

Family Support

FOR FAMILIES OF ADULTS WITH A MENTAL ILLNESS

December 2015
Volume 18

In This Issue

- New KCMHSAS Clinic
- Naloxone to Address Opioid Overdoses
- NAMI of Kalamazoo - Family Support Groups
- KCMHSAS Call for Art
- Mental Health Resolutions
- When a Loved One Goes Missing
- Family Wellness Expo
- Person First Language

New KCMHSAS Clinic

KCMHSAS will open its new Integrated Health Services clinic at the Bronson Health Living Campus downtown near Vine Street. The address is 615 Crosstown (49001) and the building will house a state of the art psychiatric clinic for both youth and adult services, Arcadia Pharmacy, information and referral services, access screenings for adult service eligibility, and adult emergency mental health (EMH) services.

Psychiatric Services, Access, and EMH will be open for business at the new location on 12/22/15. Psychiatric Services will be closed on 12/18 and 12/21 in preparation for the move, though there will be a doctor on-call and nursing staff checking messages and handling consults. Access will be closed on 12/21 and Gryphon Place will be handling incoming calls and triaging to EMH as needed.

The new building is LEED certified, meaning it is a green building. KCMHSAS purchased 80 works of art, created by artists who receive services funded by KCMHSAS, to decorate Integrated Health

Services. There will likely be an open house in the spring (date to be announced), so you can plan to check out the new space then, if not before. This is a great opportunity for KCMHSAS to be a part of the Healthy Living Campus, along with Kalamazoo Valley Community College and Bronson.

Naloxone to Address Opioid Overdoses

Southwest Michigan Behavioral Health (SWMBH), in response to continued rise in opioid overdoses and overdose deaths in Michigan, utilized a pilot project grant to purchase Naloxone Hydrochloride (Narcan®) kits that will be distributed through Families Against Narcotics (FAN) to persons at risk and their friends/family members. SWMBH is also providing Naloxone kits and training to law enforcement.

Naloxone is an opioid antagonist that can reverse the effects of an opioid overdose. It has little to no effect if there are not opioids present in the body. It has no potential for abuse or dependency. Kits have been distributed in Kent County through the Red Project for years and, in 2015, they have trained over 1,000 people in the Grand Rapids community in the use of Naloxone and have had reports of over 200 overdose reversals.

If you know someone who may be at risk of opioid overdose, please consider contacting Nancy King, FAN Program Manager, via phone: 269-580-8290 or email swmi@familiesagainstnarcotics.org to find out about upcoming training times and/or to get information on how to get a free Naloxone kit. You can also find information at www.not-even-once-swmi.com

Family Support

December 2015, Volume 18

Find out about community events, meetings, news and more at:
www.kazoocmh.org

Families In Action

~ 2016 ~

Wednesdays, 6:30-8:30pm
 March 9 – May 25
 August 31–November 16
 Must be registered to attend
 Free 12 week education group
 Contact Heather for more info
 (269) 364-6961



FREE!

Second Tuesday
 of every month
 6:30-8:00pm
 418 W. Kalamazoo
 Ave

Fourth Monday
 of every month
 6:30-8:00pm
 308 W. Milham Ave

**NO REGISTRATION
 REQUIRED!**

SWMBH's funding for this pilot project is available through September 2016 and kits are available to those living in the 8 county region served by SWMBH, including Branch, Barry, Berrien, Cass, Calhoun, Kalamazoo, St. Joseph, and Van Buren. This project comes on the heels of the formation of the Michigan Prescription Drug and Opioid Abuse Task Force and following legislature taking steps to remove criminal and civil liability for carrying and administering Naloxone. All of these efforts are made with the hope that we can prevent overdose and death.

NAMI of Kalamazoo Family Support Groups

NAMI of Kalamazoo is the local affiliate of the National Alliance on Mental Illness (NAMI), an organization that provides education, support, and advocacy while fighting stigma. NAMI of Kalamazoo holds a monthly discussion group on the first Thursday of the month beginning at 6:30pm at the MRC Pathways building located at 119 W. Vine. They are always looking for new members who want to be involved in activities that empower and support individuals whose lives are affected by mental health issues. For more information, you may contact Mike Kenny, President of NAMI of Kalamazoo (269-806-0265). You can also learn more by 'liking' NAMI of Kalamazoo on Facebook and/or by visiting their website at www.namikzoo.org. Additionally, NAMI's national website provides a wealth of valuable information at www.nami.org, including blogs, fact sheets, news, videos, and more.

KCMHSAS Family Support Services has a long history with NAMI of Kalamazoo and this year has adopted the NAMI signature program, NAMI Family Support Group, to use when running support groups on the second Tuesday of

each month, 6:30-8pm, at 418 W. Kalamazoo Ave. Three NAMI of Kalamazoo members, Heather Hoffman, Nancy Wallace, and Krisa Van Meter, went to Lansing in August to complete NAMI training needed co-facilitate the groups.

An additional Family Support Group will begin to be offered as of 1/25/16 on the fourth Monday of the month from 6:30-8pm at Victory Baptist Church at 308 W. Milham Ave. If there is enough need/interest in the community for additional support groups, this program may expand.

KCMHSAS Call for Art

KCMHSAS is participating in the Michigan Association of Community Mental Health Boards (MACMHB) 2016-2018 Traveling Art Show. We are seeking 2-D art pieces from individuals receiving services through us and/or our providers. One piece will be selected to travel in the show for 2 years and other pieces may be utilized to promote stigma-reduction in the community or will be returned to the artist. The MACMHB show will be displayed in Kalamazoo in September 2016 and will feature pieces submitted from throughout the state.

Contact Family Support for more information about submission requirements and to request a submission form. You may also contact Teresa Lewis in Customer Services (tlewis@kazoocmh.org) if you have questions about this art show. The deadline for submissions is 4:00pm on 1/29/16.

Mental Health Resolutions

Last year, Time recommended taking care of our emotional hygiene just as we do our physical. This is because psychological pain takes a toll on our

Family Support

December 2015, Volume 18



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Keep Family Support Services up to date with your email address in order to receive notification when educational events and presentations are added.

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Do you have a book checked out from Family Support's Lending Library? We hope it is useful. Please make sure to get it back to Heather at KCMHSAS so that others can use it, too. Thank you!

physical health and lifespan, yet we often don't give it as much attention, particularly when we go about setting New Year's Resolutions. Drawing from psychologist Guy Winch and his book *Emotional First Aid: Healing Rejection, Guilt, Failure and Other Everyday Hurts*, the following were recommended as ways to resolve to take better care of our emotional health:

1. Pay attention to emotional pain. Psychological pain is much like physical pain—if something hurts for more than a few days, you need to do something about it.

2. Take action when you feel lonely. Chronic loneliness is devastating to your emotional and physical health because it increases your chance of an early death by 14%. Therefore, when you feel lonely, actions like reaching out to family members, connecting with friends or joining a dating website can help. Make a list of people who you've been close to in the past (use your phone book, social media friends, and email contacts) and reach out to one of them each day to chat or to make plans.

3. Stop your emotional bleeding. Psychological wounds tend to create vicious cycles that get worse with time. Failure can lead to feelings of helplessness that in turn can make you more likely to fail again in the future. To break the negative cycle of failure, find ways to gain control of the situation. Our minds are not as reliable as we tend to think, so ignore misleading feelings from your gut that tell you to give up, and focus on the aspects within your control, such as your preparation, planning, effort and execution.

4. Protect your self-esteem. Your self-esteem is like an emotional immune system—it can increase your resilience and protect you from stress

and anxiety. Good emotional hygiene involves monitoring your self-esteem and boosting it when it's low. How? Avoid negative self-talk that damages it further.

5. Revive your self-worth after a rejection. It's very common to be self-critical after you get rejected. It's an unfortunate reaction, since that's when your self-esteem is already hurting. The most important thing you can do after getting rejected is to treat yourself with the same compassion you would treat a good friend. Make sure your inner voice is kind, understanding and supportive.

6. Battle negative thinking. When something upsetting happens, it's natural to brood over it. But replaying the scene over and over in your mind will not give you much insight or closure. The best way to break a brooding cycle is to distract yourself with a task that requires concentration, like a game on your cell phone, a quick run or a crossword puzzle.

7. Be informed on the impact of common psychological wounds and how to treat them. You know how to treat a cut or a cold, so you should also know how to treat rejection, failure, loneliness, guilt and other common emotional wounds. By becoming mindful about your psychological health and adopting habits of good emotional hygiene, you will not only heal your psychological injuries when you sustain them, but you will elevate your entire quality of life.

For more tips, watch [Winch's Tedx Talk](#) on how to practice emotional hygiene.

Info derived from:
<http://time.com/3641834/mental-health-resolutions/>

When a Loved One Goes Missing

You see it on the news – a family's plea for us to be on the look-

Family Support

December 2015, Volume 18

out for their missing loved one – and you hope it never happens to you. It is our worst nightmare, made worse if our loved one is suffering from a mental illness that makes them more vulnerable in the community. NAMI recommends the following:

1) Contact the police in the area where your loved one went missing as soon as possible. Provide them with all the information you have. If your loved one is missing more than 3 days, have them placed on the FBI's National Crime Information Center (NCIC) list as an "endangered adult." You can ask police to let you know if your loved one is located and you can let them know your loved one has a mental illness.

2) Reach out to those who know your loved one, including friends, regular contacts, coworkers, neighbors, and even helping professionals like case managers or doctors.

3) Register your loved one at www.findthemissing.org and upload details about them.

4) Check hospitals, churches, libraries, and homeless shelters in the area where your loved one went missing.

5) Create a missing person poster/flyer to print and distribute as well as share online.

6) Utilize social media to look for clues about your loved one's whereabouts and/or to create a page to help find the missing person.

7) Contact local and state organizations that provide advocacy, such as NAMI.

8) Alert the local media.
Info derived from www.nami.org/missing

Family Wellness Expo

The Southwest Michigan Family Wellness Expo will take place on January 16, 2016 from 10am to 3pm at the Expo Center at the Kalamazoo County Fairgrounds. The event focuses on physical and mental wellness with speakers,

Demonstrations, and samples from experts in areas of health, holistic and homeopathic approaches, fitness, and wellness. Professionals will answer your questions. Admission is **free** and this is a great way to learn new and practical information to help you and your loved ones stay well. Attend alone or with your loved one and take advantage of this community event that is open to everyone.

Person First Language

Simply stated, person first or people first language puts the person before their disability or condition. It aims to avoid devaluing or dehumanizing a person living with a condition. This is important because our speech does have an impact on our attitudes and our actions.

We can be mindful of this when we speak about our loved ones, as well as others in the community. It models respect and helps to eliminate prejudicial and hurtful descriptors. This one small change can also impact how we see someone else and how they see themselves.

Below are a few examples of person first language. If you would like to get more information or to see a PDF printable chart with examples of person first language, check out www.disabilityisnatural.com.

- Say, "My mother is diagnosed with bipolar disorder," instead of "My mom is bipolar."
- Say, "He has a cognitive disability," instead of "He's mentally retarded."
- Say, "She has a learning disability," instead of "She's learning disabled."
- Say, "My cousin suffered a brain injury," instead of "My cousin is brain damaged."
- Say, "He struggles with addiction," instead of "He's an addict."
- Say, "She has autism," instead of "She's autistic."

