



SEPTEMBER

**Hello Friends!** The school year has arrived, and with it, (slightly) cooler weather! We hope you're as excited as we are about Fall approaching. In this issue of **The Lakeshore Link** you'll find fun program updates, cool events, and much more! Happy Reading!



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## Recipient Rights Refresher

Recipients of mental health services have the right to see visitors of their choice, at reasonable times.



Questions or Concerns? Contact:

**Briana Fowler**, Recipient Rights Officer: **616-393-5763** / [bfowler@miottawa.org](mailto:bfowler@miottawa.org)

## Board Meeting Schedule

The CMHOC Board of Directors will meet on **September 30th**, directly following the Recipient Rights Advisory Committee meeting at **3:00 pm** in the Board Room at the Fillmore Complex, 12220 Fillmore Street, West Olive.

## Mental Health Fact of the Month

About 5.2 million veterans experienced a behavioral health condition in 2022. That's about 1 out of every 12 Americans! Veterans are a population at high risk for mental health issues. To find resources for Veterans in Ottawa County visit VA Office's website at [www.miottawa.org/Departments/VeteransAffairs/](http://www.miottawa.org/Departments/VeteransAffairs/)

Visit our website: [miottawa.org/cmh](http://miottawa.org/cmh)

# The Lakeshore Link



COMMUNITY  
MENTAL HEALTH  
OTTAWA COUNTY

SEPTEMBER

Do you have thoughts or suggestions about the Lakeshore Link newsletter, or what you'd like to see more of? Let us know by scanning the QR code. We value your opinion!



## CredibleMind

If you haven't yet visited our resource platform, CredibleMind, there's no better time than now! You'll find mental health readings, information, and check-ups that are easy to access! And if you sign in to a free account with CredibleMind, your scores will be saved for you to check back on. **Start your mental health improvement journey** now by scanning the QR Code or going to: <https://ottawacounty.crediblemind.com/>



Make an  
account today!!

## Recovery Fest 2024

This year's Recovery Fest is at the **Holland Civic Center (150 W. 8th Street, Holland)** on **September 19th, 2024, 3pm to 6:30pm**. There will be printed t-shirts, food, family fun, resources, and more. **This event is free** and open to the public. There will be over **15 partner agencies** offering resources and activities based on recovery and mental health care. Even if you're not in recovery, there will be great community there for you to enjoy.

**Come Celebrate Recovery with Us!**  
All are welcome.

Recovery  
FEST  
2024

September 19, 2024  
3pm - 6:30pm

**COME CELEBRATE  
RECOVERY WITH US!**  
ALL ARE WELCOME

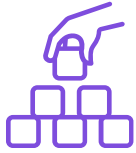
Holland  
Civic Center  
150 West 8th Street

**FREE T-SHIRTS  
FOOD FAMILY FUN  
COMMUNITY RESOURCES**

Visit our website: [miottawa.org/cmh](https://miottawa.org/cmh)

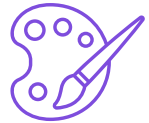


### September Events



#### Building Healthy Relationships

September 4, 3-4:30pm  
City On A Hill, Zeeland (Door B)



#### Paint and Rest

September 12, 1-4pm  
Holland CMH, Board Room



#### Walk-a-Mile Rally

September 17, 12:30-3pm  
Capitol Hill, Lansing



#### Popcorn & Learn, Veteran Resources

September 18, 12-1pm  
Holland CMH, Board Room / Online



#### Recovery Fest 2024

September 19, 3-6:30pm  
Holland Civic Center



#### Wellness & Mindfulness Group

September 25, 12-1pm  
Lakeside Clubhouse, Holland



#### Cardio Drumming

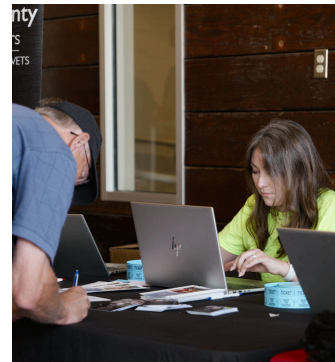
September 25, 3-4pm  
Momentum Center, Grand Haven

[Click HERE for the full calendar of events.](#)

If you have any questions, suggestions, or concerns about any CMH event, contact **Rodrigo** at [rmata@miottawa.org](mailto:rmata@miottawa.org)

### Veteran Stand Down Fair Recap

Thank you to everyone who came out to the Veterans Fair on Friday, August 23. There were over 30 providers and agencies, raffles, and a whole lot of community!



### Youth Peer Support



Have you heard of youth peer support? **Youth Peer Support (YPS)** walks beside youth and young adults during their mental health journey. YPS shares lived experience and hope for youth to see the light throughout the darkness. YPS is a peer delivered service for youth and young adults from Ages 11 to 26. This program is guided by the youth's own preferences and goals. It can take place in a clinical or community-based setting.

**To learn more about this program talk to your therapist or supports/wrap coordinator.**