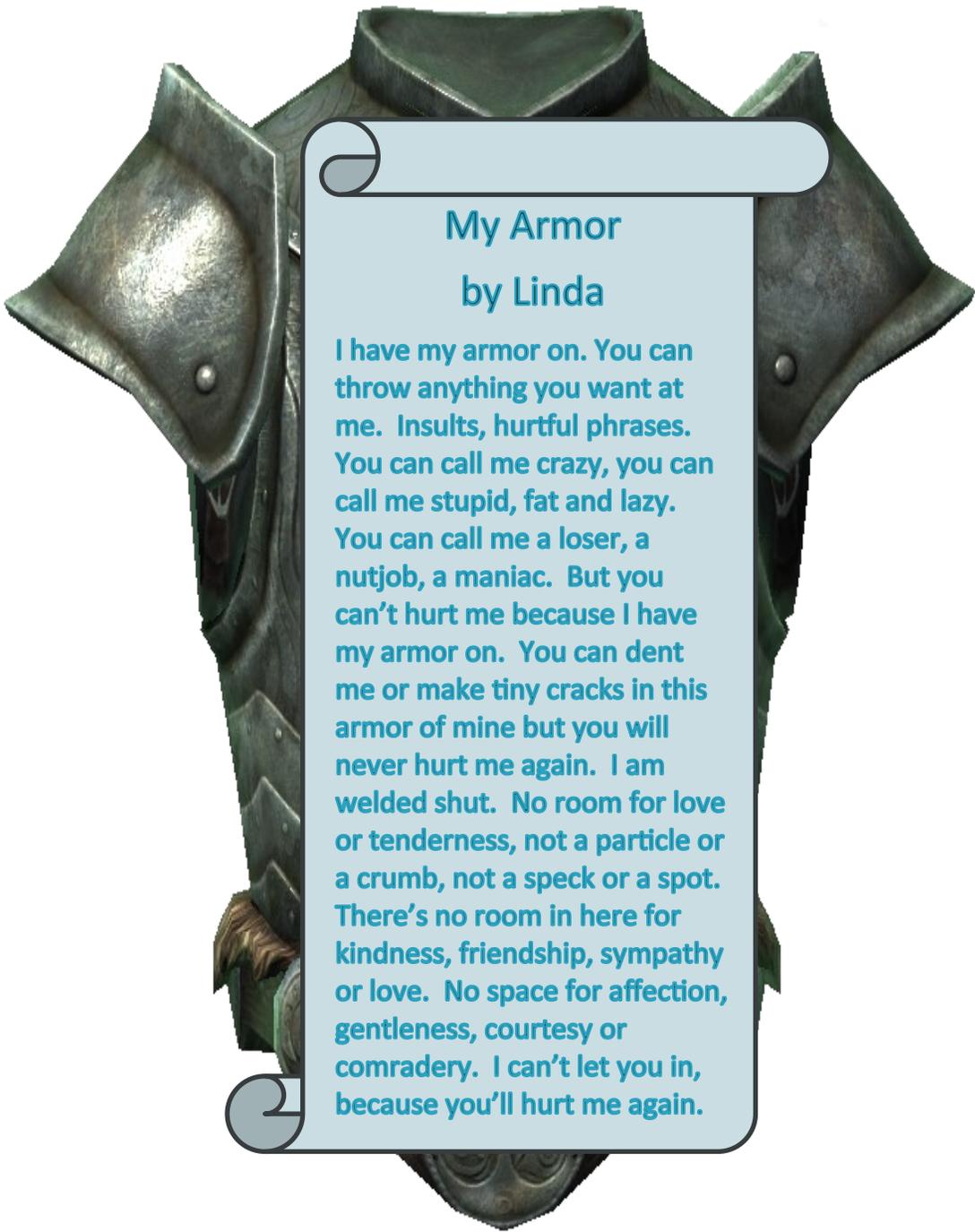


TBHS Recovery Today

TBHS Consumer Newsletter

January 2020



My Armor

by Linda

I have my armor on. You can throw anything you want at me. Insults, hurtful phrases. You can call me crazy, you can call me stupid, fat and lazy. You can call me a loser, a nutjob, a maniac. But you can't hurt me because I have my armor on. You can dent me or make tiny cracks in this armor of mine but you will never hurt me again. I am welded shut. No room for love or tenderness, not a particle or a crumb, not a speck or a spot. There's no room in here for kindness, friendship, sympathy or love. No space for affection, gentleness, courtesy or comradery. I can't let you in, because you'll hurt me again.

Newsletter

Submissions:

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!

Why *Mental Health First Aid* is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. *Mental Health First Aid* is a live training course, which uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

What *Mental Health First Aid* allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find mental health help?” Participants are introduced to local mental health professionals and resources, national organizations, support groups, and online tools for mental health and addictions treatment and support. **New - How to administer naloxone in the event of an opioid overdose.**

Anyone can take this FREE 8-hour course which is an evidence-based curriculum.

Take the course, save a life, strengthen your community.

Tuesday, February 11, 2020 8:30 a.m. - 5:00 p.m.

Tuscola Behavioral Health Systems (TBHS) Training Center

129 E. Burnside St., Caro, MI *Please use entrance #3 - Lunch is on your own.*

Register by emailing: tbhspublicinformation@tbhs.net

The Elephant in the Room is My Depression

There are things you do when you have depression, subtleties, things that you know you can pull off as happening for a hundred different reasons.

Like trying to make your voice an octave higher so people don't suspect that your soul is crushing.

Or trying extra hard to avoid eye contact so people don't confirm that your soul IS, in fact, crushing.

Like going to bed early because you "feel a cold coming on."

Like swallowing the lump in your throat with a prayer that the tears you're withholding are as unknown as your secrets.

Like claiming, "No, I'm not depressed, I'm just distracted; I'm sorry."

Or "Yes, I'm depressed but I'll be okay. It'll get better in a couple days."

Like bringing up literally anything to distract yourself and others from the quietness that is piercing your ears: "It sure was nice today," or "Do we still have that small suitcase?" or "My autocorrect has been acting up lately."

It's "I'm okay," when you're anything but.

It's whistling or humming, because you can't possibly be sad if you're doing either of those... right?

It's wanting to protect everyone else from your disaster while being immersed in it.

It's adding fake coughs with your sniffles so they don't suspect it's your spirit that is crying

It's deceitful but the protection it offers is tempting in the wilderness.

Author: Jamie Walter

MDHHS PUBLIC FORUMS: THE FUTURE OF BEHAVIORAL HEALTH IN MICHIGAN

Earlier this month, Michigan Department of Health and Human Services (MDHHS) Director Robert Gordon spoke to legislators about the MDHHS vision for the future of the state’s public behavioral health system. He spoke about the strengths of Michigan’s behavioral health system as well major challenges the system faces and the values we want to keep in the forefront as we move toward the future of behavioral health system reform. Director Gordon also reviewed key design elements of a future, improved system. In case you missed it, you can find the Director’s full remarks, slides, and supporting materials at www.Michigan.gov/futureofbehavioralhealth.

To continue the conversation, MDHHS is hosting public forums around the state to provide **individuals and families served** by our specialty behavioral health system a chance to ask questions and provide feedback on this vision for the future. MDHHS will host forums in early 2020, including in-person events and one virtual forum. All events will be hosted from 5:00-6:30 p.m.

Saginaw: January 30, 2020 from 5-6:30

Virtual Forum (TBHS Burnside Training Center): February 6, 2020 from 5-6:30

We hope these forums will be a valuable opportunity to hear from the most important stakeholders in our system—the people we serve.

**Book Review of Kevin Hines' Biography
"CRACKED NOT BROKEN: Surviving and
Thriving After a Suicide Attempt"**

By Mary Elizabeth Davis

Today is November 12, 2019. I have just finished reading Kevin Hines' biography in which he describes his personal struggle with mental illness and journey in recovery. I found so many parallels between Kevin's story and my own. Like Kevin, I have Bipolar Disorder. My first breakdown was in 1999 as well. I was a Sophomore at Michigan State University. My whole world came crashing down around me. Life as I knew it would never be the same.

I have had more hospital stays than Kevin in attempts to save myself from suicide and/or get my medications stabilized. It has taken me a long time to get on a track toward recovery. Nevertheless, each time I have been knocked down by my Bipolar Disorder I have found a way through the dark tunnels and back to the light. As Kevin says in his book, 'Keep On Keepin' On.' I can honestly say that is what I am doing each day of my life, one day at a time. In the fall of 1998 I attended MSU to become a Special Education teacher for the Deaf. Because of my mental health challenges I have yet to realize this goal. However, like Kevin, I never gave up hope. Then, just recently, I was informed of an opportunity to work with a literacy program in a nearby school system. Kevin says that everyone has a purpose. I believe this 100%. I believe my purpose is to help people learn to read. Praise God for opening a door!

In his book Kevin repeatedly talks about having a set schedule and sticking to it. I have learned this lesson the hard way. When I have a set schedule and something productive to do I am happy and mentally well. However when I do not have a set routine I excessively sleep. This often leads to deep depression and suicidal thinking and planning. I have learned many useful skills to combat suicidal thinking through therapies like Dialectical Behavior Therapy (DBT). Thank you! TBHS for providing it.

I had the opportunity to hear Kevin Hines speak in Caro, MI when he came for his first visit to the area. I still sincerely recommend that you read his book because he shares his story in greater detail. He also offers resource information and tools that have helped him like having a mental health binder that contains information about what should be done if you are in a mental health emergency.

Kevin Hines, thank you for being a mental health advocate and sharing your story. By doing so you save countless lives. You have helped me immensely by letting me know that I am not alone. Millions of people live with mental illness and help is available.

If you want to read Kevin Hines' biography, it is called **CRACKED NOT BROKEN: Surviving and Thriving After a Suicide Attempt**. I believe it is a must-read. Check it out from the **CARO AREA DISTRICT LIBRARY**. You can find it in the biography section under **B Hines**.

A YOUTH you may know, could be experiencing a mental health issue or a mental health crisis. Do you know what to do and what resources are available?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. It is an 8 hour public education program.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD).

Participants do not learn to diagnose, or how to provide any therapy or counseling.

Anyone can take the **FREE** YOUTH Mental Health First Aid course. *Take the course, save a life, strengthen your community.*

Hosted by Tuscola Behavioral Health Systems (TBHS)

TWO SESSIONS - February 3 and 10, 2020 8:30 am - 12:30 pm *(must attend both sessions)*

**Tuscola Behavioral Health Systems Training Center 129 E. Burnside St.,
Caro -entrance #3**

State Continuing Education 7 Clock Hours (SCECHS) have been requested for educators in attendance.

Register by contacting the Marketing/Training Department 989.673.6191 or by email at: tbhspublicinformation@tbhs.net

Should I Cut Out Carbs/Sugar/Salt?

Kerenza Ryan - Peer Wellness Coach (989)673-6191 ex. 3067



Many fad diets suggest removing carbs, sugar, or salt completely, saying they go straight to the hips or stomach. But are there parts of our diet we should cut completely? If you never eat dessert again, won't you lose weight?

There is a difference between limiting something and cutting it out. Our bodies need many different things to survive, and chances are if you're cutting out a major natural food ingredient, that's one of the things we need. So how can we limit things in a way that is healthy and still lets us enjoy life?

Less is more. Try lowering your amounts of these rather than cutting them out. This means instead of never adding salt, add it to cooked food rather than while you're cooking, and you'll add less. Spices instead of salt is even better. If you go to a restaurant, get a box before you start eating and put half the meal in there immediately.

Get the good stuff. Craving sugar but trying to shed pounds? Try fruit instead of pop. I find golden crisp apples especially sweet. Whole grains are better than white and can be a good source of fiber. If you need a few pieces of bread but not a whole loaf, freeze the rest so that you're not throwing it away or feeling pressured to eat it all.

Allow some leeway. You can't cut out all sugar forever, and if you do it for a while you may gorge on it when you're allowed to eat it again. If instead you slowly limit your intake, setting reasonable goals than don't make you feel like you're missing out, you'll start to crave it less. Like most changes, it may be easier to do it gradually.

Read the nutrition labels. Did your doctor tell you to watch your salt intake or limit sugary drinks? Don't assume just because the packaging says "low sodium" that there's no salt in it. Checking the nutrition label gets you the truth behind the advertising and puts the power back in your hands. Not sure what you need to watch out for or how to read the label? Contact me or your doctor and we will be happy to help.

Don't fall for fads. Any diet suggesting you'll lose more than two pounds a week should not be trusted. One to two pounds a week is a safe and reasonable amount of weight loss which can make a big difference over time. Watch for anything having you stop certain foods completely or anything that you wouldn't be able to keep up over a long period of time. A good place to start is recording everything you eat. Sometimes, knowing that you'll have a donut on your calendar all month is enough to stop you from eating it. If you feel you need more help with willpower or don't know what you should and shouldn't eat, reach out to me. I'm here to help you.

We can do this, together. Reach out if you need assistance (my number is above), and take it slow. One day at a time.

CENSUS 101

What is a census and why is it important?

Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The decennial census was first taken in 1790, as mandated by the [Constitution](#). It counts our population and households, providing the basis for [reapportioning congressional seats](#), redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs — impacting housing, education, transportation, employment, health care and public policy.

HOW THE CENSUS BENEFITS YOUR COMMUNITY

Federal funds, grants and support to states, counties and communities are based on population totals and breakdowns by sex, age, race and other factors. Your community benefits the most when the census counts everyone. People in your community use census data in all kinds of ways, such as these:

Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy.

Businesses use Census Bureau data to decide where to build factories, offices and stores, and these create jobs.

Local government officials use the census to ensure public safety and plan new schools and hospitals.

Real estate developers and city planners use the census to plan new homes and improve neighborhoods.

The [next census](#) is coming in 2020. Counting an increasingly diverse and growing population is a massive undertaking. It requires years of planning and the support of thousands of people.

Ultimately, the success of the census depends on everyone's participation. The Census Bureau depends on cross-sector collaborations with organizations and individuals to get people to participate.

The 2020 Census is important for you and your community, and you can help.

Source: <https://www.census.gov/>

How (and Why) to Exercise During a Panic Attack

Why would I suggest exercise during a panic attack?

A panic attack is a triggering of excess adrenaline. Exercising uses adrenaline.

Many people exercise without realizing it by pacing—making it focused, purposeful exercise can give back some control.

Exercise regulates your breathing and can get you back to breathing patterns that make you feel comfortable.

Exercise gives your heart a reason to race and your palms a reason to be sweaty. This can trick your mind into thinking this is all normal and help you calm down faster.

How to exercise during a panic attack:

Walking and Running

Know where you are. Sometimes during panic attacks, it can feel easy to just go—that's your flight response. You don't want to get lost, as that can make the anxiety worse.

Don't go too far. Once the panic attack ends you will likely be very tired. You don't want to have to drag yourself back three miles after that. If you live in a neighborhood, going in and around streets can get you distance without getting you far from the house.

Tell someone you're going. You're in a vulnerable state. If you are going to leave the area, someone should know where you are. The next is even better.

Bring someone with you. If you're unfamiliar with the area, it's dark, it's unsafe, or you just have that feeling that you are out of control having someone with you can ease anxieties and most importantly keep you safe.

Pacing is totally acceptable. Don't know where you are, don't have anyone to warn, or don't feel safe? Pacing is a great way to get some of that energy out but stay in the comfort of your current environment.

CONTINUE ON NEXT PAGE...

Other Exercises

Do your hands shake? Stretching them out can be helpful.

Often people try stretching to ease some of the tension in their muscles.

Jumping jacks or stairs can feel more focused than pacing but still keep you in your current location.

Shake your whole body out. Sometimes just doing something that releases some tension, like purposely shaking your body, can help calm you physically and mentally.

Some Things to Keep in Mind

Now probably isn't a good time to lift weights. Many people shake or get sweaty.

Stay safe. A good question is would I feel comfortable with a close friend doing this if they were in this state.

If it hurts, don't do it. Now's not the time to push yourself. This is about calming down more than anything.

This counts towards exercise goals. Pacing counts as walking, stretching your hands can count as muscle exercises. Any exercise counts. That also means if you record your exercise be sure to record this!

Good luck! If you have any questions my name is Kerenza and my number is (989) 673-6191 ex. 3067.

Issue

January

2020

michigan updates



Provide these 3 steps to anyone that receives a suspicious call:

Hang up.

Do not provide personal information, money or retail gift cards.

Report the suspicious call at: oig.ssa.gov

For more information, click on the red banner at the top of the home page:

www.ssa.gov



Produced at U.S. taxpayer expense

A Social Security Newsletter highlighting Social Security Disability (SSDI) and Supplemental Security Income (SSI)

Inspector General Warns Public About New Twist To Social Security Phone Scams

The Inspector General of Social Security, Gail S. Ennis, is warning the public that telephone scammers may send fake documents by email to convince victims to comply with their demands. The Social Security Administration Office of the Inspector General (OIG) has received reports of victims receiving emails with attached letters and reports that appear to be from Social Security or Social Security OIG. The letters may use official letterhead and government “jargon” to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

This is the latest variation on Social Security phone scams, which continue to be widespread throughout the United States. Using robocalls or live callers, fraudsters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits. They may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

Inspector General Ennis urges continued vigilance against all types of phone scams no matter what “proof” callers may offer. As we continue to increase public awareness of phone scams, criminals will come up with new ways to convince people of their legitimacy. Social Security will never:

- threaten you with arrest or other legal action unless you immediately pay a fine or fee;

Inspector General Warning Message cont.

- promise a benefit increase or other assistance in exchange for payment;
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card; or
- send official letters or reports containing personally identifiable information via email.

If there is ever a problem with your Social Security number or record, in most cases Social Security will mail you a letter. If you do need to submit payments to Social Security, the agency will send a letter with instructions and payment options. You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.

If you receive a call or email that you believe to be suspicious, about a problem with your Social Security number or account, hang up or do not respond. We encourage the public to report Social Security phone scams using our dedicated online form, at <https://oig.ssa.gov>. Please share this information with your friends and family, to help spread awareness about phone scams. *For more information, please visit <https://oig.ssa.gov/scam>.*

Learn About Marijuana Risks



Taken from SAMHSA (Substance Abuse and Mental Health Services Administration) website

Know the Risks of Marijuana

Marijuana use comes with real risks that can impact a person's health and life.

Marijuana is the most commonly used illegal substance in the U.S. and its use is growing. Marijuana use among all adult age groups, both sexes, and pregnant women is going up. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

But there are real risks for people who use marijuana, especially youth and young adults, and women who are pregnant or nursing. Today's marijuana is stronger than ever before. People can and do become addicted to marijuana.

"Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6."

Know the risks before you use.

Marijuana Risks

Marijuana use can have negative and long-term effects:



Brain health: Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.



Mental health: Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.



Athletic Performance: Research shows that marijuana affects timing, movement, and coordination, which can harm athletic performance.



Driving: People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.



Baby's health and development: [Marijuana use during pregnancy](#) may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function.

Learn About Marijuana Risks



Tetrahydrocannabinol (THC) and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.



Daily life: Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

Marijuana Addiction

Contrary to popular belief, marijuana is addictive. Research shows that:

- 1-in-6 people who start using the drug before the age of 18 can become addicted.
- 1-in-10 adults who use the drug can become addicted.

Over the past few decades, the amount of THC in marijuana has steadily climbed; today's marijuana has three times the concentration of THC compared to 25 years ago. The higher the THC amount, the stronger the effects on the brain—likely contributing to increased rates of marijuana-related emergency room visits. While there is no research yet on how higher potency affects the long-term risks of marijuana use, more THC is likely to lead to higher rates of dependency and addiction.

About Marijuana

Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. Marijuana is a psychoactive

drug that contains close to 500 chemicals, including THC, a mind-altering compound that causes harmful health effects.

People smoke marijuana in hand-rolled cigarettes, in pipes or water pipes, in blunts, and by using vaporizers that pull THC from the marijuana. Marijuana can also be mixed in food (edibles), such as brownies, cookies, and candy, or brewed as a tea. People also smoke or eat different forms of marijuana extracts, which deliver a large amount of THC and can be potentially more dangerous.

Rise of Marijuana Use

Today, marijuana use is on the rise among all adult age groups, both sexes, and pregnant women. People ages 18-25 have the highest rate of use.

Marijuana and THC remain illegal at the federal level, even though many states have legalized its use. In states where legal, marijuana is a fast-growing industry with sales to individuals over 21 in retail stores, wineries, breweries, coffee shops, dispensaries, online, as well as grown at home.

Need Help?

If you, or someone you know, needs help with a substance use disorder, including marijuana use, call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use [SAMHSA's Behavioral Health Treatment Services Locator](#) to get help.



COLORS



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| CHESTNUT | MELON | RED | WHITE |
| DANDELION | ORANGE | SALMON | YELLOW |



ART CONTEST

Artists may submit up to two entries of two – dimensional art such as oil, acrylics, watercolor, pastels, pen and ink, drawings, photography, and fabric; artwork must be no taller and wider than 36 inches; no sculptures please. Winners will be selected on overall artistic appeal.

Who : Any individual receiving services through one of the Community Mental Health Service Providers; no age limit.

What: A regional art contest presented by TBHS in conjunction with the Community Mental Health Association (CMHA). The top winner will become part of the state traveling art show, “Creative Minds...Changing Minds.”

When: Art Contest Deadline is February 14, 2020

Where: Entries may be submitted to TBHS at any Location – attention S. Holder. Consent forms will be requested to be signed and can be located at www.tbhsonline.com.



A police department in Maine is warning people not to abbreviate 2020 in official forms.

It may be a time saver, but it could be a costly mistake.

A Facebook Post from the East Millinocket Police Department warns that doing so could open the doors to fraud.

Officials say dating documents or checks with “20” makes it easy for scammers to change the date.

For example, someone could alter your “20” to say 2019, and then claim you’re late on payments or not meeting an obligation.

Officials advise writing out the whole year, 2020.

Source: CNN

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

And Be Sure To Visit

TBHS on the web at

www.tbhsonline.com