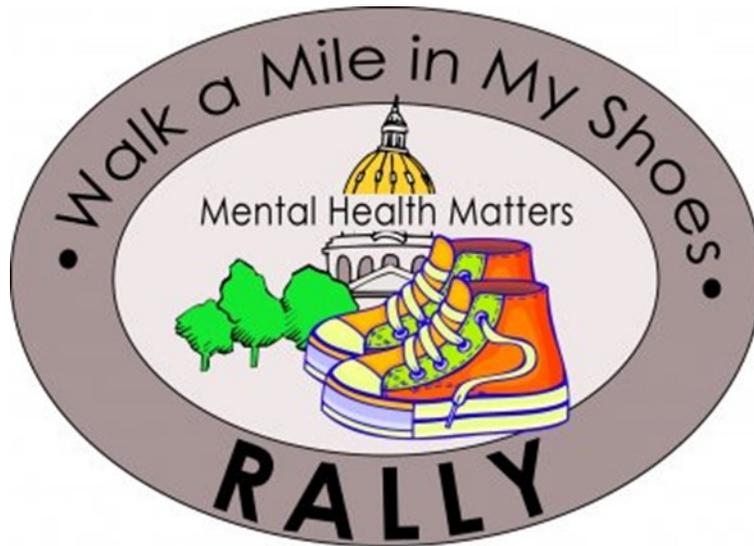
What I learned was by thinking about negative things in my life which I had no control over I became depressed. By changing my thoughts to positive things I felt much better.

I won't say this is a cure-all. But if you are feeling a little depressed, check your thoughts.

Catch It Check It Change It

"It's so difficult to explain depression to someone who's never been there, because it's not just sadness"

- J.K. Rowling



The Walk-a-Mile in My Shoes Rally is a walk for behavioral health and developmental disability advocates from around Michigan to gather at our state Capitol and educate the public and legislators about mental health.

WHO:

Nearly 4,500 supporters, advocates, CMH members and consumers who use community mental health services

WHAT:

Join the 14th annual “Walk-a-Mile in My Shoes” Rally to remind legislators to prioritize people first in the ongoing discussions to privatize parts of our state’s behavioral health system

WHEN:

Wednesday, May 2
1:30 p.m. – 3 p.m.

WHERE:

Michigan State Capitol
100 N. Capitol Ave.
Lansing, 48933



Immediate Release

Susan R. Rickwalt -Holder, Director
Marketing and Training Services
Tuscola Behavioral Health Systems
989.672.3154
Email: srickwalt@tbh.net

Tuscola Behavioral Health Systems announcing a CARF Three-Year Accreditation

Tuscola Behavioral Health Systems (TBHS) Board of Directors are pleased to report to the residents of Tuscola County that TBHS has been accredited for a period of three years for the following programs:

Assertive Community Treatment: Mental Health-Adults; Case Management/Services Coordination Mental Health-Adults, Children and Adolescents; Integrated DD/Mental Health-Adults; Crisis Intervention-Mental Health-Adults; Community Employment Services: Employment Supports and Job Development; Community Integration; Intensive Family-Based Services-Family Services-Children and Adolescents; Outpatient Treatment Mental Health-Adults, Children and Adolescents program.

The latest accreditation is the **fourth consecutive** Three-Year Accreditation that the international accrediting body, CARF, has awarded to Tuscola Behavioral Health Systems. Prior to 2008 TBHS was accredited by the Joint Commission on Accreditation of Rehabilitation Facilities (JCAHO).

By pursuing and achieving accreditation TBHS has demonstrated that it meets international standards for quality and is committed to pursuing excellence. TBHS has established a history of using the CARF standards to guide administrative policies and program practices and consistently uses the CARF standards as a framework for quality improvement.

The survey report highlighted a number of items that CARF determined to be strengths of TBHS such as:

Stakeholders reported satisfaction in working with the TBHS programs and staff. Individuals served reported they were treated as a member of the team and they were comfortable in seeking help and stating concerns to the TBHS staff all the way up to the CEO. TBHS's facilities are attractive and spacious, providing a welcoming environment for the consumers and comfortable work setting for the employees.



In the programs that were surveyed, the interdisciplinary staff members work together and are motivated by excellence in providing quality services to the consumers. The staff members are mission oriented and apply their skills with a commitment to the wellness and recovery of their persons served while also nurturing a supportive work and employment culture.

TBHS staff members, including senior leadership and frontline staff, are active in Tuscola County by sitting on various boards such as: Tuscola County Child Advocacy Center, Tuscola County Recovery/Prevention Coalition, Tuscola County Suicide Prevention Council and the Michigan School Readiness Council and provides Mental Health First Aid curriculum free of charge to community members. TBHS's CEO is engaged and committed to working with the organizations community partners. The CEO/Senior Leadership and all staff are recognized as a vital part of mental healthcare in Tuscola County by referral agencies and other stakeholders.

The vocational staff members (Skill Building and Community Supports) have been positive and motivated to make the move into the Community Bound program successful. This has required the staff to develop new skills and to be able to use the skills in new community settings. The case management members are also recognized for their important role in making this transition happen.

Sharon Beals, TBHS Chief Executive Officer, stated "the survey results are confirmation of the staff member's commitment of providing consistent delivery of quality services and commitment to individuals during their recovery process."

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows our organization's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit in October 2017, its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

Tuscola Behavioral Health Systems is not-for-profit organization with their administration office in downtown Caro and clinical programs located at 1332 Prospect Ave., Caro. TBHS has been providing mental health services in Tuscola County since 1974.

CARF is an independent, nonprofit accrediting body whose mission 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. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

TBHS would welcome an opportunity to further acquaint Tuscola County residents with our services and respond to your questions. TBHS believes our organization is a valuable asset, and our CARF accreditation underscores our commitment to the community we serve.

PLEASE - Reducing Emotional Vulnerability

By J. Michael Swathwood

Managing emotions is an important skill to have, but it isn't always easy. In *Dialectal Behavior Therapy (DBT)*, emotion regulation skills are taught as a way for you to control your emotions more effectively so that your emotions don't control you. The following acronym (**PLEASE**) will help you reduce your emotional vulnerability so that you can respond better in stressful situations:

PL - Take care of any **P**hysical **iL**lness you may have.

E - **E**at healthy.

A - **A**void mood-altering drugs such as alcohol, street drugs, and abusing medications.
Prescribed medications are fine when taken as prescribed.

S - Get enough **S**leep!

E - **E**xercise.

For more information about DBT, talk to your therapist or case manager.

What's the connection between oral health and overall health?

Like many areas of the body, your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease.

In addition, certain medications — such as decongestants, antihistamines, painkillers, diuretics and antidepressants — can reduce saliva flow. Saliva washes away food and neutralizes acids produced by bacteria in the mouth, helping to protect you from microbial invasion or overgrowth that might lead to disease. Studies also suggest that oral bacteria and the inflammation associated with periodontitis — a severe form of gum disease — might play a role in some diseases. In addition, certain diseases, such as diabetes and HIV/AIDS, can lower the body's resistance to infection, making oral health problems more severe.

What conditions may be linked to oral health?

Your oral health might contribute to various diseases and conditions, including:

Endocarditis. Endocarditis is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas in your heart.

Cardiovascular disease. Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.

Pregnancy and birth. Periodontitis has been linked to premature birth and low birth weight.

Certain conditions also might affect your oral health, including:

Diabetes. Diabetes reduces the body's resistance to infection — putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels, and that regular periodontal care can improve diabetes control.

HIV/AIDS. Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

Osteoporosis. Osteoporosis — which causes bones to become weak and brittle — might be linked with periodontal bone loss and tooth loss. Drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.

Alzheimer's disease. Worsening oral health is seen as Alzheimer's disease progresses.

Other conditions that might be linked to oral health include eating disorders, rheumatoid arthritis, head and neck cancers, and Sjogren's syndrome — an immune system disorder that causes dry mouth.

Because of these potential links, tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition, such as diabetes.

How can I protect my oral health?

To protect your oral health, practice good oral hygiene every day. For example:

Brush your teeth at least twice a day with fluoride toothpaste.

Floss daily.

Eat a healthy diet and limit between-meal snacks.

Replace your toothbrush every three to four months or sooner if bristles are frayed.

Schedule regular dental checkups and cleanings.

Avoid tobacco use.

Also, contact your dentist as soon as an oral health problem arises. Taking care of your oral health is an investment in your overall health.

Source: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475?pg=2>

Some Nations From the 2018 Winter Olympics



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

SWEDEN
 SWITZERLAND
 FINLAND
 GERMANY
 SPAIN

FRANCE
 AUSTRALIA
 BRAZIL
 CANADA
 CHINA



PEER WELLNESS COACH CORNER

SPRING ALLERGIES

Spring is beautiful, but it's also a key time of year for seasonal allergies. As plants release pollen, millions of people with hay fever start to snuffle and sneeze.

There's no cure but you can take steps to curb springtime allergies, from medication to household habits.

The biggest spring allergy trigger is pollen. Trees, grasses, and weeds release these tiny grains into the air to fertilize other plants. When they get into the nose of someone who's allergic, they send the body's defenses haywire.

The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens. That leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms that are all too familiar if you have allergies.

Pollen can travel for miles, so it's not just about the plants in your neighborhood.

Pollen counts tend to be particularly high on breezy days when the wind picks up sneeze-inducing grains and carries them through the air. Rainy days, on the other hand, wash away the allergens.

5 Tips to Keep Pollen at Bay

1. Try to stay indoors whenever the pollen count is very high. The counts usually peak in the mornings.
2. Keep your doors and windows closed during the spring months to keep allergens out. An air purifier may also help.
3. Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.
4. Wash your hair after going outside, because the allergen can collect there.
5. Vacuum twice a week. Wear a mask, because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.

Source: <https://www.webmd.com/allergies/spring-allergies>

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