

GHS CONNECTS

Genesee HEALTH SYSTEM
Consumer Newsletter

Volume 55
Fall 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

From Our CEO	2
Consumer Council	3
Stigma	4-5
Pharmacy	6
Contact/Info Page	7

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

Bryan's Story

I am Bryan Sutton, a consumer, at Genesee Health System. I've currently been working on building a start-up company, but it hasn't always been that way. In the last year or so, I've struggled to find the right medicine to deal with my disorder. I think that moment has finally arrived. Until recently, the problem with sleeping and mood swings have been so overwhelming that it caused me to try several different medicines. I finally think that I've found the solution. This would not have been possible if it weren't for my doctor and my case worker. They have helped me to stay patient and worked with me through my ups and downs. Along with struggling to find the right medicine, it has been very difficult to find a balanced lifestyle. This is very important because medicine can not do it alone.



Also, I have found that getting better is not the only task. It's being able to access the proper insurance to pay for services that Genesee Health System (GHS) is offering. This is something that GHS and it's staff can also help you with. I have found that something that patients have a problem with is using the system to move up in society without losing health care and income.

With these things in mind, I hope that Genesee Health System continues to be a mainstay in our community. It is also important that we, the patients, tell our story so that people understand that bi-polar disorder has many different faces.

Connecting to the CEO

Danis Russell

2



Greetings, and, hate to say it, happy end of the summer, hello to fall!

It is hard to believe that we are here already, but I think we all (or at least I do) say that every year.

The summer does fly by.

It has been a busy and very hot summer. I hope you have been able to enjoy all the activities that have been held in the community, and will continue into the fall.

And unfortunately, the Flint Water Crisis continues to be in our lives every day.

If you are having trouble dealing with any part of it-supplies, stress, etc., please let us know.

We have resources and access to other resources so nobody should do without help.

Please contact your case worker or Customer Services if you need anything.

As we get ready for the winter and cold weather (right now does not sound too bad), please think about what you need to do. Let your worker know if you are worried about anything that may need attention in the next several months.

I have been writing this welcome for a lot of years, and I try to keep things happy and short.

But, I wonder if there is something specifically you would like me to talk about?

A special topic, something you have always wondered about, future plans, etc.

If you have something in mind, and it is something that lots of readers might find interesting, I would

Devote a column to that topic.

You can email me at drussell@genhs.org, or tell Customer Services and they will relay a message to me.

Remember, we want to hear from you.

Tale care,

Dan

Danis Russell

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!!



Stigma with Mental Health in the College Community

By Lesley Mitchell

College is an intensified environment where students are at a high risk of mental illness and emotional stress. For many, it's the first time away from home, friends, and parental figures –people who know and understand their behaviors and backgrounds. A playground of readily available drugs, alcohol, and sex sprawls throughout campus. It's a time of life given to impulsivity as well. The years students spend in college are crucial in mental development. It's a time when people are figuring out who they are and are at peak mental capacity, and also experiencing many stresses, anxieties, and depression at the time when some major mental illness can begin to manifest, according to the National Institute of Mental Health. A study by the National Alliance on Mental Illness indicates that one in four college students is affected by mental illness. The most common illnesses are depression, bipolar disorder, and post-traumatic stress disorder. One in ten students contemplates suicide. According to the Center for Disease Control, suicide is the second most common cause of death of people between the ages of 14 to 25.

Mental illness even drives many students to drop out of college. 64% of students included in the National Alliance on Mental Illness (NAMI) study who had dropped out of school reported that their reason for doing so was a mental health issue. Despite the frequency of mental illness and emotional distress, historically, few actually seek help only 40% of NAMI respondents said that they had ever accessed their university's mental health services and supports, and 50% said that they had never disclosed their mental condition to their university. Some even actively resist it. A long-held stigma surrounding mental health renders mental health care a scary and taboo subject for many. This stigma, coupled with inconsistency in quality, lack of availability, high cost, and misuse of services, surrounds the resources available with suspicion, distrust, and comprises a full spectrum of severity and cause, social distinctions among various mental states are usually far less nuanced.

Stigma with Mental Health in the College Community

By Lesley Mitchell

It's easy to shun someone into the "crazy" category, but doing so only deepens social stigmas surrounding mental health. NAMI's study indicated that of the 50% of respondents who did not disclose their mental health status to their university did so because, among other reasons, they feared how students, faculty, and staff would perceive them.

Therapy and medication are certainly effective ways to address distress or mental illness, but they are not the only ways, and for many, it takes a few important steps to get on the way to accessing professional resources. Being aware of the signs of distress (changes in behavior, like drastic changes in sleeping patterns, eating, smoking, drinking, etc. , are indicators.)

Self care is a vital way to fight against mental illness. Simple steps like getting enough sleep, exercise, adequate nutrition, and managing stress with meditation or yoga make a world of difference. AWAY from home it's easy to forget how to care for oneself in basic ways, emotionally and physically. The resources are out there.

There is hope. There is change. There is evidence of healing.

Connecting to the Pharmacist

6

Provided by Advanced Care Pharmacy

Fall is Flu Vaccine Season

Prepare for the
Fall Season!



With Summer quickly ending and the leaves starting to turn into a vibrant array of reds, oranges and browns signaling the beginning of Autumn, it's time to start thinking about getting a flu vaccine. By getting a flu shot every year, you not only protect yourself from suffering through the misery of the flu, but you protect those you come in contact with because you will not pass the flu onto others. You cannot get the flu by getting a flu shot. Below is some information about the flu vaccine and other common vaccines as well.

Influenza Vaccine -- influenza (commonly called the "flu") is a viral infection that usually displays intense, long lasting cold-like symptoms. The flu is highly contagious because the symptoms may not start for a couple days after exposure to the virus.

Who Should Be Vaccinated: certain people may be at higher risk of problems with influenza. This includes:

Young children, pregnant women, older adults, and people with long-term illnesses that may impair the immune system to help fight diseases.

Frequency of the Vaccine: since the flu is an ever-changing virus, there are new and different vaccines every year. A yearly flu vaccine is recommended for anybody ages 6 months or older.

Pneumonia Vaccine (PCV, PPSV, PCV13) -- pneumonia (a lung infection), meningitis (inflammation of the lining around the brain and spinal cord), and blood infections (sepsis: an extreme response to the body's immune system) are all caused by the bacteria pneumococcus. These infections can be serious or even life-threatening.

Who Should Be Vaccinated: The pneumonia vaccine is recommended for:

Children younger than 2 years of age, people ages 65 and older, and especially individuals with conditions that may impair the immune system.

Frequency of the Vaccine: For individuals 65 or older, only one vaccine is needed. For those who are younger, boosters (additional vaccines usually 5 or 10 years after the first vaccine) may be needed.

Shingles (herpes zoster) Vaccine -- Shingles is a viral infection that includes symptoms such as pain and a rash on one side of the body. These symptoms can last a year or longer. Chickenpox, a highly contagious childhood virus, causes shingles.

Who Should Be Vaccinated: the shingles vaccine is recommended for:

All adults aged 60 years or older.

Frequency of the Vaccine: One dose of the shingles vaccine is suggested. The vaccine is effective for at least six years.

Tdap (Diphtheria, Pertussis, Tetanus) Vaccine--Diphtheria is a very contagious bacterial infection that makes it difficult to breathe. Pertussis, or whooping cough, is an extremely contagious respiratory infection that can lead to severe breathing problems, especially in infants. Tetanus enters the body through a wound or cut and often leads to painful muscle spasms.

Who Should Be Vaccinated: The Tdap vaccine is recommended for:

Adults 19 and older who did not receive the vaccine as a child, adults who have close contact with newborn babies under the age of one, and pregnant women.

Frequency of the Vaccine: after the initial administration of the Tdap vaccine, it is recommended to get a booster shot called "Td" every 10 years. Td is effective in protecting against diphtheria and tetanus.

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

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



Connecting to “Your Voice”

7

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

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

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