



## Picture and Coping Skills Submitted by Mason

Things that help calm me down when I am angry:

- Counting to 10
- Playing Xbox
- Making and listening to jokes
- Stop and think
- Playing with animals
- Walking away/being alone
- Taking deep breaths
- Listening to music (especially Ariana Grande)

*“It Is Never Too  
Late To Be What  
You Might Have  
Been”  
—T.S. Eliot*

## 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. Those who are featured in the newsletter are entered in a drawing where the winner receives a \$10 Wal Mart gift card!

# TBHS RECOVERY TODAY

June 2017

## Hate Vs. Love

I would like to elaborate on a quote from the Buddah who said “Hatred does not dispel hate.” A great lesson from a master thousands of years ago. Yet we are still living in a world full of hate. Race against race, religion against religion, even one divine soul against another divine soul (for we all are divine souls).

Hatred is often sanctioned by governments. One government hates another and commits an act of violence against them. Governments even commit acts of hate against their own people. Criminals are widely hated by most people and are severely mistreated.

What all of these people have in common is they do not understand that their hatred only breeds more hatred. By hating a criminal, or anyone else for that matter, a person only creates more hatred. More hatred grows in the one being hated and is given back in exchange. It becomes a vicious cycle.

There is only one thing that can stop this from happening. It is to use love. For only love can stop hate. A simple act of love can turn the tides. Love conquers all.

We must begin again with ourselves. A simple act of kindness done in love can make all the difference for someone. A pat on the back, a hug, or even just a smile. If we all put forth just a little effort I am sure we can make the world a better place for all of us.

Article by Anthony Inspired by My Guru



**I See Black by Bill**

You see colors

I only see black

I invented the darkness

Just a matter of fact

You see sunshine

And bright blue skies

I deal with the thunder

Of the storm inside

Cause you see colors

And I see black

You see rainbows and

Wonderful signs

I am the darkness

That's all that's inside

I don't see colors

To that I am blind

There are more like me

Just look and you'll find

You see colors

We only see black inside



# ***TBHS would like to hear from Consumers!***



***Sharon Beals, CEO, would like to meet with Consumers to gather ideas for future goals of TBHS.***

***What can the agency do to improve?  
Consumer feedback is valuable to TBHS.***

***Thursday, July 20<sup>th</sup>, 2017***

***10:30 am – 11:30 am***

***Personal Independence Center (PIC)***

***Small Conference Room***

***1332 Prospect Avenue, Caro***

***After the meeting join us for lunch 11:30 am to 1:30 pm – we will be grilling hotdogs at PIC.***

***If you have questions please contact 989.673.6191.***

## CARF

CARF (Commission on Accreditation of Rehabilitation Facilities) will be coming to TBHS in the fall to conduct a survey. CARF completed a survey at TBHS in 2014 and granted TBHS a 3 year accreditation certificate. This certification expires in October, so CARF will be on site this coming fall. In the last edition of our newsletter, CARF's mission was explained. In this edition of our newsletter, the benefits of CARF are presented:

### **Benefits of CARF**

Assurance to persons seeking services that a provider has demonstrated conformance to internationally accepted standards.

Improved communication with persons served.

Person-focused standards that emphasize an integrated and individualized approach to services and outcomes.

Accountability to funding sources, referral agencies, and the community.

Management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction.

Evidence to federal, state, provincial, and local governments of commitment to quality of programs and services that receive government funding.

Guidance for responsible management and professional growth of personnel.

A tool for marketing programs and services to consumers, referral sources, and third-party funders.

Support from CARF through consultation, publications, conferences, training opportunities, and newsletters.

(Taken from <http://www.carf.org/Accreditation/ValueOfAccreditation/Benefits/>)

# Barbecue Basics: Tips to Prevent Foodborne Illness

It's the season for picnics, cookouts, and other outdoor parties. But eating outdoors in warm weather presents a food safety challenge. Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important. "Fortunately, there are a lot of steps consumers can take to keep family and friends from becoming ill," says Marjorie Davidson, Ph.D., education team leader in FDA's Center for Food Safety and Applied Nutrition.

## **Wash hands.**

It seems basic, but not everyone does it. Wash hands well and often with soap and water for at least 20 seconds, especially after using the bathroom and before cooking or eating. If you're in an outdoor setting with no bathroom, use a water jug, some soap, and paper towels. Consider carrying moist disposable towelettes for cleaning your hands.

## **Keep raw food separate from cooked food.**

Don't use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water. Keep utensils and surfaces clean.

## **Marinate food in the refrigerator, not out on the counter.**

And if you want to use some of the marinade as a sauce on the cooked food, reserve a separate portion. Don't reuse marinade that contained raw meat.

## **Cook food thoroughly.**

To kill any harmful bacteria that may be present, use a food thermometer. Hamburgers should be cooked to 160°F. If a thermometer is not available, make sure hamburgers are brown all the way through, not pink. Chicken should be cooked to at least 165°F. If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

## **Refrigerate and freeze food promptly.**

It can be hard to remember while a party is going on, but food should not be left out of the cooler or off the grill for more than two hours. Never leave food out for more than one hour when the temperature is above 90°F.

## **Keep hot food hot.**

Hot food should be kept at or above 140°F. Hot food should be wrapped well and placed in an insulated container. If bringing hot take-out food such as fried chicken or barbecue to an outdoor party, eat it within two hours of purchase. In addition to bringing a grill and fuel for cooking to an outdoor location, remember to pack a food thermometer to check that your meat and poultry reach a safe internal temperature. When re-heating food at the outing, be sure it reaches 165°F.

## **Keep cold food cold.**

Cold food should be held at or below 40°F. Foods like chicken salad and desserts that are in individual serving dishes can be placed directly on ice or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm094562.htm>

## **Person-Centered Planning**

What is Person-Centered Planning (PCP)? It is the process where you are able to develop your own individual plan of treatment for mental health and substance abuse services, supports, and treatment. It is a right that is protected by the Michigan Mental Health Code for mental health services. It is individualized and **person** centered. You determine who will facilitate the PCP meeting and who will be in attendance during the PCP. You will be asked what your hopes and dreams are during the PCP meeting, and goals will be developed based on those hopes and dreams. During the PCP meeting, you will be able to choose your supports, services, and treatments that are necessary for you to achieve your goals. You will also choose who will provide the necessary services and supports and how often you will need them. After your plan has been implemented, you will be able to provide feedback regarding how you feel about the supports, services, and treatments that you are receiving, and, if necessary, make changes to your existing plan. Talk to your case manager or therapist at any time to discuss your PCP and your progress toward your goals.

## **Walk A Mile In My Shoes Rally 2017**

Once again Tuscola was well represented at the Walk A Mile In My Shoes Rally which occurred in Lansing on May 10th, 2017. Peers from TBHS as well as from the Tuscola Peer Center attended the rally which saw people from all over Michigan come to raise awareness about various issues concerning public mental health services.



TUSCOLA

*Behavioral Health Systems*

## Upcoming Events

Adult Mental Health First Aid June 20<sup>th</sup> 8:30-5:00 TBHS Training Center

First Aid & CPR June 23<sup>rd</sup> 9:00-3:30 TBHS Burnside Training Center

National PTSD Awareness Day June 27<sup>th</sup>

Peers for Peers Meeting June 29<sup>th</sup> 5:00-8:00 PIC Large Conference Room

First Aid & CPR July 14<sup>th</sup> 9:00-3:30 TBHS Burnside Training Center

Consumer Strategic Planning Session July 20<sup>th</sup> 10:30 PIC

2<sup>nd</sup> Annual Consumer and Staff Cookout July 20<sup>th</sup> (For National Grilling Month)  
11:30-1:30 PIC

ACT/Case Management Consumer Picnic August 22<sup>nd</sup>





# Safety Tips for Walkers

## **Be Safe and Be Seen: Make yourself visible to drivers**

- ✦ Wear bright/light colored clothing and reflective materials.
- ✦ Carry a flashlight when walking at night.
- ✦ Cross the street in a well-lit area at night.

Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.

## **Be Smart and Alert: Avoid dangerous behaviors**

- ✦ Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- ✦ Stay sober; walking while impaired increases your chance of being struck.
- ✦ Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, he or she may not be paying enough attention to drive safely.
- ✦ Don't rely solely on pedestrian signals. Look before you cross the road. Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

## **Be Careful at Crossings: Look before you step**

- ✦ Cross streets at marked crosswalks or intersections, if possible.
  - ✦ Obey traffic signals such as WALK/DON'T WALK signs.
  - ✦ Look left, right, and left again before crossing a street.
  - ✦ Watch for turning vehicles. Make sure the driver sees you and will stop for you.
  - ✦ Look across ALL lanes you must cross and visually clear each lane before proceeding. Even if one motorist stops, do not presume drivers in other lanes can see you and will stop for you.
- Don't wear headphones or talk on a cell phone while crossing.

Source: [http://www.pedbikeinfo.org/community/tips\\_pedestrian.cfm](http://www.pedbikeinfo.org/community/tips_pedestrian.cfm)



# SUMMER



I Y A S P C X U J R I P O A P I I L S N  
 J E X A I T Y J K B C V L D Z R G E A C  
 S C R N V X P V F G G A H T T X G L N T  
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BASEBALL  
 FAN  
 HUMID  
 SAILING  
 TAN

BEACH  
 FLOWERS  
 JUNE  
 SANDALS  
 VACATION

BONFIRE  
 GARDENING  
 OUTDOORS  
 SANDCASTLE  
 SUN

CAMPING  
 HOLIDAY  
 PARK  
 SEA  
 WATERMELON

FAIR  
 HOT  
 PICNIC  
 SUMMER  
 SWIMMING

## Peer Wellness Coach Corner: Stay Hydrated This Summer

**The importance of hydration.** Being well-hydrated is essential for good health. Consuming water is necessary to keep the body's systems functioning properly. This is especially important to remember during the summer months when we need to increase our fluid intake to counteract warmer temperatures and higher humidity.

### Tips for staying hydrated:

**Drink six to eight 8 oz. glasses of water each day.**

**Bring a reusable water bottle with you** and drink from it throughout the day, refilling as needed.

**Drink water during your meals.**

Not a huge fan of drinking plain water? Consider flavoring it with slices of citrus fruit or a splash of 100% fruit juice. Or, experiment with the water's temperature- see whether you like it better cold from the fridge, chilled over ice, or at room temperature.

[www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)



### Contributions To The Consumer Newsletter

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. 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:

**Tuscola Behavioral Health Systems**  
323 N. State Street  
Caro, MI 48723

(989) 673-6191

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