

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

September 2017



My name is Skylinn and I am 16 years old. I use painting, amongst other things, as a coping skill. I recommend this to other people because it really does work! Regardless of how cliché it sounds. I have struggled with anxiety and depression since I was 12. I have been with TBHS for quite a while. I have been in therapy for so long because you can't "fix" a mental illness in a few short days. With some people it may take only a few months. It may even take years. Some people may always need therapy to stay healthy. But it's always helpful! So, no matter how long it takes to feel better with the struggle of a mental illness, it's worth it! Just because you can't see the progress you're making doesn't mean it's not there!

*"Never Give Up.
This May Be Your
Moment For A
Miracle."*

~ John Anderson

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. Those who are featured in the newsletter are entered in a drawing where the winner receives a \$10 Wal Mart gift card!

Dealing with Anger

By Anthony (Inspired By My Guru)

My experience with anger may not be the same as yours but I learned a few techniques which may be helpful to you.

The first thing to point out is that it is not a sin to be angry. It is a violent act which follows anger that becomes a problem. Anger is a fundamental emotion that everyone has. The key is learning how to manage the emotion without causing harm to one's self or others.

Step one is to acknowledge the anger or to say "I am angry." If you block or suppress the emotion it only makes things worse. Remember, an emotion is only temporary. I have heard that initial feeling of anger lasts only 16 to 19 seconds. We stay angry longer by reliving the trigger of what set us off in the first place.

Step two is feeling the emotion or giving yourself permission to be angry. Feel every ounce of the emotion without acting on it. Acting on an emotion can be very bad so please *do not act*. Go to a quiet place if you must. Change the environment and step away from whatever triggered the emotion. The main point is to allow yourself to feel the emotion without there being any consequences. If done properly, one should be able to burn off the emotion within about 3 minutes. It burns out like a candle.

Another technique I used was a piece of coal. I acquired a Native American medicine bag which I wore around my neck with a piece of coal in it. Every time I became angry I pulled out the coal and held it in my hand while imagining all my anger going into the coal. This helped me learn to release the anger and not hold onto it. Eventually I could do it without the coal.

There is professional help out there for those dealing with anger and hopefully these tips are helpful as well. I know these things worked for me. Best of luck and peace be with you.



Forever Falling

~ Anonymous

When you take the wrong step bad things can happen.

You can fall. No light, no food, no sleep.

Deeper and deeper you fall into boredom and pain.

No one wants to fall, but sometimes bad things happen.

You can never age when you fall, so you will live forever in the dark.

Seeking a consumer to become a member of the Recipient Rights Advisory Committee.

The committee members are a representative group of people who are or have received mental health services, their family and the community.

The committee members meet on a quarterly basis; review the activities of the TBHS Office of Recipient Rights; serve in an advisory capacity to the Chief Executive Officer of TBHS and the Recipient Rights Officer, and review Recipient Rights appeals. Committee members receive reimbursement for mileage and receive a per diem for attendance at the meeting.

Applications can be obtained at any TBHS receptionist desk, online at www.tbhsonline.com or by contacting Syndi Neeb, TBHS Recipient Rights Officer at 989-673-6191. The completed application can be returned to any TBHS receptionist or mailed to: 323 North State Street, Caro, MI 48723 Attention: Syndi Neeb.

Coming Soon

A survey team from CARF International* will be visiting on
10/16/2017-10/18/2017

We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may continue accreditation.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- Do we provide a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF International directly.

- Internet: www.carf.org/contact-us
- E-mail: feedback@carf.org
- Mail: CARF International, 6951 East Southpoint Road, Tucson, AZ 85756, USA
- Telephone: (520) 495-7001

Fax: (520) 318-1129 

*CARF International — A group of companies that includes CARF, CARF Canada, and CARF Europe.



TUSCOLA
Behavioral Health Systems

Exciting News!!!

For your convenience, Tuscola Behavioral Health Systems will soon begin using the latest technology for doctor appointment reminder calls.

If you choose, your doctor appointment reminder calls will be sent to you via an automated calling service.

During each automated reminder call, you will have the option to manage your own doctor appointment by:

Press 1 to: Confirm

Press 2 to: Cancel

Press 3 to: Reschedule

At any time, you may opt-out of this service and begin receiving in-person reminder calls again.



Upcoming Events



TUSCOLA

Behavioral Health Systems

- September 28th 5:00-7:00 Peers for Peers at PIC (Consumer Advisory Council)
- October 12th 10:00-1:30 Tuscola County Human Services Community Expo at Colwood Church - Free Finger Foods and Beverages, Food Giveaway (Must visit exhibitor's booths and complete evaluation), Information Provided On Local Agencies That Help Those In Need
- October 16th-18th CARF Review
- October 26th-27th MSHN Delegated Managed Care Review

There Are Vaccines You Need as an Adult!

You may not realize that you need vaccines throughout your life. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

Influenza (flu) vaccine every year

Td or Tdap vaccine (Substitute Tdap for Td once, then Td booster every 10 years)

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. To learn more about what other vaccines may be recommended for you talk to your healthcare professional about which vaccines are right for you.

Source: <https://www.cdc.gov/vaccines/adults/index.html>

EASY AS ABC

STEPS TO PROTECT YOUR CHILD DURING EMERGENCIES IN THE SCHOOL DAY



ASK how you would be reunited with your child in an emergency or evacuation



BRING extra medications, special food, or supplies your child would need if you were separated overnight



COMPLETE a backpack card and tuck one in your child's backpack and your wallet



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Download a printable worksheet
for your emergency information at
emergency.cdc.gov/children

CS258368



TBHS Leadership

TBHS leadership is available to assist consumers in their recovery. They are available by calling 989-673-6191.

TBHS Leadership Team

- ~ Sharon Beals, Chief Executive Officer
- ~ Julie Majeske, Chief Operating Officer
- ~ Brenda Brookhouse, Residential Services Supervisor
- ~ Jeannette Folcik, Care Coordination Supervisor
- ~ Deb Geno, Outpatient Supervisor
- ~ Tina Gomez, Health Operations Supervisor
- ~ Victor Gomez, Residential Services Supervisor
- ~ Syndi Neeb, Recipient Rights Officer
- ~ Cindy Opperman, Human Resource Supervisor
- ~ Susan R. Holder, Director Marketing and Training Service
- ~ Shannon LaVoie-Thompson, Children's Services & Emergency Services Supervisor
- ~ Michael Swathwood, Quality Systems and Compliance Supervisor
- ~ Rick Smith, Assertive Community Treatment & DBT Supervisor
- ~ Teri Kopasz Skill Building/Supported Employment Supervisor



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

AQUAMAN
 BATMAN
 CAPTAIN AMERICA
 CAPTAIN MARVEL
 FLASH
 GREEN ARROW
 GREEN LANTERN
 HERCULES
 HULK
 IRONMAN

NINJA TURTLES
 PHOENIX
 SPIDERMAN
 SUPERBOY
 SUPERGIRL
 SUPERMAN
 THOR
 WONDER WOMAN

PEER WELLNESS COACH CORNER

Breathe Easy



Did you know?

People with mental health and/or substance use disorders account for 40% of all cigarettes smoked in the U.S.

More people in the U.S. are addicted to nicotine than to any other drug.

Quitting smoking can decrease depression, anxiety, and stress.

Quitting smoking can increase positive mood and quality of life.

Tobacco use can decrease the effectiveness of psychiatric medications.

Positive changes to your overall physical health occur within 20 minutes of quitting smoking including improved blood pressure and pulse rate.

After a year of not smoking your risk of heart disease decreases by half.

Michigan TOBACCO Quit Line

1-800-QUIT-NOW

1-800-784-8669

www.samhsa.gov; www.cdc.gov



Contact Us

For information and to possibly have your article featured in the Consumer Newsletter.

Tuscola Behavioral Health Systems
323 N. State Street
Caro, MI 48723

(989) 673-6191

Visit TBHS on the web at
www.tbhsonline.com