



# TBHS RECOVERY TODAY

TBHS Consumer Newsletter

December 2016

## TBHS Holiday Hours

TBHS Office will be closed on December 23<sup>rd</sup>, 26<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup> for Christmas and New Year's. During those times, if you have an emergency, you can contact a worker the same way you would during after hours by calling 989-673-6191 or 1-800-462-6814 and following the prompts. Have a Merry Christmas and a Happy New Year!

## Picture By Mason



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I was always looking outside myself for strength and confidence, but it comes from within. It is there all of the time.

~ **Anna Freud**

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## Newsletter Submissions:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? TBHS Recovery Today is looking for articles from YOU to publish in the quarterly newsletter. Please see your case manager or therapist for more details.

# Lost And Found

## By Tina Marie

I was lost and now I'm found. I have lived through years of trying to understand and deal with mental disorders like PTSD, ADHD, BPD, panic attacks sometimes for no reason, chronic depression, anxiety, and fear based decisions.

With the help of my psychiatrist getting me on the right medication and the DBT (Dialectical Behavior Therapy) program, my life has changed for the better. I no longer feel lost. I don't wake up to anxiety and fear. I don't suffer panic attacks and I take time to make decisions which has built up my self-esteem and self-confidence.

I came to TBHS last year feeling so lost, angry, and hurting inside and out. I couldn't stop crying, had suffered emotional abuse, and dealt with major relationship and health issues while not knowing what to do. TBHS helped me to begin counseling and therapy. I was assigned a case worker and she took me to a TBHS picnic. There I was given a pamphlet about DBT. Next to each bullet listed the things I'd been struggling with most of my life. The DBT team helped me change my life as I learned life coping skills. The program is a couple hours long (with a break) one day a week for 6 months or one year (I asked for one year). I find myself using the skills every day now without trying.

The DBT program can be life changing when keeping an open mind and putting forth the effort to learn. It feels good to balance emotions with facts. I am not who I used to be... For TBHS, DBT, and the DBT team- I am grateful!

"Breathe in 'Wise' and exhale 'Mind'"



*Learn to...be what you are,  
and resign with good grace  
all that you are not.*

*- Henri Frederic Amiel*



You see me standing there;

Alone alone

With a face of stone.

I can no longer bear

The voices in my head

“You’re better off dead.”

They rush to my side

As I cried

“Don’t listen to them”

“You’re beautiful,” she said.

“Ugly, fat, and gross,”

Take one more dose

“No,” she cried

“I love you.”

The voices in your head are

wrong

With a heart of lead

I sank to the ground

Which is where I was found

“I love you too,” I whisper

“Thank you.”

Author: Sky

This poem represents a person having an anxiety attack. The discouraging voices is the anxiety. The promoting voice is a person who is telling you the voices in your head are wrong, they are all untrue, and that you are worth living. Then you come to the realization that she was right.

I am 15 years old but my therapist thinks I’m 17. I love my cello. I’ve come along way with depression, anxiety, and PTSD. I’ve learned it is possible to overcome these things and then some. I write poems as a coping skill, which I recommend to others. My teacher told me to always end something with a quote so here is mine, “Instead of focusing on the things that hurt me, I focus on the things that are true, the people that do love me.”



# STINKIN' THINKIN'

By: Mary Elizabeth Davis

Stinkin' thinkin' is when a person is consumed by negative thoughts. Sometimes it may seem as though a person is at war with themselves to overcome the negative thoughts.

You may be wondering how stinkin' thinkin' can happen. When I am depressed, my thoughts can just start going in a downward spiral of negativity. Because of my depressed mood I often just deal with it by going to bed. When I do this, the negativity runs rampant in my mind.

Breaking the cycle of stinkin' thinkin' is paramount in the fight against depression for me. One of the most helpful tools I have learned to combat negative thinking is to do "equal but opposite." Do this by replacing a negative thought with a positive thought. It works wonders for improving my mood so I feel like doing something. One of the most difficult things for me can be just getting out of bed and into the shower. However, once I do I feel a lot better. Another thing that I have found helpful is to call a support person like a friend or family member.

Remember to take things **one day at a time**. Don't beat yourself up if you did not manage to break the cycle of stinkin' thinkin.' It is a skill that takes practice. Just try again tomorrow!



## Lending Support

Have you ever been with someone you know and got the feeling that something was not quite right? Maybe the person you care for seems distracted, upset, or just not like their normal self. Sometimes it is difficult to recognize exactly what is wrong. You may even feel that by pointing it out you could offend the person. But expressing your desire to help can be extremely valuable for the process of that individual's recovery. If you need help starting a conversation about mental health, try leading with these questions and make sure to actively listen.



- I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?
- What can I do to help you to talk with someone who is responsible and cares about you?
- What else can I help you with?
- I care and I want to listen. What do you want me to know about how you are feeling?
- Who or what has helped you deal with similar issues in the past?
- Sometimes talking to someone who has dealt with a similar experience helps. Do you know of others who have experienced these types of problems who you can talk with?
- It seems you are going through a difficult time. How can I help you to find help?
- How can I help you find more information about mental health problems?
- I'm concerned about your safety. Have you thought about harming yourself or others?

Support can also come in the way of offering help with everyday tasks (household, grocery shopping), inviting to social outings, or just calling to say you are still here. If someone you know is in emotional distress, the National Suicide Prevention Lifeline is available by calling **1-800-273-TALK (8255)**. If a situation is potentially life-threatening, get immediate assistance by calling **911**.

Source: [www.mentalhealth.gov](http://www.mentalhealth.gov)

# Mindfulness

*J. Michael Swathwood, MA, LPC*

*TBHS Quality Systems and Compliance Supervisor*

Mindfulness is a skill that is taught and used throughout DBT (Dialectical Behavior Therapy). Although it is a skill that is taught in DBT, anyone can learn mindfulness and benefit from its use. What is mindfulness? In Marsha Linehan's DBT skills manual, mindfulness can be summarized as "intentionally living with awareness in the present moment, without judging or rejecting the moment, and without attachment to the moment." (Mindfulness Handout 1A). The goals of practicing mindfulness according to Marsha Linehan's DBT skills manual is to "reduce suffering and increase happiness, increase control of your mind, and experience reality as it is." (Mindfulness Handout 1). Here is a simple mindfulness exercise that you can try on your own (taken from "DBT Self Help" website):

"Try to become mindful or conscious of your breathing. Sit comfortably in a chair, with your feet on the floor and your hands on your lap or resting on the chair, or sit comfortably on the floor. Close your eyes if you are comfortable with it, otherwise fix them on something a few feet away from you. Relax. Begin to take some long, slow deep breaths, inhaling and exhaling through your nose (inhaling and exhaling through your nose helps to slow your breaths down).

Notice your breath going in and out. Notice it moving up and down your chest. Put one hand on your belly, and breathe deeply enough so that your belly rises when you breathe in and falls when you breathe out. (This is because your diaphragm, the muscle that controls the movement of your lungs, is pulling air all the way in and pushing it all the way out). Breathe several times in this way, feeling your belly rising and falling, the air passing in and out through your body. This is mindful or conscious breathing. Do it any time to bring yourself to a more mindful and a more relaxed place."

This is just one example of how you can practice mindfulness. You can do this every day, several times a day, and when you are feeling emotionally dysregulated. If you would like more information about DBT or mindfulness, ask your case manager or therapist.





## Winter Word Search

T	M	I	S	T	L	E	T	O	E	C	N	P	O	S	J	H
X	Y	O	R	A	S	L	U	W	S	A	V	E	E	P	P	P
T	V	G	E	N	T	Q	R	O	K	R	G	P	J	R	X	J
S	W	G	B	L	T	N	Z	D	H	O	N	P	S	N	O	W
N	V	N	M	U	I	R	A	B	B	L	W	E	Z	P	E	B
K	L	I	E	N	C	G	C	S	Y	S	E	R	N	W	E	E
R	O	K	C	M	W	T	H	S	T	A	R	M	N	E	R	A
E	J	C	E	W	D	F	R	T	X	J	Y	I	Z	N	T	T
I	V	O	D	E	R	X	I	N	S	P	Y	N	M	C	D	S
N	B	T	I	O	P	L	S	E	S	K	L	T	G	E	D	C
D	K	S	S	M	Y	C	T	M	N	E	L	Q	J	W	D	A
E	K	T	F	T	Z	Y	M	A	E	W	O	N	C	D	M	R
E	C	A	E	P	J	Y	A	N	T	R	H	S	S	V	E	F
R	C	V	S	C	O	W	S	R	T	E	I	O	T	F	S	C
X	U	B	H	J	P	L	P	O	I	A	A	C	F	V	B	G
C	S	Z	A	H	R	M	W	K	M	T	R	X	I	L	E	G
R	O	B	E	L	L	S	I	G	T	H	J	R	G	Z	F	F

bells

lights

Santa

carols

mistletoe

scarf

Christmas

mittens

snow

December

ornament

star

frost

peace

stocking

gifts

peppermint

tree

holly

reindeer

wreath

## Peers for Peers is Seeking Members!

The TBHS Consumer Advisory Council aka Peers for Peers is looking for those willing to take part in advocacy for people receiving services. Connect with peers and other advocates, learn more about mental health services and supports, and offer input into TBHS functions! The Council meets at least four times a year and primary members are reimbursed with a stipend. Membership is comprised of persons who receive public mental health services including their family, friends, and advocates. Primary membership is limited to 21 members with spots still available. You may request an application through your worker or by contacting Caleb Mann, TBHS Peer Support Specialist at (989) 673-6191.



## Contribute In Your Own Way

Please consider that by sharing your story you not only empower yourself, but many others in their journey of recovery, resiliency, and self determination. By participating in TBHS Recovery Today you are not required to share personal information such as name or health history. Please turn in your article by February 3rd, 2016 for a chance to be featured in the next consumer newsletter. Contact your therapist or case manager for more details.

## Contact Us

For information, e-copy of the newsletter, or to possibly have your article featured in TBHS Recovery Today contact:

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Visit TBHS on the web at  
[www.tbhsonline.com](http://www.tbhsonline.com)

