

# TBHS Recovery Today

TBHS Consumer Newsletter

July 2020

## COMING SOON!

A regularly scheduled virtual meeting designed for ALL service recipients of Tuscola Behavioral Health Systems. These virtual gatherings aim to provide another safe channel for support and education. Meetings will occur through the Zoom app. We are looking to kick off in August.

Looking forward to seeing you!



PERSEVERE

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!

## ***Mental Health Resources - MDHHS -***

If you're feeling emotional distress caused by COVID-19, help is near. This page offers many ways you can connect to emotional-support services without leaving home.

***Crisis Mental Health Support text RESTORE to 741741***

***Healthcare Provider Support Line 1-888-910-1636***

### ***Headspace web service***

A collection of meditation, sleep and movement exercises designed to help keep a strong and healthy mind. FREE to Michiganders (normally a paid service).

Visit: [headspace.com/mi](https://www.headspace.com/mi)

### ***Michigan PEER Warmline***

Staffed by peer support specialists, the warmline is for those living with serious mental health and/or substance use challenges. Provides resource referral and shared experience of recovery and hope.

Call: 1-888-PEER-753 (888-733-7753)

### ***National Disaster Distress Helpline***

Offers 24/7 crisis counseling and support to people experiencing emotional distress. Call: 1-800-985-5950 Text: 66746

### ***National Suicide Prevention Lifeline***

Provides free and confidential support 24/7 to anyone in suicidal crisis or emotional distress. Call: 1-800-273-8255 Visit: [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

### ***MDHHS COVID-19 Hotline and Email Response***

Dedicated to addressing questions about COVID-19 illness, executive orders and various related issues.

## Reconnecting by Caleb Mann

Many who have coped with mental illness can relate to each other when it comes to symptoms. By talking with peers, I found out a long time ago there are people out there who have dealt with problems just like mine. But early on it was difficult to have insight into problems that were totally unfamiliar. I had to learn as I go, and some of those early lessons I keep to this day.

Coping with schizophrenia in the early days is mostly a haze to me, my memory is of feeling confused and misplaced. There were moments when I couldn't remember my name, who my siblings were, and struggled to put enough thought together to accomplish tying my own shoes. It took some patience and time, different tries at medication, then some of my faculties returned and I was able to do more. Still I also had to learn how to enjoy things again. The impact of the illness shattered not just my day to day routine, but it also clouded the future and changed a lot of peoples expectations. What finally began working for me was connecting to something in the world that I had known in the past. It was a small step and could even seem like waste of time to many folks. But it was the start of something that led to a lot more and as people we know sometimes the hardest thing is just getting started.

I was in either a Wal mart or Meijer store with my Mom, about a month after my first hospitalization. From working I still had a little money saved and my Mom encouraged me to get something to occupy my time at home. A lot of my time outside of school for the previous 2 years was spent working so the hobbies I had in my adolescence were just a memory. But prior to that at age 14 I was deep into a game called NBA Live '96. It showcased the real-life players and tracked stats through playing an entire season. For the time it was groundbreaking and being a huge basketball fan my 14-year-old self must have spent 60-80 hours playing that game. Four years later I picked up the year 2000 version with superstar Tim Duncan on the cover, just to see if a past activity might ease some of the mental pressure.

The experience was not the same but redeeming in other ways. While I didn't love the NBA as much nor was I interested in the statistics, I found other things in the game to focus on. I would run fantasy drafts and see how good of a team I could come up with. I created 12 unique players and won the championship with them. Eventually I took interest back into the real-life league, watching NBA games and bonding over it with family and friends. So as they say, "one thing leads to another." That initial spark can be hard to manufacture but the good thing is it can come from a great many different sources.

At times I remind myself of this experience. A tiny pique of interest opens your eyes to opportunities. Then by some combination of support and empowerment you're ready to take a risk. I might fall behind on housework and think 'OK, where can I just get started?' If I can commit to making a single small step like running dishwasher or putting dirty clothes in the hamper it always leads to a bigger effort. I hope you can take inspiration from my story or at least relate to some of what I've said. Just remember, you have the tools even if it takes someone else to point them out. You can make your life into what you want. Hang in there until your passion returns because eventually it will.

During this stressful time, Saginaw County Community Mental Health Authority is offering myStrength to you or to share with others. myStrength is a free and confidential mobile based application that provides updated content, personally tailored to support to adults and families and children with a wide array of resources to support overall mental health and wellness. myStrength is an evidenced based application that provides a variety of resources from videos to self-paced coaching for depression, anxiety, substance use disorder, healthy living and recovery, to name a few. Most recently they have added content specific to COVID 19.

You can check out myStrength here <https://mystrength.com/mobile>

Below is a screen shot and example of the myStrength homepage where you will find a link directly to COVID-19 resources.

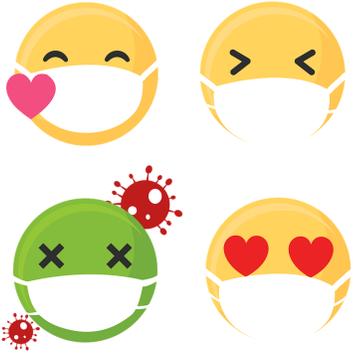
If you would like to sign up to access your confidential sign on to myStrength account please do so by [clicking this link](#) and at the question that asks for your access code, type SAGINAW.

## myStrength Specific COVID-19 Resources

The screenshot shows the myStrength homepage. At the top, there is a navigation bar with the myStrength logo, a dropdown menu for "Today's Focus: Nicotine Recovery", and buttons for "SEARCH", "GET HELP", and "LOG OUT". A red arrow points to a yellow banner that reads "Learn strategies for coping with stress with our new [COVID-19 resources](#)." Below this banner is a large blue section titled "What would you like to do, Bo?" with two options: "Guide Me Nicotine Recovery" with a "Get Started" button, and "Discover Something New" with a "Search" button. At the bottom, there is a quote: "Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it's a cha-cha." by ROBERT BRAULT. The myStrength logo and tagline "The health club for your mind™" are in the bottom left corner.

The screenshot shows the myStrength homepage with a different focus. The navigation bar is the same, but the dropdown menu now says "Today's Focus: Moving Beyond Trauma". Below the banner, there are three cards: "Track your health", "Create goals and habits", and "Improve your sleep". A "Popular Activities" section is visible, featuring three cards: "Inner Calm in Turbulent Times", "Finding Calm Through Your Breath", and "Improve the Moment". The myStrength logo and tagline are in the bottom left corner. The browser address bar shows "https://app.mystrength.com/v/".

# **HEALTH FIRST**



***FOR THE  
HEALTH AND  
SAFETY OF ALL  
INDIVIDUALS SERVED  
BY TBHS AND  
TBHS STAFF A FACE  
MASK IS REQUIRED THE  
ENTIRE TIME A PERSON  
IS IN THE BUILDING.***

***Thank you for caring for others!***

# CARF 2020

## **What is CARF?**

CARF (Commission on Accreditation of Rehabilitation Facilities) International was established in 1966 and is an independent, nonprofit accreditor of health and human services. Through accreditation, CARF assists service providers to improve the quality of their services and impact outcomes for persons served.

## **What is accreditation and why does it matter?**

Accreditation is an impartial and independent review with a more global scope than what licensing or certification can provide. Accreditation is evidence that our organization strives to improve efficiency, fiscal health, and service delivery—creating a foundation for continuous quality improvement and consumer satisfaction. CARF accreditation is a continuous quality improvement process where peers apply internationally-recognized standards to our organization’s programs/services through a consultative on-site survey. Accreditation addresses stakeholder needs for accountability in efficiency, fiscal health, outcomes of services, and satisfaction with services and our organization.

## **Benefits of CARF accreditation:**

- Business strategy
- Continuous quality improvement
- Service excellence
- Competitive differentiation
- Risk management
- Accountability and transparency

## **Coming Soon**

Our last accreditation was in October of 2017 and will expire in October of 2020. CARF will be here in the fall of 2020 to complete a resurvey. More details and information to come.

## Deciding To Go Out

### What you need to know

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.

Keep these items on hand when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.

As communities and businesses are opening, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19. As a reminder, if you have COVID-19, have symptoms consistent with COVID-19, or have been in close contact with someone who has COVID-19, it is important to stay home and away from other people. When you can leave home and be around others depends on different factors for different situations. Follow CDC's recommendations for your circumstances.

In general, **the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.** So, think about:

How many *people* will you interact with?

Interacting with *more people* raises your risk.

Being in a group with people who aren't social distancing or wearing cloth face coverings increases your risk.

Engaging with new people (e.g., those who don't live with you) also raises your risk.

Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of *space* between you and others? Will you be outdoors or indoors?

The *closer* you are to other people who may be infected, the greater your risk of getting sick.

Keeping distance from other people is especially important for people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions.

Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.

What's the length of *time* that you will be interacting with people?

Spending *more time* with people who may be infected increases your risk of becoming infected.

Spending more time with people increases *their* risk of becoming infected if there is any chance that you may already be infected.

Continue on Next Page...

Is it safe to do activities?

The risk of an activity depends on many factors, such as:

- Is COVID-19 spreading in your community?
- Will you have a potential close contact with someone who is sick or anyone who is not wearing a face covering (and may be asymptomatic)?
- Are you at increased risk of severe illness?

Do you take everyday actions to protect yourself from COVID-19?

CDC cannot provide the specific risk level for every activity in every community. That's why it's important for you to consider your own personal situation and the risk for you, your family, and your community before venturing out.

What activities are safer?

Activities are safer if you can maintain at least 6 feet of space between you and others, because COVID-19 spreads easier between people who are within 6 feet of each other. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky than outdoor spaces. Interacting without wearing cloth face coverings also increases your risk.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html>

## The Importance of Water

Water makes up about 60 percent of your body weight. Every cell, tissue and organ in your body needs water to work properly. Water gets rid of wastes through urination, perspiration and bowel movements, water keeps your temperature normal, and water lubricates and cushions your joints. Water is also critical for your heart health. Your heart is constantly working, pumping about 2,000 gallons of blood a day. By staying hydrated – that is, by drinking more water than you are losing – you are helping your heart do its job.

To prevent dehydration and to make sure your body has the fluids it needs, get in the habit of drinking a glass of water first thing in the morning, a glass of water with each meal and a few more glasses of water throughout the day. Also drink proactively, especially before, during and after exercise, on long airplane flights and in hot weather.

Caffeinated drinks, such as coffee and soda, can contribute to your daily water intake, but the caffeine acts as a diuretic and can cause you to lose more fluids, and excess sugar can inhibit the body from absorbing water. Alcoholic drinks are also a diuretic. When drinking alcoholic beverages, be sure to drink plenty of water.

Water is your body's principal chemical component. For good heart and overall health it is important to remember to drink plenty of fluids and stay hydrated.

## Beware of Social Security Phone Scams

Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at [www.youtube.com/socialsecurity](http://www.youtube.com/socialsecurity) .

Social Security employees do occasionally contact people--generally those who have ongoing business with the agency--by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

Tell you that your Social Security number has been suspended.

Contact you to demand an immediate payment.

Ask you for credit or debit card numbers over the phone.

Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.

Demand that you pay a Social Security debt without the ability to appeal the amount you owe.

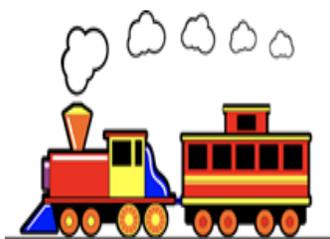
Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.



# TRANSP<sup>ORTATION</sup>

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



BIKE  
 BOAT  
 BUS  
 CAR  
 HELICOPTER  
 HORSE

MOTORCYCLE  
 PLANE  
 SNOWMOBILE  
 SUBWAY

TAXI  
 TRAIN  
 TRAM  
 TROLLEY  
 WALK

# Mental Health Coping and Coronavirus

Since the coronavirus has taken center stage, we see that it can severely impact an individual's mental health. Symptoms can get worse based on an increase in loneliness and isolation as well as the anxiety of contracting the disease. Still, there are ways to cope. Recognizing and acting on mental distress can dramatically lessen the impact during these uncertain times.

Knowing about different mental health implications can help us understand more and improve our response to the stress caused by this pandemic. So, watch out for **excessive worry or anxiety, obsessions, loneliness, and traumatic stress**. Catching these stressors in their early stages will help us keep insight on how to deal with them.

## What Can I Do?

**Be mindful of your news consumption.** Limit your sources. Rely on just one or two reliable sources for news. The Center for Disease Control (CDC) is a great resource for updates and precautions. You can also practice acceptance. Accept the news coverage will not answer all your questions or address all your worries. Trust that officials and the medical community are doing their best to address the situation.

**Learn** about coronavirus precautions and prevention measures. Plan for your household needs such as a shopping list or a pharmacy list. It may also help to develop an emergency plan, especially for elderly members of the family.

**Stay connected** with friends and family by Skype, Facetime, email, messenger and text, especially those who may be isolated. Be ready to listen to their concerns and share yours.

**Take care of yourself.** Make your health a priority during this time. The critical self-care activities are sleep, physical exercise and a healthy diet. Address forms of stress by way of journaling, going for walks or calling a loved one.

It is natural to experience stress and anxiety, especially in a time that is so uncertain. Fortunately, there are many ways to cope with the strains on our mental health. Perhaps we can even emerge from this crisis with better appreciation for our fellow citizens.

Source: [nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies](https://nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies)

## Contact Us

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

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