

# TBHS RECOVERY TODAY

TBHS Consumer Newsletter

October 2019

## A Win For Recovery!

Section 298, part of a state budget proposal that would have drastically changed the way public mental health services are funded, was fully eliminated from the FY 20 budget by Governor Gretchen Whitmer. This is a major win for advocates who believe going to the proposed for-profit system would have meant the largest cut to behavioral health services in Michigan's history.

*"I May Not Be  
There Yet, But  
I'm Closer Than I  
Was Yesterday"*

## Tuscola Peer Center Might Just Be The Place For You!

TPC offers many ways to get involved. From education and self help activities to exercise groups and plain old socializing, this place lets you be yourself and provides support. TPC is for past or present consumers of Tuscola Behavioral Health Systems.

**Located At:** 191 South State St. in Downtown Caro

**Hours of Operation:** Monday, Wednesday, Friday  
8:30 AM to 4:30 PM

## Newsletter Articles:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? TBHS 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!

I am a leaf. I am a leaf unsteady in the wind, so if you tell me that I'm losing, I am.

I am a car. I am a car, but I am not driving, and the course isn't clear, I am a car.

I am a rock. I am a rock thrown in the water with no arms to save myself from drowning, I am a rock.

I am gasoline. I am fuel for a fire with no flame nearby, I am stuck, I am gasoline.

I am a bridge. I am a bridge broken down with no way to the other ground, I am a bridge.

I am a book. I am a book opened once and then closed in disappointment, I am a book.

I am out of control. I am out of control with no mind to claim as my own, I am out of control.

It is a leaf. It is a leaf that is falling, landing deeper than before, it is a leaf.

It is a car. It is a car that is speeding or going too slow, destination unknown, it is a car.

It is a rock. It is a rock that is heavy, it sits on my chest, I can't breathe, it is a rock.

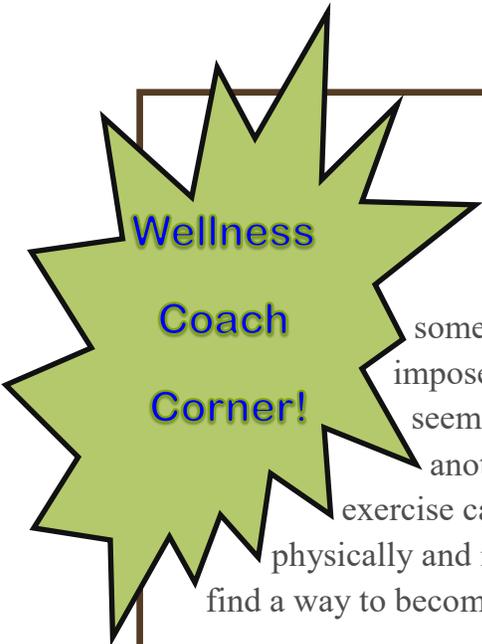
It is gasoline. It is gasoline that is spreading, explosion one flame away. It's consuming me, it is gasoline.

It is a bridge. It is a bridge that I stand underneath, it's blocking the sun and makes it hard to see, it is a bridge.

It is a book. It is a book with no words and my mouth fights to be heard, it is a book.

It has control. It envelopes me with power, it is swallowing me whole, it has control.

**By Jamie Walter**



Wellness  
Coach  
Corner!

## Exercising While Living with Mental Illness

### Kerenza Ryan—TBHS Peer Wellness Coach

Living with mental illness can get in the way of exercising sometimes. Symptoms and stigma (both self-imposed and society-imposed) can discourage the way we feel about exercising. It may seem like exercising takes more energy than we have or is just another goal we won't be able to accomplish. But studies show exercise can greatly benefit those living with mental illness both physically and mentally. So how do we get past the hurdles to exercise and find a way to become our best selves?

#### **Choose the time of day when you have the most energy.**

I don't think I could ever get up and exercise before work. Some days, I can barely get up for work. But in the evenings, a bit after dinner, seems like the perfect time for me. Choose the perfect time for you. Remember not to neglect a healthy sleep schedule, but find the time when you have the most energy and start small.

#### **Start small.**

It can be easy to set a goal of exercising five days a week for an hour at a time. But it's an easy goal to set and a hard goal to reach if you're not used to exercising. Perhaps you can't exercise every day, but maybe you can take the stairs instead of the elevator or stretch during TV commercials. Anything at all is better than nothing. If you're not sure how to work exercise in, contact me or your doctor, and either should be willing to figure out how to work it into your schedule.

#### **Team up with your doctor.**

Do you have any major health concerns, such as diabetes or high blood pressure? If you're not used to exercise, it may be smart to ask a doctor what can help you most. If you're worried it may not be safe for you, schedule an appointment with our wellness clinic, and we can help you decide what exercise you can and can't handle. In general, exercise helps most major illnesses. But if it hurts, you're probably going too hard.

Continue on next page...

## Exercising While Living with Mental Illness

### Aim for moderate exercise.

If you are doing easy exercise, you will be able to talk and sing. For moderate exercise, you should be able to talk but not sing. For intense exercise, you cannot talk or sing. Moderate exercise helps with weight control, building muscle, and improving bone density. It also has lower risk of injury than intense exercise. If you're not used to exercising, walking can be a good place to start, but it's important to find something you like—the more you enjoy it, the more likely you are to stick with it.

### Team up with friends.

Tell people you want to start exercising. Family, friends, people you live with, and the people at TBHS can be a good place to start. We'd love to be able to ask you how you are doing and find a way to support you in exercise. Want someone to exercise with? Caro Public Library has a walking group at 12:15pm on Tuesdays. Need a ride there? Contact me, Kerenza, at TBHS and I will be happy to pick you up and make sure there's a friendly face waiting to meet you.

Exercise can be a hard habit to start, but by following these tips and continually trying until you find something you like, you can start an exercise routine. I would be happy to help find one that fits you!

Did you know TBHS and Kan Do Creations are on Facebook? Stop by and give them a like!

At [www.tbhsonline.com](http://www.tbhsonline.com) check out the **Consumer Corner!** It's full of information and resources.

The TBHS consumer advisory council, **Peers for Peers**, is seeking new members. For more information contact Caleb or Michael at (989) 673-6191.

Mental Health First Aid **Youth: 10/24/19 Adult: 11/19/19** Contact Susan Holder to register (989) 673-6191.

# 10 Fun Fall Activities

1—Take a walk in the woods

2—Schedule a color tour

3- Press Leaves

4—Volunteer

5—Visit an Orchard  
Or Pumpkin Patch



6—Attend a bonfire  
(make s'mores)

7—Bake

8—Make Crafts

9—Rake Leaves

10—Find Your Way  
Through a Corn  
Maze!

**Remember!** Fall also brings Flu Season and there are things you can do to prevent the spread of the flu virus. Next to getting a flu vaccine, washing your hands may be the best prevention tactic. Rub your hands thoroughly with soap and warm water for at least 20 seconds. This is roughly the same amount of time it takes to sing the ABC's to yourself.





## Trees

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

BEECH  
CHERRY  
MAPLE

BIRCH  
DOGWOOD  
OAK  
SPRUCE

CEDAR  
FIR  
PINE



# PATIENT PORTAL

## Your Gateway to Better Health

We are pleased to announce that **Tuscola Behavioral Health Systems (TBHS)** has launched a new patient portal, **CEHR**. 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.



**COMMUNITY ELECTRONIC HEALTH RECORDS**  
Tuscola Behavioral Health Systems

# Easy Baked Salmon

Number of servings: 4

Total Prep Time: Under 15 minutes

Actual Cooking Time: Under 15 minutes

## Ingredients:

1 1/2 lbs fresh salmon fillet or steaks

1 tbsp butter

1/2 tsp dill

## Preparation:

Preheat oven to 500. Put fish on foil-lined baking sheet. Dot with butter and sprinkle with dill.

Bake 10 minutes for each inch of thickness. Salmon should be opaque but not dry.

## Cook's Notes:

Serve salmon with lemon wedges. Rice, your favorite green vegetable, and warm French bread with butter make this a family meal good enough for company.



## Contact Us

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

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(989) 673-6191

Visit TBHS on the web at  
[www.tbhsonline.com](http://www.tbhsonline.com)