



The right Connection

October 2022

THE right DOOR
for hope, recovery and wellness

24-hour toll-free crisis line
888-527-1790

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:
Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office
7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays 8am-6pm
Tuesdays and Thursdays
8am-7pm
Fridays-8am-5pm

Portland Office
208 W. Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays-
8:30am-5pm

Onsite IONIA: 1st & 3rd Mondays Veterans Affairs;
Wednesdays MDDHS; Fridays Samaritus

EMAIL:
www.rightdoor.org



myStrength
The health club for your mind™

MED LINE: 616.775-1023
Please allow 72 hours for refills

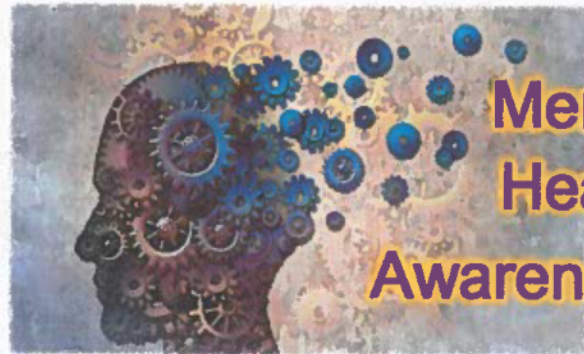
Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICES APPOINTMENTS:

Please arrive 15 minutes early for your appointment. Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thank you.



A healthy body includes a healthy mind. Both require us to be knowledgeable, have support and work towards maintaining good health.



Mental Health Awareness

While millions of Americans face the reality of living with a mental health condition each year, whether directly or indirectly through family, friends or coworkers, nearly half do not receive treatment says Mental Health America (MHA). Many face the harsh judgement associated with mental health illness which causes people to hide away and become more lonely, anxious or depressed without adding the isolation, stress and effect Covid has had.

Now more than ever we need to raise awareness and provide education to ensure anyone with a mental condition is treated with dignity and respect to dispel the stigma of mental illness while encouraging more people to seek treatment.

While many organizations promote awareness and education year round, Congress officially established the first full week of October as MIAW (Mental Illness Awareness Week) in 1990, to do just that...to fight discrimination and provide education and support. Advocates like NAMI (National Alliance of Mental Illness), SAMHSA (Substance Abuse and Mental Health Services Administration and a whole host of others use this week and month to ramp up sponsorship of activities large or small to educate the public about mental illness.

Closer to home, The Right Door and local agencies continue to sponsor activities to help our citizens and communities be aware and educated about mental health issues as well as services and supports available. *(Be sure to check out those hosted here the past few weeks in the next few pages.)*

Member of:





Everyone has mental health—good or bad—which includes our emotional, psychological and social well-being affecting how we think, feel or act. It determines the choices we make, how we handle stress and relate to others.

At a free Community Information Night held at The Right Door, September 15th our own experts covered several topics including **COPING STRATEGIES** to remain mentally healthy by outpatient therapist Brian Post, LMSW, CAADC.

As Post pointed out, getting enough **SLEEP** is probably the most critical for mental health to prevent brain fog or clouding of judgements and major functions, in keeping mood and behavior changes on a more even keel, while helping reduce stress. Sleep helps us restore our feelings and emotions while too little sleep can lead to psychosis.

How can you achieve good sleep? Post suggests sticking with a schedule and a set bed time. He recommends building steps into a bedtime routine by turning off electronics by a set time, especially those with blue light which activate the brain. Perhaps you read before bed. If so he suggests not in bed saving bed solely for sleeping. Once nightly hygiene is completed it is lights out to get the seven or eight hours of standard sleep most adults need.

When people enter therapy with Post, he has them do a Sleep/Dream Log to help resolve some of their sleep issues and issues faced in a day that may be expressed during dreams. He also recommends using a CBTi-app put out by the Department of Defense which helps counteract insomnia. He also promotes mindfulness, meditation and exercise to make sleep easier and better.

Not only will **EXERCISE** wear us out to help sleep, it makes us focus on our body versus our minds. It opens our airways for better, deeper breathing, makes us feel calmer with the release of endorphins and neurotransmitters like serotonin which also help with sleep. It provides variety to our day and promotes discipline and self esteem.

Post recommends **MINDFULNESS** which he describes as, *“Those moments that take our breath away like a sunset so we are less overwhelmed, out of our thoughts and more into being present with our observations of what’s going on around us.”*

“Since we have 12,000 to 60,000 thoughts per day, and 95 percent of those are repetitive and 80 per cent are negative, Mindfulness is what we decide we want to pay attention to.” Post added.

He likes **MEDITATION** as a tool because you have to practice. Sometimes it is a struggle to focus on Progressive Muscle Relaxation, on Visual Imagery or to Focus on Music, but that is why you continue to practice.

Lastly Post, chooses **THERAPY**. Even though it is hard for people to figure out their problems, a Genogram or family map is where he starts followed by a Person Centered Plan for treatment, before a Review Plan when people think they are done with therapy.

RESOURCE LIST

SLEEP:

<https://www.mindsethealth.com/matter/sleep-hygiene-tips>

<https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>

CBTi-Coach: mobile.va.gov/app/cbt-i-coach

www.rightdor.org Click CCBHC-Educational Resources for videos including healthy sleep

www.mystrength.com Click “Sign Up”, Enter Access Code and complete sign-up process and profile

EXERCISE:

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercis.htm?pdf=13390>

<https://www.medibank.com.au/livebetter/be-magazine/exercise/can-exercise-improve-your-mental-health#:~:text=Here%20are%20a%20few%20things%20that%20might%20be,3%20Serotonin%20also%20increases.%20...%20More%20items...%20>

[Health#:~:text=Here%20are%20a%20few%20things%20that%20might%20be,3%20Serotonin%20also%20increases.%20...%20More%20items...%20](https://www.medibank.com.au/livebetter/be-magazine/exercise/can-exercise-improve-your-mental-health#:~:text=Here%20are%20a%20few%20things%20that%20might%20be,3%20Serotonin%20also%20increases.%20...%20More%20items...%20)

MINDFULNESS and MEDITATION:

<https://www.mindful.org/mindfulness-mental-health/>

<https://insighttimer.com/blog/54321-grounding-technique/>

THERAPY:

<https://www.healthline.com/health/how-to-find-a-therapist#therapy-apps>

<https://www.psychologytoday.com/us>

MAINTAINING MENTAL HEALTH



To medicate or not? TRD's Nurse Practitioner, Sue Gabriel would rather not write prescriptions even though that is what her role often requires. She told those in attendance at the The Right Door's September Community Information Night that each person is different and what is most important for the person in front of her may not be prescribed drugs.

She starts the psychiatric process conducting a sleep study which tells volumes on how the person is. Then she asks, **"What do you do to stay busy?"** The answer helps her know if the person is pretty well engaged with a job, friends, family, support system or if they have little going on in a day, and may be just playing video games. If so they may need to add more social interaction.

If a person has an anxiety disorder, drugs alone will not treat the condition; it must be a combination of drugs and therapy. Medications like Ativan, Valium or Xanax are not prescribed for anxiety because they are physically addictive, and people build immunity or tolerance to them so it takes higher dosages to work even though they are fast acting when they do work.

If people are having a panic attack, and have trouble breathing, often times a bag of frozen peas on the chest will lessen the pain and make it easier to breathe instead of using medication.

Gabriel believes people need to learn coping strategies for anxiety and depression since the bad memories will surface when your body feels it can deal with it when you are in a good, safe place.

Unfortunately, she added that anxiety is sometimes a side effect from the drugs or medications people are on. Getting off those meds is not always the easiest. The younger a person is may help. The length of time the person is on a medication may also contribute to length of time it takes to successfully go off the drug.

If she suspects a person is bipolar or has schizophrenia then they need support as they will probably be on medication for life and have to deal with the stigma associated with a chronic illness.

Usually most medication will gradually be reduced over time. If a person has gone six to nine months on drugs and no improvement is seen it might be time to see a psychiatrist, to double check a diagnosis with a gene site test or it may be time to bump up medications.

Gabriel explained that it is not uncommon for people to close out and have flare ups or situations creep back up.

"It's important for people to reach out for support and want to be healthy so they may relapse a time or



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|-----------------------|--|
| October 3 | Child Health Day |
| October 5 and 6 | The Right Door's Grant Event, Fitness, 2:30-3:30pm, Ionia |
| October 6 | National Depression Screening Day |
| October 7 | National Diversity Day |
| October 10 | Columbus Day |
| October 10 | World Mental Health Day (in over 150 countries) |
| October 12, 19 and 26 | TRD Grant Event, Fitness 3:30-4:30pm, Ionia |
| October 14 | TRD Grant Event, Luncheon with food box 11:45am; Fitness 1:30pm, Ionia |
| October 15 | Global Handwashing Day |
| October 15 | Sweetest Day |
| October 19 | Evaluate Your Life Day |
| October 21 | TRD Grant Event, WHAM part 3, noon, Fitness 1:30pm, Ionia |
| October 28 | TRD Grant Event, Card making, Ionia, 11:30-1pm, Fitness 1:30pm |
| October 31 | Boo! Happy Halloween |
| October 2-8 | Mental Illness Awareness Week |
| October 23-31 | Red Ribbon Week |

Month Long Awareness and Observances:

- Breast Cancer Awareness
- Emotional Wellness Month
- World Bullying Prevention Month



Freezer Apple Pie Filling

Jenny Scheurer
HR Specialist, The Right Door

- 24 cups peeled/sliced baking apples (6-7 pounds)
- 3 Tablespoons lemon juice
- 4 1/2 cups sugar (half brown, half white)
- 1 cup cornstarch
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 10 cups water

Toss apples with lemon juice. In a kettle on medium heat sugar, cornstarch, cinnamon, salt and nutmeg. Add water. Bring to a boil for two minutes stirring constantly. Add apples, simmer eight minutes. Cool 30 minutes. Pour into freezer bags. Lay flat for an hour. Seal squeezing out air. Keep up to 12 months. Thaw overnight in fridge.

RISE HEATING COSTS TO

With record high inflation and winter coming all heating costs are looking to rise this winter to levels not seen in 10 years according to data from the National Energy Assistance Directors Association. A NEADA report says heating costs are expected to rise 17.2 percent more per home in colder months in 2022-2023 over last year. Natural gas or propane could see an increase of 34.3 percent. Reasons include the cost and availability of a key ingredient used in refining natural gas to propane, to natural gas supplies not as readily available and the war in the Ukraine impacting natural gas worldwide.

Consumers Energy is optimistic that Michigan will not see the volatility other states do as Michigan maintains the nation's largest underground storage system buying natural gas when it is at its cheapest rate as a way to insulate customers from high price jumps.

STEPS TO SAVE ON HEAT THIS WINTER:

- **TURN DOWN YOUR WATER HEATER** from 140 degrees to 120 will save 11 percent on your costs. Cut down your time in the shower to half and save 33 percent.
- **REPLACE FURNACE FILTERS** to save your furnace from working harder than it needs while having cleaner air.
- **MAINTAIN YOUR DOORS AND WINDOWS** replacing any peeling weather stripping so no cold air gets through gaps. Think about using plastic window kits to keep warm air in and cold air out.
- **TURN DOWN YOUR THERMOSTAT** from 70 to 68 degrees to save five percent on room heating costs. Dress warmer and turn the thermostat even lower at night when you are in bed.
- **CLOSE UNUSED ROOM VENTS.** Got a room rarely used? Seal off the vent and divert that heat to other occupied rooms.
- **TURN YOUR BATHROOM FAN OFF** when you shower and let the humid air migrate to warm neighboring areas.
- **OPEN THE DRAPES AND LET THE SUNLIGHT WARM** your rooms. When the sun sets, close the drapes and keep the warm in.
- **CONSIDER A LOW ENERGY USE ELECTRIC BLANKET** to allow you to turn the furnace down even more at night.
- **LIGHT A CANDLE.** If the smoke is pulled in one direction, you may have an air leak you need to caulk or seal.

NEED HELP WITH YOUR HEAT BILLS?

2-1-1 (United Way) DHS (616)527-5200
 Eight Cap (866) 754-9315 Energy Assistance (855) 275-6424
 The Heat and Warmth Fund (800) 866-8429
 Salvation Army (989)463-2864 Tri County (800) 562-8232

FUN ACTIVITIES

- OCTOBER 2** **FINDERS KEEPERS VINTAGE MARKET,** 10am to 4pm, Ionia Fairgrounds
- OCTOBER 7** **FISH FRY,** Saranac Legion, 5-8pm. Potato, coleslaw, roll \$13
- OCTOBER 9** **MURDER MYSTERY DINNER,** Ionia Friends of the Library. 616-902-0681
- OCTOBER 16** **36th ANNUAL RACE CARE SWAP MEET,** 7am to 5pm, Ionia Fairgrounds. Custom and Hot Rodders welcome. Refreshments. Admission \$10
- OCTOBER 22** **FALL SHOPPING EXPO,** 9am to 3pm, Log Cabin Inn, Muir. Handmade crafts, baking, order takers like Avon. Supporting Treasures for Troops. Asking for bags of wrapped candy as fillers for boxes that get sent. Blue Star Mothers available to ask questions
- OCTOBER 23** **SPIRITS OF IONIA PAST,** Highland Park Annual Cemetery Tour, 1-4pm, East Main, Ionia at Prairie Creek. Hosted by Ionia Historical Society

FRIENDS OF THE RED MILL
 8TH ANNUAL
HAUNTED MILL

PORTLAND RED MILL & PAVILION
 450 WATER ST • PORTLAND

\$5 PER PERSON
 (Cash Only)

OCTOBER 2022
 Friday, the 21st 6-9pm
 Saturday, the 22nd 6-9pm
 Sunday, the 23rd 6-8pm

*OR UNTIL THE LAST GOBLIN IS SPOOKED

Autumn Celebration

October 27
 5-8 pm
 Downtown, Ionia
 Chili, music, trick or treating, scare alley, more...

CHILI DAWG
 2009 ANNUAL
 - CHALLENGE -
 Do Independently

Michigan Help Lines

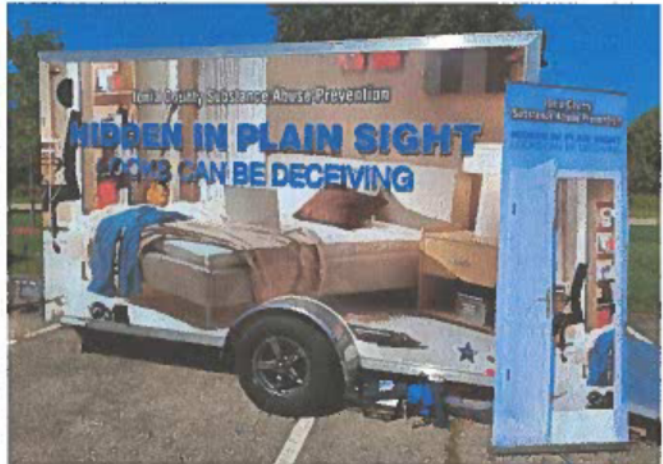
- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Food Assistance** 1-855-ASK-MICH
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and Nutrition**
Assistance Program 1-800-225-5942



TOP: One of many art pieces on display in the Recovery Oriented Gallery at The Right Door September 9. Pieces included poems, paintings, drawings, collages, more of self expression on mental health including Juvenile Justice System Art. The art was part of the



Express Yourself Wellness Fair where area partners also promoted health and wellness with educational materials. **RIGHT:** TRD Certified Peer Recovery Specialist Patricia Wentworth right outlines the healthy food plate with board member Melissa McKinstry before playing yard games.



ABOVE: An incredible educational display about kids hiding drugs in plain sight to show parents what to look for. On display at TRD September 19, the trailer and guided walk through was courtesy of Ionia Substance Abuse Prevention. **BOTTOM:** Close to 200 people participated in the Annual TRD Walk, Run and Roll 5K, September 29th. The event was held in Ionia and organized by the Adult Case Managers to support Mental Health Awareness

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement

Alvah N. Belding Library, Main Street, (616) 794-1450

www.alvahnbeldinglibrary.org

Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 10am-6pm. Helping special needs adults gain work and social skills plus a job

City of Belding (616) 794-1900

St. Joseph's Church, Parents of Addicted Loved Ones (PALS), Second and Fourth Mondays, 6:30-8pm (517) 204-8785



CITY OF IONIA

City of Ionia (616) 527-4170

Community Drawers, personal care items, third Wednesday each month, 1:30-4pm, Ionia First United Methodist Church

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstnarcotics.org

IM Kids Third Meal, Fenwick, providing take home meal from school for food insecure children in Ionia and Montcalm Counties (616) 225-7264

IM SAFE CAC, (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center), serving children age 2 to 17 who have been sexually abused and severely physically abused, human trafficked or exploited over the internet (616) 225-7267

Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org

Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365

Ionia County Health Department, Adams Street, (616) 527-5341

Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud. At The Right Door, Fridays (616) 527-1790

Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters (616) 527-3860

Michigan Department of Human Health Services (MDHHS), comprehensive package of health care benefits and assistance program including emergency relief for home, utilities and burial as well as vision, dental and mental health services (616) 527-5200 on Hwy. 21; (616) 527-1790 at The Right Door on Wednesdays

Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money, nutrition, health and wellness programs. <https://www.canr.msu.edu/ionia> (616) 527-5357

Rails to Trails, trails and maps, Ionia County, www.trailink.com.FindTrails.Michigan

Restore Church, AA Recovery Meetings, Mondays at 7pm

River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773

Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, by appointment only at the **Ionia County Health Department**, Adams Street (616) 527-5341 select 3

Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077

Tuesday, Wednesday, Saturday, The Christian Service Center, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530

Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, Ionia Seventh Day Adventist Community Service Center the 3rd Tuesday each month. ID needed (616) 527-6465

Thursday—Free Dinner (formerly Soup Kitchen), Zion Church, 6pm

Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

RAVE Emergency Shelter, for women and children, (616) 527-3351

Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570

St. John's Lutheran School, breakfast buffet, second Saturday each month 8-10am

Zion Food Pantry, Wednesdays, 2-4:30pm, using drive thru method at 423 W. Washington

Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779

LAKE ODESSA **Monday Alanon Meeting**, 10-11 am Lakewood United Methodist Church (616) 575-8000



Lake Odessa Community Library, 4th Avenue, (616) 374-4591.

October 6, 13 Monster Crafts, Home based education all students welcome October 20 to learn skeletal system, Family Story Time Wednesdays 10:30am, Always in Motion, physical fitness with James for adults, Saturdays 10-11am www.lakeodessalibrary.org

Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075

Monday and Thursday-AA Meetings, 7pm, Al Anon Meeting, Tuesday, 6:30pm, St. Edwards Church, Robert (616) 902-9001

Village of Lake Odessa (616) 374-7110

LYONS-MUIR **Lyons Township District Library**, Bridge Street, (989) 855-3414. **Tuesday/Thursday Roblox Club 4-6:30pm**
Book club third Thursday of month at 5pm, Writer's group first Thursday 10:00am www.lyonsmichlibrary.org
Village of Lyons (989) 855-2125
Village of Muir (989) 833-2144



PORTLAND **City Of Portland (616) 647-7531**

Portland District Library, Kent Street (517) 647-6981 www.pdl.michlibrary.org

Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome

Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004

Wednesday – Al Anon Meeting, 10am, Portland First Congregational Church (616) 575-8000

Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments (517) 647-2025



SARANAC

AA Meeting, Friday 8pm, Community Church

Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed (616) 642-6322

Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146
www.saraclark.michlibrary.org

SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room. Anyone welcome (616) 902-7237
Village of Saranac (616) 642-6324



There Is A Solution

Patricia Wentworth, Certified Peer Recovery Specialist

An excerpt from SAMHSA "Value of Peers" through research suggests peer services began as early as the 18th century in France. Widespread attention to these services evolved in the 19th and 20th centuries. People with mental health began talking and writing about their experiences.

In the 1970's state institutions were closing due to funding and people did not want those released to live in 'their' communities. **Stigma at its peak!** This is where the peer movement began. Released patients began to congregate, forming groups and lasting relationships. They gained inner strength from sharing their experiences and hope. **Talk about peer services and recovery at its finest!**

As Bill sees it, **"I alone cannot recover."** Bill was a man suffering from alcoholism and depression in 1934. His friend Bob, who suffered the same, 'found religion' and shared his hope with Bill. Although both remained sober, depression, despair and self-pity consumed Bill. Together they reached out to others who were suffering. This was their only answer. These two men created the 12 steps now well-known across the world through AA meetings.

Attending these meetings myself for 22 years, I have learned that these steps are 'living steps.' I sat among those who were suffering as I have, feeling the comfort of not being alone. Providing peer recovery services today keeps me humble as I share these living steps and help others meet their basic needs. I believe a person who is suffering cannot focus on their lifestyle if they are hungry. I believe asking and receiving help is human nature. **That is where peers shine!**
Today I am a better person because of those I serve.



ABA

Resource for talking to kids about Autism: <https://youtu.be/Ezv85LMFx2E>

YOUTH SUPPORT GROUP Soaring Above Teen Center Every other Tuesday at 6:15pm Ages 13-20

Free support group to promote healing after trauma, sexual violence, teen dating violence, sex trafficking...

Ionia County Syringe Services Program

(SSP) provides Narcan, distributes and collects sharps disposal containers, tests person for HIV, offers vaccinations Hepatitis A and B, provides sterile syringes and wound supplies, provides SUD referral for treatment

Thursdays 9am-3pm
Ionia County Health Department

Survivors of Domestic Violence Outreach Group

Mondays at 2pm
Google Meet Up

To support, encourage and share experiences promoting healing, mental stability and coping skills

Facilitator: **Gretchen Edwards**, gretchene@raveim.org



MICHIGAN STATE UNIVERSITY | Extension

VIRTUAL MENTAL FIRST AID October 12, 19 and 27 8:30am to 4:30pm Zoom (616) 527-5357

A certification course for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crises



PARENT SUPPORT GROUP

For parents and caregivers of children with special needs

3rd Wednesday Every Month
October 19, November 16, December 21

Zoom Meeting Link: <https://us04web.zoom.us/j/4248845047?pwd=4grr2eMr-DTONAIQqVbxC8KdLe1ee.1>
Meeting: ID 424 884 5047
Meeting Passcode: 528822



- CPI

November 16
8:30am-3:30pm
Class of 30

- CPR AED & First Aid

October 12
8am-noon or 1-5pm
Class of six

- Person Centered Planning

October 11
10-11:30pm
12 max

- Recipient Rights

October 6, November 1, December 8
1-4 pm,
Class of 12

RR Refresher Course

<http://www.rightdoor.org/for-providers/training/recipient-rights-training-refresher-course.html>

- Working With People in Residential Settings

October 13, December 8
10-12pm
Class of 12



Training Resource Updates

Trainings for direct care workers have been updated on the TRD website and are available online at:

www.improvingMIpractices.org

You can locate the following training links from our website:

[ASIST/Training/The Right Door](#)

1. Infection Control/Disease Prevention/BBP
2. HIPAA Essentials
3. Cultural Competence
4. Emergency Preparedness
5. LEP (Limited English Proficiency)
6. Trauma Informed Care

Please note: Basic Health and Medications and Nutrition and Food are now online at <http://www.rightdoor.org/for-providers/training/> Take test online. Call to set Vitals Test with nurse.



CONTACT YOUR PRIMARY CLINICIAN TO SIGN UP unless otherwise specified

GET BETTER SLEEP Zzzzz

October 11, 4:30-5:30, zoom, 5 weeks
Contact: Nurse Taylor 616.527.1790

LIVING WITH PAIN

Thursdays, 4:30-5:30pm,
zoom 6 weeks.
Contact: Nurse Jessica 616.527.1790

ADULT DBT

Mondays, 1pm, Ionia

FAMILY PSYCHOEDUCATION Referrals
for October start date

ANGER MANAGEMENT

Monday's 4:15-5:15pm, Ionia
Teens 12-18, 10 weeks

SEEKING SAFETY GROUP

Fridays 10-11:30am, Ionia

TEEN DBT

Wednesdays, 4-5pm, Ionia
Skills only group

YOGA FOR FAMILIES

October 13 Belding Right Door 5-6pm
October 25 Ionia Right Door 5-6pm
Contact: Jenny Lumley 616.527.1790
Snacks, drinks and yoga mats provided