

The Lakeshore Link



COMMUNITY
MENTAL HEALTH
OTTAWA COUNTY

AUGUST

HELLO!

August is here, and the new school year is right around the corner! We have plenty of programs and updates for you this month, so take a look around in this month's Lakeshore Link!



Friends of CMH

CMH Events

Welcome Dr. Brashears!

Recipient Rights

CredibleMind

Board Meetings

Fact of the Month

In This Issue

Recipient Rights Refresher

CMHOC is pleased to announce in-person Recipient Rights trainings are back! Please check the Training calendar for dates, times, and location via www.miottawa.org. August in person class dates listed below:

- Tuesday, August 6 from 1:00pm – 5:00pm
- Thursday, August 15 from 9:00am – 1:00pm



If neither of these training dates work for your staff to meet the requirement for Recipient Rights training to be completed within 30-days of hire, there is an option to take the Recipient Rights Training through the State's Improving Practices website: www.improvingMIpractices.org.



Questions or Concerns? Contact:

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

We are pleased to announce our new Executive Director, **Dr. Michael Brashears!**

Dr. Brashears was appointed as the new Executive Director of CMH at the CMH Board of Directors meeting on Friday, July 26th. We're excited for all that lies ahead under his leadership!



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Visit our website: miottawa.org/cmh



Board Meeting Reminder

CMHOC's Board of Directors' next meeting is **August 23rd, 2023 at 9am** in the Board Room at the Fillmore Complex, 12220 Fillmore Street, West Olive, MI 49460.

Events



Paint & Rest

August 5, 1-4pm
Holland CMH Board Room

Self-Care Room: Arts & Crafts

August 7, 2-4pm
Holland CMH Board Room

Nutrition Talk: Food Labels & Sugar

August 13, 11am-12pm
Momentum Center, Holland

8 Dimensions of Wellness Group

August 20, 10-11am
Holland Drop-In Center

Wellness & Mindfulness Group

August 21, 12-1pm
Lakeside Clubhouse

*If you have any questions, suggestions, or concerns about any CMH event, contact **Rodrigo** at rmata@miottawa.org or email **Customer Services** at cmhcustomerservices@miottawa.org*

CredibleMind



Music for Mental Health

The world of music offers endless potential for emotional healing, stress reduction, and mental health benefits. Listening to music is just the start. Think about a song you love. Does it make you feel better after listening to it? After singing along with it? **Scan the QR code for music-related resources!**



Managing Back to School Anxiety



School isn't easy for everyone. Managing back to school anxiety as a teen is crucial. It's important to keep up on mental health and a positive academic experience, and anxiety is a part of that. This month, join us as we focus on strategies to address the challenges of returning to school. **Scan the QR code for resources.**



Resources for the topics above are available at:
www.ottawacounty.crediblemind.com



Mental Health Fact of the Month

Over half of adults in the U.S. (55%) with a mental illness don't receive treatment, according to a recent study by Mental Health America. That's more than **28 million adults** without the mental health care they need. Among those 28 million, **over a quarter (27%)** reported serious psychological distress in the past month.



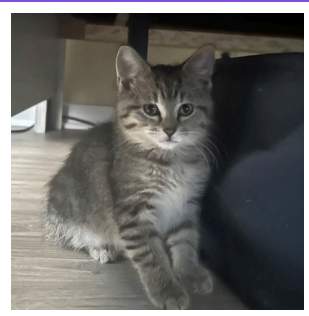
Contact our **Access Center** at **(616) 393-5681** **Monday-Friday, 8am-5pm** if you would like to be assessed to start services.

If you, or someone you know, is in a **mental health crisis** please call our **Helpline** at **866-512-4357**.

Say Hello to the Pet Friends of CMH Staff!!

Last year we introduced staff pets here at CMH. We thought it would be fun to revisit these pets, and for you all to meet some of our fur-covered friends.

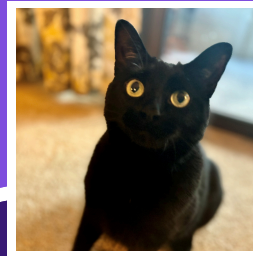
Biscuit



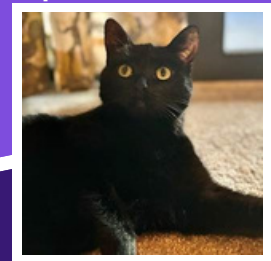
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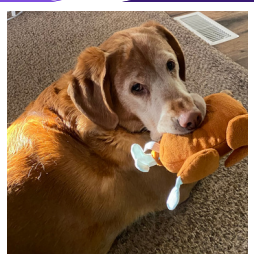
Sammie



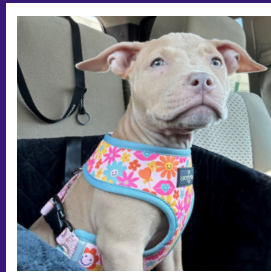
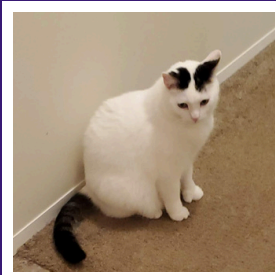
Pip



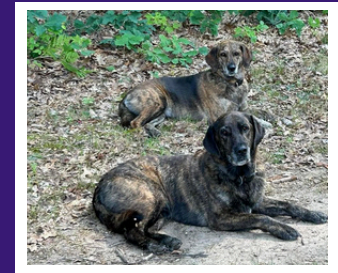
Roxy



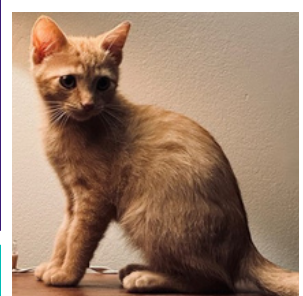
Orion



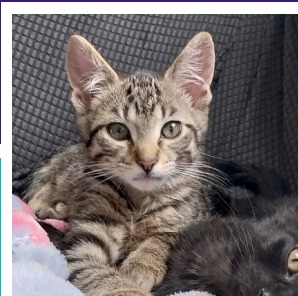
Maisy



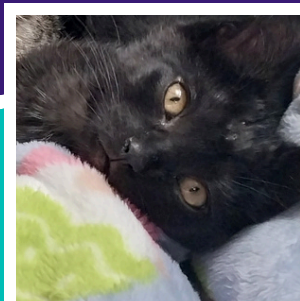
Beretta & Benelli



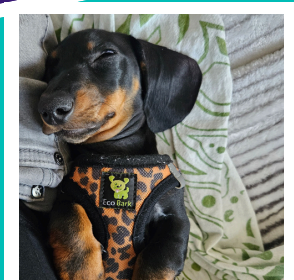
Bugs



Billy Joel



Mozart



Lottie