Kimberly Powers, A Story of Recovery

I never thought I would have a job like the one I have. My job as a recovery coach empowers me and helps me to pass on the gift of empowerment to others. I get so much joy from helping people accomplish even small things. As a Recovery coach, my job, as a peer, is to share my own recovery story and offer encouragement, direct assistance, and link people to resources who are beginning their journey of recovery from substance abuse and mental illness. I walk side by side with them.

Before I became a recovery coach, I was already helping people with mental health problems and addiction. I ran a clothing ministry on Flint’s Eastside. I referred many people to GHS (formerly Genesee County Community Mental Health) for services.

I remember pulling into a parking lot of an elementary school several years ago, taking stock of my life and realizing that, like many sufferers of mental illness, I was also an addict.

So, I sought treatment and began my road to recovery and have been drug free for many years. I returned to GHS in 2012 after getting treatment in the private sector for several years. I had already been diagnosed with Bi-Polar disorder and been referred to GHS for treatment in the 1990’s after several hospitalizations. I joined PSR, Rainbow Connection. That’s when I took steps in the direction that would lead to my employment as a recovery coach at Hope Network. I began by first getting hired through the TEP program in 2013 as a greeter in the main building for GHS. My own treatment at GHS has changed my life. Since 2005, I have owned my own home. My self-esteem has grown. I have a new career that I love and that helps to sustain my recovery.

The thing I like most about my experiences at GHS is the kindness shown by my case manager and her belief that I can achieve anything. In fact, everyone I’ve encountered at GHS has been welcoming and supportive of me. In addition to my case manager, my recovery supports include my relationship with God, my boyfriend, family, friends, and my medication regimen. I also like gardening and reading in my free time.

Recovery to me means that when you stay in recovery, you can accomplish your personal and career goals. I am a better mother, daughter and friend. Also, I have built life-long friendships through my association with GHS. It has helped me to give the message of hope to others. They see the hope in me.

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.
July 26, 2013 was a beautiful day at Kearsley Park for the Annual Picnic celebrating the Americans with Disabilities Act (ADA) and sponsored by The Disability Network and Genesee Health System! It was a fun day that ended too soon! Food tickets and T-shirts were distributed to consumers in the Pavilion. Consumers could choose from a variety of fun-filled activities ranging from bike riding to lawn bowling. InShape mentors showed kids and adults how to kick the ball during a game of soccer.

Over the park’s bridge, the “Everyone can Ride” organization (www.bikeprogram.org) had bikes with helmets for everyone at the Picnic to ride through the park if they wanted. Children and adults enjoyed having their faces painted a variety of different designs and characters. For those who wanted to play games, there was Bingo for people of all ages. Then there was the wonderful Picnic lunch. People lined up for grilled hot dogs, potato chips, and cookies given out by our wonderful volunteers.

There were several organizations with booths providing helpful information. The MTA provided information on the bus and Your Ride system. They also supplied applications and information for ADA cards, which provides discounts to disabled riders. The Disability Network offered information on support groups and other Disability Network programs. The League of Women Voters was there registering voters. New phones demonstrating a display with written captions for the hearing impaired was presented by a computer software company, CaptionCall.

The D.J. spun tunes for everyone’s enjoyment, as volunteers walked around handing out water and popcorn.

If you missed the ADA picnic this year, hope to see you next year. It was great summer fun!
Overcoming Stigma

~ Written by John Williams Jr.

Stigma is about disrespect. Often, negative labels are used to identify persons living with mental illness. Mental illnesses are medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that result in a diminished capacity for coping with the ordinary demands of life.

Public stigma encompasses the hostile attitudes and feeling expressed by many in the general public toward persons living with mental illness.

Stigma against mental illness affects people from all walks of life, regardless of socioeconomic factors. The following are some well-known people who are a source of inspiration because they have overcome the stigma of mental illness:

◊ Patty Duke-Substance Abuse Disorder and Bi-polar Disorder
◊ Billy Joel-Depression
◊ Linda Hamilton-Bipolar Disorder
◊ Brooke Shields-Postpartum depression
◊ Catherine Zeta Jones-Bipolar II Disorder
◊ Mel Gibson-Bipolar Disorder-SUD and Bipolar Disorder
◊ Emma Thompson-Clinical Depression
◊ John Nash-Schizophrenia
◊ Carrie Fisher-Bipolar Disorder

These famous people decided to reveal their mental health conditions to raise awareness and to encourage members of the public to not shy away from seeking treatment. There are many ordinary people who followed the example of these fearless celebrities and sought treatment. Unfortunately, there are still others who continue to go without treatment because of the stigma associated with mental illness. Fighting to eradicate stigma and the unearned shame felt by those who continue to suffer silently will help. Do you want to join the fight against Stigma? Contact Customer Services at (810) 257-2705 or TTY (810) 257-1346 for more information.
DBT Therapy: An Interview with Phil Cave

Phil Cave is the Manager of Evidence Based Practices at Genesee Health System (GHS) and led the development of the DBT (Dialectical Behavior Therapy) at GHS.

What the DBT Program and how can it help?
It is a very intense therapy that requires homework, meeting in a DBT Individual Therapy session and DBT Skills Training Class each week. You learn to stop unsuccessful avoidance behavior and to retrain yourself to use other more successful behaviors. In DBT Skills Training Classes, you learn to successfully handle your feelings and what to do to have more satisfying personal relationships. You also learn and practice skills to reduce anxiety through Mindfulness exercises and trauma exposure. Trauma exposure is a specific treatment that helps people recover from exposure to triggers, or reminders of things and events that trigger a crisis. Skills Training Classes also teach skills in a module titled “Interpersonal Effectiveness” where you learn how to get along with your family and friends. The best thing about DBT is that you receive around the clock access to team members for phone coaching support when you need it most. Most importantly, DBT helps you discover the REAL you. The goal of DBT is to teach people how to work with a crisis, how to control their emotions and help to change them.

Where is DBT offered?
GHS offers DBT directly and there are some Network providers offering DBT including Consumer Services, Inc., and Hope Network through the ACT program. It is offered through inpatient and outpatient services.

Who can get DBT treatment?
People who have self-destructive thoughts and behaviors including out-of-control emotions, drug and alcohol use and most importantly, people who self-injure are eligible for treatment.

Who can benefit from DBT Therapy?
People who have Borderline Personality Disorder (BPD), anxiety disorders, who self-injure, who have suicidal thoughts, Bi-Polar Disorder, Substance Use Disorder, or Depression. There is some new data that indicates that it is also beneficial for those with Dementia.

If you think you would benefit from DBT, contact your case manager or GHS Customer Services / Access for more information at 810-257-3705 or 810-257-3740.
Get the Leg Up
On the Upcoming Cold & Flu Season

First steps to preparing for this flu season: The influenza virus can cause many health problems for just about everyone if you do not protect yourself from it properly. It is important for everyone 6 months of age or older to receive a flu vaccination every year. This will help protect you from the three influenza virus strains that experts predict will be the most common during the upcoming season.

How the flu vaccine works: A typical flu vaccine is made up of three different inactivated virus strains and is most often injected into the upper area of your arm (intramuscularly). This gives your body’s immune system the opportunity to develop antibodies, which build up a defense to the real virus should you come into contact with it. Because of the vaccine, your body recognizes that this virus is an invader, and will work much more quickly to destroy it, keeping you healthy!

Where to find a flu vaccine for this season: Thankfully, obtaining a flu vaccine is not difficult, and is inexpensive. Your doctor’s office, local health clinic, and friendly neighborhood pharmacy will all be more than willing to help you out! It is not uncommon for employers, schools, or college health centers to also offer a flu shot.

Treating the Common Cold: This little virus without a doubt causes the most annoying illness ever! Thankfully, there are simple everyday tasks you can do make sure the cold does not put a damper on your day. There is no cure for the common cold, but you can help alleviate any symptoms you have by: Drinking plenty of fluids, getting plenty of rest, using Over-The-Counter nasal decongestants, anti-histamines, saline nasal sprays, or you can take aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) to help with any headaches or fever. It is important not to overuse these products, as they can lead to upset stomachs, drowsiness, and insomnia if not taken in the correct doses. Also keep in mind, proper hand washing and covering your mouth are the first steps to not get yourself or others sick!

Antibiotics and the Common Cold: Many people often forget or are unaware that the common cold is caused by a virus. Viruses cannot be killed with antibiotics, so you should never take them, even if it is “just in case.” Any concerns about other illnesses that may require antibiotics should be taken to your doctor first. Using the remedies explained above and giving your body time to fight the virus is the best medicine available to fighting off the cold. Remember, you can always ask your local pharmacist if you have any questions about which treatment option is best suited for you!
Check out our new class!

National Kidney Foundation™ of Michigan

ENHANCE FITNESS®

All Classes include:

- Cardio & Strength Training
- Flexibility
- Balance & Coordination

We hope to see you there!

Enhance your Fitness in Flint with:

Genesee HEALTH SYSTEM

at the Center for Hope gym at Catholic Charities
517 E. 5th Avenue, Flint MI
GHS InShape® Program: 810-496-5740

Mondays at 10:00 am
Starting June 24, 2013

Wednesday at 1:30 pm
Starting August 7, 2013

For more information call
NKFM-Flint at 810-232-0522

⇒ Never Jump Up & Down
⇒ Never Get on the Ground
⇒ Move at Your Own Pace

All Classes are Free & Open to the Public!
News from the CEO, Dan Russell

By the time you read this this, it will probably be September. We all know what that means, so I won’t make us all feel bad. I hope you had an enjoyable and healthy summer. I know we had some great activities: the picnic, our CFS Family Fun Day, and way back in May, the Mental Health Dance. I hope you got to enjoy at least one of those activities. They were all bigger and better than ever, and the staff truly enjoyed working to make them fun for everyone.

I also hope you got to get out and enjoy the summer. It was kind of a strange summer weather wise, but it looks like it could be a really nice fall. I encourage everyone to get out and be active in some way, even if it is just walking with your family or friends. Before we know it, walking around the sidewalks may not be so easy—(sorry, I said I was not going to talk about that!).

There are a lot of things happening in the CMH world. Most of these are at a very big level, in Lansing or Washington, and although they will affect us, we don’t think they will affect our services too much. Part of the problem is we don’t have a lot of answers right now, but I will let you all know as we begin to get more information.

One very positive thing that happened over the summer is that Home Avenue got a new home. Our program at Home Avenue has been in its current site—an old elementary school building, for many, many years. We just got to a point where we could not rely on the building being good enough to house our program, so over the spring and summer, we remodeled out transportation facility on Coldwater Road, so the program could move there. Some of you might remember that the old Community Industries program used to be there. The remodeling has just been finished, and the program will be moving in early September. Everything is brand new, and it is beautiful. I think the staff and the individuals who attend the program are going to love their new building.

There is still time to enjoy the results of our Agency garden. If you would like to participate, please let Customer Services know. Please also start talking with your case manager or doctor about what you can do this winter to stay active and healthy. It is never too soon to start planning for your health.

Have a great fall, and I will update you on all the activities as soon as we know. Thanks for reading and stay well!

Dan
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 and SubSTANCE ABUSE SERVICES:
- (810) 257-3740
- (810) 232-6310 TTY

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

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

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!

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.

Genesee Community Health Center
422 West 4th Avenue
Flint, MI 48503
(Across the street from Hurley Medical Center, off the corner of 4th Avenue and Grand Traverse)
(810) 496-5777

Monday - Friday
8 am to 4:30 pm
WEDNESDAYS: 8 am to Noon
Closed daily from 12 pm to 12:30 pm
www.genchc.org
Email: info@genchc.org

Serving all your healthcare needs:
- Under one roof
- Regardless of your ability to pay
- Focused on you and your family
- With people who really care

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!!

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

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

Some of our GHS Network Partners
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DATES AND TIMES ARE SUBJECT TO CHANGE. Please call Customer Services for more information or sign up!

CRISIS LINE: 810.255.7115 OR 877.946.3648

ADVANCED CARE PLANNING

Website: www.genhs.org

Phone: 810.255.7115

Toll Free: 866.211.5455

TTY: 810.257.1346

420 West Fifth Avenue Flint, MI 48503

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DATES AND TIMES ARE SUBJECT TO CHANGE.

Please call Customer Service for information and to sign up for our groups and trainings!

ADVANCED CARE PHARMACY: 810-257-3700

CRISIS LINE: 810-257-3740 OR 877-946-3648

420 West Fifth Avenue
Flint, MI 48503

Phone: 810-257-3705
Toll Free: 866-211-5455
TTY: 810-257-1346
Website: www.genhs.org

October 2013
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**Dates and Times**

**November 2013**
October 7 through October 11 is... Customer Service Appreciation Week

Please join us in our celebration and enjoy:

* Food
* Prizes
* A Friendly Atmosphere
* Loads of Fun!

The Customer Services Team will be hosting daily activities from 10:00 am - 12:00 pm.

Our Customer Service Appreciation **D**AY is scheduled for Wednesday, October 9 from 10:00 am - 12:00 pm.