

Hello friends of CMH! We're so excited to share more events, resources, and programs that are going on this summer at CMH and our partner agencies. We hope you have been enjoying the wonderful warm weather and sunshine!



Recipient Rights Refresher

Recipients of mental health services have the right to have access to their mail. When a recipient resides in an adult foster care home, he/she has the right to send mail and receive his/her mail unopened and unread by anyone.

If you have any questions or concerns about a Recipient Rights related issue, please contact:

Briana Fowler, Recipient Rights Officer
616-393-5763
bfowler@miottawa.org

Mental Health Fact of the Month

More than **one in five women** in the U.S. experienced a mental health condition in the last year. Certain mental health conditions, like depression and bipolar disorder, affect more women than men.

For more resources on mental health issues, click below or visit **www.ottawacounty.crediblemind.com**

[Click Here to check out CredibleMind](#)

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Self-Determination Conference

Our next CMH Board of Directors Meeting is on **June 28, 2024**, at **9am** at the **Fillmore Complex**, 12220 Fillmore St, West Olive, MI. For more information click [HERE](#).



The Ottawa County Collaborative to Strengthen Youth and Families, The SCAN Counsel, and First United Methodist Church sponsored a training event with **Robyn Gobbel**, local author of the best-selling book 'Raising Kids with Big Baffling Behaviors'. **On April 25th**, over **220 people** attended the daylong training to hear Robyn reveal how all behavior, no matter how baffling, can be explained and remedied.

Visit our website:

www.miottawa.org/cmh

Community Health Fair

Thank you to all who came out to our Community Health Fair on May 16th! Over 30 local agencies attended the event, providing fun activities for individuals, information on their resources, and education to the community.



Self-Determination Conference

Community Mental Health Association of Michigan is hosting the **2024 Self-Determination Conference on August 26 and 27, at Shanty Creek Resort in Bellaire, MI.**



This conference contains content appropriate for the following:

- Individuals who receive services
- Family members
- Case managers
- Supports coordinators
- Clinicians CMH/PIHP administrative and clinical staff
- Providers HCBS and waiver coordinators
- Fiscal intermediaries
- Independent facilitators.

Events

Paint and Rest

June 6 - 10am to 1pm
Holland CMH Board Room

Popcorn & Learn: Pathways to Better Health Program

June 12 - 12 to 1pm
Holland CMH Board Room

Holland Drop In Center Tour

June 28 - 9am to 4pm
636 Hastings Ave, Suite 120, Holland

Scan for
more events!



Agenda, Conference registration, and hotel details coming soon at www.cmham.org

Questions or Concerns? Email:
rmata@miottawa.org or
cmhcustomerservices@miottawa.org

Visit our website:

www.miottawa.org/cmh