

GHS CONNECTS

Genesee **HEALTH SYSTEM**
Consumer Newsletter

Volume 56
Winter 2017

**The CHAT is now GHS
CONNECTS**

The mission of this
newsletter is to connect
consumers to

- The GHS network
- Each other
- The community

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This Issue**

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**CELEBRATIONS OF RECOVERY—A CONTINUING SERIES:
Stories of individuals on their recovery journey**

Chris Carlisle's Story

My name is Chris Carlisle. I'm 32 and I've lived in Genesee County nearly all of my life. When I turned 26, my mom and I were referred to GHS. Though I live with my mom now, I would like to live on my own someday.



We needed to find another agency to continue the services I had been receiving as a person with a developmental disability.

I am really happy that I came to GHS. I love my job at Freedom Works where I work five days a week making bracelets. My support staff have helped in so many ways and we have a lot of fun together. I get help with cooking. We go bowling and even take trips to places like Frankenmuth. My staff even helped me with Christmas shopping. The great staff is what I like most about GHS.

In my free time, I spend time with my girlfriend, play computer games, coach little kids in basketball and soccer, and prepare for the upcoming conference for Little People of America, of which I am a member, in Denver in 2017. I attended the last convention in Boston, too.

Connecting to the CEO

Danis Russell

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Happy New Year!

The year has flown by. And what a year it has been. With the Water Crisis, I know many of your lives have been affected, and are still being affected by this crisis. Please let us know if there is anything you need, and what we can do to help. You are not alone in this.

From all our staff and our Board of Directors, I wish you a very happy and safe New Year.

A handwritten signature in black ink that reads "Dan".

Dan

Customer Services can help you apply for Healthy Michigan. Computers are in both the front lobby and the Customer Services lobby.



Customer Services lobby computer



Dealing with Seasonal Depression

Daniel A. Burns, MS, LLP
Dialectical Behavior Therapy Supervisor

Depression with a seasonal pattern (or seasonal depression) is a pattern of major depressive episodes that generally reoccur during a specific time of year – usually the winter or the colder months. This is generally associated with a decrease in light exposure although other factors can contribute as well. For example, many of us may struggle with having less to look forward to and/or feelings of guilt from overspending or overeating etc. due to the holidays, and that can contribute to a more depressed mood now that we are in Jan/Feb/Mar). Light exposure effects our serotonin levels, a neurotransmitter in the brain that impacts our mood.

Symptoms:

A depressed mood that lingers	Fatigue or Loss of Energy
Loss of interests	Extreme changes in weight or appetite
Extreme changes in sleep	Feelings of worthlessness
Difficulty concentrating	Thoughts of suicide or death

Suggestions to better manage mood or improve coping:

- Get active – exercise can improve mood and how we feel about ourselves, but even getting started or out of bed and in the shower can make a big difference
- Remember to keep healthy eating and sleep habits
- Manage expectations – take on the day or large tasks one at a time, or step by step and try to avoid unrealistic expectations
- Find ways to get light exposure - make a point to go out for lunch or coffee or walks outside etc. – There is also light therapy (phototherapy) lamps
- Plan ahead – know yourself and your signs related to depression and make a plan of how to cope (ex. Add exercise to your day, reach out to a friend, engage in a hobby etc.)
- Meditation or Mindfulness – Focus on your breathing, pay attention to gratitude or the small things around you etc.



- Reach Out – call a friend or family member to hang out or plan a fun event to look forward to
- Don't Be Afraid to Reach out – Talk to your PCP or therapist or psychiatrist or other professional if you are concerned. Also remember the GHS 24-hour crisis line (810-257-3740) and 24-hour crisis text line: text "Flint" to 741741

Making the Most of the New Year While living with Mental Illness by Bryan Sutton

The beginning of a new year is the prime time for you to use what you have learned from therapy and doctors visits about socializing and reconnecting with friends and family before you were diagnosed with your disorder.



It will help you mentally by focusing on the positive things in life as well as putting your illness aside for a moment and get back to yourself, before crashing! Take time out to remember what life was, and get back on track by using these moments to make a list of the things you are going to accomplish, don't make it too big or too small! LIVE LIFE!!!



Happy New Year!

Connecting to the Pharmacist

Provided by Genoa Pharmacy



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!

Genoa Pharmacy can provide many vaccinations. Please ask the Pharmacist for more information.

Genoa Pharmacy
810-496-4876
Located within the
Main Campus of
Genesee Health
System



Connecting to “Your Voice”

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Customer Services for YOU

Contact Us

Access Center & Substance Abuse:

(810) 257-3740

(810) 232-6310 TTY

24 Hour Crisis Line:

(810) 257-3740

(877) 946-3648

Customer Services:

420 W. Fifth Avenue

1st Floor

Open 8 am to 5 pm

Monday - Friday

(810) 257-3705

(810) 257-1346 TTY

Toll Free at

(866) 211-5455

Recipient Rights

Do you want to know
more about your rights?

Lose something?

Customer Services has a
Lost & Found

We can help!

- ◆ You want to feel welcomed and treated you in a friendly and professional way.
- ◆ You are unhappy with your GHS experience.
- ◆ You need help with service choices and providers.
- ◆ You're looking for help with how the GHS Network system works.
- ◆ You are looking for resources and help in the community.
- ◆ You want to provide feedback about your experience and how we can improve.
- ◆ You're interested in attending our educational groups to assist in your recovery.
- ◆ You want to be involved with the decision-making process and to work on projects and work groups.

We do:

- ◆ Presentations, publications & health fairs.
- ◆ Follow-up through surveys, evaluations & grievances.
- ◆ Our website is full of

Know Your Options!

What to do when you:

- ◆ Are denied services at Access
- ◆ Are denied hospitalization
- ◆ Need a Medicaid Fair Hearing
- ◆ Need a Local Grievance.
- ◆ Need a Local Medicaid/ Non-Medicaid appeal

Genesee Community Health Center

www.genchc.org

For all your medical needs
2 locations to serve you

422 West 4th Avenue
Flint, MI 48503
(810) 496-5777

3109 Kleinpell,
Flint, MI 48507
810-422-5834.

M, T, Th, F: 8 to 4:30 pm
WEDNESDAYS: 8 to Noon
Closed daily 12 -12:30 pm

Be Social with us:

