

# GHS CONNECTS

Genesee **HEALTH SYSTEM**  
Consumer Newsletter

Volume 54  
Summer 2016

**The CHAT is now GHS  
CONNECTS**

**The mission of this  
newsletter is to connect  
consumers to**

- **The GHS network**
- **Each other**
- **The community**

**Connecting You to**

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

*Deetra's Story*

My name is Deetra Toone and I have received treatment from GHS for Bi-Polar Disorder, Substance Use Disorder and PTSD for two years. Two years ago, my world was filled with desperation and despair. I didn't want to get out of bed. My house had become a prison from which I could not escape. I had used alcohol to calm the shaking caused by the panic and fear I felt, but it stopped



working. It was unbelievable to me that I was thinking about suicide. I'm someone who had raised two daughters, served in Army, and had a career as a nurse. I had even jumped out of planes before as a sky diver, and gone rappelling across zip lines, but at that point I was simply unable to function. I was too scared to die and

too scared to live.

Genesee Health System changed that for me. I'm so grateful for this place. This place has saved my life. My recovery coach and case manager have had my back when I wanted to give up. They picked me up. They cheered me on when I was hopeless, and for me, a transplanted Tennessean with no family, they filled that role for me. My residential stay at Corcoran house provided me with education about the disease process and how it affected my body. It also provided me with structure, which is something that I needed at the time.

I am grateful for the team approach that my team has taken to keeping me well. Recovery to me means being balanced mentally, emotionally, physically, and spiritually and having inner peace and tranquility. Now, I get up in the morning, I journal, read scripture, and have coffee with God. I put anything that I have trouble letting go of in the "God can" because God can and I can't.

# Connecting to the CEO

## Danis Russell

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Happy summer!!

It is so nice to see the sun finally. I hope all of you are ready to enjoy the nice weather,

And get outside and get active.

It has been a very rough winter. The Flint Water Crisis has dominated just about everything.

I want you to know that everyone at GHS is working hard to make sure you have everything you need.

We are involved in many groups in the community planning for the ongoing recovery efforts, both now, and into the future.

Our biggest concern and goal is to help you through this with as little disruption and discomfort as possible.

Please let us know what we can do. We have access to many resources and information, and want to

Know if you:

Are having trouble getting filters or installing them in your home.

Are not getting enough bottled water.

Can't get out to get the supplies you need.

Seem to be feeling worse because of the stress of the water crisis.

Need to your primary doctor but don't have one or can't get there.

Please let your case manager know, or contact Customer Services, or for general water questions you can dial 211.

This is a difficult time and nobody should feel bad about needing extra help.

That is why we are here, and we want to do what we can.

Please just let us know. We will all get through this.

There are a lot of good summer time activities planned. Please join us. Check with Customer Services for specific events.

Take care.

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**

# GHS Consumer Council

By Deborah Duckett

## About Your Consumer Council

The Consumer Council is made up of US the Consumers! It is where we can receive information and where we have a voice in many matters here at GHS.

There is a different speaker at every quarterly meeting from different departments within GHS and public service agencies in the area. We also receive updates from NAMI, Voices and Customer Services at each meeting. You have a chance to ask questions and find out anything regarding the services that you, a friend or a family member may need to know

We on the Consumer Council vote for the art work that is submitted each year and those votes decide who is 1st, 2nd, 3rd, etc. place winners ☺ It is amazing some of the talent we have submitted from all the consumers and very hard to choose just three.

We have four officer positions;

- Chairperson:
- Co-Chairperson:
- Co-Secretary:
- Parliamentarian:

Each Consumer Council member is given a stipend for each meeting, but before you join you have to complete Consumer Recruitment training. All you have to do is sign up for the next training session in the Customer Services Department. They will call and notify you when the next training will take place. It is a six-week course and is extremely informative and important to being a member. You will receive a stipend for the classes.

You, the consumers, are needed and so are your voices and your opinions. We have many openings and will welcome you with "Open Arms". Consumer Council is also fun. We celebrate birthdays of everyone for the months before the meeting. We have a Lupper (Lunch & Supper) before the meeting. We have holiday celebrations and many other things. So it is not just work!!! I have enjoyed being on the Council so much I decided to run for office and I have been elected Chairperson I have learned about a lot of services I had no idea were available to me and others I know.

Come join us, have a voice and have more knowledge .....  
Knowledge Is Power!!

I look forward to seeing all your new faces there!!



# Stigmatizing Ourselves:

By Deborah Duckett

We stigmatize ourselves more than others stigmatize us. If we fail at anything and we are saying we are stupid, lazy, idiot, ugly, fat and anything else we can think of to put ourselves down. Doing this brings our self-esteem down more than anything!!!!!! We need to STOP this!!!

Everyone has things they are good at and things they are not so good at. That is what makes the world go around and work for everyone! I still see myself as fat. I also think I can't do as much mentally after my closed head injury. This doesn't matter though. I am still a person who can write at most times, help on a board of directors, facilitate the self-esteem class, and much more!

When you fail at something, **do not** call yourself a stigmatizing name. Either try again until you learn it or realize it is something that you are not going to be able to master. Either way, it does not make you a bad or stupid person. It is just something you have to work really hard at to do, but there are other things you are great at!!

I hear so many people, who are great people, putting themselves down all the time! I correct them and say all the things above to them! We also all learn differently. Some people learn by hands on, some by seeing things done, and some by reading. Whether you learn something or not can be how it is taught to you. If it isn't being taught in the way you learn it, you are not going to master it. You need to ask to be shown, or read the things we are trying to learn the way we learn best! This will give us the understanding of it that we need to accomplish the task / knowledge of what we are being taught.

We are not those stigmatizing words we are saying to ourselves, so STOP!! Realize we are all different and great people, no matter if we are good at something or not. We are all Wonderful and Beautiful just the way we are!

Deborah Duckett



# Connecting to the Community

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*GHS Connects contributor Deborah Duckett has put together these events and offerings in our area to better connect you to our community.*

Flint Public Library, Main Location on Kearsley St. , Please call for dates and times of classes!!

Flint Public Library, 1026 E. Kearsley St., Flint, Michigan 48502

Phone (810) 232-7111

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## Armchair Traveler

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

Bring your lunch and watch travel films from around the world. Coffee provided.

12:15 pm every Tuesday, a different subject every week.

Call 249-2569 for a schedule of films.

## Computers for Beginners: Part 1

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

This 2-session class is an easy way to learn the basics, from mouse handling to surfing the Internet! No previous experience required. A new session begins every few weeks. Call to reserve a seat: (810) 249-2569.

Part I:

- Learn about the basic components of a computer and the Windows operating system
- Practice using the mouse.
- Practice opening and closing windows and programs.

Part II:

- Go to web sites by typing in addresses, clicking on links, and searching on the Internet.

- Learn to web...

## Computers for Beginners: Part 2

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

This 2-session class is an easy way to learn the basics, from mouse handling to surfing the Internet! No previous experience required. A new session begins every few weeks. Call to reserve a seat: (810) 249-2569.

Part I:

- Learn about the basic components of a computer and the Windows operating system
- Practice using the mouse.
- Practice opening and closing windows and programs.

Part II:

- Go to web sites by typing in addresses, clicking on links, and searching on the Internet.
- Learn to web...

## Microsoft Word for Beginners

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

Once you've learned the basic skills of using a computer, take this introductory course on Microsoft Word, where you will learn to create, edit, save, and print documents. This is an intermediate class.

## Chess for Everyone

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

Come and have fun playing with others that love the game!

## Fiction Only Book Club

*Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503*

This meeting will be held offsite. Please call 249-2569 to register.

## Wednesday Jam

Presented by [Kevin Collins Productions](#) at [Churchill's](#)

March 23 - September 7, 2016

Wednesday Jam every Wednesday at Churchill's Food & Spirits. 9pm to 2am. Enjoy Live Music...a mix of jazz, blues, R&B, and a drum circle with African influences... featuring Kevin Collins, Kerry Clark & Doc Guitar. All musicians are welcome to come jam with the band. No cover charge. Kitchen open until 1am.

[Churchill's](#)

S. Saginaw St., downtown Flint

Flint, MI 48502

**Phone:** 810-238-3880

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## **Individual Dates & Times: \***

Jul 13, 2016: 9 pm - 2 am (Wed)

Jul 20, 2016: 9 pm - 2 am (Wed)

Jul 27, 2016: 9 pm - 2 am (Wed)

Aug 3, 2016: 9 pm - 2 am (Wed)

Aug 10, 2016: 9 pm - 2 am (Wed)

Aug 17, 2016: 9 pm - 2 am (Wed)

*GHS Connects contributor Deborah Duckett has put together these events and offerings in our area to better connect you to our community.*

## Art at the Market

420 E. Boulevard Dr.

Flint , MI 48503

810 238-9202

Non-profit art gallery located upstairs at the Flint Farmers Market. We have over 30 local artists showing original art work.

Tuesdays, Thursdays and Saturdays while the farmers market on 2nd St. downtown is open.

## Movies Under The Stars - Zootopia

Presented by [Communities First Inc](#)

August 12, 2016

Applewood Estate

1400 E. Kearsley St

Flint, MI 48502

**Phone:** 810-422-5358

**Admission Info:**

FREE, donations accepted

**Individual Dates & Times: \***

Aug 12, 2016: 7:30 pm - 11 pm (Fri)

\* Event durations (if noted) are approximate. Please check with the presenting organization or venue to confirm start times and duration.

## Groovy Tuesday at the Loft With DJ Michael A

Presented by The Loft

October 6, 2015 - October 4, 2016

The Loft

460 S Saginaw St

Flint, MI 48502

**Phone:** (810) 767-0933

**Admission Info:**

FREE

**Individual Dates & Times: \***

Jul 19, 2016: 9 pm - 2 am (Tue)

Jul 26, 2016: 9 pm - 2 am (Tue)

Aug 2, 2016: 9 pm - 2 am (Tue)

Aug 9, 2016: 9 pm - 2 am (Tue)

Aug 16, 2016: 9 pm - 2 am (Tue)

Aug 23, 2016: 9 pm - 2 am (Tue)

Aug 30, 2016: 9 pm - 2 am (Tue)

Sep 6, 2016: 9 pm - 2 am (Tue)

## Collab Night

Presented by [The Greater Flint Creative Alliance](#) at [Good Beans Cafe](#)

Ongoing

**Good Beans Cafe**

328 N. Grand Traverse

Flint, MI 48502

**Phone:** 810-423-8169

Collab Night is an open mic open canvas event, for creative people to perform . There is also an open canvas, where paint supplies are provided, and a collaborative piece of art is created through the duration of the event.

**General Day and Time Info:**

Please have one of the finely crafted drinks by the Good Beans Barista's

**Individual Dates & Times: \***

Wednesday: 7 pm - 10 pm

\* Event durations (if noted) are approximate. Please check with the presenting organization or venue to confirm start times and duration.

## Flint Folk Music Festival

Presented by [Flint Folk Music Society](#) at [Kearsley Park](#)

July 23, 2016

900-971 Kearsley Park Blvd

Flint, MI 48503

**Phone:** 810-423-9994

# Connecting to the Pharmacist

Provided by Advanced Care Pharmacy

June Is HIV Testing Month!

## What Is HIV?

HIV, or the human immunodeficiency virus, is an illness that interferes with your body's ability to fight off other diseases—this damages your immune system. HIV is a sexually-transmitted disease. HIV is believed to be originated in Africa in chimpanzees when it crossed over to humans around 1920.

## Symptoms:

HIV has different stages depending on how long somebody has had the virus. Some symptoms a person with HIV may experience at any time include:

- Dry cough or sore throat
- Flu-like symptoms ( like upset stomach, vomiting, fever, diarrhea, muscle aches)
- Pain in the belly area
- Infection
- Weight loss
- Skin rash or colored skin patches
- Headache

## What Is The Difference Between HIV and AIDS?

HIV is a virus that may cause an infection, but AIDS is a condition. AIDS develops from HIV when the virus has caused enough damage to the immune system

## Treatment of HIV:

Although there is no cure for HIV or AIDS, treatment can greatly slow the disease, giving the patient a longer and healthier life while also reducing the risk of transmitting HIV to others.

More medication adherence for treatment of HIV = less HIV in the body = a healthier immune system = a healthier person.

Because of this, always taking the medicine as directed is so important!

## Where Can I Get Tested

There is no way for somebody to know if he/she has HIV without getting tested.

There are a variety of places to get an HIV test in Genesee County. Some sites include :Planned Parenthood (Burton + Flint Health Centers), Wellness AIDS Services Inc., Genesee County Health Department, Your Center, or your primary care physician

If you have any questions about HIV or your health in general, contact your physician or local

June Is HIV  
Testing Month!



**Advanced Care  
Pharmacy-Genesee  
810-496-4876  
Located within the  
Main Campus of  
Genesee Health  
System**

pharmacist.



**810-496-4876**

# Connecting to “Your Voice”

## Contacts, Services & Feedback Options

### 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? 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 Avenue to meet with a Rights Advisor.

Lose something?

Customer Services has a  
Lost & Found

### Customer Services for YOU

420 W. Fifth Avenue, 1st Floor

We can help you if:

- ◆ 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 information,

[www.genhs.org](http://www.genhs.org)

### 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
- ◆ Have a delay in services. Contact Due Process at (810) 424-6065 or Customer Services for help.

#### Genesee Community Health Center

[www.genchc.org](http://www.genchc.org)

For you medical needs  
422 West 4th Avenue  
Flint, MI 48503

(810) 496-5777

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

2nd Location:

3109 Kleinpell, 48507  
810-422-5834. Same hours

#### Helpful Organizations

##### 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