

TBHS Recovery Today

TBHS Consumer Newsletter

October 2021



CYBERSECURITY
AWARENESS
MONTH

October is Cyber Security Awareness Month

As technology becomes more integrated into our daily routines, now more than ever, cybercriminals are using various means to carry out criminal activity against Michigan businesses and residents.

According to the FBI Internet Crime Complaint Center, Michigan residents and businesses have lost more than \$165 million to cybercriminal activities so far in 2021, with an average victim loss of \$19,479.

You can protect yourself from cybercriminals by following everyday steps toward online safety:

- Create a different and unique password for each online activity. Use strong passwords that contain a combination of letters, numbers and special characters.
- Routinely update your security software, operating system and web browser on all internet-connected devices.
- Do not open, reply or click on links or attachments in an unsolicited email.
- Set all social media accounts from “public” to “private,” so only those you trust can view your profile.
- If you shop online, regularly check your bank and credit card statements to ensure nothing is out of the ordinary.

Seeking
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
newsletter.
Please see your
worker or
therapist for
more details. If
your article is
featured, you
could win a \$20
Walmart gift
card!



Seeking Members for the Peers For Peers Council



TBHS is seeking members for the consumer advisory council aka **Peers for Peers**, a group that aims to provide its members with a platform to advocate for fellow consumers. Goals of the council include addressing stigma, becoming empowered through knowledge, obtaining more feedback and suggestions from consumers, and giving input to TBHS on how to spend general fund dollars.

Council membership gives a person the opportunity for input into TBHS functions, including advocacy, protection of rights, design, delivery and evaluation of supports and services, as well as quality assurance at the local and regional levels. The Council meets at least four times a year and primary members receive reimbursement with a stipend.

If a you or someone you know is interested in attending or would like additional information, please have them contact Caleb Mann, Peer Support Specialist 989.673.6191.

The council is made up of persons who receive public mental health services, including their family, friends and advocates. Here are some examples of individuals eligible to participate in Peers for Peers

- Adult with a mental illness

- Adult with a developmental challenge

- Adult with a co-occurring disorder (mental health and substance use problem)

- Older Adults

- Older Adults with Dementia

- Secondary consumers (check below)

 - Parent of child(ren) with a severe emotional disturbance

 - Parent of child(ren) with a developmental challenge

 - Spouse of person with a mental illness

 - Sibling to person with a mental illness or developmental challenge

 - Friend of person with a mental illness or developmental challenge

Peer Wellness Coaching and Integrated Healthcare

What is Peer Wellness Coaching and Why Should I Consider Participating in an Integrated Healthcare System?

If you receive services at Tuscola Behavioral Healthcare Systems you may already be familiar with the Personal Independence Center, (PIC). Did you know that PIC also is home to a Wellness Clinic? The Wellness Clinic is housed in the same area that you may already be receiving psychiatric services in and is staffed with a nursing team, either a Nurse Practitioner and/or a Physician Assistant, and a peer wellness coach in addition to the support staff who help us keep your appointments and other important information up to date.

Our wellness clinic is currently accepting new individuals who do not have a primary care physician or who would like to receive their primary healthcare in an integrated system and benefit from the recovery and person-centered philosophy that TBHS operates under.

What exactly is a peer wellness coach and why do I need one?

You may already be familiar with peer support. Peers are individuals with lived experience in recovery and mental health systems. Peer Wellness Coaching is a niche that brings together recovery, mental health support and overall health and wellness.

Some typical things you might work with a Peer Wellness Coach on would be;

- healthy recipes that you actually like
- healthy grocery shopping on a budget
- finding physical activities that you enjoy
- getting the most out of the services here in the wellness clinic
- coping skills and motivational techniques to help you stay on track.

In a nutshell, Peer Wellness Coaching focuses on any modifiable lifestyle factors you choose to work on. Because a Peer Wellness Coach is also a peer support specialist, there may also be other things that you would ordinarily work with a peer on that may also be a good fit.

Why Integrated Healthcare is Kind of a Big Deal

Spend some time on Google and you will find that approximately one in five people has a mental illness, and 5% of adults have a serious mental illness (SMI). Adults living with serious mental illness experience both acute and chronic medical conditions at higher rates than their non SMI identified peers.

Adults identified as SMI die somewhere from 8 to 25 years sooner than their non SMI identified peers according to various sources. People are dying from what are often preventable conditions caused by things like poor diet and nutrition, lack of physical activity and smoking.

Integrated healthcare is a cohesive and cost effective model of care that can increase the quality of the services that you receive and incorporate behavioral healthcare philosophies like recovery and person centered services that support individuals as the experts in their own health and wellbeing.

My name is Tracey Smith. I am the new Peer Wellness Coach in the Wellness Clinic at PIC and I look forward to meeting and working with you. Please reach out to me at (989) 673-6191 Ext. #3067 if you would like more information about Peer Wellness Coaching.

*Information mentioned here taken in part from <https://www.pcdc.org/closing-the-behavioral-health-integration-gap/?creative=411>

Tuscola Peer Center (TPC) is open at their new location, 406 W Frank St! (Formerly the archery store) For questions call (989) 589-5820

Hours of operation are as follows

Monday 8:30am-4:30pm

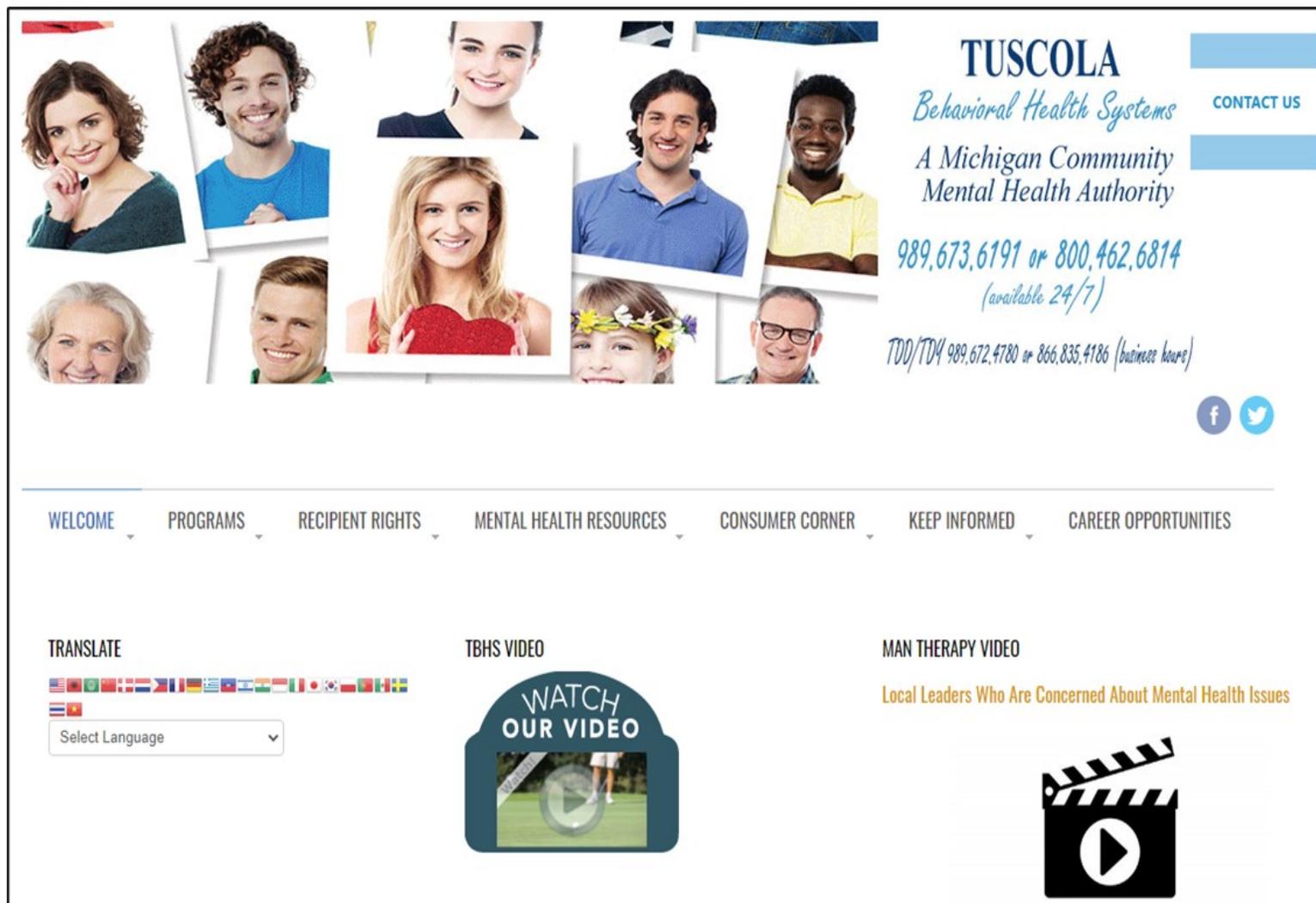
Wednesday 8:30am-4:30pm

Thursday 8:30am-4:30pm

Friday 8:30am-4:30pm

The Peer Center offers many different ways to get involved such as euchre and board games, X Box, health education, sewing, and arts & crafts.

Consumer Corner on TBHS' Website – Check it out!



The screenshot shows the TBHS website's Consumer Corner. At the top, there is a collage of diverse people's faces. To the right, the text reads: "TUSCOLA Behavioral Health Systems A Michigan Community Mental Health Authority". Below this, contact information is provided: "989.673.6191 or 800.462.6814 (available 24/7)" and "TDD/TDY 989.672.4780 or 866.835.4186 (business hours)". There are social media icons for Facebook and Twitter, and a "CONTACT US" button. A navigation menu includes: WELCOME, PROGRAMS, RECIPIENT RIGHTS, MENTAL HEALTH RESOURCES, CONSUMER CORNER, KEEP INFORMED, and CAREER OPPORTUNITIES. Below the menu, there are sections for "TRANSLATE" with a language selection dropdown, "TBHS VIDEO" with a "WATCH OUR VIDEO" button, and "MAN THERAPY VIDEO" with the text "Local Leaders Who Are Concerned About Mental Health Issues" and a clapperboard icon.

TBHS' Website: www.tbhsonline.com

TBHS has a **CONSUMER CORNER** section on their website which houses many resources and information for current and incoming consumers.

You can find information on:

- Healthy Living and Tobacco Education
- Integrated Wellness Clinic
- Spoonfuls of Plenty – Free Community Meals
- CEHR Patient Portal
- MI Tobacco Quit Line
- Primary Care Services
- Confidentiality and HIPAA

Past and Current Recovery Today Newsletters

What you're reading right now – go catch up on any that you've missed!

- Peers for Peers Advisory Committee
- Narcan Information
- TBHS Strategic Plan

Suggestions for TBHS

Do you have a suggestion for us? Feel free to print off a suggestion form online and drop it in the suggestion box at one of our locations!

COVID-19 Vaccination Tips

AND MORE!

Learn More About Depression

What is depression? Depression is a common but serious mental illness that can negatively affect how you feel, the way you think, and how you act. It is one of the most common mental illnesses in the United States.

Symptoms of depression. Depression can have a variety of symptoms, not everyone who is depressed experiences every symptom or in the same way. Some symptoms are:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities you once enjoyed
- Changes in appetite
- Trouble sleeping or sleeping too much
- Feeling worthless or guilty
- Anxiety, agitation, or restlessness
- Difficulty thinking, concentrating, or making decisions
- Thoughts of death or suicide

Can you treat depression? Fortunately, depression is treatable! Depression is usually treated with medications, psychotherapy, or a combination of the two. Not everyone experiences depression in the same way, so effective treatment can look different for different people. Medication – antidepressants are medicine that are able to treat depression. Psychotherapy – also called “talk therapy” or counseling can help people with depression.

Beyond treatment – what can YOU do? There are many ways someone experiencing depression can help themselves that isn’t treatment. Some things you can do are:

- Try to be active and exercise
- Try to spend time with other people and confide in a trusted friend or relative
- Try not to isolate yourself, and let others help you
- Continue to educate yourself about depression

Common types of depression. Depression can be due to many things including environmental, physical, psychological, or hereditary reasons. There are different types of depression, here are a few of the common types:

Major Depression – This includes experiencing symptoms of depression most of the time for at least 2 weeks that typically interfere with someone’s life.

Persistent Depressive Disorder – This is always called Dysthymia. It can include less severe symptoms of depression that last much longer, typically for at least 2 years.

Seasonal Affective Disorder (SAD) – This depression comes and goes with the seasons, typically starting in late fall and early winter (when the days start to get shorter) and going away during the spring and summer. It is always sometimes referred to as “winter blues”.

Perinatal Depression – This occurs when a woman experiences major depression during pregnancy or after delivery and can range from mild to severe.

References

<https://www.nimh.nih.gov/health/topics/depression>

<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>

<https://www.health.harvard.edu/mind-and-mood/six-common-depression-types>

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

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 2021 Quarter 3

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	93.75

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	58.26

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	89.19

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	11.54

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
June	96.43%	100.00%
July	96.55 %	100.00%
August	100.00%	92.00%

2021 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	91%
YSSF	99%

Suggestion Boxes

Please remember that these boxes are available to submit any comments, questions, concerns, complements, etc. The boxes are located at Echols, Burnside and PIC. You may use the provided suggestion cards 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.

Community Health Survey

Our organization is helping collect input for The Health Community Partnership on health needs in our community and are asking all consumers and employees to take a few minutes to complete the survey. Please go to www.surveymonkey.com/r/ThumbHealthNeeds to complete the survey. Thank you for your input.



Fall Crossword

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

leaves
harvest
thankful

fall
apples

autumn
football

bonfire
flannel

sweaters
scarf