

REFOCUS RECONNECT RECOVER

A community recovery initiative in partnership with  INTEGRATED
Services of Kalamazoo

Integrated Services of Kalamazoo
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REFOCUS, RECONNECT, RECOVER: ISK initiative aims to help community cope with pandemic trauma, prepare for “new normal”

Kalamazoo, Mich. – In response to the unprecedented behavioral health impact of COVID-19 in Kalamazoo County, [Integrated Services of Kalamazoo](#) (ISK) is teaming up with area partners to offer the community essential support and resources for staying safe, healthy, resilient, and hopeful, both during and after the pandemic.

With the **Refocus, Reconnect, Recover** campaign (see [flyer](#)), ISK aims to help the community cope with the trauma and disruption of the pandemic by:

- Reminding people that it’s normal to experience mental and emotional distress related to a disaster, and there is help available.
- Connecting individuals with easily accessible mental health resources.
- Inspiring resilience and hope as we face a “new normal” together.

ISK will promote the **269-381-HELP** line, provided by campaign partner [Gryphon Place](#), as the community’s go-to resource for emotional support or crisis intervention. The HELP line is free,

confidential and available 24 hours a day, 365 days of the year. Community members can also get connected to local resources (like housing and utility assistance, food pantries, non-crisis mental health services, and more), by dialing **2-1-1**.

In addition to Gryphon Place, ISK is partnering with the [Kalamazoo County Department of Health and Community Services](#) on the campaign.

Pandemic-Focused Workforce Development

In addition to the Refocus, Reconnect, Recover campaign, ISK is training their clinical staff to provide specialized behavioral health support related to the pandemic, including **Psychological First Aid**. This will position the organization to better serve current clients (individuals and families with mental illness, substance use disorders, intellectual/developmental disabilities, and co-occurring disorders), primary and behavioral health care providers, and community-level responders. ISK is also preparing for the next phase of disaster response/recovery in coordination with the county and state and identifying resources to support future community needs.

About Integrated Services of Kalamazoo (ISK)

Integrated Services of Kalamazoo (formerly known as Kalamazoo Community Mental Health & Substance Abuse Services) provides a welcoming and diverse community partnership to share effective resources that support individuals and families to be successful through all phases of life. For more than 30 years, ISK has served youth, families and adults with mental health challenges, intellectual and developmental disabilities and substance use disorders in Kalamazoo County. ISK serves nearly 8,000 individuals annually, either directly through ISK service programs or through a network of provider agencies that contract with ISK. The agency is one of 46 Community Mental Health Services Programs in Michigan. More information is available at www.iskzoo.org or by calling 269-373-6000. ISK is on Facebook at www.facebook.com/KazooCMH.