

THE LRE NEWSLETTER



Fall
2024



The **Main** Thing

Welcome to fall! As we wind down Fiscal Year 2024 and gear up for Fiscal Year 2025, check out a note from our CEO, **Mary Marlatt-Dumas** below.

From The CEO Mary Marlatt-Dumas

It has been a beautiful summer, and I hope that all the readers were able to enjoy time with family and friends in this alluring state in which we live. As fall is upon us, there are many things to keep us focused. Inside I will focus on the return to school transition, Suicide Awareness Month in September and Youth Substance Misuse Month in October.



LRE Training Opportunities



1915 (i)SPA Training

The LRE has developed an iSPA Overview Training that covers the basics of what the iSPA is, who is eligible, staff qualifications, and an overview of the enrollment and recertification process. The training will last about 45 minutes to an hour, depending on questions, and can be done in person or virtually. If you are interested in **scheduling a training**, please reach out to Melanie Misiuk via email at MelanieM@lsre.org

Section 1915(i) of the Social Security Act allows States flexibility in operating Medicaid programs through waiver and demonstration authorities. Michigan transitioned all the specialty behavioral health services and supports previously covered under 1915(b)(3) authority to a 1115 Behavioral Health Demonstration and 1915(i) HCBS state plan amendment. This allows community based behavioral health services to be provided through MDHHS' managed care contracts with the 10 regional PIHPs.



NABD Lunch & Learn Training Opportunities.

This training is designed to help learn the basics of filling out a **Notice of Adverse Benefits Determination (NABD)** and when it should be utilized. These trainings are held quarterly. For more information please contact Michelle Anguiano at MichelleA@lsre.org. Trainings will be held on a quarterly basis during FY25 with the next opportunity on Friday, October 25 from noon to 1pm. You may sign up by clicking this [LINK](#).

September is Suicide Awareness Month



Why Focus on Suicide?

The purpose of having a month to focus on suicide awareness is to designate a time to raise awareness of this urgently important crisis. In the United States, someone dies by suicide every 11 minutes. (National Governors Association, September 16, 2024).

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.



While Suicide Awareness Month seeks to raise awareness about the country's concerning suicide rates, the awareness month also seeks to help Americans learn that suicide is preventable. Several factors can protect an individual, including building effective coping and problem-solving skills, feeling connected to school, community and other institutions, feeling connected to others, and reduced access to lethal means of suicide.

We use this month to shift public perception, spread hope, and share vital information to people affected by suicide. The goal is to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help.

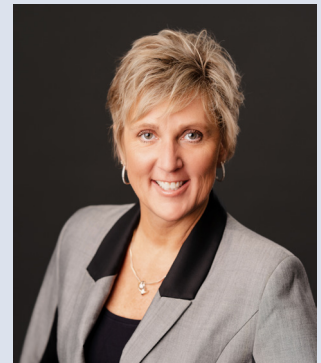
Suicide is the second-leading cause of death among young people, and, prior to the COVID-19 pandemic, was the tenth-leading cause of death in the nation (CDC, 2019). Every year in the U.S. more people die by suicide than in car accidents, and more suicide deaths occur than homicide and AIDS deaths combined. The 988 Lifeline has received over 20 million calls from people in distress looking for support when they needed it most.



Heading **Back To School**

Summer breaks bring isolation for some children. The isolation, as well as changes in education and effects have resulted in children experiencing anxiety, depression, self-harm, lost or underdeveloped social skills, financial difficulties, food insecurity, housing instability, loss/grief, and educational backslides.

It's like the backpacks children have to carry. In addition to the physical items they have to carry, imagine as physical objects the feelings, the stresses, the responsibilities, the expectations, experience and worries children may have had during this time. They are bringing all of that with them. For many students, this can become way too heavy for them to carry. We need to remember that many of our students will be returning to school with emotionally heavy backpacks. As a result, finding ways to build student resilience and connectedness as well as healthy coping strategies is going to be critical.



Students Will Experience:

- Establishing sleep/homework/exercise routines
- Navigating school rules and routines
- Increased anxiety and fear
- Navigating face to face social interactions
- Traumatic experiences
- Healthy vs unhealthy coping strategies
- Lack of access to treatment and medications
- Knowing where, when and how to access help

Returning to routines and rules of school can be a huge shift after living in a virtual world during the pandemic and then having time off for summer break. It is important to remember you don't need to be mentally ill to not be mentally well.

Back to **School** Mental Health Tips

Get information & resources to help support **students, children** and **youth** mental health and emotional well-being during

#BackToSchool time
and beyond!



#BackToSchool

SAMHSA

SAMHSA

Substance Abuse and Mental Health
Services Administration

As the dog days of summer draw to a sweltering close, many families across the nation are gathering books, binders, and other school supplies in preparation for a return to the classroom. And while the back-to-school season can be an exciting time, it can also be stressful – and even scary – for some young people. That is why it is critical to include mental health and wellness tools and resources on the back-to-school checklist to help prepare your children for the stressors and challenges they may face in the school year ahead. SAMHSA is here to help.

The last few years have not been easy on our nation's youth, and the losses and disruptions caused by the COVID-19 pandemic have led to increased anxiety, depression, and other mental health conditions. According to recently published SAMHSA data, nearly 1 in 5 adolescents ages 12 to 17 reported a major depressive episode in the past year. In some cases, there were co-occurring mental health and substance use issues. For example, data reveals that adolescents who experienced a major depressive episode were more likely than their peers to have used illicit drugs (28.4% vs. 11.6%) or marijuana (21.9% vs. 8.7%) in the past year. Additionally, 1 in 8 youth in this age group reported serious thoughts of suicide, while more than 5 percent made a suicide plan, and 3 percent (or 856,000 youth) attempted suicide in the past year. The good news is the percentage receiving mental health treatment continues to be on the rise. Indicating more and more youth are reaching out for the help they need.



October is Youth Substance Use Prevention Month

Governor Whitmer dedicated October to youth substance misuse and use prevention. During this month, we join with the Michigan Department of Health and Human Services to ask parents, siblings, friends, neighbors, teachers, community members, government agencies, public and private institutions, prevention providers, and more to share information, promote healthy lifestyles, and help transform lives through evidence-based substance use prevention.



Substance misuse costs the nation hundreds of billions of dollars each year, according to the National Institute on Drug Abuse. Prevention has the potential to reduce those costs dramatically. Individuals who start using alcohol or other drugs when they're young are more likely to develop a substance use disorder later in life. Addressing substance misuse requires a comprehensive approach involving education, prevention, treatment, and support for affected individuals, families, and communities. Prevention aims to stop substance misuse before it starts by strengthening protective factors and reducing risk factors in individuals, families, schools, communities, and across society, addressing social determinants of health, being culturally competent, and executing sustainable actions.

Michigan data indicates:

- 14% of Michigan youth in grades 9 through 12
- 22.1% of young adults ages 18 to 24 use electronic vapor products
- 30.1% of young adults ages 18 to 25 reported current marijuana use
- 16.7% of youth in grades 9 through 12 reported consuming one alcoholic drink within the past 30 days
- And there were 722 emergency department visits involving a non-fatal opioid overdose among individuals ages 0 to 24 years;

MI TOBACCO How to QUIT Quitlink Tobacco

We can help you live tobacco-free.

Are you thinking about quitting tobacco? Do you want to support a friend or family member who is quitting? We can help.

Quitting smoking has immediate as well as long-term benefits for you and your loved ones. It is one of the most important things you can do for your health.

Most people know quitting tobacco is an important step in protecting their health and the health of their loved ones. But fewer than 1 in 10 people are able to quit for good without the help of coaching or nicotine quit medications.

The Quitline is here to help you be successful in your quit journey! Our free tobacco cessation program is based on proven strategies that have helped more than 1.5 million people quit tobacco. Our professional quit coaches and online community provide the support you need. Plus, we connect you to resources like nicotine quit medications.

Whether you're ready to quit today, are just curious about quitting, or you're supporting a loved one who uses tobacco, the Quitline can help.

How the Quitline Works

At the Quitline, we understand the challenges you face in trying to quit tobacco. We have the experience and resources to help you quit for good. Here's what sets our program apart:

- The Quitline is free. The cost is paid by your public health department, health plan, or employer.
- The Quitline is based on proven strategies. We have already helped more than **1.5 million people in their quit journey**.
- The Quitline is self-paced and customized for each person. You decide the details of your plan such as how often you speak with a quit coach and whether you use **quit medications**.
- The Quitline is staffed by trained coaches, all of whom have completed rigorous Tobacco Treatment Specialist training.
- The Quitline is operated by National Jewish Health, the leading respiratory hospital in the United States.

TalkSooner.org™

TalkSooner Makes Difficult Conversations Easier

We are a resource for parents to access information about substance use prevention. Our mission is to help parents inform youth about the dangers of substance use. Believe it or not, focus group data suggests that youth do indeed seek information and guidance from parents and other adults, so it is important that parents have these difficult conversations.



Any Way You Slice It, Prevention Matters

As part of National Family Meals Month in September, TalkSooner is teaming up with several independently-owned and operated pizzerias/restaurants to inspire parents to have the “drug talk” with their youth/teen.

These TalkSooner partnerships are honoring the month of September which is National Family Meals month through a promotion called, [“Any Way You Slice It, Prevention Matters.”](#)

About 2,500+ promotional fliers will be served up with pizza orders this month, as well as 3,000 +complimentary TalkSooner pizza cutters available in-store, while supplies last.

“Pizza represents that easy, portable, and informal meal that fits into almost any busy schedule,” explained Amy Embury, Prevention Manager for the Lakeshore Regional Entity (LRE) which powers TalkSooner. “It’s all about having those fun moments and conversation together, but also checking in with your children on important topics like teen drug use.”

Participating Pizzerias include:

- **Cadena Brothers**, Cloverville/Muskegon County
- **Don Petrino’s Pizzeria**, Holland/Ottawa County
- **Chuck Wagon**, Ludington/Mason County
- **Russo’s**, Wyoming/Kent County
- **Golden Sands Golf Course & Bucket Bar**, Oceana County
- **C D’s Quick Mart**, Hopkins/Allegan County

Click Below for more info!

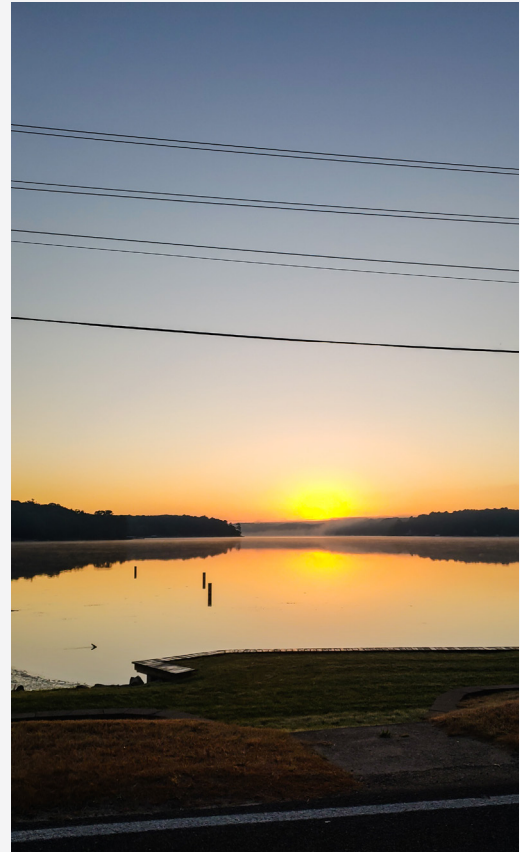


www.lсре.org

LRE Fall/Winter Office Closing Dates

Normal office hours at the LRE are Monday-Friday from 8am-5pm. As we approach the holiday season the LRE follows along with the State of Michigan on holiday office closures. Please see a full list of office closure dates below:

- **Monday, November 11-Veteran's Day**
- **Thursday & Friday, November 28-29-Thanksgiving**
- **Tuesday & Wednesday, December 24 & 25-Christmas Eve & Christmas Day**
- **Tuesday & Wednesday, December 31 & January 1-New Year's Eve & New Year's Day.**



The LRE Board of Directors

The Lakeshore Regional Entity Board of Directors **meeting is on the 4th Wednesday of each month**. Unless otherwise noted, prior to each Board meeting a Work session is scheduled for 11am. The Board meetings are held in person at the GVSU-Muskegon Innovation Hub, 200 Viridian Dr., Muskegon, MI 49440. Please note, the November meeting is on the 3rd Wednesday, due to the Thanksgiving Holiday.

Upcoming Board Meetings

September 25, 2024

October 23, 2024

November 20, 2024

Lakeshore Regional Entity

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