

**TUSCOLA BEHAVIORAL HEALTH SYSTEMS**

# **RECOVERY TODAY**

**Consumer Newsletter February 2021 Edition**

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Want a WALMART Gift Card?

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MDHHS Sources of Support

**“Recovery  
is a  
Journey;  
Recovery  
is  
possible!”**

CHRIS MAJOR

# RECOVERY



PHOTO SOURCE: BING IMAGES

Submitted by: Casey Mignoni CPSS

For me, having a good support system is key to my recovery. I find that routine and structure in my life are essential. Also not to stress over things I cannot control. It is necessary for me to take my meds early, get plenty of rest, and try not to be too hard on myself. I use the skill catch it, check it, change it to keep my thoughts positive and stay in the moment. Other coping skills I use are distractions and staying busy.

**R**est

**E**xercise

**C**aring for others

**O**ver coming fears

**V**alues

**E**ncouragement

**R**esilience

**Y**oung at heart

## 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 contact TBHS Staff for more details. If your article is featured, you could win a \$10 Walmart gift card!



gift card

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## Realistic New Year's Resolutions for Your Mental Health

By Rubina Kapil on January 13, 2020

From *Mental Health First Aid (MHFA) website*

A recent study on New Year's resolutions found about 40% of Americans set resolutions at the start of the year, and less than half are successful after six months. We all want to make positive and impactful changes in our lives, but how can we make the changes last?

Keep them realistic. When setting resolutions, it's important to take time to reflect on the change you wish to see and what you realistically can do to achieve that change. By taking smaller, more achievable steps towards your goals, there is a greater chance that you will keep them.

This applies to all kinds of resolutions, including mental health. You can help manage your mental health symptoms by taking small steps every day.

**Use these self-care strategies from the MHFA curriculum to set realistic New Year's resolutions for your mental health.**

**Make time for self-care.** Brainstorm a list of self-care activities that make you happy and schedule them as part of your daily routine. This could be structured therapy sessions or daily exercise or simply an outdoor walk or time with loved ones.

**Be kind to yourself.** Change can be hard and often takes time. Allow yourself to have feelings and forgive yourself for mistakes. You are here and doing your best, and that's what counts.

**Make sleep a priority.** Studies have found that sleep and mental health are connected. In fact, approximately 65 to 90% of people with major depression also experience a sleep problem.

This year try to go to sleep a little bit earlier every night and give your body the rest it needs.

**Limit your screen time.** Spending too much time on your phone or computer can impact your quality of sleep, your relationships and even lead to feelings of de-

pression and anxiety. Be conscious of how much time you're spending online and the impact it has on your mental health and make adjustments if needed.

### **Learn more about mental health.**

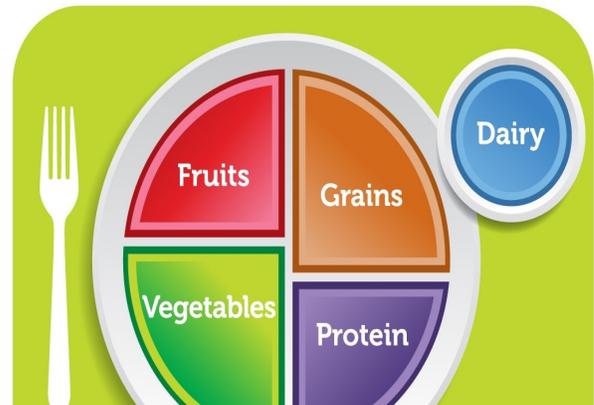
One of the best ways to improve your mental health is to understand it. There are online resources available that provide information about common mental health and substance use conditions or you can talk to medical professionals to learn more about your specific situation. You can also take a Mental Health First Aid course. MHFA teaches people how to understand, identify and respond to signs and symptoms of common mental health and substance use challenges.

**Note:** TBHS offers Mental Health First Aid classes. Call Susan Holder at TBHS for more information.

## **Speaking of Resolutions—January was Healthy Weight Awareness Month. Below you will find various links about how to maintain and get to a healthy weight.**

### Links to Related Research information-

- Healthy Weight, Nutrition, and Physical Activity | Healthy Weight, Nutrition, and Physical Activity | CDC  
<https://www.cdc.gov/healthyweight/index.html>
- HEALTHY WEIGHT TOOL KIT (caloriecontrol.org)  
<https://caloriecontrol.org/healthy-weight-tool-kit/>
- Toolkits | ChooseMyPlate  
<https://www.myplate.gov/professionals/toolkits>
- Be Healthy for Good with Life's Simple 7 Infographic | American Heart Association  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7/be-healthy-for-good-with-lifes-simple-7-infographic>
- Infographics | ChooseMyPlate  
<https://www.myplate.gov/resources/graphics/infographics>
- January is National Healthy Weight Awareness Month | Community Health of Central Washington (chcw.org)  
<https://chcw.org/january-is-national-healthy-weight-awareness-month/>
- Adapted from Group Lifestyle Balance Program (Manual of Operations, Section 2) - Post-Core: Stress and Time Management (cdc.gov)  
[https://www.cdc.gov/diabetes/prevention/pdf/posthandout\\_session12.pdf](https://www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf)
- Getting Started with Physical Activity for a Healthy Weight | Healthy Weight, Nutrition, and Physical Activity | CDC  
[https://www.cdc.gov/healthyweight/physical\\_activity/getting\\_started.html](https://www.cdc.gov/healthyweight/physical_activity/getting_started.html)



**DON'T BE FOOLED!**

*Never give personal information unless you initiate the contact.*

**STOP SCAM STRATEGIES**

- Ask questions if you get an “emergency” call;
- The IRS will not call you without sending a letter first;
- Don't respond in any way to robocalls;
- Caller ID number can easily be faked.
- It is illegal in U.S. to play foreign lotteries;
- When in doubt, check it out;
- Hover over link with mouse to see the real redirect; and
- Hang up on telemarketers!

**AVOID & REPORT SCAMMERS**

- Report scams to local authorities;
- Contact the account provider of whatever account was compromised;
- If you've been tricked by a phishing email, file a complaint with the FTC;
- If you've been a victim of identity theft, contact the FTC;
- Scams sent through the U.S. mail should be reported to the Postmaster General; and
- If you've been scammed by a business, report it to the Department of Attorney General and the Better Business Bureau (BBB).

Remember, when it comes to scams, if it sounds too good to be true - it is! Share your experience with family and friends in order to help prevent someone else from becoming a victim.

For more information, visit the FTC's [Pass It On](https://www.ftc.gov/passiton) ([ftc.gov/passiton](https://www.ftc.gov/passiton)) campaign.

An [electronic copy of this handout](#) is available through the QR code below or on our website ([mi.gov/ce](https://mi.gov/ce)). While you're there, [schedule a presentation](#) ([mi.gov/ce](https://mi.gov/ce)) for one of our other seminars.

For questions, [contact the Attorney General's Consumer Programs team](#) at 877-765-8388 or [agcp@mi.gov](mailto:agcp@mi.gov).



Revised January 2019



DON'T BE FOOLED 4

## PERFORMANCE IMPROVEMENT

### Michigan Mission Based Performance Indicator System (MMBPIS)

MMBPIS is a quarterly process that was put into place to outline the dimensions of quality (access, efficiency, and outcome) that must be addressed by the Public Mental Health System as reflected in the Mission statements from Delivering the Promise and the needs and concerns expressed by consumers and citizens of Michigan.

### Fiscal Year 2020 Quarter 4

**Indicator 1:** *Percentage of persons during the quarter receiving a pre-admission screening for psychiatric inpatient care for whom the disposition was completed within 3 hours. Standard = 95%*

Population	Percent of Emergency Referrals Completed within the Time Standard
Children	100.00%
Adults	100.00%

**Indicator 2a:** *The percentage of new persons during the quarter receiving a completed biopsychosocial assessment within 14 calendar days of a non-emergent request for service. No Standard set as this is a new indicator.*

Population	Percent of Persons Receiving an Initial Assessment within 14 calendar days of First Request
Total	65.96%

**Indicator 3:** *Percentage of new persons during the quarter starting any needed on-going service within 14 days of completing a non-emergency biopsychosocial assessment. No Standard set as this is a new indicator.*

Population	Percent of Persons Who Started Service within 14 days of Assessment
Total	93.65%

**Indicator 4a:** *The percentage of discharges from a psychiatric inpatient unit during the quarter that were seen for follow-up care within 7 days. Standard = 95%*

Population	Percent of Persons Discharged seen within 7 Days
Children	100.00%
Adults	100.00%

**Indicator 10:** *Percentage of readmissions of children and adults during the quarter to an inpatient psychiatric unit within 30 days of discharge. Standard = 15% or less.*

Population	Percent of Discharges Readmitted to Inpatient Care within 30 days of Discharge
Children	0.00%
Adults	7.41%

**Quality Assessment and Performance Improvement Program (QAPIP)**

*The QAPIP is a report that contains a random sample of consumers pulled from Tuscola Behavioral Health System’s electronic health record to show that they are receiving coordination of care with their primary care physician and to show that a consumer has received their Person Center Plan within 15 business days.*

Month	Evidence of Coordination with Primary Care Physician	Evidence that the Consumer Received a Copy of their Person Center Plan within 15 Business Days of their Planning Meeting
October	100.00%	100.00%
November	96.67%	100.00%

**Consumer Satisfaction Surveys – Mental Health Statistics Improvement Program (MHSIP) & Youth Satisfaction Survey for Families (YSSF)**

*MHSIP: Survey for adults experiencing a mental illness to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.*

*YSSF: Survey for families to help determine any areas that may be deficient within Tuscola Behavioral Health Systems as well as the region for Mid-State Health Network.*

Survey	General Satisfaction/Appropriateness
MHSIP	92%
YSSF	98%

**Suggestion Boxes**

*Please remember that these boxes are available to submit any comments, questions, concerns, complements, etc. You may use this to write down any thoughts. If you would like feedback on anything, please remember to include your contact information so TBHS may reach out to you.*



# How to Select and Use Hand Sanitizer

Updated Nov. 25, 2020

To prevent the spread of germs, including COVID-19, CDC recommends washing hands with soap and water whenever possible because it reduces the amount of many types of germs and chemicals on hands. But if soap and water are not readily available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.

## Overview

Choose hand sanitizers that contain at least 60% alcohol.

Avoid alcohol-based hand sanitizers that are not approved by [Food and Drug Administration \(FDA\)external icon](#).

Properly apply alcohol-based sanitizer by rubbing the gel over all surfaces of your hands and fingers until your hands are dry.

Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep them out of reach of young children and supervise their use.

## How to Select

Alcohol-based hand sanitizers come in all shapes and sizes with different ingredients. Which alcohol-based hand sanitizer do you choose? Check the product label and follow these do's and don'ts.

### DO

- Choose hand sanitizers with at least 60% alcohol (often listed on the label as ethanol, ethyl alcohol, isopropanol, or 2-propanol).
- Follow label directions for use.

### DO NOT

- Choose hand sanitizers that contain less than 60% alcohol.
- Choose alcohol-based hand sanitizers on [FDA's Hand Sanitizer Do-Not-Use Listexternal icon](#).
- Choose hand sanitizers labeled as "alcohol-free."
- Choose alcohol-based hand sanitizers packaged in a container that resembles a food or beverage container.

### Warning: Alcohol-Based Hand Sanitizers Packaged Like Food or Drinks

The FDA is warning consumers about alcohol-based hand sanitizers that are being packaged in containers that may appear as food or drinks and some that contain food flavors. Eating or drinking these products can cause serious injury or death.

### How to Use

When using an alcohol-based hand sanitizer

### DO

- Rub the gel over all the surfaces of your hands and fingers until your hands are dry.
- Keep alcohol-based hand sanitizer out of your eyes.
- Store alcohol-based hand sanitizer out of reach and sight of young children.
- Supervise young children when they use alcohol-based hand sanitizer.

### DO NOT

- Rinse or wipe off the alcohol-based hand sanitizer before it's dry; it may not work well against germs.
- Use alcohol-based hand sanitizer to clean surfaces. Alcohol-based hand sanitizer is not designed to clean or disinfect surfaces.
- Store alcohol-based hand sanitizer above 105°F (for example, it should not be stored in a car during the summer months).
- Swallow alcohol-based hand sanitizers. Swallowing alcohol-based hand sanitizers can cause alcohol poisoning.

**Warning:** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. However, there is no need to be concerned if your children eat with or lick their hands after using alcohol-based hand sanitizer. Call Poison Control immediately at 1-800-222-1222 to get help if someone swallows hand sanitizer.

### Hand sanitizer and your pet

- Do not wipe or bathe your pet with alcohol-based hand sanitizers. If your pet gets alcohol-based hand sanitizer on their skin or fur, rinse or wipe down your pet with water immediately.
- If your pet ingests alcohol-based hand sanitizer (such as chewing the bottle) or is showing signs of illness after accidental exposure, contact your veterinarian or pet poison control immediately.

Source: [How to Select and Use Hand Sanitizer | CDC](#)



## STAY WELL COUNSELING VIA THE COVID-19 HOTLINE

If you are experiencing emotional distress in the context of the COVID-19 crisis, get help from **Michigan Stay Well Counseling** via the COVID-19 Hotline. Call 1-888-535-6136 and press “8” to talk to a Michigan Stay Well counselor. Counselors available 24/7 – confidential and free. Foreign language interpreters available.

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## MICHIGAN PEER WARMLINE

If you are living with serious mental illness or substance use challenges and feel it will help lower your stress if you talk with someone who understands these issues, get help from the **Michigan PEER Warmline**. Call 1-888-PEER-753 (888-733-7753). Available every day from 10 a.m. to 2 a.m.

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## MICHIGAN CRISIS TEXT LINE

If you are experiencing emotional stress and anxiety but are more comfortable texting than talking, get help from the **Michigan Crisis Text Line**. Text the keyword “RESTORE” to 741741. Available 24/7.

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## NATIONAL SUICIDE PREVENTION LIFELINE

If you are thinking of taking your life, get help from the **National Suicide Prevention Lifeline**. Call 1-800-273-8255 – available 24/7. You can also text the keyword “TALK” to 741741, or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org).

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## NATIONAL SUICIDE PREVENTION DEAF AND HARD OF HEARING HOTLINE

Access 24/7 video relay service. Call 1-800-273-8255 (TTY 1-800-799-4889).

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## HEADSPACE WEB SERVICE

If you would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises, get help from **Headspace Web Service**. Free to all Michiganders (normally a paid service). Visit [headspace.com/mi](https://headspace.com/mi).



# US residents



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