

March/April 2026

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. 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.

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.

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.

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.

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

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 with 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.

Creating a New Flower Bed



Source: [https://lovegrows wild.com](https://lovegrowswild.com)>Blog

Transform your yard by creating a beautiful new flower bed. In 6 simple steps, you'll learn everything from choosing the perfect location to preparing the soil for planting.

Choosing a Location

There are two main things to consider when deciding where to create a new flower bed or garden- sunlight and proximity to a water source.

You will need:

- Edger tool Round point shovel Hand tiller or electric tiller
- Plants Mulch

Step One: Plan the layout of your bed and mark the border with twine/stakes, spray paint or a hose.

Step Two: Cut the border of your bed with a straight edge perpendicular to the ground. Next, stand inside the flower bed and use a shovel to dig at a 45 degree angle towards the cut edge.

Step Three: Remove the sod. If you do it manually, the project can be done in one day.

Step Four: Till and loosen the soil 8-12" deep to prepare for planting. Add organic matter such as compost, manure or peat moss for better nutrients and drainage, and work it into the soil. You can use a hand tilling tool or an electric tiller.

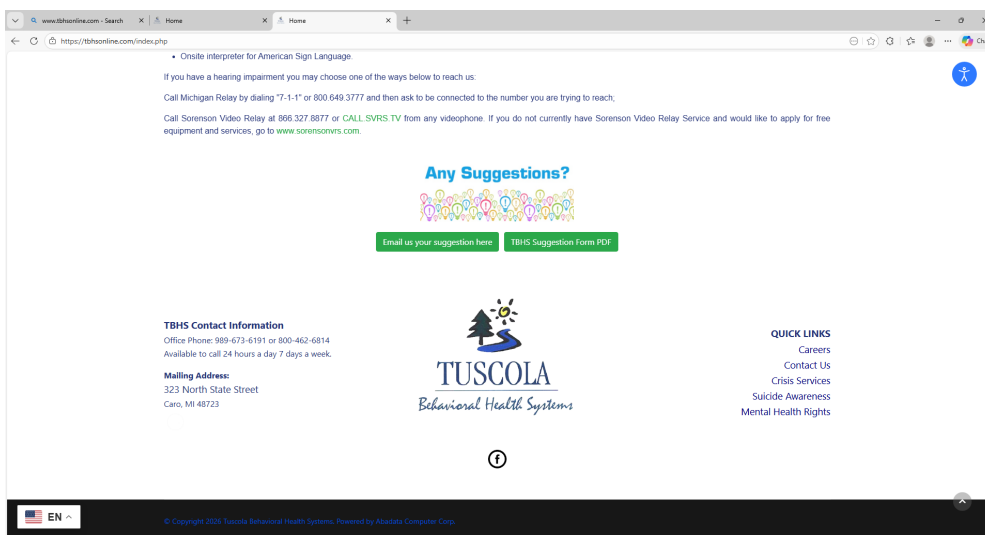
Step Five: Add plants to your freshly tilled flower bed that correspond with the amount of sunlight you determined for this location earlier. Perennials will continue to grow year after year and are best for creating larger foundational parts of your flower bed. Annuals will need to be planted each spring and can add some variety to your flower bed as it fills in. Pay attention to the heights of your plants and place the tallest ones on the back of your flower bed.

Step Six: Add 2-3 inches of mulch on top of the soil all around your plants to help them retain moisture and protect them from harsh heat. This also helps with erosion that can happen as it rains and as you water the plants throughout the season.



At TBHS we want to know what you think and make sure that your voice is heard. TBHS has suggestions boxes in every building in the lobby areas. This is a great tool that TBHS uses to identify things that can be changed to improve services for “you.” We encourage your participation and welcome your comments. If you have something on your mind, whether it is a question, concern, or comment, let us know by filling out a suggestions form. Suggestions are reviewed by the CEO and TBHS Leadership team for possible implementation

TBHS encourages input from individuals served throughout the year, including our strategic planning process. TBHS would like to hear from individuals regarding our strengths, weaknesses, opportunities and challenges. Individuals receiving services play a pivotal role in the growth and success of TBHS.



**Another way to submit suggestions is via TBHS website
www.tbhsonline.com**

TBHS home page—scroll down to Any Suggestions? Click on Email us your suggestion here.

Screen shot provided to assist in the location.

Spending Too Much Time Online?

From Michigan Health Counseling & Consultation Service /U-M Human Resources

Alexander Jendrusina, Ph.D., a counselor with the Faculty and Staff Counseling and Consultation Office, shares tips for curbing your online media use.

Have you ever found yourself with a bunch of web browser tabs open, scrolling endlessly online, or clicking between social media or news platforms - only to look up and realize the clock is not where you expected it to be? You're not alone. If you're interested in reclaiming your time or changing your online media use, check out these helpful ideas.

NOTICE HOW AND WHEN YOU USE ONLINE

When we want to change something about ourselves, the first step is understanding what we're actually doing. Take a moment to reflect on your online media habits. When do you find yourself reaching for your device? Is it with purpose or driven by emotion or boredom? While these are valid reasons, is your use how you want it to be? If not, try centering one or two of the reasons below to remind yourself about why you want to change.

- Spend more time with my family and friends
- Improve my sleep
- Decrease my procrastination
- Avoid unproductive or harmful self-comparisons
- Make my breaks more restorative

STOPPING "AUTOMATIC" USE

Do you ever reach for your phone and find yourself 15 minutes in the future? Many of us have created patterns of use that are automatic, where we may not always be intentional in what we are doing, and scrolling through one article, posting, or video leads to another, and so on. If you're looking to change this habit, consider actionable steps that can help build a buffer before engagement with online media.

- Turn off automatic passwords and automatic logins
- Move your favorite app or bookmark so that you really have to think before opening it
- Don't take devices on breaks, at lunch, or other times you want to limit usage
- Look into apps and programs that can impose limits on online media use
- Try using your phone like a landline: keep it away, where you can hear it but not reach it

Spending Too Much Time Online?

From Michigan Health Counseling & Consultation Service /U-M Human Resources

SETTING LIMITS, SUPPORTING YOUR WELL-BEING

In this day and age, whether at 1 p.m. or 1 a.m., online media is available. Social media platforms, news, and more energetically seek you out through notifications and updates. Remember: You get to choose how you use online media. Also, keep in mind that online content can lead us to feel anxious, sad, stressed, angry, and more. Furthermore, certain online content (e.g., news) can actually trigger our stress response, where our mind and body react as if we are experiencing a direct threat at that moment. Frequent consumption of this material has the possibility to even alter our stress response over time. Try these tips to set limits and protect your mental health:

- Set a five-minute timer or schedule your online media time like you would a task or meeting
- Avoid online media when trying to relax or sleep, especially activating material like the news
- Turn off updates and notifications on devices
- Try "tech-free" times during your day, such as no devices at dinner or 1 hour before bed
- Remind yourself that just because you have access, you don't have to read or watch disturbing content

PAUSING BEFORE CLICKING

Asking yourself a few questions before you connect to online media can create a moment of pause and help you make better choices. Such questions act like a stop sign, allowing us to brake and proceed in a meaningful direction. Try posing one of the following to yourself before engaging a device:

- What do I want to accomplish by doing this?
- Does this make me feel better?
- Do I need to see this content now, or could it wait a few hours?
- Would it be better to use this time for another activity instead?

Keep in mind that changing online media habits doesn't happen overnight and that you don't have to "quit" to create healthy change. This is about making more intentional choices to ultimately help you feel more fulfilled and support your well-being.





JOURNALING FOR MENTAL HEALTH

Deb Dehmel

Journaling is an effective way to reflect on oneself and enhance mental health. By dedicating a set time each day to sit with your thoughts and transfer them onto paper, you create a valuable space for self-reflection and emotional processing. To help you get started, here is a list of prompts to help your journey toward better mental health.

- How would you spend your perfect day off? What makes that perfect for you?
- Describe yourself in ten words. Why do these words come to mind?
- What makes you feel the most inspired?
- What is your favorite form of self-care?
- What can you do today to take better care of yourself?
- What comes to mind first when you think of what makes you feel safe?
- What are five things about yourself you want people to know?
- What's something that makes you feel warm inside?
- Explain what is hardest for you in as many words as it takes.
- If you were to improve something about your life, what would that be?

Consistency is key to reaping the benefits of journaling. Incorporating journaling into your daily habits can significantly enhance your emotional well-being. By consistently engaging in this reflective practice, you allow yourself to process and understand your emotions on a regular basis.

Start journaling today and discover the transformative impact it can have on your life.

<https://mindfulhealthsolutions.com>

Continued story....

JOURNALING FOR MENTAL HEALTH

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!

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.

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

Name: _____

Date: _____

COPING STRATEGIES

EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

MY COPING SKILLS

Coping skills I already use:

Coping skills I would like to use more:

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?

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, Tuesday, Wednesday, & Friday: 9:00 am to 3:00 pm

Check out our website

www.tbhsonline.com 

stand up against stigma

**No Health without
Mental Health**

