



## **St. Clair County Community Mental Health**

*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

### **St. Clair County Community Mental Health Community Relations Activity Report – September 2021 (Reporting for August 2021)**

#### **Community Outreach**

##### Community Outreach/Trainings

- 8/5/2021: Youth Mental Health First Aid
  - Presenter(s): Melissa Hunt and Adrienne Luckenbacher
  - YMHFA training held at CMH, 26 attendees including 19 staff from Ennis Center, CMH staff and community members
- 8/10/2021: St. Clair County Diversity Group
  - Presenter(s): Deb Johnson
  - Deb attended and presented/provided the community members/group CMH information and packets re: services, access to services and upcoming events.
- 8/10/2021: Panic Attacks vs. Anxiety Michigan Youth Opportunities Initiative
  - Presenter: Krystal Nowak, Children's Clinician
  - Virtual presentation, 30 youth attended. Discussed anxiety vs. panic attacks and the difference between the two, how to recognize signs of both, how to prevent and cope with both, how to help friends and themselves, and the difference between empathy and sympathy.
- 8/10/2021: Lake Huron PHO Virtual Presentation
  - Presenter(s): Deb Johnson
  - Virtual Meeting, Deb presented to 65 PHO providers information related to CMH services and upcoming events. Participants received CMH packets of information re: resources and information.
- 8/17/2021: Sibling Relationships - MYOI
  - Presenter: Krystal Nowak Children's Clinician
  - Virtual Presentation, 30 youth attended. Topic, siblings' relationships, discussed improving siblings relationships for youth in foster care, boundaries, self-advocacy, patience with younger siblings, and appropriate social media use when contacting siblings.
- 8/19/2021: Man to Man Series
  - Presenter(s): Kevin Watkins and Dr. Wilfred Allen
  - Event open to the community at the City Building – Topic of discussion was Men's Physical Health and Wellness, supporting prevention and action. 16 community members attended
- 8/21/2021: Harbor Impact Open House
  - CRT staff provided a resource table at the open house event, 150-200 community members in attendance.
- 8/21/2021: Habitat for Humanity Rock the Block
  - Four members of team CMH attended as volunteers to participate in the Rock the Block Annual Event. CMH was a sponsor of the event.
- 8/24/2021: Blue Water Woman Shine Event

- CMH resource table at the Shine event location Port Huron Yacht Club 60-80 members of the community in attendance. CMH was a sponsor of the event.
- 8/25/2021: Blue Water Council on Aging Foster Parent Breakout Session Presentation
  - Christina Howard, Children's/Infant Mental Health Clinician
  - Twenty-Five foster grandparents attended the breakout session. Session covered overall signs and symptoms if a youth is struggling, CMH resources and linking to information, pen pal program, and self-care for foster grandparents.
- 8/26/2021: Lake Huron Hospital Resource Fair
  - CMH hosted a resource table at the event. Approximately 100+ community members and professionals in attendance.
- 8/28/2021: NAMI Walk
  - CMH Peer Support Chris Apperson staff and three individuals that receive CMH services participated in the annual walk at Belle Isle.
- 8/28/2021: NAACP Music Fest
  - CMH hosted a resource table at the event, 100+ community members in attendance.
- 8/30/2021: St. Clair Rotary
  - Presenter: Deb Johnson
  - Deb discussed services, access to services and upcoming events at the St. Clair Rotary Luncheon. Provided CMH packets of information to all attendees, approximately 30 community/business members

#### Critical Incident Stress Management Activities:

- 7/28/2021: YMCA of the Blue Water Area

#### Pandemic Response Team Activities:

- None in August

### **Other Activities**

#### Casual for a Cause

- 7/16/2021: Habitat for Humanity, \$328.50
- 7/23/2021: Council on Aging, \$330.00
- 7/30/2021: St. Clair County CAN Council, \$330.00
- 8/06/2021: St. Clair County CAN Council, \$334.50
- 8/13/2021: St. Clair County CAN Council, \$334.50

### **Paid Media/Sponsorships/Advertisements**

#### Newspapers/Magazines/Programs

- Yale Expositor: Medical Directory listing (CMH West). Ad runs each week.
- Bluewater Senior Options: CMH general ad

#### Radio/TV

- Radio First (Mental Health Minute) - How Friendship Helps People with Behavioral Disorders
- WGRT (Mental Health Minute) - How Friendship Helps People with Behavioral Disorders
- EBW-TV interview - The Power of Friendship, International Forgiveness Day, Promoting Man to Man Health Series, Run for Recovery, CMH participation in Rock the Block, CMH participation in the NAMI Walk, Empty Bowls, SCC Suicide Prevention Committee's Walk to Remember, Walk to Prevent fundraiser, CMH Player's production of "We're All Connected"

### Billboards

- Digital and static billboard runs ongoing in various locations

### Sponsorships/Advertisements

- None in August

## **Unpaid Media Coverage**

### Newspapers, Newsletters & Magazines

- None in August

### Radio / TV

- 8/04/2021: Radio First (WPHM), Paul Miller - The Power of Friendship, International Forgiveness Day, Promoting Man to Man Health Series, Run for Recovery, CMH participation in Rock the Block, CMH participation in the NAMI Walk, Empty Bowls, SCC Suicide Prevention Committee's Walk to Remember, Walk to Prevent fundraiser, CMH Player's production of "We're All Connected"
- 8/05/2021: Paul Dingeman FOCUS Program - The Power of Friendship, International Forgiveness Day, Promoting Man to Man Health Series, Run for Recovery, CMH participation in Rock the Block, CMH participation in the NAMI Walk, Empty Bowls, SCC Suicide Prevention Committee's Walk to Remember, Walk to Prevent fundraiser, CMH Player's production of "We're All Connected"
- 8/25/2021: Live United Interview - How serious a problem is behavioral health disorders in the U.S. and locally right now, COVID-related increases to mental health treatment, the overall mission of CMH, services available from CMH

## **Social Media Outreach**

### Social Media Awareness Spotlights (August)

- The Power of Friendship

### Facebook Report: SCCCMH

- Number of page likes: 2,989 (17 new likes in August)
- Number of posts to page (August): 17
- Post with highest reach: 7,762 impressions on "Donation from the YMCA for getting COVID vaccine"

### Instagram: SCCCMH

- SCCCMH followers: 208 (4 new followers in August)
- Number of posts: 4 (August)
- Post with highest reach: 5 impressions on image on "Self-Care"

### LinkedIn Report: SCCCMH

- SCCCMH Followers: 132 (13 new followers in August)
- Number of posts to page (July): 4
- Post with highest reach: 114 impressions on "Children's Mental Health Focus of CMH Collaboration"

### YouTube Report: SCCCMH

- SCCCMH Subscribers: 40 (1 new subscribers in August)
- Number of impressions: 754 (August)
- Top videos viewed (August)
  - SCCCMH - Credo for Support
  - St. Clair County Community Mental Health

#### Website Report: SCCCMH

- Page views: 17,879
- /: 3,632 views
- /cmh-visitors-covid-screening/: 2,911 views
- /the-galley/: 763 views

#### Website Report: St. Clair County CSCB

- Page views: 1,758
- /resources/covid-19/: 784 views
- /resources/covid-19/testing-sites/: 284 views

#### Upcoming Events/Activities

- Recovery Summit
  - 9/02/2021 - Complementary Supports for Recovery The Role of Peer Recovery Coach Supports and Recovery Court
  - 9/2/2021 - Overview of the Michigan Automated Prescription System (MAPS)
  - 9/2/2021 - The Relationship between Trauma and Substance Use Disorders
  - 9/9/2021 - Voices of Recovery
  - 9/9/2021 - What Is Treatment? A Quick Overview of American Society of Addiction Medicine (ASAM) Treatment Criteria
  - 9/9/2021 - The Impact of Substance Use Disorders on Child Welfare
  - 9/9/2021 - Marijuana Use in Teens: Shifting through the Weeds
  - 9/16/2021 - Law Enforcements Role in Recovery
  - 9/16/2021 - Incorporating the Eight Dimensions of Wellness
  - 9/16/2021 - Substance Use Disorder in Pregnancy
  - 9/23/2021 - Teen Substance Use: Signs, Symptoms, and Prevention
  - 9/23/2021 - Culturally Competent Treatment Approaches for Substance Use Disorders
  - 9/23/2021 - Core DEC Awareness - Identifying Drug Endangered Children: A Collaborative Approach
  - 9/30/2021 - Medication Assisted Treatment For Substance Use Disorder
  - 9/30/2021 - Identifying Drug Endangered Children A Collaborative Approach
  - 9/30/2021 - State of the County
- 9/19/2021 - P.S. You're My Hero
- 9/23/2021 - Empty Bowls
- 9/29/2021 - Walk A Mile In My Shoes
- 10/09/2021 - Healthy Minds Healthy Bodies Run for Recovery
- 10/10/2021 - Walk to Remember Walk to Prevent




# Autism Parent Support Group

The Autism Support Group for Parents is re-launching! Join us for conversation and support, get to know other families with children who have Autism and meet our support group new mentors.

The group meets on the **last Thursday of each month**  
with two different meeting times to choose from:

**9:00-10:30am -or- 1:00-2:30pm**



At St. Clair County Community Mental Health  
**Child and Family Services**  
**2415 24<sup>th</sup> Street**  
**Port Huron, MI 48060**

## Upcoming meeting dates:

- September 30, 2021
- October 28, 2021
- November 24th, 2021  
(Wednesday due to Thanksgiving holiday)
- December 30, 2021

**\*\*\* This group is open to ALL families in the community with a child with Autism**



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Connect with us:  
☎ **810-985-8900**  
🌐 **[www.scccmh.org](http://www.scccmh.org)**  
f **[facebook.com/scccmh](https://facebook.com/scccmh)**

With questions and to register,  
please contact Delores Johnson  
at (810) 488-8866 or  
[dejohnson@scccmh.org](mailto:dejohnson@scccmh.org)



# Blue Water Race Series

## 2021 LINE UP

**Artful Dodger  
Pickerel Run  
P.S. You're My Hero  
Run for Recovery  
Friendsgiving  
Jingle Bell Run**

**June 26  
July 4  
September 19  
October 9  
November 25  
December 4**



**REGISTER: <https://bwrs.enmotive.com>**





# LGBTQ+ SUPPORT YOUTH GROUP

All youth age 14 to 19 are welcome to attend  
this free, safe and confidential support group.

**Every Thursday, beginning August 26, 2021 • 5:15pm - 6:30pm**  
**St Clair County Library • 210 McMorran Blvd., Port Huron • 2nd Floor**

There is no cost and youth do not need to be receiving CMH services to attend this support group. Allies welcome.



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🌐 **[www.scccmh.org](http://www.scccmh.org)**  
📘 **[facebook.com/scccmh](https://facebook.com/scccmh)**

Questions?  
Contact Toni Thomas  
810-488-8886 or  
[tothomas@scccmh.org](mailto:tothomas@scccmh.org)

# RECOVERY SUMMIT



## VIRTUAL SERIES

# SEPTEMBER 2021

NATIONAL  
RECOVERY  
MONTH

Taking place during National Recovery Month, this webinar series will include sessions related to the nation-wide drug crisis, substance use recovery, and the effects on **the state of Michigan and St. Clair County**. Webinar sessions will provide an examination of current efforts, local statistics, treatment approaches, the recovery process, impacts on family systems, and prevention strategies. This event will bring together physicians, healthcare workers, human service professionals, law enforcement officers, school personnel, local government officials, first responders, the recovery community and others to continue to **address this serious public health issue**.

## FREE WEBINARS

EVERY THURSDAY IN SEPTEMBER

**DETAILED INFORMATION AND REGISTRATION:**  
[www.scccmh.org/events/recovery-summit/](http://www.scccmh.org/events/recovery-summit/)

There is **no cost to participate** in webinar sessions and attendees may register for as many as they choose. Each session is **60 minutes in length**. Free Social Work CEs and Medical CMEs are offered. Eligible for MCBAP self-reporting.

See website for full details and instructions.

**Questions?** [communityrelations@scccmh.org](mailto:communityrelations@scccmh.org) or (810) 985-8900

Supported by funds from Substance Abuse and Mental Health Services Administration. St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054. The St. Clair County Medical Society is accredited by the Michigan State Medical Society Committee on CME Accreditation to provide continuing medical education for physicians.





# VETERANS WALKING GROUP

Open to all current and former service members



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WEDNESDAYS AT 10:00 AM

Beginning June 9th, 2021

The group meets at Pinegrove Park in  
Port Huron at the Pinegrove Memorial  
Monument. Parking Available

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Join this casual, social group of fellow  
military members for exercise and camaraderie.  
No registration required - just come as you are.



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[www.scccmh.org](http://www.scccmh.org)  
[facebook.com/scccmh](https://www.facebook.com/scccmh)

Questions?  
Contact Veteran Navigator  
Wendy Martindale at  
[wmartindale@scccmh.org](mailto:wmartindale@scccmh.org)  
Or (810) 966-3755

# Men's Health Series



## MAN TO MAN

Presented by:



**Mike McCartan**

Mike McCartan worked for St. Clair County Community Mental Health for 37 years, from 1975 to his retirement in 2012. The last 24 years he served as CMH's executive director. Subsequent to his retirement from CMH, Mike served several years as the executive director of the Region 10 PIHP, the organization that manages Medicated services related to behavioral health for Genesee, St. Clair, Sanilac, and Lapeer Counties.

**Session 4:**  
**The Importance of Communication: You cannot not communicate!**

**Thursday, September 16, 2021**  
**6:30 - 8:00 PM**

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

*This session discusses the importance of good communication and explores the role of nonverbal communication. Learn how the message sent is not always the message received.*

### Upcoming Sessions:

- October 21, 2021
- November 18, 2021

**FREE** social work credits available

For more information contact Tammy Lake at [tlake@scccmh.org](mailto:tlake@scccmh.org) or (810) 966-2597



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[facebook.com/scccmh](https://www.facebook.com/scccmh)

**Space is capped at 50 attendees.**

**Registration is requested, but not required. To register:**

<https://www.scccmh.org/eliminating-toxic-masculinity-registration/>

**Questions? Bethany Murdick at [bmurdick@scccmh.org](mailto:bmurdick@scccmh.org) or (810) 966-3706**