

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

September 2016

Busting Stigma

Recovering from addiction depends on biology, behavior, and social context. Even today many people believe that drug and alcohol addiction is simply a failure of will power or a character defect. Research shows these beliefs are false.

Myths vs. Facts

Myth: People who won't stop using drugs or alcohol are weak or immoral.

Fact: Individuals who become dependent on drugs or alcohol are victims of a real illness.

Myth: People can quit using drugs any time they want; they just need to use some willpower.

Fact: When substance use turns into addiction, it takes a powerful hold over the mind and body.

Myth: Substance use is only a problem in lower income layers of society.

Fact: Substance use is prevalent throughout almost every rung of society.

Myth: Treatment for addiction should be a 'one-shot' deal.

Fact: Like many illnesses, addiction is a chronic disorder and typically requires longer-term treatment and in many instances, repeated treatments.

Resource: Website of Michael's House, a nationally known California treatment center.

Laboratory Services Available at PIC

Full laboratory services are NOW available every Tuesday and Wednesday from 9am-2pm at PIC. No appointment is necessary and all insurances accepted. Lab orders can be from any doctor, not only from TBHS.

*"I can't change the
direction of the
wind, but I can
adjust my sails to
always reach my
destination."*

~ Jimmy Dean

Newsletter Submissions:

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

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WORKING WITH YOUR PSYCHIATRIST

By Mary Elizabeth Davis

People may start feeling better when taking medications for a while but over time can start to think the same medications are no longer useful. However, a main reason they feel better *is* the medications. Furthermore, when someone stops taking their medications adverse effects can start happening. For example, I was discouraged from taking medications for Bipolar Disorder early on in my treatment because each medicine my psychiatrist added did not seem to work. I just wanted to quit the medications and sometimes I would. For me, this led to manic episodes and spending time in a psychiatric ward.

The best message I can give my peers is not to lose hope. There is light at the end of the tunnel. I was diagnosed with Bipolar Disorder in 1999. While living in Lansing for seven years I had a very trying experience. My psychiatrist and I worked to get my mania under control, but had no success when it came to my depression. It was a very hopeless time in my life.

I moved back to my hometown of Caro in 2009. This is when I began working with Tuscola Behavioral Health and was introduced to Dr. Movva. Things started to get better for me. I learned in order to get the best care from a psychiatrist and experience real progress, honesty is key. I am a perfect example of how important it is to be honest with your psychiatrist. For a long time I did not tell the Doctor about anxiety I was having at bedtime. Once I did, there was an adjustment to my medications and I felt better. I still had some trials with depression but I did not give up.

After 17 years of trying to get my Bipolar Disorder under control; I can finally say that I am stable. I have seen the light at the end of the tunnel. I praise God and the wisdom of my psychiatrist for my good health. I am also thankful to God for putting healthy supports in my life like family, friends, my church, my cat Meeka, and the staff at TBHS.



Easing the Impact of Relapse

“Relapse” is when symptoms of mental illness reappear or get worse. It is common for people with mental illness to experience relapse. Addressing symptoms early can help avoid larger problems and may improve the quality and speed of recovery. One key is recognizing early warning signs which can vary from person to person but may include:

- Suffering changes in mood.
- Losing your sense of humor.
- Finding it difficult to concentrate.
- Neglecting your personal care.
- Not taking medication
- Sleeping excessively or hardly at all.
- Eating excessively or hardly at all.
- Becoming increasingly suspicious or hostile.
- Hearing voices or seeing things that other people cannot see or hear.

Ways to Prevent Relapse

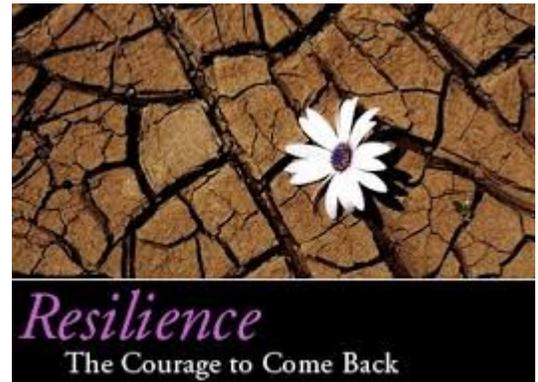
Taking your medication as prescribed – Relapse most often occurs by not taking medication or stopping medication altogether. Talk with your Doctor and report unpleasant side effects.

Participate in Therapy – You are the most important member of your treatment team! Taking an active role can help you understand more about the illness, cope better with stress, form healthier bonds with others, and find better meaning and purpose.

Focus on lifestyle – Healthy lifestyle habits can decrease your risk for relapse. Avoiding drugs and alcohol, incorporating more healthy foods in your diet, and regular exercise make for a healthy body and healthy mind.

Address early signs of relapse – People with mental illness often experience early warning signs before relapse occurs. Listen to people close to you for changes they see and are concerned about.

Sources: psychologytoday.com/blog/201210/mental-illness-preventing-relapse
healthgrades.com/4-tips-for-preventing-a-schizophrenia-relapse



NO SMOKING

TBHS Is Going Tobacco Free

We care about you! As of October 1, 2016, all TBHS property, which includes parking lots and walkways, will be smoke and tobacco free. TBHS is currently working on smoke and tobacco resources in order to aid consumers in their recovery journey with tobacco products.



HOPE
CHANGES
EVERYTHING.

Have Hope

By Caleb Mann

Having a mental illness does not mean the world is coming to an end. In fact, people experience recovery all the time. In spite of mental health challenges it is possible to lead a productive and fulfilling life. Hope is a guiding principle of recovery. It grants the incentive to persevere through the darkest times and reminds us of the strength we possess. Personal and professional supports can help to spark positive changes just by having a hopeful attitude. Choosing hope over negativity sheds light on new possibilities and helps build the confidence to take risks.

Over the years I've experienced relapse. These are periods of time when symptoms returned and severely distracted from my normal activities. My self-care, relationships, and work/school performance all suffered just as the illness took a heavy toll internally. The people close to me reminded me of the positive things going in my life. Professional supports helped restore faith in my own abilities. The hope they gave influenced my view of the situation and I was able to reclaim my independence. So while it is possible for relapse to happen again, I do not live in fear of this since I know it is possible to get better.

Most days we will encounter the chance to be a hope giver. Our words can spark possibilities in others and empower them to try new things. We can foster hope by being respectful, focusing on the positive, and celebrating successes. Some problems are not solvable right away and may need to be set aside while other issues may not have a clear silver lining. But a hopeful attitude can open wonderful new doors and might just inspire someone else.

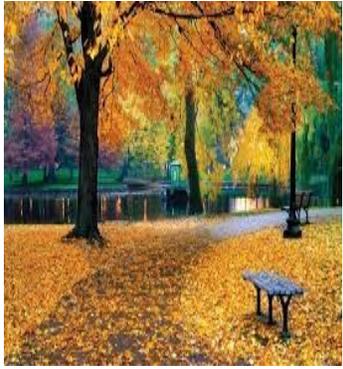
"A candle loses nothing by lighting another candle"

- James Keller

Upcoming Events

- September – Suicide Prevention Month, Mental Illness Awareness Month, Recovery/Self-Awareness Month
- September 22 – Adult Mental Health First Aid 8:30 am – 5:00 pm at TBHS Training Center
- September 26 – Kevin Hines (suicide survivor) 6:30 pm at the Tuscola Technology Center
- October – National Disability Employment Month
- October 6, 7, 8, and 9 – Pumpkin Festival
- October 22 – Make a Difference Day
- November 2, 9, and 16 – Youth Mental Health First Aid 6:00 pm – 9:00 pm Cass City Rawson Memorial Library

Autumn



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

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BEAUTY
 BOUNTY
 CHANGE
 COLORS
 COOL
 FALL
 FOLIAGE
 FROST

HALLOWEEN
 HARVEST
 LEAVES
 NOVEMBER
 OCTOBER
 ORANGE
 PUMPKIN
 RAKE

RED
 SCENIC
 SEPTEMBER
 THANKSGIVING
 TREES
 TURN
 WOODS
 YELLOW

Peers for Peers is Seeking Members!

The TBHS Consumer Advisory Council aka Peers for Peers is looking for people willing to take part in advocacy efforts for those 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. It is made up 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.

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



“It is often in the darkest skies that we see the brightest stars.”

~ Richard Evans