

# Family Support

FOR FAMILIES OF ADULTS WITH A MENTAL ILLNESS

July 2016  
Volume 19

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## Peer Support Services

A peer support is someone who has progressed in their own recovery from a mental health or substance use issue, is willing to self-identify with their lived experience, and is willing to help others in their own recovery process. Kalamazoo is fortunate to have a strong peer community with plenty of opportunities for your loved one to participate in peer support services. Not only are there peer staff at many of our contract agencies, individuals can connect with free peer services at multiple locations in the community.

Recovery Institute, located at 1020 S. Westnedge Ave, is open Monday through Friday 8am-5pm and offers recovery skills classes, professional development for those interested in becoming peer supports, individual and group support, volunteer opportunities, creative and physical health activities, and community and social outings and events. Those interested can call 343-6725 or stop by to explore their interest in this free community support. There is also a link to the most recent classes, events and activities calendar at [www.recoverymi.org](http://www.recoverymi.org).

KCMHSAS has taken over operation of the activities formerly run by the Sanctuary. Free peer led groups are offered daily at the

Oakland House Shelter located at 1207 Oakland Drive. These groups are available to anyone in the community between 8am-4pm every day of the week, including weekends. Groups emphasize healthy coping and relationship skills, grief and loss, healing from trauma, self-care, and anger management, as well as a variety of topics selected depending on group needs. One-on-one peer support is also offered in the afternoons. Individuals who are interested can drop-in or call 532-1270 to get more information.

InterAct of Michigan, located at 610 S. Burdick, has a peer-run Wellness Center offering writing, art, social, and walking groups, along with yoga, and specific recovery-skills focused groups. These activities are available to individuals receiving services funded by KCMHSAS or Southwest Michigan Behavioral Health (SWMBH) and require referral and authorization through the primary provider.

Keystone Drop-In Center is peer run and located at 422 Stockbridge Ave. It is open to individuals receiving KCMHSAS-funded services and operates Mon-Fri from 7:30am-3:45pm and Saturday from 8am-1:45pm. Individuals can stop in to do laundry (must sign-up a day ahead), take a shower, have coffee, cook their own food in the kitchen, play pool, watch television, socialize, and relax. Those wanting to spend time at Keystone need a referral letter from their KCMHSAS service provider. Call 337-6009 for more information.

Beginning July 13, NAMI Calhoun is offering a free 10-session educational course, from 3-5pm on Wednesdays, called Peer to Peer (P2P). The course is taught by trained peer facilitators who have lived experience. Through presentation,

Find out about community events, meetings, news and more at:

[www.kazoocmh.org](http://www.kazoocmh.org)

## Families In Action

~ Fall 2016 ~

Wednesdays, 6:30-8:30pm

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 FOR  
SUPPORT GROUPS!  
SHOW UP WHEN  
YOU NEED TO, BUT  
PLEASE BE  
RESPECTFUL OF THE  
START TIME.**

discussion, and interactive exercises, it offers information about symptoms and mental health research, relapse prevention, communication strategies, and ways reduce stress and make confident decisions. The goal of P2P is to help participants better understand their condition and have hope on their recovery journey. P2P will be held at Summit Pointe in Battle Creek. It is open to anyone living with a mental health condition that is able to devote 10 weeks to learn the information offered. Interested parties can email [ghaff99423@aol.com](mailto:ghaff99423@aol.com) for more info.

## myStrength

People within SWMBH's eight county region are now able to access an online resource, 24 hours a day, to assist in strengthening mind, body, and spirit. myStrength, "the health club for your mind™," offers web based and mobile application self-help resources to address anxiety, depression, and/or substance use. It is confidential and offers personalized resources to improve your mood.

This program offers interactive, evidenced based resources, free of charge in the SWMBH region, to individuals being served, their families, and even to service providers. It can help to reduce stress, manage depressive and anxious thoughts, track moods, address health habits, and offer inspiration. We all could use a boost, so consider trying this yourself and please share it with your loved ones.

To sign-up for myStrength:

- 1) Visit [www.myStrength.com](http://www.myStrength.com)
- 2) On the homepage, click on Sign-Up, then click "Create a new account"
- 3) Enter the appropriate access code from the list in the next column, based on location
- 4) Take the wellness assessment and complete a personal profile
- 5) Go mobile with the myStrength app for iOS or Android, using the

appropriate access code, to identify the county you are from, as follows:

SWMBarry	SWMBerrien
SWMBranch	SWMCalhoun
SWMCass	SWMKalamazoo
SWMStJoe	SWMVanBuren
SWMBH	

## Upcoming Events

Kalamazoo Psychiatric Hospital (KPH) will hold its annual Summerfest on Thursday, July 28, from 11am-3pm on the front lawn of 1312 Oakland Drive. Summerfest is free and open to the community, offering a festival atmosphere with food vendors, plant and rummage sales, live music and entertainment, community resource information, and fantastic raffle prizes. Proceeds from the event are used exclusively for the patients at KPH.

NAMI of Kalamazoo will host their annual picnic on Wednesday, August 10, at the pavilion at Milham Park on Kilgore Road from 5-7pm. NAMI will have meat on the grill, some side dishes, buns, plates, utensils, and condiments. If you can bring a dish to pass, they welcome desserts, baked beans, veggies, and other side dishes, but even if you can't bring anything, you're still encouraged to join in for a chance to socialize. NAMI of Kalamazoo's next Board Meeting/Discussion Group will take place on Thursday, September 8, starting at 6:30 at 119 W. Vine Street. These meetings are open to the community.

The annual Recovery Fair will be Thursday, September 15, downtown at Bronson Park from 11am-3pm. Open to the community, it will feature representatives from various agencies, booths where people in recovery can sell their creations, the state-wide Michigan Association of Community Mental Health Boards' Traveling Art Show,

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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. You may opt out of these emails any time, just reply and let us know.

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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.

games and entertainment, and food trucks. The planning committee is currently meeting every Thursday from 10-11:30am at Recovery Institute; if you are interested in assisting with this event, feel free to attend a planning meeting.

NAMI Michigan has arranged for two NAMIWalk events this year, one on Saturday, September 10, at Davenport University in Grand Rapids and one on Saturday, September 24, at Belle Isle in Detroit. The walks raise awareness in our communities and also raise funds to continue NAMI's mission to educate and support people living with mental illness and their families, as well as to advocate at the state and national level. Consider forming a Walk Team and register for the event at [www.namiwalks.org/grandrapids](http://www.namiwalks.org/grandrapids) or [www.namiwalks.org/detroit](http://www.namiwalks.org/detroit), depending on which walk you would like to participate in.

## Health Initiatives

In September 2015, the Substance Abuse and Mental Health Services Administration (SAMHSA) awarded KCMHSAS with a grant for primary and behavioral health care integration. This allowed for the creation of KCMHSAS' Whole Health Initiative (WHI), which began serving people in February 2016. At this time, the target population has been individuals eligible for and/or being served by KCMHSAS Psychiatric Services who have a serious mental illness and a co-morbid medical condition requiring monitoring. WHI offers a primary care physician on site, currently for four hours per week, at 615 Crosstown Ave for individuals who do not have a primary care or who have had poor follow through to address their medical needs. Individuals eligible for WHI services also have access to nursing staff, peer support, case management and integrated health care coordination, and therapy at the Crosstown location.

The grant not only allowed for the creation of WHI, but also for the introduction of three evidence based practices that focus on wellness and recovery: Whole Health Action Management (WHAM), InSHAPE, and Smoke Less – Live More.

InSHAPE is a wellness program to help individuals lose weight, become more fit, and eat healthier. Available to individuals receiving services funded through KCMHSAS, it's offered in partnership with InterAct and requires a referral from the primary service provider as well as medical clearance from the primary care physician. Those who meet eligibility and agree to participate will receive weekly support from a Health Mentor and access to education. Interested parties can call 364-6965 or 488-9630 to get details and inquire about eligibility requirements.

WHAM and Smoke Less – Live More are both offered in partnership with the Recovery Institute. They are free and open to the community. WHAM helps individuals to better self-manage chronic physical and mental health challenges by identifying healthy habits to add that will enhance whole health. WHAM offers peer support and helps people to create a personal action plan while developing mind-body resiliency skills. Smoke Less – Live More assists participants in decreasing or ending their use of tobacco to improve overall health. The program consists of six peer-led sessions lasting an hour and follows a "no shame, no blame" model offering a supportive community.

## Useful Local Websites

- [www.kazoocmh.org](http://www.kazoocmh.org)
- [www.namikzoo.org](http://www.namikzoo.org)
- [www.gryphon.org](http://www.gryphon.org)
- [www.kcrnexus.org](http://www.kcrnexus.org)
- [www.dbsakazoo.wordpress.com](http://www.dbsakazoo.wordpress.com)
- [www.recoverymi.org](http://www.recoverymi.org)
- [www.kalamazooalanoclub.org](http://www.kalamazooalanoclub.org)
- [www.not-even-once-swmi.org](http://www.not-even-once-swmi.org)
- [www.dnswm.org](http://www.dnswm.org)
- [www.kalcounty.com/hcs](http://www.kalcounty.com/hcs)
- [www.swmbh.org](http://www.swmbh.org)
- [www.namimi.org](http://www.namimi.org)