



Our Journey

Meaningful, relevant information for our community, published monthly.

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**Northern Lakes
Community
Mental Health**
northernlakescmh.org

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Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

Imagination Library



Free books for your child under age 5. In 1995, Dolly Parton started an exciting program for young children, called Imagination Library. In the beginning this was just available in East Tennessee. The program grew and it is available to be replicated in any community willing to support it. Now, Imagination Library sends books to your child in the following communities: Wexford/Missaukee, Roscommon and Traverse City. Presently it is available in 1600 local communities and provided over 1,000,000 books to children each and every month. Dolly said, "The seeds of these dreams are often found in books and the seeds you help plant in your community can grow across the world."

To sign your child up, go to www.usa.imaginationlibrary.com. It is easiest to use the drop down locations versus zip codes. Presently, USA, Canada, United Kingdom and Australia participate. The site also has a parent sign up and a blog posting. And remember, you can always make a trip to your local library to enjoy reading to your child too.

Summer is a great time to read chapter books with your children. You can take adventures to foreign countries, national parks and cities beyond the reach of your pocket book. Read about a baker, race car driver, inventor and other exciting careers. You may spark a new hobby or interest in them that can lead the summer to great discoveries. You're never too old to share a book!

What I Think Now

The doctor's magic potions
that I swallow down,
they help create a smile,
where once there was a frown.
They come in many shapes,
their colors vary too.
I cannot do it alone,
so I use them in lieu.
In lieu of many drugs,
I felt worked so well,
but later on I learned
they only added to my hell.

I fought so long and hard,
to have it work my way.
til I bravely took a chance
on a little pill each day.
They take time to fully work,
the ones off the street are fast.
The trade off is the benefit
of a true good feeling that last.
My life is so much better,
with sanity running the show,
the proper use of skills and meds
have allowed my life to grow.

~ Robert Newsome



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to receive

Our Journey

electronically.

Submissions may also
be accepted, space
permitting.

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Lakes CMH.



Did you know
there is a
connection
between
exercise and
being able to do
math?

Regular
exercise
improves the
ability of
overweight,
previously
inactive
children to
think, plan and
even do math,
say Georgia

Health Sciences
University
researchers.

<https://psychcentral.com>

Helping in a Crisis

Sooner or later a crisis visits most everyone. A mental health crisis can be scary if you do not know what to do. Talking about suicide can be even more uncomfortable. What you can do is attend an ASSIST class, often held in the community, or Mental Health First Aid to better prepare yourself to help a person who is experiencing a mental health crisis. The DBSA (Depression Bipolar Support Alliance) also has some good information online that you can go to (see link below). For starters here is some of the information to get you on your way:

How should I talk to a person in crisis? *

- Stay calm. Talk slowly and use reassuring tones.
- Realize you may have trouble communicating with your loved one. Ask simple questions. Repeat them if necessary, using the same words each time.
- Don't take your loved one's actions or hurtful words personally.
- Say, "I'm here. I care. I want to help. How can I help you?"
- Don't say, "Snap out of it," "Get over it," or "Stop acting crazy."
- Don't handle the crisis alone. Call family, friends, neighbors, people from your place of worship, or people from a local support group to help you.

*http://www.dbsalliance.org/site/PageServer?pagename=urgent_preparing_for_crisis

Remember, Northern Lakes has a crisis response team ready to assist in a mental health crisis. Call anytime, 24 hours a day, 7 days a week for help: (231) 922-4850 or 1-800-442-7315.

Get Fit



What helps the people in a community get and stay fit? Having recreational opportunities such as parks, playgrounds, ball fields, and swimming pools (beaches) are great places to get and stay fit. Having trails, sidewalks and roads good for biking or walking can make a community even better.

If recreational opportunities are not right out your door, take a short drive to hiking and biking trails or join a gym. If you can't get to this during the week, include an activity on the weekend – be a weekend warrior! Bike with your child, push them in the swing, swing with them – just enjoy the movement.

Movement is key. How can you add movement to your days? Here are some ideas: Use a push mower and rake up clippings by hand. Take a walk around your home and enjoy the plantings/flowers and other wildlife. Get up early for a walk to enjoy the birds joining into song as the day begins. Walk up and down the beach rather than just sitting in the sun or on a floaty.

Try getting some movement for 30 minutes a day, five days a week. This can be broken into shorter times that add up to the 30 minutes. Step out and move! We are all blessed with some great parks and beaches. Hopefully you can get out and enjoy the warm weather.