

The Lakeshore Link



JULY

Hello, friends of CMHOC!!

We're almost halfway through summer, and we hope you're doing well. We are excited to share some great programs and event updates with you this month.



Happy Reading!



In this month's issue:

RECIPIENT RIGHTS

EVENTS

BOARD MEETINGS

FACT OF THE MONTH

MEET DR. BRASHEARS!

EVERYONE CAN WORK

Recipient Rights Refresher

When you are a recipient of mental health services you have the right to talk on the telephone, in private. This right may be limited/restricted when deemed necessary and the reason(s) are included in the recipient's Individual Plan of Service (IPOS) and behavior plan. (MHC 330.1726)

Briana Fowler,
Recipient Rights
Officer

616-393-5763

bfowler@miottawa.org

NOTICE: ALL CMH OFFICES WILL BE CLOSED THURSDAY, JULY 4TH, 2024.



Visit CredibleMind.Ottawacounty.com for mental health resources.

Mental Health Fact of the Month

While the percentage of U.S. adults receiving mental health treatment increased from **19.2%** in 2019 to **21.6%** in 2021, **42%** of U.S. adults with a diagnosable condition reported in 2023 that they couldn't afford to access treatment.

Contact our **Access Center** at **(616) 393-5681** if you would like to be assessed to start services.

Board Meeting Reminder

Our next CMHOC Board of Directors Meeting is **July 26, 2024**, directly following the Recipient Rights Advisory Committee (9am) at the **Fillmore Complex, 12220 Fillmore St, West Olive**. For more information click [HERE](#).



Visit our website:
miottawa.org/cmh

CMH Events

All are welcome!

Nutrition Talk: Food Labels

July 2, 11am to Noon
Momentum Center, Grand Haven

Self-Care Room

July 8, 2pm to 4pm
Holland CMH Board Room

Cardio Drumming

July 10, 3pm to 4pm
Momentum Center, Holland

Popcorn & Learn: Dental Services

July 24, Noon to 1pm
Holland CMH Board Room/Online

Spanish Support: Creciendo Juntos

July 25, Noon to 1pm
Holland CMH Board Room
¡Todos son bienvenidos!

Questions or concerns regarding events can be sent to **Rodrigo** at rmata@miottawa.org

Visit our website:
miottawa.org/cmh

Everyone Can Work

Join us on **July 26th, 9am-2pm** for **Everyone Can Work**, an event connecting supported employment opportunities in Ottawa County for Individuals with Intellectual / Developmental Disabilities, their families, and providers. Experts Lisa Mills and Joe Langcor are presenting.

Everyone Can Work

An event highlighting Employment Opportunities for People with Intellectual/Developmental Disabilities

**July
26th,
2024
9am-2pm**

Presenters:

Lisa Mills, PHD
Expert – Supported Employment

Joe Langcor
Employment Specialist, MDHHS



Including...

Updates on I/DD Adult Supported Employment for Parents, Families, Providers, and People Served

Removing Barriers & Myths

Sharing Resources in Ottawa County

Sharing Real Life Experiences

Updates from experts in the Supported Employment Field

Main Conference Room
12220 Fillmore Street
West Olive, MI

Scan the QR Code below to RSVP:

This event will be held in the Main Conference Room at 12220 Fillmore St, West Olive, MI



Meet our new Interim Executive Director: Dr. Michael Brashears!

Please give a warm welcome to our **new Interim Executive Director, Dr. Michael Brashears!** Dr. Brashears has over 25 years of experience in the Behavioral Health field. Let's take a look at his history and some fun facts!

Where did you work before this?

Be Better Holland and David's House Ministries.

Who inspires you?

My kids!

What's the best concert you've been to?

Queen, in 1980 (I was 10 years old!).

Do you like travelling, and if so, where?

I do! I enjoy my frequent trips to Kentucky and California.

Fun fact: I love all sports in the New England Area (Bruins, Celtics, Patriots).



Here's a look at what Michael was up to before coming to CMHOC:

- Director of Clinical Services, BHC Alhambra Hospital (1996-1999)
- Director of Performance Improvement, BHC Alhambra Hospital (1999-2001)
- Director of Adult Mental Health Services, CEI-CMHA (2001-2007)
- Executive Director, CMH of Ottawa County (2007-2013)
- Executive Vice President of Clinical and Quality Systems, Hope Network (2013-2017)
- Director of Residential Services and Performance Improvement, David's House Ministries (2021-2024)

Welcome back, Dr. Brashears!!

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miottawa.org/cmh