

THE LRE NEWSLETTER

Spring 2024



The **Main** Thing

May is Mental Health Awareness Month. Check out a note from our CEO, **Mary Marlatt-Dumas** below.

From The CEO
Mary Marlatt-Dumas

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, I hope you will actively participate in this national movement, dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well being of individuals and families affected by mental illness.





network180
Lives Redirected.

Behavioral Health Crisis Center

Earlier in the month of May, Network180 was excited to host the ribbon cutting and open house for the new Behavioral Health Crisis Center (BHCC) which will soon be providing walk-in behavioral health services on a 24 hour a day, 7 days a week basis. This project has been under development since 2017. Due to the tireless efforts by healthcare systems, education, law enforcement, insurance providers, community advocates and the overall mental health system, this facility will be able to make a difference for those in need of immediate behavioral health care. Working together all of these institutions have created a “no wrong door” system of crisis care for all of Kent County’s adults, regardless of income level, insurance type or zip code. For more information, please visit network180.org.

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. The next training opportunity will be Friday, July 26 from 12-1pm. For more information please contact Michelle Anguiano at MichelleA@lsre.org.

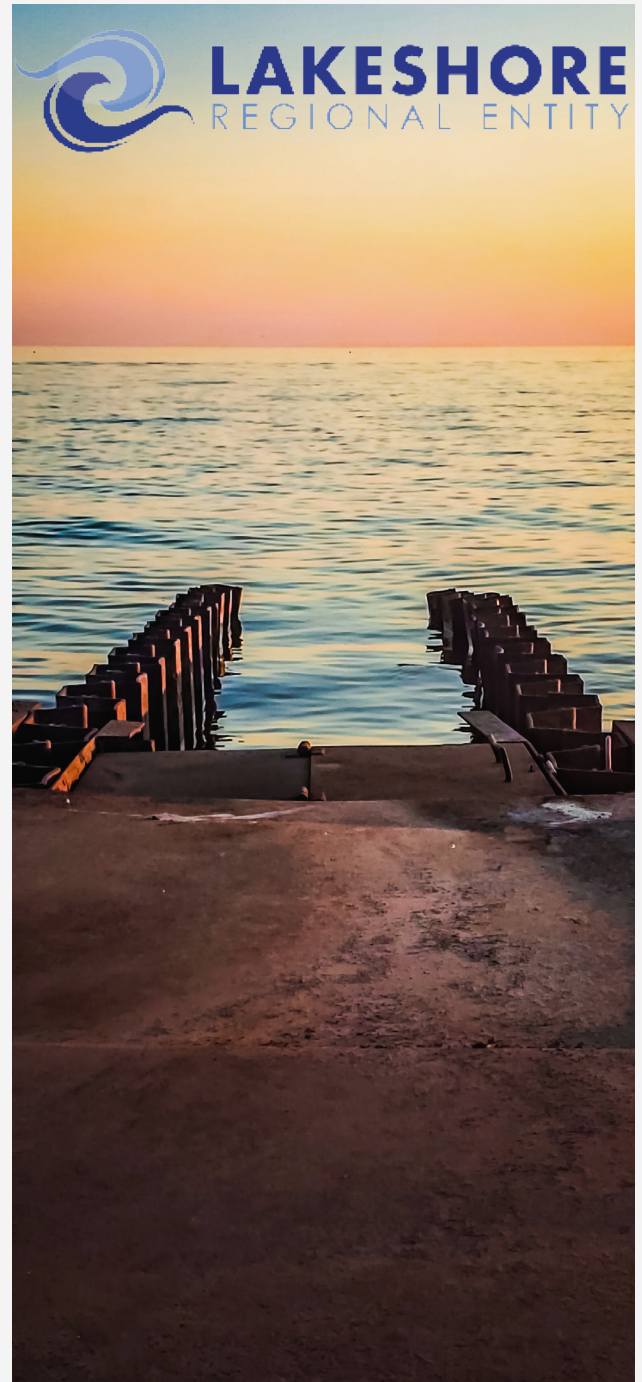
988 Suicide & Crisis Lifeline

People can call or text 988 for themselves or if they are worried about a loved one who may need crisis support.

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America. There are urgent realities driving the need for crisis service transformation across our country.

In 2021 and 2022:

- The U.S. had one death by suicide about every 11 minutes.
- For people aged 10-14 and 25-34 years, suicide was the second leading cause of death.
- Suicide rates increase significantly among non-Hispanic Black & American Indian and Alaskan people.
- More than 950,000 youth aged 12-17 and 1.6 million adults attempted suicide.
- About 107,000 people died from drug overdoses.



Summer Office Closings

As the weather warms up for the approaching summer we want to draw your attention to the dates/holidays the LRE offices will be closed. In the event you are experiencing a mental health crisis please call 988 for immediate mental health crisis assistance.

- Memorial Day, Monday May 27
- Juneteenth, Wednesday June 19
- The 4th of July, Wednesday, July 4

May is Mental Health Awareness Month

For more than 20 years, the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) has recognized Mental Health Awareness Month every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.



Age joyfully! Consider your passions and interests and pursue something that brings you happiness and fulfillment. Remember mental health support is available to you if you need it. Visit samhsa.gov to learn more.



This Mental Health Awareness Month, talk to your children and teens about mental health. If you need help getting started visit [SAMHSA](#) for tips on how to have conversations with your kids on their mental health.



Pregnancy is beautiful, but it can also be emotionally complex. This Mental Health Awareness Month, remember it's okay to not feel okay. Mood swings, anxiety, or feeling overwhelmed are all common. [SAMHSA](#) has resources to help your mental health during your pregnancy journey.



Black mental health matters! Support the mental well-being of Black communities. Let's break down the barriers faced when trying to get [mental health support](#). Everyone deserves the support they need.



Parents: Your acceptance means the world to your children. Expressing love is a simple but effective way to support your LGBTQIA child and their mental health. For resources to help your family, visit [SAMHSA](#).



Mental Health Awareness Month in May is important because it helps reduce the stigma around mental health conditions and those who live with them. It also helps people with mental health conditions access treatment and support, and can help their loved ones better understand their condition. Mental Health Awareness Month can also help providers get funding for research and treatment so they can better care for people with mental health conditions.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

Some ways to help manage stress, anxiety, grief and worry include the following:

- **Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting.**
- **Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health: eat healthy, get enough sleep, and move more and sit less.**
- **Limit alcohol intake.**
- **Avoid using illegal drugs or prescription drugs in ways other than prescribed.**
- **Avoid smoking, vaping and the use of other tobacco products.**
- **Continue with regular health appointments, tests, screenings, and vaccinations.**
- **Make time to unwind.**

Connect with others. This May, I hope that you learn how modern life affects mental health with new resources to navigate our changing world; act by building your coping skills toolbox so you can manage stress, difficult emotions, and challenging situations; and advocate to improve mental health yourself, your friends and family and your community.

Community Mental Health Association of Michigan

Annual Summer Conference



The Importance of Belonging

**Grand Traverse Resort
Traverse City, MI**

June 10, 2024 - Pre-Conference

June 11-12, 2024 - Main Conference

The Community Mental Health Association of Michigan's annual **Summer Conference is June 10-12 in Traverse City**. Early bird registration deadline is Friday, May 31. Registration closes on Thursday, June 6. The conference will be in person only and no virtual/hybrid options are being offered.

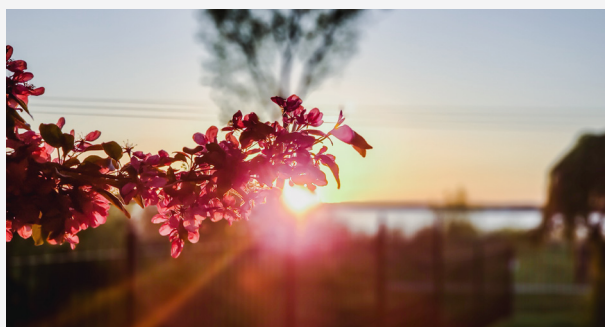
[REGISTER NOW](#)



Global Accessibility Awareness Day is in May.



Having an accessible website is something that helps to create a more inclusive internet. At the Lakeshore Regional Entity we are proud to partner with Accessibe to help make our website more accessible for everyone in our region. In the month of May we celebrate **Global Accessibility Awareness Day**. The purpose of GAAD is to get people talking, thinking and learning about digital access and inclusion, for people with disabilities/impairments across the world.



The LRE Board of Directors

The Lakeshore Regional Entity Board of Directors **meeting is on the 3rd 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	May 22, 2024	June 26, 2024	July 24, 2024
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