



Community Relations Activity Report

Outreach Activities

09.10.2023	Sunday Funday	SCCCMH staff attended this outreach event to provide community members with mental health resources and SCCCMH-branded items.
09.16.2023	Harbor Impact Ministries Open House	SCCCMH staff attended the outreach event to provide mental well-being and access to services information to those attending.
09.19.2023 09.20.2023	Cargill Employee Safety Fair	SCCCMH staff attended the annual safety fair for Cargill employees and provided information about managing stress, mental well-being tips, and access to services.
09.26.2023	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.

Casual for a Cause

09.02.2023	Mid City Nutrition	\$481.50
09.09.2023	Mid City Nutrition	\$481.50

Paid Media, Advertisements, and Sponsorships

Newspapers/Magazines/Online Publications:	Yale Expositor	Medical Directory Listing (SCCCMH West). Ad runs weekly.
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	Second Wave Media	MI Mental Health Series is a partnership with CMHAM and community mental health organizations in the state. August content shared below * denotes SCCCMH features; articles are attached. <ul style="list-style-type: none"> ○ 09.12.2023: Michigan’s rural CMHs work hard on improving access to mental health resources ○ 09.13.2023: Free webinar series aims to reduce mental health stigma, address nationwide drug crisis <i>*article also appeared in The Keel featuring SCCCMH; attached</i> ○ 09.19.2023: Summit Pointe equips students, families, and teachers for a mentally healthy back-to-school ○ 09.26.2023: As a CCBHC, OnPoint offers services to all, regardless of income or insurance coverage ○ 09.28.2023: Community Mental Health shares tips for developing resilience in children <i>*article also appeared in The Keel featuring SCCCMH; attached</i>
Radio/Television/Online Programming:	Radio First (Mental Health Minute)	National Recovery Month messaging and how community support improves recovery environments.
	WGRT (Mental Health Minute)	National Recovery Month messaging and how community support improves recovery environments.
	EBW-TV (Healthy Minds, Healthy Bodies)	09.05.2023: Deb Johnson interviewed Karleigh Knox about helping children as they encounter back-to-school stressors and signs parents and educators can watch for if a child is struggling with mental health concerns. 09.11.2023: Deb Johnson interviewed Victor Polito about the Recovery Summit and shared his recovery story.
Billboards:	Digital and static billboards in various locations	September’s messaging included the Recovery Summit, Building Resilience, Fostering Hope, and Courage is Knowing When to Ask for Help.

Sponsorships/ Advertisements:	Marine City Chamber of Commerce	\$800.00 – Tee Box sign and media recognition; four golfers
	NAACP Freedom Fund	\$200.00 – Full-page ad in event program book

Unpaid Media Coverage

Newspapers/Magazines/ External Newsletters:	The Times Herald	09.20.2023: CMH names Moore as new interim medical director. <i>The Times Herald published based on press released sent.</i>
Radio/Television/Online Programming:	WPHM (Radio First) – Paul Miller Morning Show	09.06.2023: Deb Johnson discussed SCCCMH’s Recovery Summit, back-to-school toolkit, Talkspace, and upcoming events, including NAMI Blue Water meeting, Find A Cure 5k, Empty Bowls, Rooftop Rally, and CMH Players.

Social Media Insights

See attached report

Upcoming Events

- 10.03.2023 Celebration of Recovery – SCCCMH Auditorium, 3111 Electric Avenue, Port Huron
- 10.08.2023 Walk 2 Remember, Walk 2 Prevent – East China Township Park
- 10.20.2023 Donuts with Deputies – St. Clair County Sheriff’s Department
- 10.21.2023 NAACP Freedom Dinner
- 10.24.2023 Impact Day – Harbor Impact Ministries

- 10.24.2023 Treat Trek at Marine City CMH

10.27.2023 Senior Health Fair – Washington Life Center, Marine City
11.17.2023 CMH Players Presents *Home for the Holidays*, 7:00 pm at Citadel Stage
11.18.2023

CMH names Moore as new interim medical director

Jackie Smith

Port Huron Times Herald
USA TODAY NETWORK – MICHIGAN

St. Clair County Community Mental Health announced a new interim medical director this week amid a change in the guard for that area of the agency.

According to a news release, Dr. Brandon Moore was named to the position. He replaces Dr. Mohammad Saeed, who's been with CMH since 2011 and became medical director more than six years ago.

"Dr. Moore's extensive background in psychiatric emergency services provides appropriate and direct leadership to the changing landscape St. Clair County Com-

munity Mental Health is seeing in our community," Deb Johnson, CMH's CEO, said in a statement. "His research and work experience will help our agency develop new protocols, efficiencies, and

access to behavioral health services that our area needs and deserves."

CMH did not refer to a reason behind the interim title in its release, though Johnson later said it was part of transitioning Moore into the role.

Despite the change, she said Saeed wasn't leaving CMH entirely, only "all the administrative things that come with being a medical director," and remaining on full-time to focus on seeing patients.

In an email, Aubree Mayhew, CMH's community relations specialist, said Saeed requested to step away from the position.

Neither Saeed, nor Moore, were immediately available for comment. Prior to Saeed becoming medical director, the retired Dr. Malachy Browne had worked in the role.

According to CMH, Moore's background includes serving as an attending physician at St. Joe's Medical Group and St. Mary Mercy in Livonia, the University of Rochester Medical Center's comprehensive psychiatric emergency program, and work in private psychiatric consulting.

More information wasn't immediately available.

Contact Jackie Smith at (810) 989-6270 or jssmith@gannett.com.



Moore



What's next for the Port Huron region

Community Mental Health shares tips for developing resilience in children

ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH | THURSDAY, SEPTEMBER 28, 2023



Photo Courtesy of St. Clair County Community Mental Health

Resilience is the ability to bounce back from challenges and adversities. It is a crucial skill for school-aged children to develop. There are a multitude of stressors and pressures that can impact a child's mental, emotional, and physical well-being. As parents, teachers, and caregivers, we are responsible for providing children with the tools and support they need to navigate these challenges as they strive to build resilience.

Resilience is not innate but a skill that can be cultivated over time. It involves adapting and coping effectively with stressors, challenges, and traumatic experiences.

“Resilient children are better equipped to handle adversity, develop healthy coping mechanisms, and maintain a positive sense of self,” comments Karleigh Knox, LMSW, Clinician at St. Clair County Community Mental Health (SCCCMH).

**Karleigh Knox, LMSW,
Clinician at St. Clair
County Community
Mental Health.**

Knox provides several factors that can help build resilience in children, which include:

- Supportive relationships: Positive relationships with parents, caregivers, teachers, and peers play a crucial role in fostering resilience. Children who feel supported and loved are likelier to develop a strong sense of self-worth and confidence in their abilities.
- Healthy coping strategies: Teaching children healthy coping mechanisms, such as problem-solving, emotional regulation, and mindfulness, empowers them to manage stress and difficult emotions constructively.
- Effective communication: Encouraging open and honest communication helps children express their thoughts and emotions, reducing feelings of isolation and promoting a sense of belonging.
- Sense of purpose: Helping children identify their strengths, passions, and interests can give them a sense of purpose and direction, enhancing their ability to face challenges with determination.
- Structured routine: A consistent and structured routine helps children develop a sense of stability and predictability, enabling them to cope better with unexpected challenges.

Seven resilience-building strategies:

1. Promoting emotional awareness: Encourage children to recognize and label their emotions. Create a safe space where they can freely express their feelings without judgment. SCCCMH suggests activities like journaling, art, or storytelling to facilitate emotional expression.
2. Teaching problem-solving skills: Guide children through problem-solving exercises to help them approach challenges proactively. SCCCMH suggests engaging them in brainstorming solutions, evaluating potential outcomes, and making informed decisions.
3. Building social skills: Facilitate opportunities for children to interact with peers and develop social skills. SCCCMH understands that group activities, team projects, and cooperative games foster collaboration, empathy, and effective communication.
4. Encourage mindfulness and relaxation: SCCCMH suggests introducing mindfulness practices, such as deep breathing exercises and guided meditation, to help children manage stress and anxiety. These techniques enhance their ability to stay calm and focused in challenging situations.
5. Fostering a growth mindset: Teach children that disappointments and setbacks are part of learning. Encourage them to view challenges as opportunities for growth and improvement, promoting resilience when faced with adversity.
6. Setting realistic goals: Help children set achievable goals and celebrate their successes. This instills a sense of accomplishment and reinforces their belief in their abilities to overcome obstacles put in their path.
7. Modeling resilience: Children learn by example. Demonstrate resilience in your own life by openly discussing your challenges and setbacks and how you overcome them. This sets a positive precedent and encourages children to adopt similar strategies.

Creating supportive environments is also paramount to building resilience in children. Everyone has a role in making these settings a reality for our children. Cultivating nurturing and supportive environments where children feel loved, valued, and respected will help build resilience. Establishing routines at home will provide a sense of stability and predictability. In school environments, implementing anti-bullying programs, peer support groups, and mental health education can create an atmosphere that promotes resilience and builds skills

to address challenges effectively. As a community, having robust extracurricular activities, clubs, and volunteer opportunities fosters a sense of belonging and connection for youth within the community.

“Building resilience in school-aged children is a complex but important undertaking for parents, educators, caregivers, and the community as a whole,” says Heidi Fogarty, Assistant Division Director at SCCCMH. “It requires the collective effort of all to foster these positive relationships, teach healthy coping skills, and create supportive environments. Working together, we can equip children with the tools to navigate challenges, build resilience, and thrive emotionally and mentally. Together, we can set the stage for our children's brighter and more resilient future.”

**Heidi Fogarty, Assistant
Division Director at St.
Clair County Community
Mental Health.**

SCCCMH has developed an online toolkit for educators and parents with various resources and strategies to support mental health for children. From self-care techniques to fact sheets and online resources to innovative apps, the toolkit provides an easily accessible place for information. To access the toolkit, visit: scccmh.org/wp-content/uploads/Welcome-to-the-Back-to-School-Digital-Tool-Kit-for-Educators.pdf.

If you're concerned about your child's mental health and want to seek mental health services, please call St. Clair County Community Mental Health at 888-225-4447. The Mobile Crisis Unit is available to anyone experiencing a mental health crisis, including parents experiencing a mental health crisis with a child. Contact the Mobile Crisis Unit 24 hours a day, seven days a week, by calling 810-966-2575.

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SCCCMH Community Relations Report – October 2023 |



What's next for the Port Huron region

Free webinar series aims to reduce mental health stigma, address nationwide drug crisis

GABRIELLE HAIDERER | WEDNESDAY, SEPTEMBER 13, 2023



Photo Courtesy of St. Clair County Community Mental Health

During National Recovery Month, St. Clair County Community Mental Health is hosting its annual Recovery Summit, offering a series of free webinars throughout September.

98, 268. That's how many people in the United States died from drug overdoses in 2021, according to the National Safety Council. This figure marks an all-time high.

104. According to the Port Huron Police Department's annual report, that's how many overdose-related calls were received in 2022 – a stark increase from the 78 overdose-related calls in 2017.

Like many problems society faces, it can be easy to think these issues impact other people in other communities. However, data shows that drug use impacts every community, every race, and every socioeconomic group across the country.

396. That's how many residents of St. Clair County reached out for substance use services at St. Clair County Community Mental Health (SCCCMH) in 2022, according to Alexis Hadwin, LMSW, CAADC, Clinical Coordinator of Substance Use Disorder Program at SCCCMH.

"I think we're becoming more aware of substance use as a community – reducing stigma and increasing educational opportunities as well as resources," Hadwin says. "I feel like our resources in the last two years have definitely increased in our community, specifically St. Clair County."

**Alexis Hadwin, LMSW, CAADC, Clinical Coordinator
of Substance Use Disorder Program at St. Clair
County Community Mental Health.**

To continue encouraging the community to reduce the stigma associated with mental health and substance use, SCCCMH is hosting its annual Recovery Summit throughout September, which is National Recovery Month. This Recovery Summit will be comprised of a series of webinars, which will feature sessions related to the nationwide drug crisis, substance use recovery, loving someone with addiction, peer support stories, and more.

"With the reduced stigma and the many multiple opportunities in our community for engagement and recovery, I think we're definitely seeing folks of all walks of

life beginning and/or successfully in recovery,” Hadwin says.

One of the sessions will be presented by Victor Polito, Veteran Peer Support Specialist at SCCCMH. His webinar “My Search for Serenity” will be held on Monday, Sept. 18.

“I am a veteran diagnosed with Post Traumatic Stress Disorder, severe depression disorder, and I’m also an alcoholic in recovery,” Polito says. “I went to SCCCMH at my darkest time, when I was ready to die; and I am going to be talking about my recovery, telling my recovery story.”

He says the webinar will be about an hour long. While he will be talking about his trauma and battles with his diagnoses and alcohol, he says that won’t be the main focus.

“The main focus is going to be the process in which I found recovery, the process through which I found sobriety and the desire to live again,” he says.

Part of that focus will be talking about resources and how services at SCCCMH helped him. He says one of the things that helped him was having his own Veteran Peer Support Specialist.

“He was amazing. He was a Marine – like myself, an alcoholic – like myself, with PTSD – like myself,” Polito says. “Having that person there at SCCCMH when I was going there, knowing that he was there and that he had my back because he was a fellow Marine - that was a big deal to me.”

**Victor Polito, Veteran Peer Support Specialist at St.
Clair County Community Mental Health.**

Now, Polito hopes that by telling his story – and through his work at SCCCMH – he can help others as well.

“What I would love to do is help one veteran and let them know that they’re not alone - that there are other veterans that have been through it; and that if I can get better, anyone can get better. Recovery is possible,” Polito says.

“Unfortunately, we are still losing 22 veterans a day in the country to suicide.

That is a number that I came very close to joining on multiple occasions. That's where I specialize at work – I spend most of my time helping veterans, so I'm hoping this can help reach one veteran. And even if this doesn't help one veteran, I want it to reach one person – any person that's struggling with addiction, PTSD, or a person that is ready to take their own lives.”

Through Polito’s webinar and other sessions throughout the month, the Recovery Summit will bring together physicians, healthcare workers, human service professionals, law enforcement officers, school personnel, local government officials, first responders, the recovery community, those who are on their own recovery journey, and others who have an interest in learning more about substance use.

Hadwin says events such as the Recovery Summit are important because they continue to reduce the stigma associated with mental health, improve community education, and provide resources for those on their recovery journey.

“We're all more alike than we are different,” she says. “This brings everybody together to fight the stigma and encourage equality between physical health and overall mental health.”

While stigma reduction can seem like an abstract notion or something that is too small to have an impact on an issue as big as substance use, Polito says it is a critical step in helping those who are facing substance use disorder.

“That stigma is what kept me away from getting the help that I needed for so long,” he says.

There is no cost to participate in any of the webinars and attendees may sign up for as many as they choose. Some of the sessions offer Continuing Education Units as well.

“This is an amazing opportunity for our community and beyond our community,” Hadwin says. “Anybody that wants to jump on from any location can get something out of it.”

To view the Recovery Summit schedule or to register for a webinar, visit scccmh.org/events/recovery-summit.

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Read more articles by Gabrielle Haiderer.

Gabrielle "Gabe" Haiderer is passionate about sharing stories that show the positive interactions between individuals and businesses that occur every day in our communities - interactions that inspire hope and motivate community growth. She has used this passion to share stories through a variety of media outlets - from television to radio to traditional newspaper to digital news. When she's not writing, Gabe stays busy running her own videography and social media management business in Northern Michigan, caring for her two furkids (Watson the siamese cat and Holmes the Corgi), spending time with her husband, and tending her garden.

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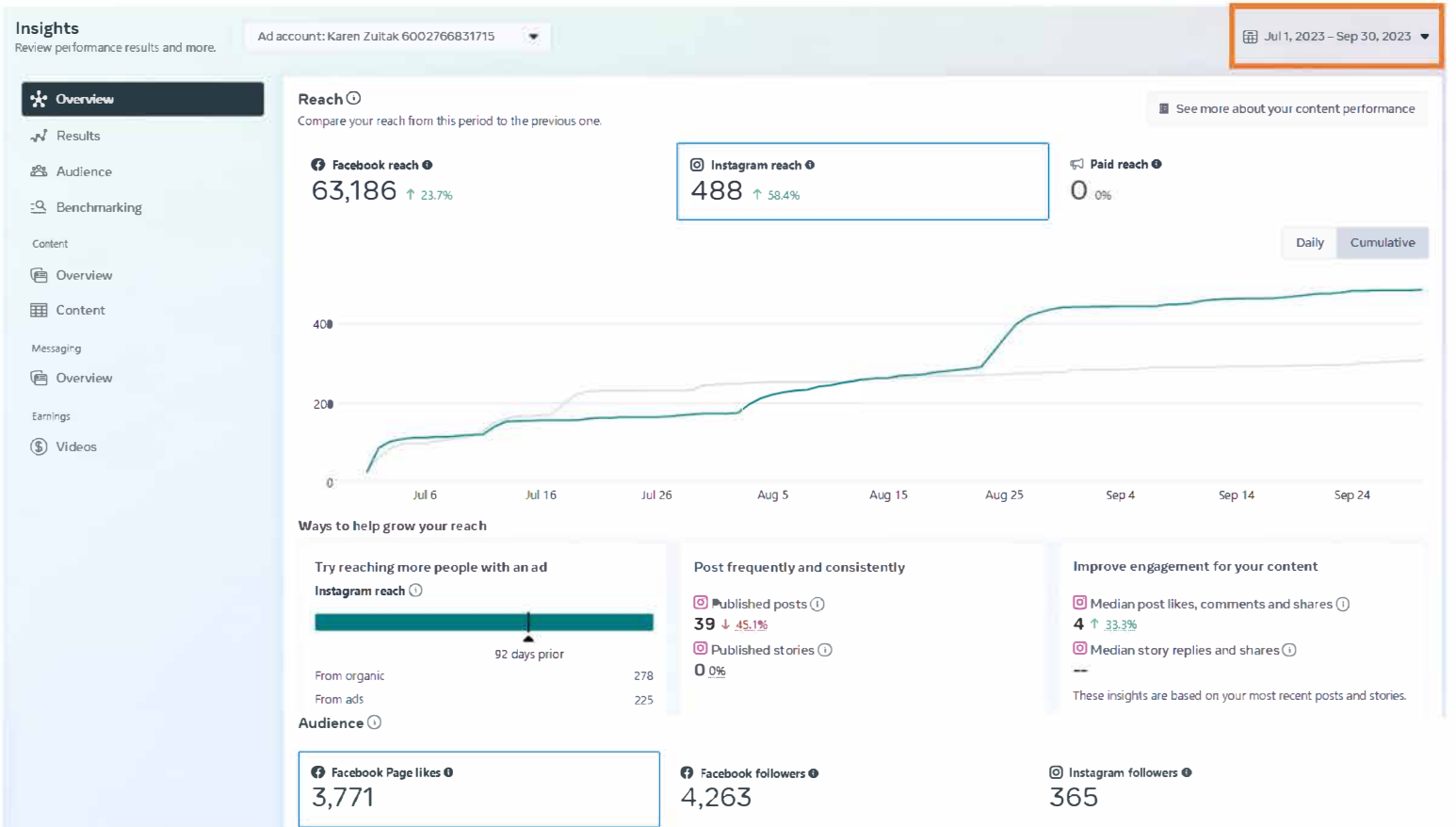
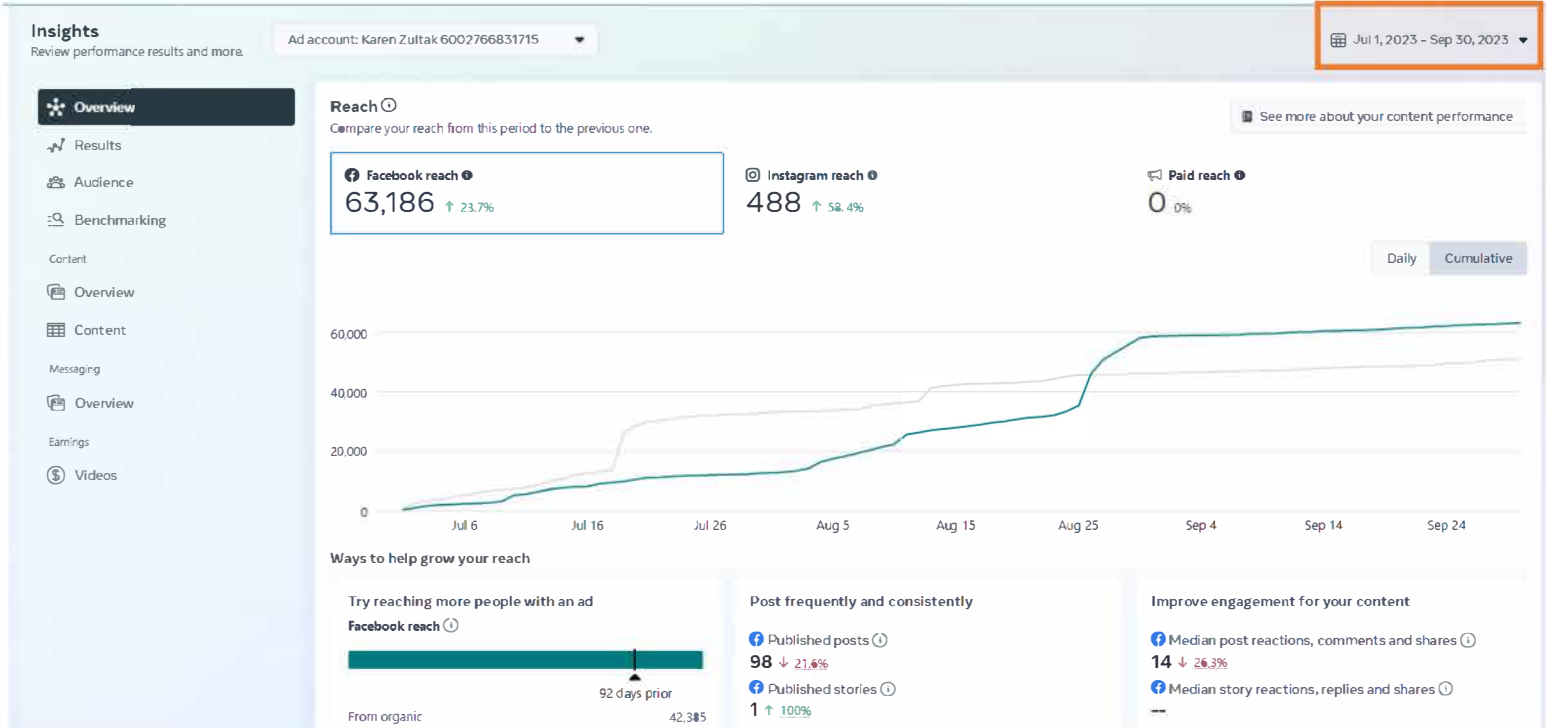
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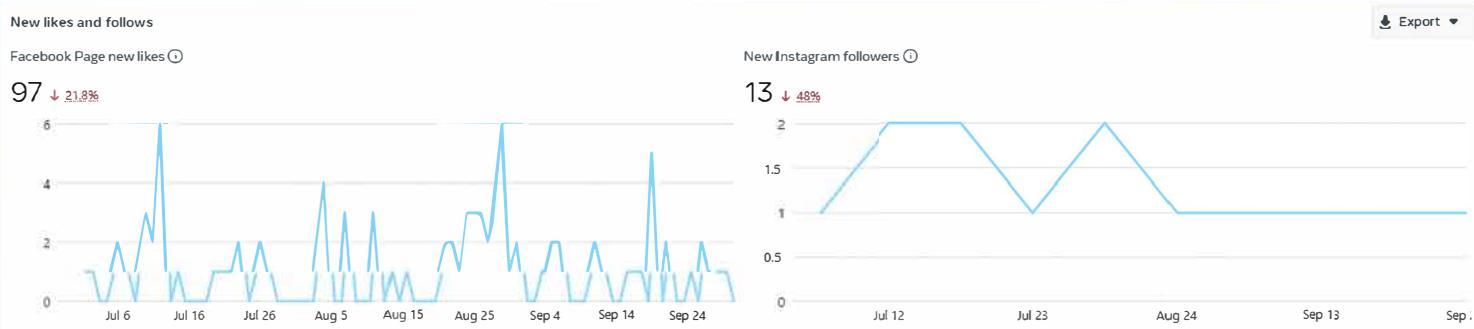
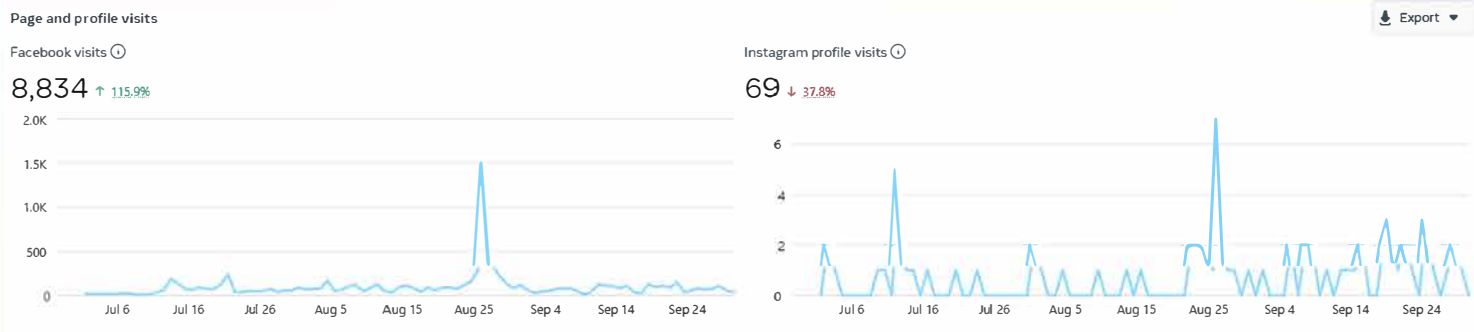
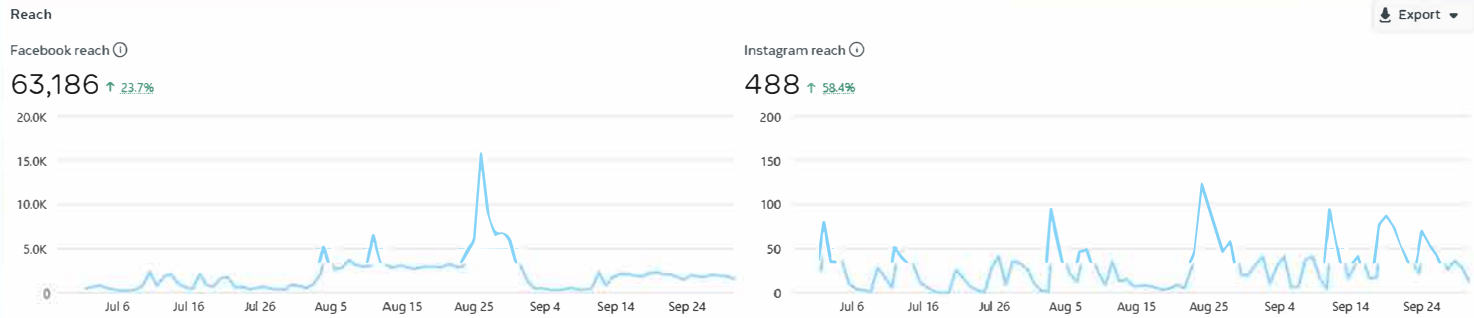
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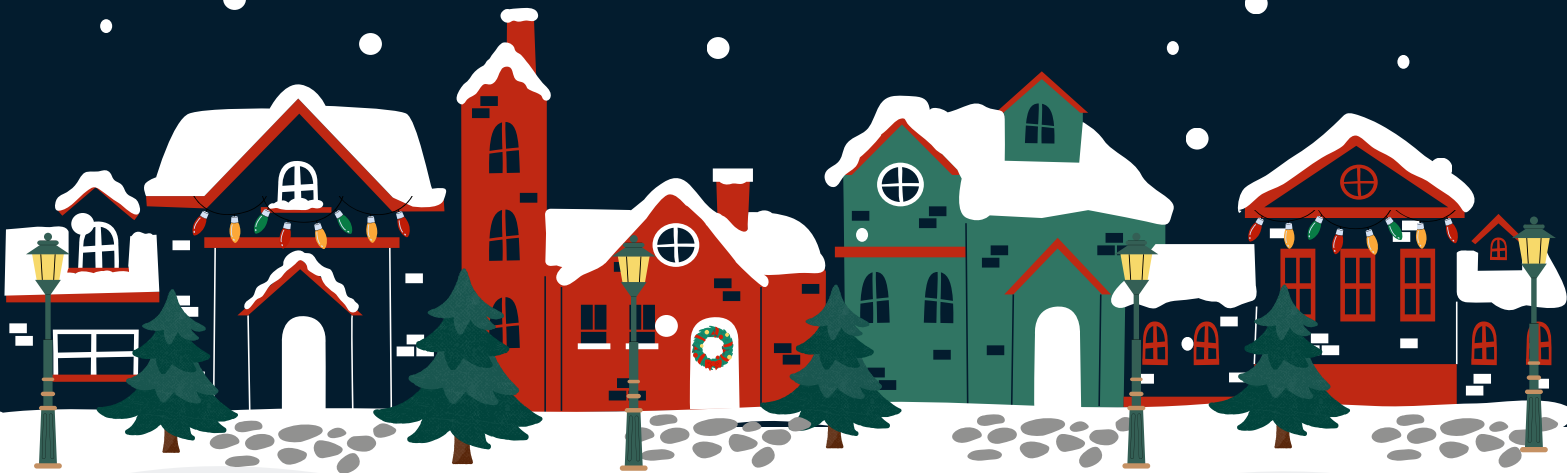




THE CMH PLAYERS PRESENT:

Home for the Holidays

*Comedic vignettes about the most wonderful
time of year, written by: Mark Hutchinson*



CITADEL STAGE
609 HURON AVE, PORT HURON, MI 48060

FRIDAY | **NOV. 17, 2023** | **7:00**
SATURDAY | **NOV. 18, 2023** | **PM**

Tickets are available in advance for \$5 and can be purchased at any SCCCMH location. Call (810) 966-3706 to reserve tickets. A limited amount of tickets may be available to purchase at the door while supplies last.



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

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The mission of the CMH Players is to bring together individuals who receive CMH services, CMH staff, and community members to put on theater productions in an inclusive, supportive environment. With questions and for more information, contact Bethany Murdick bmurdick@scccmh.org.