The Life and Times of Marsha Chevalier

As a child I grew up in a very demanding and dysfunctional family with little support. It wasn’t until my mother passed away when I was in my 30’s that I stopped hearing her critical voice in my head. I am a 61 year old wife who enjoys cooking, sewing, and ceramics.

My journey through life with mental illness has sent me on a roller coaster ride for years. I was diagnosed with bipolar manic depression. I was also diagnosed with Raynaud’s disease which causes heavy sweating. Both diagnoses prevented me from participating in many activities. It took me some time to realize I could be as normal as others, but I still felt as if I could not get others to accept me.

I have been hospitalized several times through the years. After attending Tuuri Mott, and seeing different doctors and therapists, I was introduced to GCCMH, now Genesee Health System (GHS), in 1975 and have been here ever since. I have attended all the classes that GHS has to offer. They include the Wellness Recovery Action Plan (WRAP), Recovery Group, Stress and Anger Management. I was a member of PSR and have also worked at GHS. My support system at GHS has helped me to grow to the point where now I enjoy being me. I’ve become more determined and very independent.

My family and friends don’t always know how to deal with me and my illness, but I have learned to become more assertive. I insist on being treated respectfully and fairly. I realize everyone will not like me or understand my feelings or actions, but I don’t have to rationalize them for others. I try to be understanding and just enjoy my life, spouse and friends. I enjoy cooking, sewing, ceramics, and quilting. I would like to thank everyone who has been a part of my support system - GHS, my husband, and friends.

Celebrations of Recovery - A Continuing Series:
Individual Stories of Success in Overcoming Mental Illness and Substance Use Disorders

Mental health and substance use disorder recovery is a journey of healing and change. It allows people to live meaningful lives, where they want to live, while working toward their personal goals.

The process of recovery is unique to each person and can be defined only by that person. Professional supports and services can help people in their recovery journeys. A relapse is not a failure, but rather a challenge to be overcome. A person can overcome relapse and come out a stronger individual. It all takes time, and that is why recovery is a continuing process working toward a future that can hold many days of enjoyment, and the energy to get through the trials of life.
Check us out - We’ve gone social!

Get the latest Buzz on what’s happening with Genesee Health System!

We now offer more solutions for you to “connect” with us and stay up to date on news, tips, or upcoming events.

Check us out on the social media sites listed below, or check out our website at www.genhs.org.

**Our Facebook Page is:**
https://www.facebook.com/GeneseeHealthSystem

**Our Twitter Page is:**
https://twitter.com/GenHealthSystem

**Our You Tube address is:**
http://www.youtube.com/user/GeneseeHealthSystem

**Our Linked in address is:**
http://www.linkedin.com/company/genesee-health-system
Anger Management: Learn ways to stay in control. This class is offered twice monthly.

Coffee & Conversation: This one-time monthly group features a guest speaker, an overview of the GHS system and other essential information!

Consumer Recruitment: This 6 session training teaches consumers to work in policy making on boards, committees and work groups.

Employment Training: Learn how to apply, interview and keep a job in this one-time class offered throughout the year.

Entitlement Education Training: Learn about several entitlement programs in this one-time group offered throughout the year.

Independent Living Training: This 4 session training will teach about living on your own. Money Management is one session of Independent Living and can be attended as a stand-alone group.

Movie Day: Enjoy a movie once a month with popcorn, punch, information and assistance.

Mystery Shopper Program: Checks the GHS network to assure we provide accurate information and great customer service.

Newsletter Committee: Contribute to the consumer newsletter. Committee meets monthly.

Recovery Group: Learn to identify and set of goals for a better quality of life and to maintain recovery. This is a 6 week series. Stress Management Group is one session of the Recovery Group and can be attended as a stand-alone group.

Self Esteem Group: Learn ways to improve your self esteem in this 6 session support group with an ongoing group for graduates.

Stop Smoking: This 8 session course offers ways to quit and improve your health.

You can attend as many groups as you like. To get more information or to sign up, call or come in to:

Customer Services
Open Monday – Friday from 8 am to 5 pm
Located on the Frist Floor
810-257-3705, 866-211-5455, 810-257-1346 TTY

You can also get information and sign up at our website:

www.genhs.org
Anti-Stigma Campaign

On Tuesday, April 23, 2013 a dedicated group met in the Customer Services Group Room to discuss the Anti-Stigma campaign led by the GHS Consumer Council. The purpose of this campaign is to give a “thumbs up” to put down stigma against consumers of mental health services.

Turnout was good. Sixteen people, mostly consumers, filled the room to capacity. Tameka Duncan, our client ombudsman, and Intern, Amelia Fonger, organized the round table talk and kept the group on task. The task was for consumers to provide one or two statements about how mental health stigma has affected our lives. Statements were made into paper signs. Each consumer took a photo with his/her sign. Those signs will eventually be displayed as part of the campaign.

Words can hurt. Stigmatizing words can trigger an emotional response and can be devastating to people. Being stigmatized can cause them to delay treatment or make a detour from the path to recovery. Many people never seek help for themselves or their loved ones. Being a positive role model and being careful about what we say about ourselves and others is the vanguard of the anti-stigma movement.

~ Written by Milton Mills
Join the Family-to-Family Facilitator Workshop

**WHAT IS THIS WORKSHOP?** This is a FREE workshop for family members caring for a relative with a severe mental illness. The purpose of the class is to learn how to teach others to care for a loved one (parent, sibling, adult child, a spouse, or partner) with a severe mental illness. This special workshop will be held during the weekend of August 23, 2013 - August 25, 2013 and will be hosted by the NAMI State Trainers, Pat Doyle and Bob Nassauer. While the location is not yet determined, the course itself will be held from 10:00 am on Friday, August 23 through 2:00 pm on Sunday, August 25.

NAMI is offering this free, highly interactive workshop that will be enlightening as well as enjoyable. It is designed to explain what a Family-to-Family Facilitator is, what the requirements are, how to become certified, and how to be successful as a facilitator. The two hosts, Pat and Bob, will use the most recent version of the class that was released in March. All materials are free to class participants.

To register for the workshop or if you have any questions, please contact the NAMI State Trainers directly.

- Pat Doyle can be reached at: 734.470.6701 or via email at: patsidoyle@aol.com
- Bob Nassauer can be reached at: 734.997.0565 or via email at: bobnassauer@aol.com

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**NAMI Annual Conference**

Patrick Kennedy delivered the keynote address on April 19 at the NAMI conference held at the Lansing Center April 19-20, 2013. Patrick spoke about how he became the sponsor for major legislation for mental health parity and his own personal struggle with bi-polar disorder and substance use disorder. He said that mental illness should be treated by health insurance companies as any other physical illness. He mentioned that early intervention for treatment of physical illnesses, such as cancer, diabetes, or heart disease is good for the consumer and health insurance companies, increasing survival and cutting costs.

He said it isn’t the same for mental illness which is often not covered and left untreated until suffering and symptoms are severe. Though Congressman Kennedy has retired from Congress, he says he will continue to champion the case for fair health insurance coverage for mental illness.

The dinner keynote speaker, Chris Priest, Project Manager for the MI Health Marketplace, Department of Licensing and Regulatory Affairs, also provided information about the profound effects of the Affordable Care Act and Medicaid expansion on insurance coverage choices for Michigan residents. Changes are slated to begin go into effect in October of 2013. The NAMI conference gave attendees a choice of seminars with topics ranging from Peers as colleagues, and their growing influence in the field of mental health, as its fastest emerging segment, to the Choices in Recovery Seminar that provided support and information about schizophrenia and bi-polar disorder. NAMI also offered several seminars to share how the organization could be a resource to affiliates and to those interested in support and advocacy for consumers.

~ Written by Tameka Duncan
Client Ombudsman
News from the Pharmacy

420 W. Fifth Ave Flint, MI 48503
(810) 496-4876

Spring Has Sprung, So Get Outside and Have Some Fun!

Tips For Staying Healthy During the Warm Weather Season

Spring time is here, and summer is just around the corner! After six months of being cooped up in the house, it’s always exciting to get outside and enjoy the sunshine. However, the warmer weather also brings along a horde of annoying little health hazards that can get in the way of our fun in the sun. Here are a few tips on how to stay safe and healthy while you’re outside enjoying your favorite outdoor activities!

Food-Borne Illnesses: Nothing beats a cookout on a warm summer night! But with all the raw meats and perishable vegetables we use in the process, it’s important to remember how to properly handle and store these foods. Food-borne bacteria, such as salmonella and E. coli, are never welcomed guests at your cookout, and the hotter temperatures make it easier for these pests to grow. Storing your meats and vegetables in separate coolers with lots of ice is a great way to prevent this from happening. Cook your meats thoroughly using a meat thermometer to make sure they are done, and take care to not allow juices from the meat come into contact with other uncooked foods. And remember, after handling raw meats and vegetables, always wash your hands!

Grill Burns: Your world-famous cheeseburgers are burning! As you rush in to save them, you catch the side of your hand on the grill top…ouch. If you do unfortunately burn yourself on the grill this year, do not immediately put ice on the burn. This can actually lead to an “ice pack burn” on top of your grill burn, which is no fun. Over-the-counter hydrocortisone or aloe will help soothe the burning sensation. If the burn appears serious, run cool water over the affected area, and make your way to the emergency room to have it properly examined. It’s never a bad idea to have some cooking gloves near the grill, either!

Tick/ Mosquito Bites: Who invited these guys? While taking a hike in the woods is a great way to enjoy the outdoors, some of its inhabitants can really be a bother. Diseases like West Nile Virus and Lyme Disease are transmitted by ticks and mosquitoes, and it’s important to protect yourself from them. While outside in the woods, avoid wearing colorful clothes, and make sure you apply an effective insect repellant on a regular basis. Once you come inside, always have somebody help you check our body for ticks. Make sure to check under your arms, legs, back of the neck, and scalp. They could be in a number of places and you would never even know!

Sunburns: It’s pretty safe to assume we’ve all learned this lesson the hard way at some point or another. The sun’s UV rays are much more direct during the summer months, even on those cloudy days. Too much exposure could potentially lead to skin cancer called Melanoma. Whenever you are outside, use a sunscreen with a minimum of SPF 15, and use lots of it. If you do get sunburn, get under the shade as soon as possible and relax. Aloe is a great way to soothe the burning sensation if it becomes painful.

Heat Stroke: As much fun as it is to be outside all day, you should always take a cool, shady break multiple times a day. Prolonged sun exposure, along with dehydration, is very dangerous. When outside on a hot day, find cool area and drink plenty of water. Sit down and relax for at least 15 minutes before continuing on with your day. If you ever begin to feel dizzy, have a headache, feel weak, or vomit while outside on a hot day, go inside to a cool area and seek medical attention.
Viva Las Vegas - The Dance was a Success!

Dance, dance, dance! Everyone enjoyed the Las Vegas Theme of the Consumer Dance for 2013. The DJ was jamming and there was plenty of dancing! About 2000 consumers crowded into the Perani arena on the evening of May 17, 2013. The hit single “Celebration” by Kool and the Gang was played and it was the perfect theme song for the evening. Other hits like “Easy Like Sunday Morning” by Lionel Richie filled up the dance floor! Organizers even placed measuring tapes on the table, so that you could “measure” your enjoyment. The music inspired people to get up and party like never before. One consumer summed up the experience by saying “I’m having a heck of a good time”. In addition, consumers were able to get their faces painted and their pictures taken for a small price. An endless supply of pizza kept party-goers energized. Viva GHS!

~Written by John Williams Jr.

Walk-A-Mile in My Shoes...

This year’s Walk-A-Mile in my Shoes Rally in Lansing, Michigan on the lawn of the State Capitol building was fun for all. The annual rally is intended to increase awareness of mental health and developmental disability issues. Nearly 100 people from Genesee Health system attended, joining nearly 3000 people from all over Michigan. Participants from Genesee Health System were greeted by State Representative Woodrow Stanley. Many consumers who attended had never been to our State Capitol, adding to their enjoyment of rallying for a good cause. Milton Mills was selected to read the statement on behalf of Genesee Health System. Milton’s statement was, “I’m working on a path toward my recovery with a little help from my friends, peers and family”. Gerald Williams carried the Genesee County Flag during the March of Counties to speak on mental health issues in their area. Hopefully next year we will see even more GHS consumers involved in bringing awareness to an important issue. Our goal is wipe out stigma associated with mental and developmental disabilities in all forms! Check out pictures from the event on the GHS Facebook page at: https://www.facebook.com/GeneseeHealthSystem!

~Written by Deborah Duckett
Exercise on a Budget

Sometimes cost can be a barrier to being more physically active. There are lots of activities that involve little or no cost.

- Walking is free.

- **Churches and community centers often have free events.**

- Build strength using household items for weights (canned foods, small bottles of water, etc.).

- Simple stretches can improve flexibility and range of motion.

- Find a local trail.

- Buy a bicycle from a second-hand shop or at a yard sale.

- Try a new sport that doesn’t require expensive equipment.

- Look at Senior Centers, the YMCA, and local recreational centers for free or reduced cost activities.

- Physical activities that you build into your daily routine like taking the stairs or parking farther away and walking are free!

Material referenced from www.move.va.gov
Imagine...Flint

From A to B

An original theatre piece developed by a team of local artists and residents

Get There.
Thursday, June 27, 2013
6pm @ The Good Beans Cafe
328 N Grand Traverse St

light refreshments will be provided

For more info
Contact
Andrew Morton
(810) 288-8000

IMAGINE FLINT
Get Involved!
Visit www.imagineflint.com
News from our CEO, Mr. Danis Russell

Picnic. This year we moved the dance back a little to May 17th, hoping that the weather would be a little more cooperative. In the past, we have always held it the first Friday in May, and we have ended up with cold, rainy and windy nights. The middle of May is still no guarantee, but we think the chances are better. Our picnic this year is scheduled for July 26th, and we are again joining with the Disability Network to hold a joint picnic, like we have done for the last several years. I hope you can make at least one, and hopefully both of these events. If you need information, contact your case worker of Customer Services.

As of today, we have had our new name—Genesee Health System, officially a little over a month. I have heard lots of good comments about the change, and our new look. We changed the name to more closely match our new programs over the last several years that promote physical health and wellbeing, as well as mental health. We think this approach makes the most sense, and the rest of the country is also starting to embrace this change. I hope you like it, and would like to hear your comments.

We are still working to form a new region, with the Thumb mental health centers in Sanilac, Lapeer, and St. Clair counties. This new region will be effective 1-1-2014, and there are a lot of meetings and work being done to get ready. We don’t know what changes this will bring, but we don’t think there will be any major changes to the services we provide. We will try very hard to maintain what we currently have.

That is about all I have for now.

Remember, get up and get moving!!

Take care,
Dan

Well, it is hard to tell by the weather, as it seems to change day to day, but the calendar says that it is almost spring! So, I guess the weather will catch up to the calendar soon, and we will start to have some nice warm weather. Although as I write this, I am looking out my window and it is snowing! At the end of April!

But, we will just think good thoughts that warm weather is on its way. Hope you had a good winter, and were able to get out and enjoy yourselves. The warm weather will bring lots of new opportunities to continue or start an exercise program, or walking routine, or anything that will get you outside and get you moving.

The warm weather also brings a couple of our really big events: the Dance and the
Have Questions? Get the 411 on Who to Contact

Do you want to know more about your rights?
Have questions? You can talk directly to a Rights Advisor by calling (810) 257-3710 or (810) 762-5298 TTY.

If you would like to speak with someone in person, come to the Office of Recipient Rights at 420 W. Fifth Ave. and ask to meet with a Rights Advisor.

Access Center/Substance Abuse Services:
(810) 257-3740
(810) 232-6310 TTY

Crisis Line:
(810) 257-3740
(877) 946-3648

WHO IS CUSTOMER SERVICES HERE FOR? YOU!!

Customer Services has you covered if:
♦ You are unhappy with your services.
♦ You need help with service choices or changing providers.
♦ You’re looking for great information about the GHS Network.
♦ You want friendly, knowledgeable staff to help with information about places to get assistance.
♦ You’re interested in participating in groups and trainings that are both informative and fun.
♦ You would like to borrow from our resource library which has videos and pamphlets on a wide range of interesting subjects.
♦ You need accurate information provided in a professional, friendly manner.

Customer Services:
♦ Does presentations, distributes information and participates in health fairs in the community.
♦ Does follow-up surveys, evaluations and provides a suggestion box in our lobby—WE CARE ABOUT YOUR OPINIONS!
♦ We will always provide accurate information in a professional and friendly manner.

Are you missing something? Do you think you may have left a personal item behind while at GHS? Check in with our Customer Services department to see if your items was turned into the lost and found.

Customer Services
420 W. Fifth Ave., First Floor
Open 8 am to 5 pm
Monday - Friday
(810) 257-3705
(810) 257-1346 TTY
Toll Free (866) 211-5455

NAMI Genesee County (810) 232-6498
Project Vox (810) 496-5599

Advanced Care Pharmacy (810) 496-4876
Toll Free (877) 496-4876
TTY (810) 496-4879

KNOW YOUR OPTIONS!

When to file a Grievance or Appeal:
♦ Denial of Services at Access
♦ Denial of Hospitalization
♦ Medicaid Fair Hearing
♦ Local Grievance process
♦ Local Medicaid/Non-Medicaid appeal
♦ Service Delay

Any of the above apply to you?
Contact Due Process at (810) 424-6065
or
Stop into Customer Services at 420 W. Fifth Ave. and ask to file an appeal.

WITHOUT YOU,
WE WOULDN’T BE HERE!!

Some of our GHS Network Partners
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**July 2013**

- **Monday:**
  - 11:00am-2:00pm Consumer Focus
  - 2:00pm-3:00pm Senior Focus
  - 3:00pm-4:00pm VOICES 7:30pm Recovery

- **Tuesday:**
  - 10:00am-12:00pm Independent Living
  - 2:00pm-3:00pm Stop Smoking

- **Wednesday:**
  - 10:00am-12:00pm Independent Living

- **Thursday:**
  - 10:00am-12:00pm Independent Living

- **Friday:**
  - 10:00am-12:00pm Independent Living

- **Saturday:**
  - Movie 2:00pm-4:00pm

- **Sunday:**
  - Stop Smoking 2:00pm-3:00pm

**Contact Information:**

- **CHS Health System**
  - 420 West Fifth Avenue, Florence, MT 59833
  - Phone: 888-111-5555
  - Toll Free: 888-111-5555
  - Customer Service: 800-277-3705

- **AdvancedCare Pharmacy**
  - 801-277-3700
  - 801-496-4876

- **Criss Hall:**
  - 877-946-3648

- **CHS Health System:**
  - 801-277-1496
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**August 2013**

Visit: 810-257-7309
Toll Free: 866-111-5555
Customer Services: 810-257-3705

Geneseo Health System
Hope and health in the community