



## Community Relations Activity Report – November 2023

### Outreach Activities

11.16.2023	Great American Smokeout	SCCCMH staff provided smoking cessation material to interested individuals, including cold turkey sandwiches. Social media and radio interviews also distributed information about the benefits of quitting smoking.
11.17.2023 11.18.2023	CMH Players	CMH Players presented <i>Home for the Holidays</i> as their annual production. A free show at SCCCMH in the auditorium was provided for nearly 40 individuals, community members, and staff. Evening shows on Friday and Saturday were performed at the Citadel Stage in Port Huron.
11.28.2023	Harbor Impact Ministries – IMPACT Day	SCCCMH staff provided information and resources to community members attending this monthly event. Mental health resources and access to services information were provided.
11.28.2023	Giving Tuesday	SCCCMH distributed information about Giving Tuesday via email and on social media; information was provided regarding SCCCMH's Life Line Fund, and links to give online were provided.

### Casual for a Cause

10.28.2023	CMH Employee Emergency Fund	\$486.00
11.04.2023	CMH Lifeline Fund	\$486.00
11.10.2023	CMH Lifeline Fund	\$486.00
11.18.2023	CMH Lifeline Fund	\$486.00
11.23.2023	CMH Lifeline Fund	\$487.50

### Paid Media, Advertisements, and Sponsorships

**Newspapers/Magazines/Online Publications:** Yale Expositor

Medical Directory Listing (SCCCMH West). Ad runs weekly.

	Second Wave Media	MI Mental Health Series partners with CMHAM and state community mental health organizations. <ul style="list-style-type: none"> <li>○ 11.07.2023: Mental Health Foundation of West Michigan hosts suicide survivors' event Nov. 18</li> <li>○ 11.28.2023: Michigan's community mental health agencies work hard to prevent youth suicide</li> <li>○ 11.29.2023: Managing your mental health during the holidays to make the most of this festive time of year <i>*SCCCMH feature – see attached article</i></li> </ul>
<b>Radio/Television/Online Programming:</b>	Radio First (Mental Health Minute)	How gratitude impacts our mental well-being, including a Happy Thanksgiving message.
	WGRT (Mental Health Minute)	How gratitude impacts our mental well-being, including a Happy Thanksgiving message.
	EBW-TV (Healthy Minds, Healthy Bodies)	11.01.2023: Deb Johnson interviewed Kathleen Gallagher about how practicing kindness and gratitude can positively impact mental health.  11.27.2023: Deb Johnson interviewed Tori Ferres, President of NAMI Blue Water Area, about the new local NAMI Chapter, its plans, and how to get involved.
<b>Billboards:</b>	Digital and static billboards in various locations	Child and Family Services (building resilience, fostering hope) and Holiday Messaging.
<b>Sponsorships/ Advertisements:</b>	Sanborn Gratiot Memorial Home	\$500.00 – Dueling Pianos Fundraiser sponsorship includes a digital ad featuring our logo displayed throughout the event and two event tickets.
	Blue Water Area Chamber of Commerce	\$581.00 – Quarter page advertisement in Blue Water Area Chamber of Commerce 2024 Business Directory.
	Council on Aging	\$2,332.00 – A third-page ad in the Council on Aging's monthly print newsletter for 2024.

## Unpaid Media Coverage

**Newspapers/Magazines/  
External Newsletters:**

<b>Radio/Television/Online Programming:</b>	WPHM (Radio First) – Paul Miller Morning Show	11.16.2023: Deb Johnson discussed CMH Players, creative outlets and mental well-being, and the Great American Smoke Out.
	In Focus with Paul Dingeman	11.02.2023: Deb Johnson discussed CMH Players, creative outlets, and NAMI Blue Water Area.

## Social Media Insights

*Social Media Insights will be provided quarterly with a new report format.*

## Upcoming Events

12.06.2023	Blue Water Area Chamber of Commerce Lunch and Learn: SCCCMH presents Caring for your Mental Health during the Holidays
12.08.2023	SCCCMH All Agency In-Service; Alexander’s Banquet Facility, Marysville
12.22.2023	All SCCCMH locations closed in observance of Christmas Eve
12.25.2023	All SCCCMH locations closed in observance of Christmas
12.29.2023	All SCCCMH locations closed in observance of New Year’s Eve
01.01.2024	All SCCCMH locations closed in observance of New Year’s Day
01.17.2024	Port Huron High Wellness Week



What's next for the Port Huron region

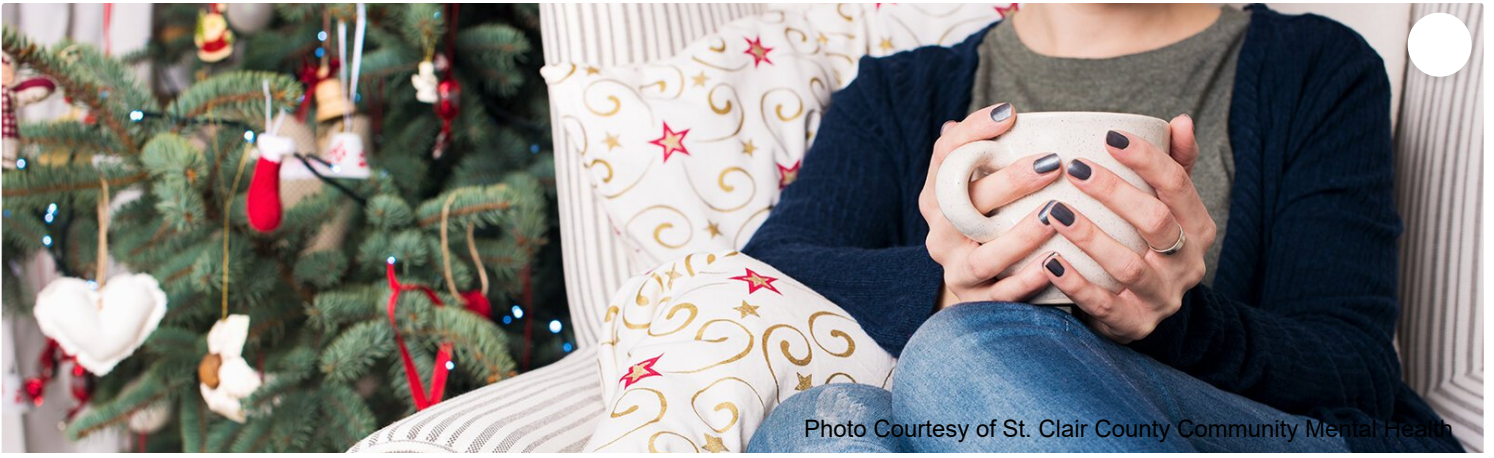


Photo Courtesy of St. Clair County Community Mental Health

# Managing your mental health during the holidays to make the most of this festive time of year

ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH | WEDNESDAY, NOVEMBER 29, 2023





Photo Courtesy of St. Clair County Community Mental Health



We're in the middle of a joyous time of year, but it can also be stressful as we navigate full schedules, managing finances, grief, and other commitments. While making our mental health a priority may not always seem crucial during this time of year, focusing on our mental health may lead us toward a more balanced and fulfilling experience.

The St. Clair County Community Mental Health (SCCCMH) team has several tips for navigating and minimizing stress during the holidays when commitments and obligations are at an all-time high.

"Practicing time management, prioritizing, and planning should be essential as we enter this season," says Kristen Thompson, Assistant Division Director at SCCCMH.

Thompson suggests prioritizing your essential commitments and scheduling around those, which can help you create a realistic schedule, allowing for adequate rest and reducing last-minute stress. Additionally, breaking down tasks into smaller parts and engaging help when needed are excellent time management tools that can alleviate stress.



**Kristen Thompson,  
Assistant Division  
Director at St. Clair  
County Community  
Mental Health.**

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“Setting clear boundaries around your time and energy can make it easier to turn down certain invitations and commitments to prevent you from getting overwhelmed,” suggests Kathleen Gallagher, Program Director at SCCCMH. “Learning to say no without feeling guilty is important. We can’t do everything, and it is OK to decline an invitation or request that may overwhelm or exhaust us.”

Boundaries safeguard our emotional and physical well-being. They can help prevent burnout, reduce stress, and maintain a sense of control over one’s time and energy. Setting boundaries during this time of year might mean limiting the number of social gatherings you attend, your work commitments, or time spent on certain activities. It can also represent whom you choose to spend time with or your activities.

Gallagher also suggests establishing technology boundaries as well. The use of social media can contribute to feelings of inadequacy or comparison, especially during this time of year. Limiting your screen time can help prevent these feelings from consuming your thoughts and allow you to live in the moment.

Opposite of a packed social calendar and festive activities, it is important to recognize that the holidays can be challenging to navigate for those experiencing a loss or dealing with grief. Holidays often accentuate the emotions associated with loss. According to Thompson, coping with grief and loss during such a festive time of year requires a compassionate approach.

**Kathleen Gallagher,  
Program Director at St.  
Clair County Community  
Mental Health.**

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“It is important to acknowledge your feelings without judgment. It is natural to experience grief, especially during celebratory times,” Thompson states. “Be kind to yourself and understand that it is normal to experience joy and sadness simultaneously. Those emotions can co-exist, and it does not negate the reasons you’re experiencing grief.”

Creating space for grieving can help. Creating intentional spaces to honor the memory of a loved one, which could involve modifying traditions to accommodate their absence or creating a new tradition that incorporates their memory, may help you navigate the holidays without them.

Additionally, seeking support from understanding friends, family, or a support group can help you share feelings with others who understand and be comforting. This can also help you plan and discuss preparing for potentially triggering moments. Discussing and planning for challenging situations can help you feel more in control and confident.

Finally, prioritizing self-care is not an indulgence but a crucial component of rejuvenating and resetting. Activities that recharge and bring joy, like meditation, exercise, hobbies, or simply relaxing, can all support our mental health, allowing us to be the best versions of ourselves.

“Improving our mental health doesn’t always require major changes,” states Debra Johnson, CEO of St. Clair County Community Mental Health Authority. “Small, consistent actions can make a significant difference; adding some self-care strategies into our routine during the holidays can remind us to do this year-round, then these concentrated actions become second nature.”

**Debra Johnson, CEO of St.  
Clair County Community  
Mental Health.**

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Balancing obligations and prioritizing personal well-being is key to a fulfilling experience and building resilience during the holidays. By carefully creating and maintaining this balance, individuals can transform the seasonal rush into a period of genuine joy, connection, and inner strength. Striking this balance involves navigating the demands of the season – social gatherings, familial expectations, and

work commitments – while honoring one’s mental and emotional needs.

“This deliberate effort ensures a more fulfilling holiday experience and is a foundational pillar for resilience. By nurturing this harmony, individuals fortify their mental health, empowering themselves to weather challenges with greater ease and grace,” Johnson says. “Emphasizing personal well-being amidst the festivities cultivates resilience – an invaluable asset that extends far beyond the holiday season, fostering a more robust and adaptable approach to life’s ever-changing circumstances.”

For more tips on supporting your mental health and building resilience, follow St. Clair County Community Mental Health on Facebook or visit the resource section of our website, [scccmh.org](http://scccmh.org). If you would like to learn more about mental health services available in St. Clair County, reach out to the Access Line, available 24/7 by calling 888-225-4447. If you or someone you know are experiencing a mental health crisis, the Mobile Crisis Unit is available year-round to all residents of St. Clair County. The Mobile Crisis Unit can be reached by phone at 810-966-2575.

St. Clair County Community Mental Health wishes you a safe, joyous, and healthy holiday season.

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