



**ANNUAL KCMHSAS
MENTAL HEALTH
BREAKFAST**

**Friday
May 2, 2014
9:30 – 11:00 AM
Radisson Plaza Hotel**

100 West Michigan Ave.
Kalamazoo, MI 49007

Please plan on joining us for the Annual KCMHSAS Breakfast. This free event is open to the public and is a wonderful opportunity for the community to acknowledge and celebrate the importance of mental health. Contact (269) 553-8095 for more information.

Financial support provided by the Michigan Department of Community Health

SAVE THE DATE

Annual Coalition for
Excellence in Mental Health
Legislative Event

Monday, April 14, 2014

9:00 a.m.-11:00 a.m.

Fetzer Center -Western
Michigan University

2350 Business Ct.
Kalamazoo, MI 49008

Please join us for the Annual Legislative Event sponsored by the Coalition for Excellence in Community Mental Health. The event is a wonderful opportunity for legislators, community members, individuals and families receiving services, providers and professionals to come together to discuss upcoming changes to our healthcare environment.

Contact (269) 553-8095 for more information.

JOIN US



Thursday, May 1, 2014

The 9th Annual Kalamazoo Wraps

**National Children's Mental Health
Awareness Day Carnival**

Open to the Public &
Free of Charge

4:00 – 7:00 PM

Kalamazoo County Fairgrounds (Expo Center)

Each year the Kalamazoo Wraps' National Children's Mental Health Awareness Day Carnival is bigger and better. **Over 2,800 were in attendance last year!**

This year's event will continue to focus on education regarding children's mental health and awareness of the services available for youth and their families. *This event also strives to reduce the stigma of mental health issues.*

The event is open to the public and is entirely FREE!

**Attendance, Food, Games, Prizes and
Entertainment are all included.**

MESSENGER
ISSUE 1, 2014
"Empowering People to Succeed"

**WELLNESS
SUCCESS STORY**



Jackie has adopted an inspiring approach to wellness that has yielded wonderful results. In 2 years, she has lost 115 lbs. through a combination of exercise and nutrition changes. Faced with mounting health

concerns such as high blood pressure and edema, Jackie's doctor advised her to lose weight before her health concerns became more severe. Despite her doctor's advice, Jackie was reluctant to make the healthy lifestyle changes she needed. "I was a compulsive overeater, and had learned to use food to cope with my emotional issues," Jackie explained. She soon found her inspiration to work toward wellness after she learned about the life of fitness personality Richard Simmons and how he had lost 100 lbs and successfully kept off the weight for over 40 years. Jackie tried Simmons' "Sweating to the Oldies" program and realized she needed to make a change in her life immediately.

Jackie learned nutrition's important role in wellness. She

stopped eating desserts and sugar and instead began eating more salads and vegetables. The staff at Jackie's residence assisted her in learning about portion control at meals. Jackie also began incorporating exercise into her daily routine and she believes her support system has been crucial to her journey toward wellness. Jackie credits the staff at her residence and her husband for helping her make the important changes she needed. "I've had a lot of support and without my staff and my husband I wouldn't be here." Jackie hopes her story inspires others to make changes to become healthier. "I believe in giving back," she said, "and I want to tell people who struggle with their weight to not give up, to persevere."



HONORING CINDY LOWE

Kalamazoo Community Mental Health & Substance Abuse Services Chief Operating Officer Cindy Lowe was recently honored by Community Living Options (CLO) at their Annual Meeting. CLO Chief Executive Officer Fi Spalvieri present-

ed Cindy a gift as recognition of Cindy's support of individuals receiving services through KCMHSAS and of her many contributions to public mental health services throughout her career. Cindy will be retiring in early 2014 after 10 years at KCMHSAS. We wish her well in this new phase of her life.

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EXECUTIVE MESSAGE

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER



DEAR READERS

Happy New Year! This winter takes us back to winters that many of us recall from years ago—cold and blustery. In spite of the weather, things have been busy here at Kalamazoo Community Mental Health & Substance Abuse Services (KCMHSAS). Following are some of the recent happenings:

Great News – Ituha Cloud – Winner of the National Council’s 2014 Inspiring Hope Award – Rising Star Category

KCMHSAS was recently notified by Linda Rosenberg, President and CEO of the National Council on Behavioral Health, that KCMHSAS board member Ituha Cloud was selected by a panel of judges as a 2014 Inspiring Hope Award Winner! KCMHSAS had nominated Ituha in the Artistic Expression category, but the judges moved his application into the Rising Star category – of which he won. The Rising Star category, “Recognizes an individual who has been active in behavioral health for less than 10 years, and has demonstrated extraordinary leadership, courage, and compassion in caring for persons with mental illness, advocating on their behalf, or introducing and

implementing novel treatment and support programs.” Ituha will receive:

- A grant in the amount of \$10,000 to be donated to the organization of his choice;
- A trophy, inscribed with his name and category;
- Airfare and hotel expenses for Ituha and one guest, plus two complimentary tickets to the National Council’s Awards of Excellence Celebration to be held during the National Council’s Annual Conference, May 6, 2014, Washington, DC;
- Recognition in the Awards Celebration Program and other conference materials, in addition to recognition in an edition of the National Council’s magazine post-conference and other publications and promotional pieces.

Congratulations, Ituha!

Governor’s State of the State

Last week Governor Rick Snyder delivered his fourth State of the State address, with an overall emphasis on Michigan’s “continuing comeback.” He briefly mentioned Mental Health, calling for the adoption of the Mental Health and Wellness Commission report recommendations and support of the Project Unity Program.

The Governor called for the implementation of recommendations that will soon be released by the Mental Health and Wellness Commission. The recommendations will help people with mental illness, substance use disorders and/or developmental disabilities to

lead more independent lives. The recommendations also include developing a Pure Michigan marketing strategy to highlight opportunities for families living with disabilities, and having Michigan join the “Spread the Word to End the Word” movement, which seeks to rid our vocabulary of derogatory terms regarding people living with mental illness.

Medicaid Expansion

Michigan Governor Rick Snyder signed into law a bill expanding access to Medicaid in 2013, making more low-income residents eligible for Medicaid, a key component of the Affordable Care Act. The law will go into affect April 1, 2014. Included in this newsletter is a flow chart from Enroll Michigan which aims to assist Michigan citizens navigate the changing healthcare landscape. For additional information go to www.enrollmichigan.com

Thanks to all who continue to provide input on our services. We look forward to a busy 2014.

Best Regards,

Jeff Patton
Chief Executive Officer



MENTAL HEALTH FIRST AID (MHFA)

In August, 2013, Kalamazoo Community Mental Health and Substance Abuse Services (KCMHSAS) began conducting community trainings in Mental Health First (MHFA). KCMHSAS will continue offering these beneficial trainings and has trained 8 staff as certified MHFA Instructors. Mental Health First Aid is a 1-day course designed to help communities better understand mental illness and respond to someone that may be developing a mental health crisis. MHFA is designed to give members of the public key skills necessary to understand and respond to signs of mental illness. Mental Health First Aid is an evidenced program with replicated outcomes. In the next ten years, it is the hope of the National Council for Community Behavioral Healthcare that Mental Health First Aid will become as common as CPR and First Aid training.

Mental Health First Aid trainings are intended to reach the entire community. One of the key points of these trainings is that an attendee does not need to work in the mental health field to gain a better understanding of mental health issues. The

curriculum was designed to reach a broad audience including friends & family of people with mental illness or addiction, police officers, faith communities, school and college leadership, and the community as a whole. Mental Health First Aid is intended for everyone.

Mental Health First Aid is an 8-hour training course. The program introduces attendees to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. Specifically, attendees will learn risk factors and warning signs for a range of mental health problems, prevalence of various mental health disorders and the need for reduced stigma, and a 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care. Attendees will also leave the training with a comprehensive list of evidence-based professional, peer, social, and self-help resources available to help someone with who may be in need of help.

Mental Health First Aid trainings will be held on the following days: February 13, February 27, March 13, March 24, April 17, April 24, May 5, May 20, June 11, June 26, July 17, August 20, August 26, September 11 and September 25. All trainings will be held in Kalamazoo at Transformations Spirituality Center, 3427 Gull Rd, Kalamazoo Township, MI 49048. Please contact (269) 553-8035 with questions or to reserve a spot in these

Board of Directors

- Patricia Guenther, Chair
- Moses Walker, Vice Chair
- Carolyn Alford, Commissioner
- Michael Seals, Commissioner
- Dr. Carol Black
- Vicki Carr
- Ituha Cloud
- Robert Green
- Erik Krogh
- Denise Martineau
- Sister Betty Veenhuis
- Sharon Spears

KCMHSAS 2014 Meetings

2014 KCMHSAS Board Meeting Dates

- January 27, 2014 at 6:00 PM**
- February 24, 2014 at 6:00 PM**
- March 24, 2014 at 6:00 PM**
- April 28, 2014 at 6:00 PM**
- May 27, 2014 Public Hearing—KVCC/ Arcadia Campus**

Meetings are held in Conference Room A at 418 W. Kalamazoo Ave.

Recipient Rights Advisory Meeting

- January 28, 2014 at 12:00 PM**
- March 25, 2014 at 12:00 PM**

Meetings are held in Conference Room C at 418 West Kalamazoo Ave.

Transformations Meeting

- Every Tuesday at 3:00 PM**
- Meetings for peers are held at the Recovery Institute 1020 S. Westnedge Ave. (269) 343-6725
- www.kazooemh.org

upcoming trainings. Each training is \$30.00 and includes lunch. More information on the Mental Health First Aid training program can be found at www.mentalhealthfirstaid.org.