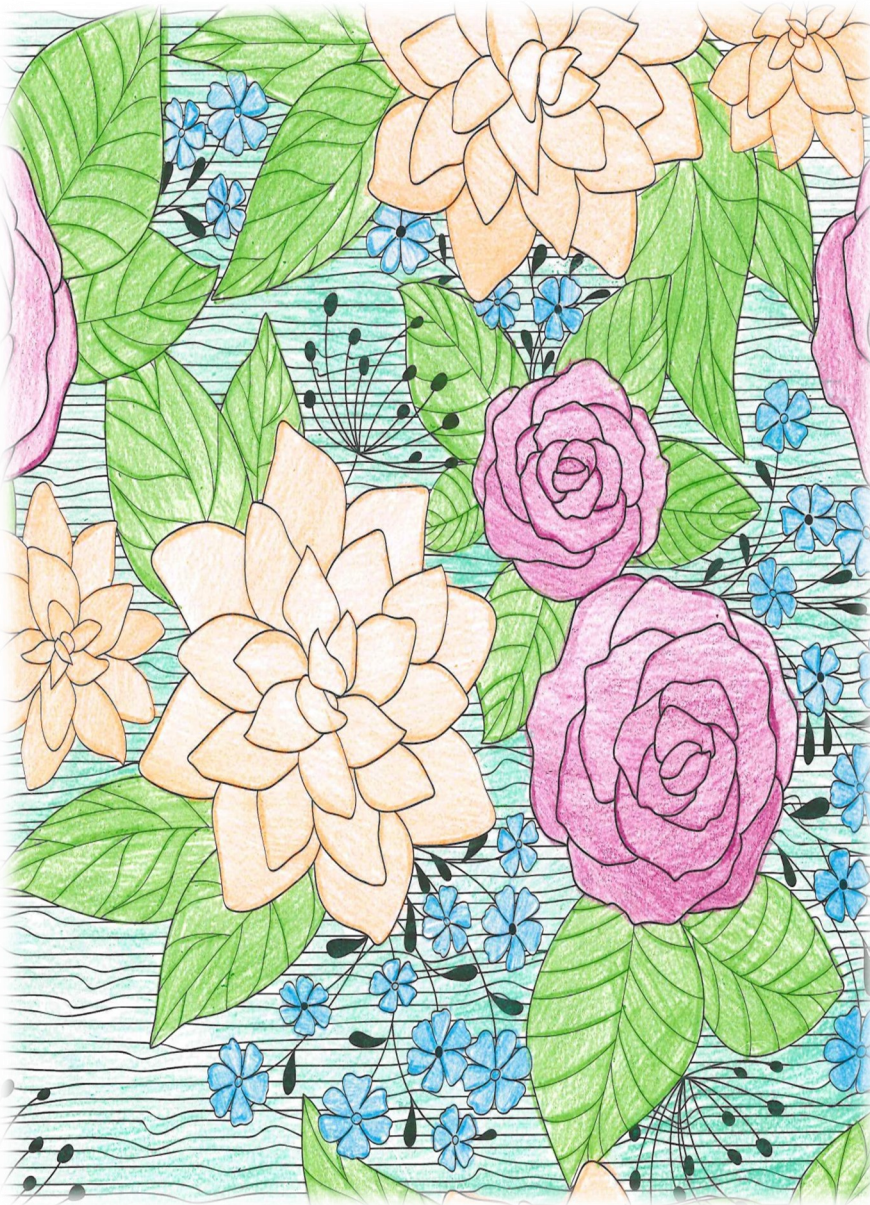


October 2024

# ***RECOVERY TODAY***



## ***TBHS PERSON SERVED NEWSLETTER***



**TUSCOLA**

*Behavioral Health Systems*

# HEDIS:

## *Healthcare Effectiveness Data and Information Set*

### Why do I keep getting calls from Chris requesting me to get my labs completed?

**HEDIS (Healthcare Effectiveness Data and Information Set)** is a critical tool over 90% of U.S. health plans use to measure performance in essential dimensions of care and service<sup>2</sup>. Let's dive into why it matters:

**Quality Assessment:** HEDIS assesses health plans for the quality of care they provide. It looks for improvement areas, tracks enhancement strategies' success, and provides standardized measurements for plan comparison<sup>3</sup>.

**Data-Driven Insights:** HEDIS data covers many metrics, from heart patient prescriptions to breast cancer screening rates. By analyzing this data, health plans can identify gaps in care and improve outcomes<sup>1</sup>.

**Annual Rankings:** HEDIS helps create ranked lists of health maintenance organizations (HMOs) each fall. These rankings provide transparency and allow consumers to make informed choices about their health<sup>1</sup>.

**State of Healthcare Quality Report:** HEDIS data contributes to the yearly State of Healthcare Quality Report, which assesses the healthcare industry in the United States<sup>1</sup>.

In summary, HEDIS is pivotal in enhancing healthcare quality and ensuring better outcomes for millions enrolled in health plans<sup>1</sup>.

#### Sources:

1. Healthcare Effectiveness Data and Information Set (HEDIS)
2. HEDIS measures for health plans: Building a quality strategy
3. Understanding HEDIS and Why It Is So Important to Healthcare
4. What is HEDIS and Why Does it Really Matter? - Chart Review Nurses



### Peer Articles:

**Win a \$20  
Walmart gift  
card!**

Have a story you would like to share? Artwork?

A favorite recipe?

If you happen to be a current or past recipient of TBHS services and choose to submit an article that is featured in the quarterly newsletter, you could be a Winner!

# *Peers For Peers - SEEKING NEW MEMBERS*

**Peers For Peers Council is a person served advisory council working in partnership with TBHS to be a voice for individuals to all levels of staff and to the TBHS Board of Directors. The council assists in the development and advancement of valuable and helpful services for persons in the community with varied behavioral health needs that are on a path toward inclusion, recovery and personal growth.**

**The council, to the extent possible, shall be active and representative of individuals served by public mental health services including their families, friends, and advocates.**

**Contact a TBHS Peer Support Specialist  
for additional information at 989.673.6191**

## **AREAS OF FOCUS**

**To shape, improve  
and enhance  
the quality of  
TBHS services.**

**Individual  
perspective is  
respected and  
input is  
valuable  
to TBHS.**

**Access to news  
on funding.**

**Share your  
ideas.**

**Educational  
Opportunities.**

**Informed on  
mental health  
issues.**

**Access to  
information  
on regional  
partners.**

**Events  
happening in  
Tuscola  
County & the  
State of  
Michigan.**

# ***GRIEF AND HEALING***

Whatever loss you've suffered, there's no right or wrong way to grieve. But by understanding the types and stages of grief, you may find a healthier way to cope.

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock and anger to disbelief, guilt and profound sadness.

We have all suffered grief of some nature. I, personally, took the greatest loss of my life when my daughter, Kristina, died. I was stuck in the stage of grief known as "denial". The five stages of grief are: Denial: This can't be happening to me. Anger: Why is this happening to me. Who's to blame? Bargaining: Make this happen and in return I will.....Depression: I'm too sad to do anything. Acceptance: I'm at peace with what happened.

It was impossible to accept what had happened, having seen her less than 24 hours before. I felt numb and had trouble believing that this had even happened. Profound sadness is the universally experienced symptom of grief.

The pain of grief can often cause you to want to withdraw. But having face-to-face support of other people is vital to healing from your loss. While sharing your loss can make the burden of your grief easier to carry, comfort can come with being around those who love you. Do not isolate yourself.

I was a facilitator for a Grief Support group. Sharing your sorrow with others who have experienced similar losses can help. To find a support group in your area, contact hospitals, hospices, funeral homes and churches.

Healing from grief is a journey, a painful one, but it is possible! The end result is reaching acceptance and doing the best to move on in your life. That is what your loved one would want! You may not necessarily go through stages in this order and you may have more difficulty in one more than another. The pain and grief are still in the midst and acceptance is mentally, physically and spiritually healthy for you.

<https://www.radiashealth.org/tips-for-dealing-with-grief>



# ***MENTAL HEALTH CHECK IN...***

***Are you hydrated?***

***Have you showered?***

***Have you eaten recently?***

***Have you stretched today?***

***Have you meditated today?***

***Have you complimented yourself today?***

***Have you gone outside today?***

***Have you danced?***

***Have you written out your daily affirmations?***

***Are you dressed?***

**YOU MATTER.  
YOUR LIFE MATTERS.**



**Tuscola Behavioral Health Systems**

**[tbhsonline.com](http://tbhsonline.com)**

# *Embracing Self-Compassion: A Key to Mental Wellness*

*Neff, Kristin. "Self-Compassion: The Proven Power of Being Kind to Yourself." Self-Compassion.org "Mindfulness and Self-Compassion." Mindful.org*

In the journey of mental health, self-compassion emerges as a crucial ally. Often, we are our own harshest critics, holding ourselves to unattainable standards and feeling constant pressure to meet them. This tendency to be self-critical can significantly impact our mental well-being, leading to feelings of inadequacy and increased stress. Embracing self-compassion, however, involves treating ourselves with the same kindness and understanding that we would offer a close friend in times of difficulty. This shift in perspective can profoundly influence our emotional resilience and overall mental health.

Research shows that self-compassion not only helps reduce anxiety and depression but also fosters a more positive self-image. According to Dr. Kristin Neff, a leading researcher in this field, self-compassion comprises three main components: self-kindness, common humanity, and mindfulness. Self-kindness involves being gentle with ourselves when we fail or encounter challenges. Recognizing our shared human experience, or common humanity, reminds us that imperfection is a universal aspect of life. Mindfulness, the third element, involves observing our thoughts and feelings without judgment, allowing us to approach our difficulties with a balanced perspective.

Integrating self-compassion into daily life can be simple yet impactful. Start by practicing self-kindness in moments of failure or stress, perhaps through affirmations or gentle self-talk. Establish a routine of mindfulness through short meditation sessions or mindful breathing exercises. Remember, it's also important to connect with others and share your experiences, as this reinforces the sense of common humanity and helps to combat isolation. By incorporating these practices, you can cultivate a more supportive and nurturing inner dialogue.

For those struggling with mental health challenges, self-compassion can be a powerful tool for healing and growth. By fostering a compassionate relationship with ourselves, we can build resilience and embrace our imperfections as part of our unique journey.



# MAD LIBS®

## THE MUSIC OF OZ

The \_\_\_\_\_ of Oz is famous for its \_\_\_\_\_ songs!  
NOUN ADJECTIVE

In fact, many \_\_\_\_\_ fans can sing the \_\_\_\_\_  
ADJECTIVE PLURAL NOUN

to every song. Pick which \_\_\_\_\_ is your favorite, and  
NOUN  
find out what it says about you.

- “Ding-Dong! The \_\_\_\_\_ Is Dead”: You’ve got  
NOUN  
\_\_\_\_\_ issues with your \_\_\_\_\_.  
ADJECTIVE NOUN
- “The \_\_\_\_\_ Guild”: You have a major sweet  
TYPE OF FOOD  
\_\_\_\_\_!  
PART OF THE BODY
- “Follow the \_\_\_\_\_ Brick Road”: Your favorite  
COLOR  
hobby is \_\_\_\_\_.  
VERB ENDING IN “ING”
- “If I Only Had a/an \_\_\_\_\_”: You had a/an  
PART OF THE BODY  
\_\_\_\_\_ time in school.  
ADJECTIVE
- “If I Were King of (the) \_\_\_\_\_”: You  
A PLACE  
\_\_\_\_\_ like to be in charge!  
ADVERB



# MAD LIBS®

## ARE YOU A GOOD WITCH OR A BAD WITCH?

There are two \_\_\_\_\_ witches in *The Wizard of Oz*. Pick a side!  
ADJECTIVE

Which \_\_\_\_\_ do you like better?  
NOUN

- You think winged \_\_\_\_\_ are totally  
ANIMAL (PLURAL)  
\_\_\_\_\_ and not at all scary: You appreciate the  
ADJECTIVE  
\_\_\_\_\_ Witch of the West.  
ADJECTIVE
- You won't leave the house without your  
\_\_\_\_\_ and \_\_\_\_\_ crown and  
ARTICLE OF CLOTHING ADJECTIVE  
tiara: You favor Glinda the \_\_\_\_\_ Witch.  
ADJECTIVE
- Your favorite color is emerald \_\_\_\_\_: You fancy  
COLOR  
the \_\_\_\_\_ Witch of the West.  
ADJECTIVE
- You travel around in giant floating \_\_\_\_\_:  
PLURAL NOUN  
Glinda the \_\_\_\_\_ Witch is more your style.  
ADJECTIVE
- You're afraid to \_\_\_\_\_ and won't go anywhere near  
VERB  
the water: You prefer the \_\_\_\_\_ Witch of the West.  
ADJECTIVE
- You know the power of the \_\_\_\_\_ slippers: Glinda  
COLOR  
the \_\_\_\_\_ Witch is right up your alley.  
ADJECTIVE



Photo submitted by Chris Major,  
Peer Support



# 6 Tips for Maintaining Mental Wellness in the Fall

North Jersey Health and Wellness

Fall is right around the corner and with the new season comes a variety of changes to our everyday routines. But we're not just talking about swapping flip flops for boots and iced coffee for pumpkin spice lattes. There are also many changes that can take a toll on mental wellness, including increased feelings of loneliness due to less socialization or simply shorter days and colder weather. Beyond that, all the upcoming holiday hype can trigger anxiety and stress too.

Thankfully, there are ways to combat these feelings and we've put together a list of our top six tips for maintaining your mental wellness in the fall!

## **1.) DON'T LET COOLER TEMPERATURES STOP YOU FROM GETTING OUTSIDE**

Even if it's a quick walk around the block, spending time outside to get some fresh air can do wonders for your mental wellness. Some of our favorite ways to enjoy the outdoors during the fall include picnics with hot apple cider, hiking on new trails, and going apple picking. The colors will be at their peak this time of year so it should be easy to find something beautiful wherever you go!

## **2.) GET IN THOSE ZZZ'S!**

Because it helps regulate hormones in the brain that affect our emotions, energy levels, cognitive abilities, appetite, and more, sleep plays a role in mental wellness. Sleep deprivation can also cause you to have trouble thinking clearly or remembering things, which makes it hard for your work performance at school or on the job. When this happens, it can cause a lack of confidence and lower self-esteem, which can take a toll on our mental health. Therefore, creating a sleep schedule and sticking to it is so crucial for staying on top of our day-to-day.

## **3.) MOVE YOUR BODY!**

Exercise is a key part of our physical, mental, and emotional wellness. Getting in 30 minutes of light, moderate, or vigorous activity can help improve your mood, reduce stress and anxiety, alleviate symptoms of depression, and strengthen the immune system. When you exercise your heart pumps blood throughout the body, which releases endorphins that make us feel good or "high." Exercise also provides a sense of accomplishment for many people when they set personal goals like finishing a 5K or completing their first marathon. Yoga is another terrific way to get in a more relaxed workout, reset your inner well-being, and keep up your mental wellness in the fall.

# Continued story....

## **4.) MAINTAIN A WELL-BALANCED, NUTRITIOUS DIET**

We all know that food can have a significant impact on our physical health. But did you know what we eat can also influence our mental health? For example, eating too much sugar causes mood swings, while fatty foods can slow down blood flow in your body. In contrast, eating a balanced diet that is rich in fruits and vegetables, whole grains, lean protein, and omega-3s may offer a mood boost and help you feel more grounded and less stressed. It can also give you the fuel you need to function at your best, making for more energized, productive days!

## **5.) SET BOUNDARIES FOR YOURSELF AND STICK TO THEM**

It is important to set boundaries for your time so that you can focus on giving your energy to what is most important and avoid feeling overwhelmed. Sometimes, it can be extremely difficult to say no to friends, social functions, or big plans that require a lot of your time. But the key is to remember times in the past when overstretching yourself caused you stress, anxiety, or frustration afterward. By creating a schedule that is healthy and maintainable, you'll show others that you respect your time, which will teach them how to also respect your time.

## **6.) SET “NO PHONE ZONE” TIMES FOR YOURSELF**

Do you often feel like your phone is constantly occupying your time whether that means scrolling social media platforms or checking work emails for hours at a time? It's common for this to happen to many individuals, especially young adults who have shown an increase in mental health issues due to digital media over the last decade.

While a little technology is okay and occasionally necessary, the goal should be to moderate the amount of time you spend in front of the screen. Family dinners, road trips with friends, and date nights are just a few examples of when our phone should stay out of sight, out of mind. By doing so, you will not only be more engaged in the present, but you will also be less preoccupied by things that don't require your attention at that moment.

Fall is a time of change. But it is also a reminder that our mental health needs to be taken care of. The tips provided above can help you maintain mental wellness at this turning point in the year and we encourage you to share them with anyone who may need guidance when it comes to maintaining positive mental wellness in the fall season!

# RECOVERY TODAY

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## ***Tuscola Peer Center***

406 West Frank Street, Caro—next to Weaver Group Insurance Agency.

Individuals who currently receive or  
have received services from TBHS in the past are welcome.

Please join us for daily activities such as card games, puzzles, movies and more!

We offer classes in physical wellness, behavioral health education.

Art therapy and other topics. We also have many  
special events and group outings throughout the year.

Hours of Operations:

Monday 8:30 am to 4:30 pm

Wednesday 8:30 am to 4:30 pm

Friday 8:30 am to 4:30 pm

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***Check out our new website***

***www.tbhsonline.com*** 

**stand up against stigma**

No Health without  
Mental Health

