

Live Well

SCCMHA Wellness Newsletter

Minority Mental Health

Discrimination exacerbates health and health care disparities for communities of color. Inequity results in lack of access to quality, affordable care and can lead to prolonged and unnecessary illness. This is especially true for people with a mental illness or substance use disorder. During July, National Minority Mental Health Awareness Month, we shine a light on the discrimination that minorities often experience when living with a mental health condition, and learn how we can prevent it.

Even as conversations about behavioral health become more common in our country, negative perceptions about mental illness and addiction continue to be a major barrier to seeking care, especially in minority communities. In our travels, we hear many stories from individuals, families and communities across the country that fear talking about mental health. As individuals, we are greatly influenced by our cultural and spiritual beliefs and values. At times, those cultural perceptions, some about mental health, may make it difficult to understand and talk about mental illness or addiction.

For others, the legacy of discrimination in health care services continues to linger, and can lead to distrust of health care professionals and behavioral health service providers. And provider or institutional bias can impact the quality of care that is administered to patients. All of these factors often lead to barriers that can keep individuals in need from seeking out and receiving the help and treatment that can lead them to recovery and promote health equity.

We must continue to look for ways to improve the mental health care experience for all groups, including minority communities. We are making gains on this front through the [Affordable Care Act](#). About 1 in 4 uninsured adults have a mental or substance use disorder or both. About 1 in 6 uninsured low-income adults has a serious mental illness. The Affordable Care Act, which included the largest expansion of behavioral health coverage in a generation, builds on the Mental Health Parity Act to expand mental health and substance use disorder benefits and federal parity protections to more than 60 million Americans. In addition, the uninsured rate has declined across the board since 2013. As a result, more minorities now have greater access to behavioral health benefits.

But there is still more work that needs to be done. For more of this article, go to http://blog.samhsa.gov/2015/07/23/minority-mental-health-month-lifting-the-burden-of-disparities/#.V1CYbn_rtlE.

Original Article by [J. Nadine Gracia](#), MD, MSCE, Deputy Assistant Secretary for Minority Health; Director, Office of Minority Health; [Pamela S. Hyde](#), J.D., Administrator, SAMHSA



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**Wellness**

Better Together



We Can

As part of our focus on whole person Wellness, SCCMHA has introduced a campaign entitled, Better Together We Can... This program will not only benefit the individuals we serve but also our workforce here at SCCMHA and in our provider network. Better together, we can improve our wellness.

Lunch & Learns

Noon-1:00 pm

July 13 500 Hancock

August 17 1040 N. Towerline Rd.

September 14 500 Hancock

Blood Pressure Drop-In Clinics

9:00-11:30 am

July 22 500 Hancock

August 19 1040 N. Towerline Rd.

September 23 500 Hancock

For more information and flyers, please check out: <https://www.sccmha.org/healthcare-partnerships/better-together-we-can/>



National Recovery Month

September is *National Recovery Month*

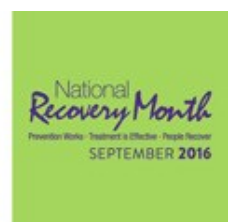
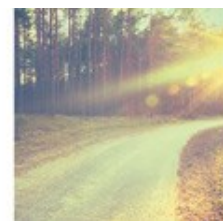
Source: <http://recoverymonth.gov/>

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders.

Now in its 27th year, Recovery Month highlights the achievements of individuals who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. This year the theme is Join the Voices of Recovery: Our Families, Our Stories, Our Recovery. For a PDF document that highlights the importance of families, communities, and individuals sharing stories of recovery to encourage others to make a personal connection with the recovery movement, go to <http://www.recoverymonth.gov/sites/default/files/toolkit/2016/voices-for-recovery.pdf>.



Do not consider the content of Live Well as medical advice. Never delay or disregard seeking professional medical advice from your doctor or other qualified healthcare provider because of something you have read in Live Well. You should always speak with your doctor before you start, stop, or change any prescribed part of your care plan or treatment. If you think you may have a medical emergency, call your doctor or dial 911 immediately.

Fruits & Veggies

September is Fruits & Veggies—More Matters Month. The idea behind this theme is to help you focus your attention on eating MORE fruits and vegetables! Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

The Facts

More than 90% of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the MyPlate nutrition guide. But just remember two things: fill half your plate with fruits and vegetables at every eating occasion (including snacks) AND all forms, fresh, frozen, canned, dried, and 100% juice count toward your daily intake!

Tips to help you eat fruits

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping.
- Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds.
- Choose packaged fruits that do not have added sugars.

Tips to help you eat vegetables

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.

For more information, check out these sources:

- www.fruitsandveggiesmorematters.org
- <http://www.choosemyplate.gov/fruits-tips#sthash.ZHIWSLwb.dpuf>
- <http://www.choosemyplate.gov/vegetables-tips#sthash.LnSeZhDQ.dpuf>



Some Summer Awareness Themes

July

National Park and Recreation Month

Local Resources:

- Shiawassee National Wildlife Refuge: <http://www.fws.gov/refuge/Shiawassee/>
- Saginaw County Parks: <http://saginawcounty.com/Parks/>
- City of Saginaw Parks: <http://www.saginaw-mi.com/departments/publicservices/parksandfacilities/>

August

Eye Health and Safety Month

Local Resources:

- Saginaw area eye doctors: <http://www.yellowpages.com/saginaw-mi/eye-doctor>

September

National Recovery Month

Local Resource:

Saginaw County Community Mental Health Authority
500 Hancock
Saginaw, MI 48602
www.sccmha.org
989-797-3559

Suicide Prevention Week

September 5-11

- <http://masponweb.org/>
- <https://www.sccmha.org/resources/suicide-awareness-prevention.html>

National Wellness Week
September 11th-17th

For more themes, go to <https://www.welcoa.org/health-observances/>

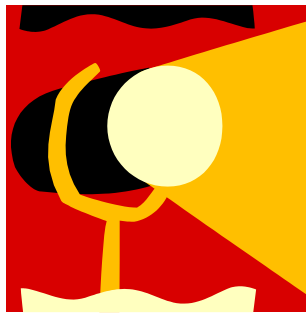


Wellness resources are just a click away at

<https://www.sccmha.org/healthcare-partnerships/wellness-resources/>

Hydration Tips

- Keep a bottle of water with you during the day. Consider carrying a reusable water bottle and filling it from the tap rather than purchasing bottled water, which is expensive and creates plastic bottle waste.
- If plain water doesn't interest you, try adding a slice of lemon or lime to your drink.
- If you're going to be exercising, make sure you drink water before, during and after your workout.
- Start and end your day with a glass of water.
- When you're feeling hungry, drink water. The sensation of thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight loss plan, as some research suggests drinking water will help you feel full.
- Drink on a schedule if you have trouble remembering to drink water. For example, drink water when you wake up; at breakfast, lunch and dinner; and when you go to bed. Or drink a small glass of water at the top of each hour.
- Drink water when you go to a restaurant. Not only does it keep you hydrated, but it's free!



Spotlight on Wellness

For years Lauri would walk for exercise, but she was very inconsistent about it. She came to the realization that she was struggling with keeping up with her active grandchildren. Lauri knew that it was time to make a change. She wanted to make a change to better her health, lead a healthier lifestyle, and to set a good example for her grandchildren.

In January, 2016 Lauri started an exercise program which included walking and exercise videos that she completes twice a day, seven days per week. It was very helpful that she had some individuals with whom she exercised. Lauri leads the Hancock walking club and it has become a key part of her exercise routine. She also tries to do little things to help her steps add up like taking the stairs and taking the long way to walk somewhere. She averages 8,500-9,000 steps per day which she keeps track of with a Fitbit. To date, she has lost 19 lbs. and has dropped her cholesterol 36 points. Lauri shared, "I *always* exercise and/or walk, even if I have no one to exercise and/or walk with, just to maintain the pace of my exercise and weight loss program."

Lauri has also changed her eating habits to include more fruits and vegetables, drinking more water, and cutting out extra "goodies" or being very moderate with eating them. What does Lauri do when she has cravings for goodies? Lauri shared some advice on this topic, "Figure out what substitute will work for you. You don't have to completely give up the treats, just find a healthier alternative."

Lauri feels that this experience has been and still is a hard journey. According to Lauri, "The bottom line is to NEVER give up and always believe in yourself and don't expect instant results." She feels that she still has a ways to go, but she is very proud of what she has accomplished thus far.

We congratulate Lauri for her wellness-related success! If you are an SCCMHA employee who would like to join Lauri for the Hancock walking club, you may contact her at extension 3564 or

lbrown@sccmha.org.



Are you a SCCMHA employee who has had great success with one or more of the eight dimensions of wellness? If you are, we want to hear from you! You may also nominate coworkers for this opportunity. **To qualify, please send a brief summary of your success story to mbaukus@sccmha.org by 08/19/16.** Summaries will be reviewed by the Wellness Committee. The person who is chosen will be featured in the next *Live Well* newsletter.

For more information on each of the eight dimensions of wellness, please visit: <http://www.promoteacceptance.samhsa.gov/10by10/.aspx>

The Michigan Association for Suicide Prevention (MASP)

The mission of the Michigan Association for Suicide Prevention is to:

- Reduce the number of suicides and attempts in Michigan
- Support those left behind, and
- Reduce the stigma associated with mental illness and suicide.

MASP promotes education, training, research and community awareness. They also maintain alliances with other state and national organizations and endorse the implementation of Michigan's suicide prevention plan.

Over 40,000 people die by suicide nationally each year and over 1,100 in Michigan. Mental Illness is treatable and Suicide is preventable.

To learn more visit their website at : <http://masponweb.org/>.

Did you know there was an app for clinicians and other helping professionals to help assess for signs and symptoms of a person who may be at risk of suicide? The app is called Suicide Safe. More information can be found at <http://store.samhsa.gov/apps/suicidesafe/>.



Nutrition Facts

3-Can Chili

Serving Size: 1/6 of recipe
Servings Per Recipe: 6
Amount Per Serving
Calories: 108

Total Fat 1 g
Saturated Fat 0 g
Monounsaturated 0 g
Cholesterol 0 mg
Sodium 254 mg
Total Carbohydrates 36 g
Dietary Fiber 7 g
Protein 6 g
Potassium 467 mg

% Daily Value *

Calcium 5 %
Potassium 13%
Zinc 7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



The Healthy Recipe Spot

3-Can Chili

Ingredients

- 1) 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)
- 2) 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 3) 1 can crushed tomatoes, undrained (15 ounces)
- 4) chili powder (to taste)

Preparation

- 1) Place the contents of all 3 cans into a pan.
- 2) Add chili powder to taste.
- 3) Stir to mix
- 4) Continue to stir over medium heat until heated thoroughly.
- 5) Refrigerate leftovers.



Source: <http://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/3-can-chili>



Downtown Saginaw Farmer's Market

Now - Oct 31, 2016

Time: 10:00 AM To 03:00 PM

Location: Downtown Saginaw Farmer's Market,
507 S. Washington Ave., Saginaw
Website:

www.saginawfarmersmarket.org

Find the best variety of locally grown fresh produce, plants, baked goods, handmade soaps & lotions, gourmet chocolates & candy, certified organic produce, specialty cupcakes, beeswax candles, entertainment & food vendors. Open every Mon., Wed., & Fri. 10 am-3 pm, Saturdays 9 am-1 pm.

Friday Night Live: Every Friday Night, July 15-August 9.

Time: 05:30 PM To 09:00 PM

Location: Morley Plaza, Saginaw
Website: www.prideinsaginaw.org
Enjoy free entertainment, food vendors, fun, children's games, & adult refreshments.

103rd Annual Saginaw County Fair August 2nd -August 6th

Time: 9:00 AM to 11:00 PM

Location: Saginaw County Fairgrounds, 11350 W. Peet Rd., Chesaning
Website: <http://www.saginawcountyfair.org/>

All in one admission: Includes exhibits, rides, grandstand events and parking. Explore the buildings, grounds, take in a grandstand show, and enjoy endless rides.

For more events go to: <http://artsaginaw.org/images/pdfs/SCS-Calendar-of-Events-2016.pdf>

National Health Center Week

August 7th-13th is National Health Center Week. National Health Center Week has been celebrated for more than 30 years to recognize the services and contributions of Community, Migrant, Homeless and Public Housing Health Centers.

While there are countless reasons to celebrate America's Health Centers, among the most important and unique is their long success in providing **access to affordable, high quality, cost effective health care** to medically vulnerable and underserved people throughout the United States. To learn more about NHCW and the listing of events please visit: www.healthcenterweek.org.



Immunization Awareness

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases. For information about immunizations by age and health status, please visit the Michigan Department of Health and Human Services [website](http://ow.ly/EdKF300flhD), <http://ow.ly/EdKF300flhD>.

Hepatitis

July 28th is World Hepatitis Day. Viral hepatitis is inflammation of the liver caused by a virus. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis. There are five different hepatitis viruses, hepatitis A, B, C, D and E.

- To find out more about each type, go to: <http://worldhepatitisday.org/en/about-hepatitis>.
- To take a screening to assess your risk, go to: <http://www.cdc.gov/hepatitis/RiskAssessment/>

Money Matters

Do you struggle with managing your money? Need tips on how to budget or how to save? Check out this resource:

<http://www.practicalmoneyskills.com/>

At Practical Money Skills for Life, you will find a great deal of information on financial literacy as well as many calculators to help you make sense of your cents!



Wellness at SCCMHA

National Wellness Week is September 11th-17th this year. The Saginaw County Community Mental Health Authority Wellness program is coordinated by Mary Baukus, MSW, LMSW, Wellness Coordinator. As part of the Wellness program, the Wellness coordinator receives additional support and contributions from an employee wellness committee that is made up of representatives from across the agency and also guidance from a Wellness Leadership team. Mary has been working in the mental health field for nearly twenty years and has been focusing specifically on wellness for the last four. The SCCMHA Wellness program has a focus that is based on the eight dimensions of wellness from the Substance Abuse and Mental Health Services Administration (SAMHSA). The eight dimensions of wellness include:



- Emotional—Coping well with life and creating fulfilling relationships
- Financial—Satisfaction with current and future financial circumstances
- Social—Cultivating a sense of connection, belonging, and a well-honed support system
- Spiritual—Increasing our sense of purpose and meaning in life
- Occupational—Finding personal meaning and opportunity for growth with one's work
- Physical—Understanding the need for physical activity, healthy foods and sleep
- Intellectual—Identifying creative abilities and finding ways to grow knowledge and skills
- Environmental—Good health by spending time in pleasant, stimulating environments that support well-being

The SCCMHA Wellness program targets SCCMHA employee, network service provider, and consumer wellness with the goal of developing productive and healthy individuals as well as healthy environments, and increasing the adoption of healthy behaviors. Health and Wellness are key components of the SCCMHA strategic plan. The mission of the SCCMHA Wellness program is to promote health and wellness across the SCCMHA system by encouraging individuals to come together to build a community that will provide a foundation for effective mental and physical development.

The SCCMHA Wellness Coordinator provides regular wellness-related communications via a monthly e-mail newsletter, the wellness section of the SCCMHA website, and a quarterly printed newsletter. Additionally, the SCCMHA Wellness Coordinator is available for consultation within the SCCMHA system and helps organize wellness activities, presentations, and other educational opportunities. You may contact Mary at mbaukus@sccmha.org or (989) 272-7228.

Graphic source: <http://www.samhsa.gov/wellness-initiative>



Depression and Suicide Awareness

On August 14, 2016 there will be a 5K (3.1 miles) *Walk for Hope* to help raise awareness of depression and suicide. This walk/run will be held at Northwood University football field. You can create your own team or join an existing team by going to <https://www.crowdrise.com/walkforhope2016>.

People of all ages are welcome to participate (although those under 13 cannot officially pre-register at the website). This walk is a great opportunity to help raise awareness of these important topics as well as improve your fitness.



Did you know?

- There are about 60,000 miles of blood vessels in the human body.
- Heart pumps about 2,000 gallons of blood through those vessels every day.
- Men without hair on their chests are more likely to get cirrhosis of the liver than men with hair.
- The acid in your stomach is strong enough to dissolve razor blades.
- Your nose can remember 50,000 different scents.

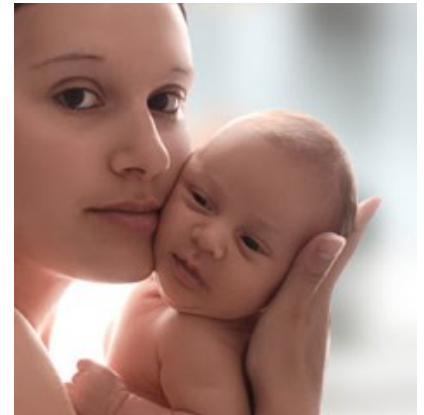
Source: <http://drshreya.blogspot.com/2011/01/some-interesting-and-funny-health-facts.html>

Breastfeeding Month

August is National Breastfeeding Month.

According to the Surgeon General:

- Breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- Breastfed babies are less likely to develop asthma.
- Children who are breastfed for six months are less likely to become obese.
- Breastfeeding also reduces the risk of sudden infant death syndrome (SIDS).
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.
- For a fact sheet, go to: <http://www.surgeongeneral.gov/library/calls/breastfeeding/factsheet.html>



SCCMHA Human Resources is working toward getting a special room designated at each site location for employees, consumers, contractors, visitors, etc. for medical reasons such as breast feeding (or pumping), diabetic needs, breathing treatments, etc. Contact SCCMHA Human Resources for more information.

About *Live Well*

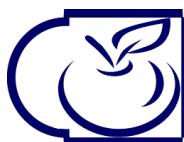
Live Well is a newsletter that is promised to be full of wellness-related information and news. The current editor is **Mary Baukus, Wellness Coordinator**. *Live Well* is published quarterly (Winter, Spring, Summer, Fall) by Saginaw County Community Mental Health Authority and distributed throughout SCCMHA and our network service providers.

If you are interested in contributing to the ***Live Well SCCMHA Wellness Newsletter***, please contact Mary Baukus, at mbaukus@sccmha.org.

Is there a wellness topic that you would like to know more about? We welcome your suggestions.

Are you a **consumer** who would like to have this newsletter delivered **FREE** to your mailbox or e-mail? We can add you to our mailing list. We can also remove you from our mailing list if you already receive *Live Well* and wish to discontinue it or change your method of receiving it to e-mail. Please fill out the form to the right and mail to:

Mary Baukus, MSW, LMSW, Wellness Coordinator
Saginaw County Community Mental Health Authority
Network Services & Public Policy
500 Hancock
Saginaw, MI 48602



Wellness

Live Well

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