



St. Clair County Community Mental Health

Promoting Discovery & Recovery Opportunities for Healthy Minds & Bodies

July 2021

In the Know

Welcome Dr. Sial!

We are pleased to announce that Dr. Rubina Sial joined our staff on July 1 as a full-time psychiatrist. Dr. Sial will be seeing adults three days a week and children two days a week.

After graduating from Aga Khan University Medical College, Dr. Sial completed her General Psychiatry Residency at the University of Michigan Health System, where she was also the recipient of a Child and Adolescent Psychiatry Fellowship and an Addiction Psychiatry Fellowship. In addition to many years experience treating individuals of all ages, Dr. Sial also taught at Augusta University and the University of Georgia.

We and those who receive CMH services are fortunate to have someone with Dr. Sial's education, talent, and experience join us. Welcome aboard Dr. Sial!



Free YMCA Memberships for CMH Staff!

We are happy to announce that beginning Monday, August 2, ALL CMH staff will receive a FREE year-long YMCA membership. CMH has long been committed to Integrated Health, both for the people we serve and for our staff. We hope that this will help staff set and meet health and wellness goals. Staff will have the opportunity to extend their single membership to a family membership for a nominal monthly fee. Also, staff will have access to "Wellness Works," a 12 week program that provides a fitness assessment, support from a YMCA Wellness Coach a personalized workout plan, and discounted childcare. *If you haven't done so, please complete the survey Jill Vandenabeele emailed all staff on July 7.*



CMH a "Best Places to Work in Healthcare" Award Winner

Recently, CMH participated in the "Best Places to Work in Healthcare" competition administered by Modern Healthcare magazine. The contest consists of both an employer survey and an employee survey. An employee survey was emailed by Modern Healthcare to 250 randomly selected staff on April 2. We are proud to share that CMH was selected as an award winner. We are waiting for the final results but are pleased to share the results of the COVID-19 related questions in the survey:

The success of the agency in dealing with the Coronavirus outbreak was directly related to the success of each and every one of you. Once again, thank you for your efforts over the last year!



St. Clair County Community
Mental Health Authority
Best Places To Work In Healthcare
Modern Healthcare, May 2021

St. Clair County Community Resource Fair

This year's annual St. Clair County Community Resource Fair is being held as a drive-through event on Wednesday, July 14 from 10am to 1pm in the parking lot at St. Clair County Community College at 323 Erie Street in Port Huron. (Participants should enter at Stone and Glenwood). All items are FREE. Included in the event is a mobile food pantry, personal care items, resource bags, and a COVID-19 vaccine clinic. Please share this important information with everyone you know, especially people receiving CMH services!

ST. CLAIR COUNTY
FREE
COMMUNITY
RESOURCE FAIR

JULY 14TH
2021
10 AM - 1 PM
at SC4

Drive-Thru Event!



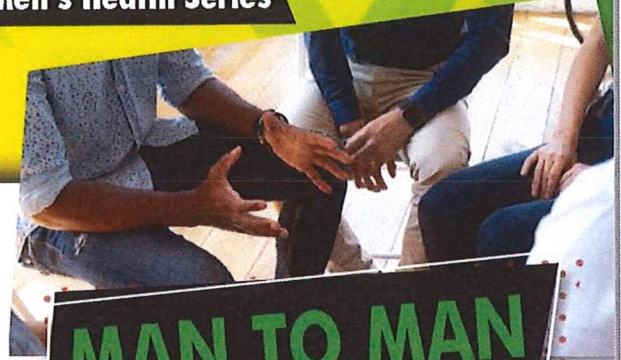
“Reframing the Debate” Men’s Health Series

CMH’s Men’s Health Series continues on July 15 from 6:30 to 8:00pm with “Reframing the Debate,” a presentation by Brian Chaney of Chain Reaction Counseling Services.

Sessions are the third Thursday of every month from 6:30 to 8:00pm at Port Huron Municipal Office. Because space is limited to 50 attendees, registration is requested but not required. Register by visiting our external website at sccmh.org and clicking on the “events” tab.

Please share this every man you know! Men’s health issues continue to be marginalized by both themselves and society.

Men’s Health Series



Presented by:



Brian Chaney, Chain Reaction Counseling Services
As CEO and Founder of Chain Reaction Counseling Services, Brian truly feels that every action is a reaction of a certain chain of events. A native Detroit, Brian understands the need to provide culturally sensitive mental health services to underrepresented populations. Brian believes that “sports includes life.” Teaching “life lessons” through sports has always been Brian’s passion. Using this unique skill set, Brian promotes social justice and social change by focusing on the unique needs of athletes at both an individual and team level.

Session 2: Reframing the Game

Thursday, July 15, 2021
6:30 - 8:00 PM

Auditorium at Municipal Office Center
100 McMorran Blvd. Port Huron, MI

This session explores how men can communicate effectively with today’s male youth.

Upcoming Sessions:

- August 19, 2021
- September 16, 2021
- October 21, 2021
- November 18, 2021

Auditions for CMH Players’ 2021 Production Scheduled for Thursday, July 29

Auditions for the CMH Players 2021 production, a series of scenes focusing on stigma, is set for 5 to 8pm on Thursday, July 29 at the Citadel Stage at 609 Huron Avenue in Port Huron. No acting experience is required and roles are available for people ages 14 and up.

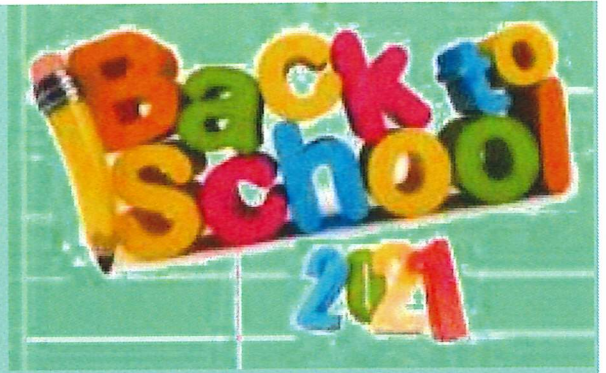
If you are unable to attend auditions please contact director Regina Spain at 810-334-6415 or email ESRtheatre@gmail.com.

**CMH PLAYERS
RETURN TO
THE STAGE IN
NOVEMBER!**

Blue Water Community Action Back to School Giveaway

Back to School 2021 is a community sponsored event to help kids from low-income families in St. Clair County have a successful start at school. Backpacks are filled with school supplies for elementary and middle school children. Pre-school packets will contain a reading book, coloring book and crayons.

The giveaway is intended for low-income residents. Proof of St. Clair County residency is required. Quantity is limited and will be distributed on a first come, first serve basis. Children must be present to receive supplies—no exceptions! This year will be a drive-through event—everyone is to stay in their cars To participate:



- In East China go to the East China Administration Building at 1585 Meisner Road on Thursday, August 12th from 3 to 6pm. (Organized by the East China School District)
- In Yale go to Yale Elementary School at 200 School Drive on Tuesday, August 24th from 9:30 to 11:30am (Organized by the Yale School District)
- In Port Huron go to Blue Water Community Action at 3403 Lapeer Road on Wednesday, August 11th from 10:30am to 12:30pm. (Organized by the Blue Water Community Action)
- In Capac go to Capac Elementary School at 351 West Kempf Court on Wednesday, August 11th from 10 to 11:30am (Organized by the McLaren Port Huron Foundation)

Autism Support Group Returning

The Autism Support Group for parents, run by staff at our Child and Family Services building, is relaunching in September. The group offers the opportunity for positive conversation and support, connecting families with the shared life experience of having a child with autism. The group will meet the last Thursday of each month

at CMH's Child and Family Services building at 2415 24th Street in Port Huron. To accommodate differing schedules, two meetings will be held that day, the first from 8 to 10:30 am and the second from 1 to 2:30 pm.



Night Out Against Crime is August 2, 2021

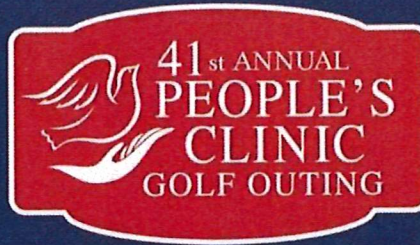
Every August, National Night Out Against Crime provides a time for communities to hold block parties, get to know their neighbors, and further positive relations between the community and law enforcement. Look for emails in the near future on opportunities to participate in this important community event.



POLICE-COMMUNITY PARTNERSHIPS

41st Annual People's Clinic Golf Outing

The Lake Huron Medical Center is hosting the 41st annual People's Clinic for Better Health Golf Outing on Thursday, August 12th from 7:30am to 6:00pm at Solitude Links Golf Course and Banquet Center at 5819 Flinchbaugh Road in Kimball. The outing is a men's, women's, and mixed team four-person scramble. Registration includes 18 holes of golf with a golf cart and dinner. Registration begins at 11:30 or you can register in advance by going to [Eventbrite.com](https://www.eventbrite.com), then go to "Search for events" at the top of the page and type in "People's Clinic Golf Outing 2021." If you have questions or need assistance, please contact Mallory Michaluk at 810-216-1675 or mmichaluk@primehealthcare.com.



THURSDAY, AUGUST 12, 2021

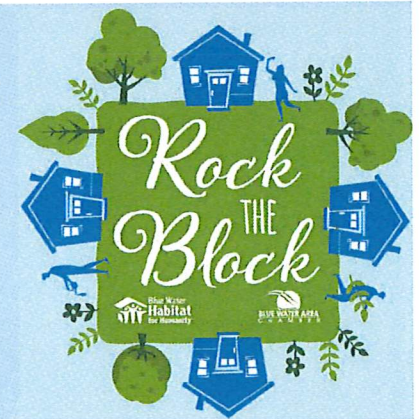
Teams will be assigned a tee time between 8am-1pm.

Preferred time can be selected during team registration.

Located in our Port Huron building, the People's Clinic has provided care for nearly 32 years to the most vulnerable members of our community. In 2020, they provided more than 2,200 primary care visits for St. Clair County uninsured or underinsured residents!

Rock the Block Returns!

The third annual Rock the Block event will take place on Saturday, August 21, 2021! Rock the Block's goal is to increase the beautification of community neighborhoods. This year's event will take place in Mansfield Park and Gratiot Parks, including the neighborhoods surrounding those locations. Volunteers can expect to perform minor exterior repairs to beautify the area. This could include painting, staining, yard clean up and minor porch repairs. As in past years, CMH is participating. If you are interested in joining the CMH Rock the Block team please contact Mark Hutchinson at extension 3386 or mhutchinson@scccmh.org.



85 - Day Summer Carrot App Challenge Begins



On June 28, forty-one staff began participating in the CHM / Carrot App 85 Day Summer Walking Challenge. The challenge runs until the first day of Autumn on Wednesday, September 22. Four \$25 gift cards will be awarded, three for largest increase in average steps in three categories - people with step goals under 5,000, people with step goals between 5,001 and 9,999, and people with a step goal of 10,000. A fourth gift card for the most overall steps will also be awarded. Interested but you don't have the CARROT App? Contact Mark Hutchinson at ext. 3386 or mhutchinson@scccmh.org.

2021 NAMI Michigan Walk Live Event!

In cooperation with the newly formed St. Clair County NAMI chapter, CMH will be facilitating participation in the 2021 NAMI Walk at Belle Isle on Saturday, August 28. Day of registration will begin at 8am, with the walk beginning shortly thereafter and lasting until noon. Participants can register in advance by going to [namiwalks.org](https://www.namiwalks.org).

Interested in joining NAMI, the nations largest grassroots group bounded by family members of people diagnosed with mental illness? Contact Lisa Arnett at larnett@scccmh.org.



NAMI

August 28,

National Alliance on Mental Illness

Alzheimer's Walk

The 5th annual Dementia and Alzheimer's Resource Committee's Alzheimer's Walk and 5k Run will be held on Saturday, September 21 at Keifer Park, located just north of the Port Huron Municipal Office Center at 100 McMorran Blvd.

Registration runs from 7:30 to 8:45am. The 5k run start time is 9am with the walk to follow. Registration on or before August 31 is \$25. After September 1 the entry fee is \$30. For more information go to www.darccsc.org.



The Dementia & Alzheimer's Resource Committee

Please Remember to Wear Appropriate Work Attire

Please remember that during the summer months we must continue to present a professional image to individuals we serve and to the public. Staff are asked to wear business formal or business casual attire. Business casual means casual clothing that allows you to be comfortable at work yet always looks neat and professional. This includes slacks or khakis, dress shirt or blouse, open-collar or polo shirt, a dress or skirt at knee-length or below, a tailored blazer, knit shirt or sweater, and loafers or dress shoes that cover all or most of the foot. *Please note that shorts are not considered appropriate work attire unless your department or you have received explicit permission to wear them in order to assist in completing your tasks.*

Staff may continue to wear jeans to work every day provided they are participating in the \$3 a week casual for a cause program.

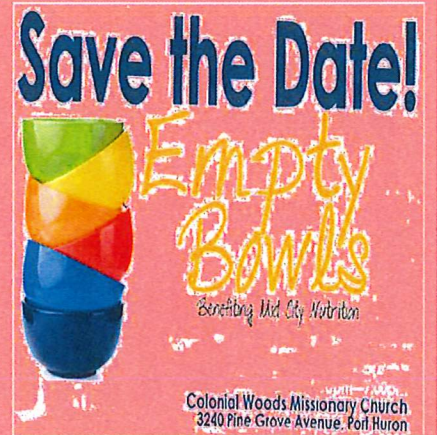
Examples of unacceptable dress, recognizing that all situations may not be covered within these examples, include short skirts and dresses where the hemline is more than 3" above the knee, tube tops or halter tops, and any shirt, pants or garment that reveals a bare midriff or back. *Please note that while thong-type sandals with a connected strap that goes around the sides and heel of the foot are acceptable, beach type sandals or rubber/plastic flip flop/thongs, including accessorized flip flops, are not allowed.* Thank you for adhering to the dress code!



Empty Bowls Set for September 23

Rescheduled from its usual March date, the 18th Annual Empty Bowls fundraiser returns this year on September 23 at Colonial Woods Missionary Church at 3240 Pine Grove Avenue in Port Huron. Tickets are \$25 in advance and \$30 at the door.

Local artists create and decorate ceramic or wooden bowls which attendees can take home following the meal. Each attendee will also receive a bread bowl that contains soup. *Please save the date and time on your calendar now!* Empty Bowls is the key fundraiser for Mid-City Nutrition, responsible for 20 to 25% of their operating budget.



16th Annual Walk-A-Mile in My Shoes Goes Live Again in 2021!

The Walk a Mile in My Shoes Rally, a major advocacy event organized by the Community Mental Health Association of Michigan, is scheduled as a live event on Wednesday, September 29 in Lansing. The purpose of this all-day event is to enhance public awareness about mental health issues, put an end to stigma related to mental health and developmental disabilities, and educate legislators about how they can better assist in creating a recovery focused mental health system. Look for additional details as we get closer to the event.

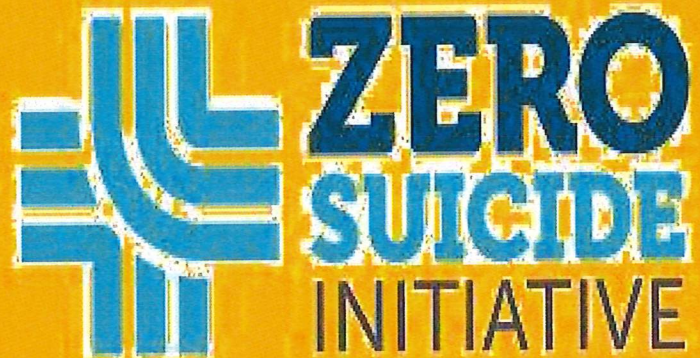


WALK-A-MILE IN MY SHOES

ZERO SUICIDE INITIATIVE

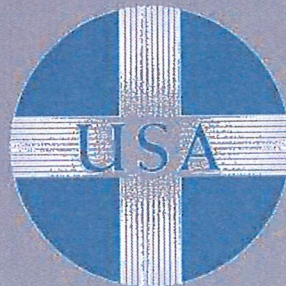
Beginning this month, all CMH staff will receive two and a half hours of Zero Suicide Training. Following this training, clinical staff will attend an additional four hour session.

The Zero Suicide framework was constructed around evidence-based practices, which inform the seven core elements of safer suicide care. The foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable.



Mental First Aid Training Available August 5th

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. *All staff, including clinicians, are encouraged to take this training.*

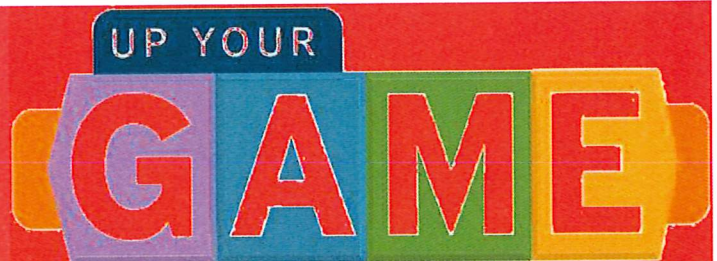


MENTAL HEALTH FIRST AID

There are extra seats available this August 5th for Youth Mental Health First Aid. If you would like to attend, please get approval from your supervisor and register with Tammy Lake at tlake@scccmh.org.

New Board Presentations Available to Staff

Periodically, CMH staff appear before our board of directors to provide presentations about CMH programs and services. This month's presentations covering our InShape program and Residential Support Service One have been added to Fileshare 1 > Presentations > CMH Board Presentations, joining presentations that provide an overview of Mental Health Court, OBRA, and the CIS and Residential II programs. Reviewing these and future presentations can help provide a broad overview of CMH and our important role in the community.



13th annual Run for Recovery is a Live Event in 2021!

Now is the time to start training for CMH's 13th annual Run for Recovery! Scheduled on Saturday, October 9, our annual Run, which serves as a reminder that recovery from behavioral health conditions is both possible and expected, helps raise money for local non-profit organizations.

As in past years, the event will be held at the CMH Administration Building at 3111 Electric Avenue. The 1 mile walk begins at 8:30am, the 1 mile timed run for youth ages 12 and under also starts at 8:30, and the USTAF certified 5k run starts at 9am. Trophies will be presented to the overall top male and top female finishers in the 5k run; medals will be presented to the top five finishers in each age division of the 5k run by gender; and all participants will receive a commemorative ribbon.

Early registration before September 10 is \$25 while registration after September 10 is \$30. Runners and walkers can also sign up the day of the event between 7:30 and 8:30am. To register, go to bwrs.enmotive.com.

Also, be on the lookout for this year's team captains, Heather Feher and Diane Bubel, who will be out and about enlisting members for their team. Staff can participate by running or walking at the event, volunteering for the event, or donating \$10.

CMH's Run for Recovery is the fourth run in the six race "Blue Water Run Series." Other runs and dates are:

The Artful Dodger – June 26	Run for Recovery - October 19
Pickereel Run – July 4	Tyler Kreilter Memorial Run - November 25
P.S. You're My Hero – Sept 19	Jingle Bell Run—December 4

Each run in the Blue Water Race Series suorts a ifferent area non-profit. Participants who complete each race will once again earn a commemorative jacket. Not sure you want to commit to all six? That's OK! Runners and walkers can participate in one or as many events as they like!

10-09-2021

Healthy Minds Healthy Bodies
RUN FOR RECOVERY

WHY WE RUN:
The name "Run for Recovery" serves as a reminder that recovery from behavioral health conditions is both possible and expected! Proceeds from this event support local non-profit organizations that share our commitment to improving the health and wellness of our community.

5k

Early registration by September 10th: \$25
Registration after September 10th: \$30
To register: <https://bwrs.enmotive.com/>

1 Mile Walk ----- 8:30 am
1 Mile Timed Kids Run -- 8:30 am
5K Run ----- 9:00 am
Virtual Run Option Available

MICHIGAN FITNESS ASSOCIATION

St. Clair County Community Mental Health
Promoting Dignity & Recovery Opportunities for Healthy Minds & Bodies

Contact with us:
810-965-8900
www.scccmh.org
facebook.com/scccmh

Who Walks Runs Changes

Walk to Remember, Walk to Prevent Fundraiser

The St. Clair County Suicide Prevention Committee's 2021 Walk to Remember, Walk to Prevent fundraiser is scheduled for Sunday, October 10 at East China Park in East China. Registration begins at 11am, followed by a short presentation and memorial balloon release at noon. The 5k walk will begin shortly thereafter at approximately 12:15pm. Food, refreshments, and t-shirts will be available for purchase during the event. Participation in the event is free but donations are welcome. To donate online go to: <https://walk2remember.myevent.com>.

If you have any questions, please contact Amy Smith at 810-966-7830 or asmith@scccmh.org.



2021 Celebration of Recovery Ceremony

Nominations for the 2021 Celebration of Recovery awards are being accepted through Friday, July 30. The purpose of the Celebration of Recovery awards is to recognize individuals who receive CMH supports for their commitment to the recovery spirit. Individuals are eligible for awards if they currently receive services or received services at any time during the fiscal year.

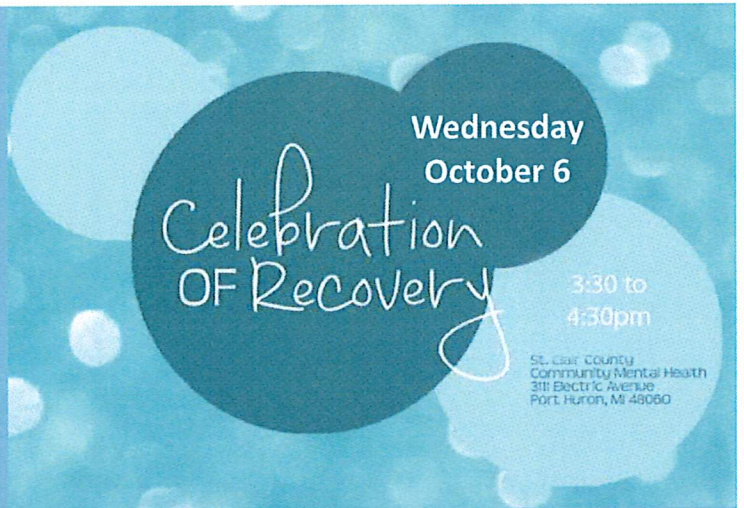
Nominations should include the individual's name, case number, and the reason for which they receive CMH services (Adult-Mental Illness, Adult-Developmental Disability, Adult-SUD, Child-Severe Emotional Disturbance, Child-Developmental Disability, Adult-Co-occurring, Child-Co-occurring), and the category or categories for which you are nominating them. A brief explanation for why they are being nominated should also be included.

There are six nomination categories. *You can nominate an individual in multiple categories:*

- The CHOICE award, which is presented to a person who makes good choices, allowing them to enjoy a life in recovery.
- The EMPOWERMENT award, which is presented to a person who is finding their voice and speaking up for their rights and the rights of others.
- The SPIRITUALITY award, which is presented to a person who has a positive spirit and outlook on life.
- The JEANINE KAY award, which is presented to a person who has struggled with homelessness and a co-occurring disorder, and has worked hard to find and maintain permanent housing.
- The ENVIRONMENT award, which is presented to a person who is committed to creating an environment where they can reach their highest potential.
- The HOPE award, which is presented to a person who lives by the motto, "I can have dreams," and is committed towards working hard to achieve those dreams.

This is a wonderful opportunity to give a "slap on the back and a job well done" to individuals who have made significant strides in their recovery.

To submit a nomination or for additional information please contact Mark Hutchinson at 810-966-3386, through Oasis email, or encrypted email at mhutchinson@scccmh.org.



COVID Vaccines

We continue to offer the Johnson & Johnson one-dose COVID vaccines for those ages 18 and up daily at our Electric Avenue site. These are available for our employees, those we serve, families and friends and the community in general. Individuals can make an appointment or just walk in.



Please remind those receiving services at CMH that they are eligible for a \$10 Kroger gift card by bringing their COVID-19 vaccination card to reception, who will make a copy for the record.

2021 Gift of Knowledge

Since 2000, CMH has helped educate the public about mental illnesses, developmental disabilities, and substance use disorder through our annual Gift of Knowledge program, which purchases books that are then donated to the St. Clair County Library system. This year, Executive Director Deb Johnson presented Allison Arnold, Library Director, 32 books focusing on a variety of emotional health topics for adults and youth

The Gift of Knowledge is funded through Casual for a Cause efforts from CMH employees. The books shown are now available through the St. Clair County Library System.



Privatization Battle Continues—YOUR Help Needed

Two separate proposals to privatize Michigan's public mental health system will be debated and voted on in the Fall. Passage of either proposal will substantially harm the individuals we serve and negatively impact our agency. Throughout the summer, it is vital that we continue to impress on Governor Whitmer, our state senator Dan Lauwers, and our state representative (see below to determine your state representative) our opposition to this legislation.

In your correspondence or emails, please reference the Senate proposal that was written and is being advanced by Senate Majority Leader Mike Shirkey, and the House proposal, which was written and is being advanced by Representative Mary Whiteford. Please encourage these elected officials to reject this legislation:

- *Governor Gretchen Whitmer*, P.O. Box 30013, Lansing, Michigan 48909, Phone 517-335-7858
- *State Senator Dan Lauwers*, who represents all of St. Clair County. Contact him at 517-373-7708 or dlauwers@senate.michigan.gov
- *Representative Pamela Hornberger*, who represents the townships and cities of Riley, Kenockee, Wales, Kimball, Columbus, Casco, Ira, Chesterfield, and New Baltimore. Contact her at 517-373-8931 or pamelahornberger@house.mi.gov
- *Representative Gary Eisen*, who represents the townships and cities of Berlin, Mussey, Emmett, Lynn, Brockway, Greenwood, Grant, Clyde, Port Huron, St. Clair, China, East China, Cottreville, Clay, and the cities of Yale, Marysville, St. Clair, Marine City, and Algonac. Contact him at 517-373-1790 or garyeisen@house.mi.gov
- *Representative Andrew Beeler*, who represents Burtchville Township, Fort Gratiot Township, and the City of Port Huron. Contact him at 517-373-0835 or abeeler@house.mi.gov

A sample letter and email can be found by going to Fileshare 1 > Presentations > Privatization Efforts in Michigan Legislature.

Please share this information with friends, family, and neighbors!



Diane Champine Named April Employee of the Month

Diane's well-deserved reputation as a staff who will do whatever is required to support individuals we serve was recently confirmed on two occasions when she again demonstrated an unparalleled ability to assist people in their recovery, particularly those for whom achieving and maintaining insight is a challenge they face on their road to recovery. Diane's ability to show compassion and empathy, while still setting expectations, allows her to build rapport and creates the correct level of support.

On the first occasion, Dianne was assisting an individual with high medical needs, who was experiencing many ER trips and long recoveries without a positive resolution. Diane advocated with the individual to the individual's medical providers that she receive a second opinion. She also helped the individual develop trust, which was indispensable in leading them to become more receptive to feedback from medical providers, something that had not been an option for this person in the past. In the second instance, Diane assisted an individual whose increasing daily living needs generated an open APS case and complaints from neighbors. After not being receptive to much needed support for a long time, this person benefited from Diane's kind, yet firm approach. Subsequently, their apartment's cleanliness, personal hygiene, and other daily living activities measurably improved.



Impromptu Medical Emergency Team Named April Team of the Month

Nothing reveals character like a crisis, when our choices affect not only ourselves but also those around us. Recently, the members of the Impromptu Medical Emergency Team, Mary Croteau, Telly Delor, Alexandra Gabridge, Lauren Higgins, and Jeff Stoner, demonstrated excellent character as they responded to a medical emergency.

On April 28, as DBT skills group facilitators Lexi and Jeff were prepping for an upcoming group meeting, a person who participates in the group presented with a Grand Mal seizure outside of the meeting room. They immediately requested assistance and Nurses Mary and Lauren arrived to provide medical assistance while Lexi provided comfort to the individual and Jeff facilitated group alone. Telly arrived on scene to provide additional support and to advise regarding any Recipient Rights concerns that might arise during or following the incident. Throughout the event, the entire team demonstrated respect for the individual's dignity. Constant communication was maintained between the individual's case manager and this team, ensuring the best possible response. Jeff continued class where, cognizant of the potential for past trauma being triggered, provided support to the other class attendees. When EMS arrived, the individual initially declined transportation to the hospital. Lexi offered to go with her and the individual later shared that this was crucial in her agreeing to go to the hospital. Afterwards, she also expressed gratitude to everyone involved for the kindness and support she received during this challenging situation.



From left to right: Mary Croteau, Alexandra Gabridge, Diane Bubl and Lauren Higgins. Not pictured: Telly DeLor and Jeff Stoner

For reacting in a professional and commendable fashion, for supporting the dignity of an individual during a difficult medical crisis, this Impromptu Medical Emergency Team has been named SCCCMH's April Team of the Month.

CALM CLASSROOM

This Autumn, CMH will be adding 12 additional schools to the CMH sponsored Calm Classroom program, including 9 Port Huron Elementary Schools, the East China District middle schools, and an additional ECSD elementary to the two elementary schools already trained this past spring Calm Classroom, which can be led by teachers and students, highlights 3-minute scripted breathing, stretching, focusing and relaxation techniques, which are suitable for all learning styles and physical abilities.



STAFF SPOTLIGHT

Staff Spotlight Returning

A favorite feature of the daily COVID-19 updates is returning via “In the Know.” This is a great way to get to know the person sitting next to you as well as a great way to share who we are away from work. Each month several staff will be highlighted. Interested? Start by answering the following: Name, position, department, location, length of time working at CMH. Then tell us about your family, kids, significant others, pets, etc. Finally, what is your favorite thing about working at CMH? Here’s the

fun part – pick several of the questions below, whichever ones you think are the most fun to answer or that you have the best answer for. Try to select at least 5 but no more than 10.

- If you could only watch one movie for the rest of your life, what movie would it be and why?
- If money was no object, what would you do all day?
- What is the best gift you’ve ever been given?
- What would you do if you won the lottery?
- Aside from necessities, what is one thing could you not go a day without?
- Who is your favorite band or singer?
- What is your favorite song of all time and why? Does it have special meaning or memory?
- What is a skill you would like to master?
- You are asked to give a TED Talk on anything you choose – what is your topic and why?
- Do you have any hobbies?
- What is the most interesting place you’ve ever visited?
- Have you ever met anyone famous? What was it like?
- What is something you collect?
- What is an unique or unusually skill/talent you have that might surprise your coworkers?
- What is your favorite quote?
- What is your favorite TV show of all time?
- Who is the person you most admire?
- What is something you’ve done that would surprise your co-workers?
- If you could trade lives with anyone for a day, who would it be and why?
- When you were a kid, what did you want to be when you grew up?
- If you could have any superpower, what would it be?
- If you could time travel to another time in history, when would it be and why?
- You can have a dinner party with any four people, living or dead. Who are they?
- What would the title of your autobiography be?
- If you could be immortal, what age would you choose to stop aging and why?
- If you could live anywhere, where would it be?
- What is your favorite thing about your career?

Please email your responses to Mark Hutchinson at mhutchinson@scccmh.org.