

Performance Speaks

May 2013

May Is Mental Health Month

Why We Walk

The Walk-A-Mile In My Shoes Rally is a walk for mental health and developmental disability advocates from around Michigan to gather at our state Capitol and educate the public and legislators about mental health. The Rally is on Wednesday, May 8, 2013 from 1:30 - 3:00 p.m. in Lansing.

We want legislators to know:

*** We all need to work together to stop negative feelings about people with mental illness and developmental disabilities.**

*** The services that local community mental health boards provide are important to our State.**

• Legislators need to support parity legislation and state funding:

° Parity - Health insurance companies and employers need to treat mental health coverage the same as physical health. Michigan is one of only seven states without



some manner of parity law. Mental illnesses are very treatable, with success rates better than many other medical conditions. When mental illness

is not treated, the cost implications for businesses and society are staggering, involving multiple billions of dollars.

PLEASE ENCOURAGE SUPPORT OF PARITY LEGISLATION.

° State funding - While Medicaid provides over 80% of services to mental health consumers statewide, the additional general fund dollars for mental health services are crucial to support uninsured and underinsured individuals. The stresses that come with our struggling economy require that we not cut funding for these crucial supports.

PLEASE ENCOURAGE SUPPORT OF STATE FUNDING AND OPPOSE ANY BUDGET REDUCTIONS

Children's Mental Health Awareness Week

May 5-11, 2013



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About Your Child's Mental Health

It's easy to know your child needs help dealing with a fever or a broken bone, but mental health problems can be harder to identify. The tricky part of parenting is knowing the kinds of behaviors and moods that are usual for the stage of development your child is in - and when your child has gone beyond the norm and needs help.

Is My Child in Trouble?

If you think there's more going on than the natural phases of growth and development, ask yourself these questions:

Is my child's behavior normal for his or her age?

Is the behavior severe enough to get in the way of daily activities?

Does the problem occur frequently?

Does the behavior last for long periods of time?

Effective treatment is available for children's mental health problems, which include depression and anxiety; conduct, eating and

attention deficit/hyperactivity disorders; as well as relationship difficulties and grief.

You should consult with a health professional if you see these kinds of circumstances with your child:

Feelings of sadness and hopelessness without good reason, and the feelings don't go away.

Extreme fearfulness - unexplained fears or more fears than most children.

Anger that persists or occurs most of the time; overreactions.

Anxiety or expression of more or greater worries than most other young people.

Deterioration of school performance.

Loss of interest in previously enjoyed activities.

Avoidance of friends and families.

Discussion of suicide.

Hears voices that cannot be explained.

Changes in sleeping and eating habits.

Poor concentration or difficulty sitting still or listening.

Needs to perform the same routines repeatedly.

- Children's Health Matters



1 in 5 young people have one or more mental, emotional, or behavioral challenges.

1 in 10 youth have challenges that are severe enough to impair how they function at home, school, or in the community.

Suicide is the third leading cause of death in adolescents and young adults. Children experiencing symptoms of psychological challenges, particularly depression, are at a higher risk for suicide.

An estimated 90% of children who complete suicide have a diagnosable mental illness.





**Disability Connection/West Michigan
Is Proud to Present**



**The Annual Conference:
Life is More Than LUCK
“Living Life to the Fullest”**

**Friday, May 17, 2013 - 8:30am -3:00pm
Muskegon Community College
Collegiate Hall
221 South Quarterline Road, Muskegon,
MI 49442**

***Keynote Speaker
Nick Popaditch, Wounded
Warrior, Courageous Leader,
Inspiring Patriot***

“Gunny Pop”

Gunnery Sergeant Nick Popaditch, USMC (Ret.), is a man who knows how to defend America and fight for what is right and honorable. He’s been protecting his country for most of his life.

After enlisting in the Marines at 18, “Gunny Pop” went on to serve as a tank commander during Operation Desert Storm (1991) and in the Iraq War (2003).

In 2004, during the Battle of Fallujah, he revolutionized tank warfare. It was there that he was critically wounded by a rocket-propelled grenade to the head. GySgt Popaditch was awarded the Silver Star and Purple Heart medals.



Blinded in one eye and nearly blinded in the other, Popaditch returned home and was medically retired from the Marines in 2005. He’s gone on to fight the bureaucracy for fair treatment for himself and his fellow soldiers with disabilities. Come hear his inspiring story.

Scheduled Breakout Sessions

Veterans’ Resources

- ~ Area Events & Destinations
- ~ Jewelry Making
- ~ Complete Streets 101

- ~ Creating “Art”
- ~ Assistive Technology (AT)
- ~ “TED X” Presentations
- ~ **AND MUCH MORE!**

- ~ Interviewing 101
- ~ Yoga & Exercise
- ADRC Information

COST: \$20.00 ~Scholarships are available.

Mental Health Month: Pathways to Wellness

For more than 60 years, Mental Health America and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events, and screenings.

Key Messages

1. Wellness - it's essential to living a full and productive life. It's about keeping healthy as well as getting healthy.
2. Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being.
3. Wellness is more than an absence of disease. It involves complete general, mental, and social well-being. And mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual, and mental health.
4. Whatever our situation, we are all at risk of stress given

the demands of daily life and the challenges it brings - at home, work, and in life. Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resilience, emotional awareness, and connections to family, friends, and community.

5. These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic reading of our emotional well-being.

6. Fully embracing the concept of wellness not only improves health in the mind, body, and spirit, but also maximizes one's potential to lead a full and productive life. Using strategies that promote resilience and strengthen mental health and prevent mental health and substance use conditions lead to improved general health and a healthier society; greater academic achievement by our children, a more productive

economy, and families that stay together.

Four Simple Steps

Taking good care of your body and mind can make a difference in how well you do in your day-to-day life and how well you manage change. Exercising, eating right, getting enough rest, and relaxing will not only set you on the right path to wellness, but also help you achieve and enjoy daily activities more and improve how you deal with life's challenges. Caring for yourself may take a little extra time, but you will feel better and more successful. Here's what you need and why it helps.

A healthy diet:

- * Improves your ability to learn.
- * Means eating a nutritious breakfast everyday. Skipping meals leads to a lack of energy.
- * Includes eating something nutritious every time you have a meal. Try substituting processed foods with a salad or swapping something fried for a pie
- * Requires limiting your alcohol intake.

* Avoids excessive amounts of caffeine. Caffeine dehydrates you. Drink at least 8 glasses of water a day to prevent dehydration.

Regular exercise:

- * Elevates mood, reduces stress, increases energy level, improves appearance, and stimulates the release of endorphins and serotonin, which makes you happier.
- * Increases alertness and creativity.
- * Improves your overall mental and physical well-being. Even taking a 15 minute walk, 3 times a week, can help.
- * Keeps you active and also creates more opportunities to meet new friends!
- * Decreases stress. On days when you are feeling overwhelmed, hit the gym or do another type of exercise.

Relaxation:

- * Means taking time each day to unwind, especially before sleeping. Listen to music, read, or do whatever you enjoy. Alcohol or drugs are not the way to go.
- * Offers a distraction from problems, a sense of competence, and many other benefits.
- * Means getting a good laugh. Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation,

and can reduce anxiety.

Plenty of rest:

- * Means getting at least 7-9 hours of sleep. This is essential and will make you more attentive and active. Inadequate sleep can lead to mood changes and lowered resistance to illness.
- * Provides the physical and psychological resources to cope with everyday life. Without it, you have to work harder to get daily tasks done and you have less energy.
- * Includes cutting back on alcohol consumption because it can disturb your sleep. Though you might fall asleep faster, your body will not be as rested.

- Mental Health America



Anxiety and depression can happen to anyone, at any age, at any time.

Are you at risk?

Do you have any of the following symptoms?

- * **Constant uncontrollable worrying**

* **Feeling blue, sad, or hopeless**

* **Sleeping problems, poor concentration**

* **Anxiety attacks, nervousness, or tension**

* **Feelings of intense anxiety in social situations.**

* **Loss of pleasure**

* **Phobias**

* **Unexplainable aches, pains, or headaches**

* **Rituals and obsessions**

Each year more than 40 million Americans will suffer with an anxiety disorder and over 20 million will suffer from some type of depressive illness. The symptoms are impairing and disruptive to individual's lives. Don't let anxiety and depression disrupt your life any longer. Treatment works! See a healthcare professional today.

To learn more about anxiety and depressive disorders and to see real people sharing their stories visit: freedomfromfear.org



May 2013

*Muskegon County
Community Mental
Health of Muskegon
County*

*376 E. Apple Ave.
Muskegon, MI 49442
(231) 724-1111*

We're on the Web:

*customer.services@
muskegoncmh.org*



Awareness Ribbon Color Meanings

Awareness ribbons are an emblem that shows empathy; a symbol that represents awareness to health issues; a way to show support and bring public attention to a specific "cause"; they signal concern for others and expresses a "hope for a cure".

Awareness ribbon color meanings are not only pinned to clothing to show ones support, they are also used in jewelry and stamped onto various products. They also take the form of stickers, bumper stickers, or magnets

and are frequently affixed to vehicles. Larger awareness ribbons are often tied around trees and poles or attached to doors. Many groups have adopted Awareness Ribbon color meanings as symbols of support or awareness, and as a result, some colors have several meanings as they support several causes. Some causes may also be represented by more than one color.

Green Ribbon: Bipolar Disorder, Campaign for Open Adoption Records, Cerebral

Palsy, Depression, Ecology/ Environment, Glaucoma, Health, Kidney Cancer/Kidney Disease, Leukemia, **Mental Health**, Mitochondrial Disease, Missing Children, Neural Tube Defects, Organ and Tissue Donor, Ovarian Cancer, Prostrate Cancer, Safe Driving, Save the Earth, Go Green, and Recycling.