

Health & Wellness Central

August 2019



Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"

CULTURE OF HEALTH & WELLNESS COMMITTEE

The committee is focused on creating a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion Initiatives targeting CMHA-CEI consumers, staff, and community. Some of the more recent initiatives are highlighted in this newsletter.

FREE TOBACCO QUIT RESOURCES

The Michigan Department of Health and Human Services (MDHHS) is offering up to eight weeks of free nicotine patches, gum, or lozenges to Michigan residents through September 30th.



Among all current U.S. adult cigarette smokers, nearly 7 out of every 10 (68.0%) reported in 2015 that they wanted to quit completely (CDC). More than 140,000 Michigan residents have used Quitline services to help them stop using tobacco products for good! To take advantage of this great program, call the Michigan Tobacco Quitline at 800-QUIT-NOW (800-784-8669) 24 hours a day, seven days a week.

For more information, call the Quitline or visit michigan.quitlogix.org

FINANCIAL WELLNESS TIPS

By optimizing your financial wellness, you help to keep your stress levels low and improve your overall health!



1. Track Your Income and Expenses

Write down a list of your monthly expenses- things like bills, groceries, and rent; as well as your monthly income. Then compare that to your bank statement to see where your money is going and where you can improve your spending.

2. Pay Your Smallest Debts Off First

This strategy is often referred to as a "debt snowball." Focusing on paying off smallest debts first (in total) and then systematically rolling all those monthly payments into the next loan can be a great strategy to reduce debt!

3. Use Technology

Online banking can be a convenient way to check our transactions and account balances, and many apps can help with everything from budgeting to investing!

4. Start Saving Automatically

A great strategy for growing your savings account is by having a set amount of each paycheck directly deposited into this account. That way, your savings balance can grow automatically without having to move money around every pay day.

5. Prioritize "Needs" over "Wants"

A good way to prevent overspending is by knowing the difference between "needs" and "wants." Try limiting things like going out to eat or unnecessary shopping sprees and instead cook a meal at home or organize a clothing swap with friends!

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HYDRATION

Don't forget to hydrate during your summer activities to keep you alert and at your best!

Try keeping a water bottle with you throughout the day and adding a slice of lemon or some raspberries for natural added flavor!

It is recommended that you drink 64 ounces of water a day!



ANONYMOUS ONLINE BEHAVIORAL HEALTH SCREENING

This Behavioral Health Screening Tool is used to show the prevalence of need in our area surrounding mental illness and substance use disorders to focus on prevention, early intervention, and provide resources to those in need. Please promote and share this behavioral health screening tool with your professional and personal networks.

This is a free and anonymous tool. To take the screening, go to our website at www.ceicmh.org Once completed, the individual will be provided with their results, community resources, and referral information. This screening tool is *educational*, not diagnostic.

NEW! EMPLOYEE ASSISTANCE PROGRAM

As of May 1st, Sparrow is now providing an enhanced EAP Plus Program for CMHA-CEI employees and their household members in partnership with GuidanceResources®. This is a more comprehensive program with many additional services.

The new program will provide access to a counseling professional 24 hours a day, 7 days a week, along with numerous support resources available online. Advice/educational materials are also available through an online service, along with a tablet and phone app.

Call 877-595-5284 to talk to a counseling professional today!

HISPANIC MENTAL HEALTH SERVICES



Services offered:

- Individual therapy
- Case Management
- Resources for housing
- Employment
- Access to Psychiatry

We promote the involvement of family and other supports and coordination of care with your Primary Care Physician, if desired.

FREE Mental Health Services to Hispanic populations, no insurance needed! **Please call Central Access at (517) 346-8318.**

QUESTION. PERSUADE. REFER.



Question. Persuade. Refer. (QPR) Training is a one-hour training that teaches participants to recognize the signs of suicide and the steps to getting a person to help.

Please promote and share this with your professional networks. For trainings contact prevention@ceicmh.org