

# TBHS RECOVERY TODAY

TBHS Consumer Newsletter

September 2018



## FAVORITE FRUITS



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| AVOCADO   | FIG        | MANGO     | PINEAPPLE  |
| BANANA    | GRAPE      | MELON     | RASPBERRY  |
| BLUEBERRY | GUAVA      | NECTARINE | STRAWBERRY |
| CHERRY    | KIWI       | ORANGE    | WATERMELON |

## To Whom It May Concern,

I see you and I know you see me too. We don't speak. We keep our heads down, either seemingly captivated by something on our mobile device or hanging our heads in sorrow, shame or exhaustion.

Why are we here? We are butterflies of the same cocoon. The cocoon of mental health concerns. The same way soldiers share their battles and victories, so shall we share our wounds and our triumphs. We are one and the same. We may not look the same when we enter this seemingly dark, underground combat zone. But when we emerge, lightened of some of our burdens, we each wear a colorful cloak of peace and maybe even a dash of optimism. A faint smile here, a problem corrected there, we each shine a little brighter because we have been supported and guided by selfless people whose passion is to see someone who suffers to find a little relief.

We must view mental health with a non-judgmental stance (thank you Owen) if we are to emerge from these battles with as few scars as possible. Mental health is conducive to good health in general. Every battle we face; be it anxiety, depression, mania, psychosis, is one step closer to a healthier, happier you.

Yes, you. I see you. You with your head raised a little higher today. With a small smile and a gentle wave, I acknowledge your battle and your triumph over adversity. Keep your head held high...every step forward is one leading to another chapter of your beautiful life.

With deep gratitude to all the selfless people at Tuscola Behavioral Health who have helped us to stand a little taller and hold our heads a little higher!

Linda

## How to Address Conflict

Conflict resolution is probably the biggest issue we have in our society when dealing with our relationships with others. I am not an expert on this topic. If you would like help there are classes that are offered for this if you look around. I do have a few pointers to help with conflict resolution which you could consider using.

The first method is addressing the individual with whom you have the conflict. There are three main ways to do this. I will give the best to the least best way of resolving conflict. The absolute best way is to personally bring the issue to the person one on one. If you can help it, avoid bringing in a third party. As a matter of fact it is better to let go of the issue than to bring in a third party.

For some people addressing someone one to one is very difficult. So if you must bring in a third party, be present when the issue is addressed. Try to make sure the third party is unbiased and acts only as a mediator.

The third and least best thing to do is to send someone else to deal with the problem. I understand that is the best some people can do but be aware that this method could cause more problems.

The next thing is how you address the issue. The preferred way is to remain calm and not allow yourself to become angry. Speak softly and make sure you listen closely to the person with whom you have the issue.

Remember the other person may have issues with you. So be willing to accept what they have to say and be willing to make changes in yourself in order to resolve the issue.

There is much more that can be said about this but I would like you to consider these few things as they could be beneficial to you.

**Article by Anthony**

**Inspired by My Guru**

# “The Benefits of Laughter”



*Taken from Helpguide.org*

- Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- Laughter burns calories.** OK, so it’s no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.
- Laughter lightens anger’s heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don’t laugh as much. The difference was particularly notable for those battling cancer.

laugh

## Upcoming Events

September 24<sup>th</sup> – Adult Mental Health First Aid 8:30-5:00 129 E. Burnside Caro, MI (Contact Susan Holder to Register 989 673-6191)

November 2<sup>nd</sup> – Youth Mental Health First Aid 8:30-5:00 129 E. Burnside Caro, MI (Contact Susan Holder to Register 989 673-6191)

December 6<sup>th</sup> — Peers for Peers (Consumer Advisory Council)  
Contact Caleb Mann or Michael Swathwood 989 673-6191

Every Wednesday — Spoonfuls of Plenty (Free Community Meal)  
3:30-6:00p.m. at the Leeroy Clark Center 435 Green St. in Caro

## Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. Vaccination is particularly important for people who are at high risk of serious complications from influenza.

Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccine also has been shown to be life-saving in children. In fact, a 2017 study showed that flu vaccination can significantly reduce a child's risk of dying from flu.

Different flu vaccines are approved for use in different groups of people. There are flu shots approved for use in children as young as 6 months of age and flu shots approved for use in adults 65 years and older. Flu shots also are recommended for use in pregnant women and people with chronic health conditions. The nasal spray flu vaccine is approved for use in non-pregnant individuals, 2 years through 49 years of age. People with some medical conditions should not receive the nasal spray flu vaccine.

There are many vaccine options to choose from. CDC does not recommend one flu vaccine over another. The most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

## Where can you to get 2018/2019 flu vaccine?

Check with your local pharmacy, healthcare provider or local health department for vaccine availability and to see if your insurance will cover this year's flu vaccine. Some Medicaid and Medicare plans provide 100% coverage for the vaccine on a yearly basis.

## Sharing is Caring!

Did you know that through sharing your strength, experience and hope you could be the ray of light that inspires others to recover? Also, by sharing a favorite recipe you could inspire people to try new things! Or your favorite inspirational quote could be the single push someone needs to make it through the day! To share your writing, art work, poetry, etc., talk to your therapist or case worker.

Those who submit articles for TBHS Recovery Today are entered in a drawing to win a \$10 Walmart gift card!

## Immunization records now available online for Medicaid beneficiaries through myHealthPortal and myHealthButton

Medicaid beneficiaries can now access their immunization records both online and via a mobile app, the Michigan Department of Health and Human Services (MDHHS) announced today. Research has shown that engaging individuals in their own healthcare can lead to healthier behaviors and better health outcomes. To help empower Michigan residents in managing their own health, MDHHS has made it possible for Medicaid, Healthy Michigan Plan and MICHild beneficiaries to download and view immunization records available from the Michigan Care Improvement Registry (MCIR). Prior to this enhancement, beneficiaries had to contact their primary healthcare provider or local health department in order to get their immunization information. Through the web application myHealthPortal and mobile app myHealthButton, they will now be able to view their immunization history online, download a copy of their record and even determine recommended immunizations. “MDHHS continues to explore and implement innovative ways for Michigan citizens to obtain their health information directly,” said Eden Wells, MDHHS chief medical officer. “Having secure access to our health information, including our immunization records, allows us to better work with our physicians on improving our health.” MDHHS and MCIR are continuing work to make immunization information more easily available to all Michigan residents. Both the online portal and the mobile app require users to provide information to protect the health privacy of residents and ensure that access is given to the correct beneficiaries.

Current Medicaid, Healthy Michigan Plan, MICHild and Children’s Special Healthcare Services members can create myHealthPortal or myHealthButton accounts at <https://myHB.state.mi.us>.

# PEER WELLNESS COACH CORNER

## Your Best Shot is the Flu Shot

With fall approaching, it is a sure bet that cold and flu season will soon follow bringing the risk of flu illness. Some people will only be mildly sick or miserable for a few days, but for some, flu can be very serious and may even result in hospitalization or death. The CDC estimates the flu has caused between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually in the United States since 2010. Some people are at higher risk of serious flu illness. What is the best way to protect yourself and your loved ones from flu? Get a flu shot!

We have stated above that flu illness can be serious and that flu vaccine can prevent illness. There are other misconceptions that discourage people from getting vaccinated. To clear those up:

1. A flu vaccine cannot give you the flu. The most common side effects from a flu shot are soreness, redness and/or swelling where the shot was given, fever, and/or muscle aches. These side effects are NOT flu. If you do experience side effects, they are usually mild and short-lived, especially when compared to symptoms from a bad case of flu.
2. Flu vaccines are among the safest medical products in use.

## Reasons to Get a Flu Shot

While how well the flu vaccine works can vary year to year depending on the season, there are many reasons to get a flu vaccine every year.

1. Flu vaccination can keep you from getting sick from flu.
2. Getting vaccinated yourself can protect people around you who may be more vulnerable to flu. (See full list of people at high risk of serious flu complications)
3. Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
4. Vaccination helps protect women during pregnancy and their babies for several months after they are born.

Flu vaccine can be life-saving. In 2017, a [study in the journal Pediatrics](#) was the first of its kind to show that flu vaccination also significantly reduced a child's risk of dying from influenza.

While some people who get a vaccine may still get sick, there is data that suggests flu vaccination may make your illness milder if you do get sick.

## Contact Us

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