

Let's Talk



Directors Report

At OCHN, we pride ourselves in creating an equitable and inclusive environment for individuals to feel safe and accepted. This is reflected in the comprehensive diversity, equity, and inclusion initiatives led by OCHN.

[Read more](#)



OCHN MISSION

Inspire Hope
Empower People
Strengthen Communities

IN THE NEWS

LOCAL

[Royal Oak High Schools gets Special Olympics recognition](#)

STATE

[MI mental health professionals see more youth seeking services since pandemic](#)

[App created to support young caregivers](#)

NATIONAL

[Society is failing visual thinkers, and that hurts us all](#)

[Inside America's youth mental health crisis](#)

COMMUNITY RESOURCES

[Calendar of Events](#)
[OCHN Board Meetings](#)
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Introducing Sheriff K-9 Hope

OCHN is sponsoring Oakland County Sheriff K-9 *Hope*, a comfort canine that will bring support and healing to the community. The name "Hope" is to represent OCHN's mission statement.

Deputy Hope is with Deputy Nagy, who is a School Resource Officer at a local elementary and middle school.



OCHN recognizes Black History Month

During National Black History Month in February and all year long, we celebrate the legacy of Black Americans whose power to lead, to overcome, and to expand the meaning and practice of American democracy has helped our Nation become a more fair and just society.

OCHN provides many Diversity, Equity, and Inclusion (DEI) trainings and education. The goal is to offer culturally sensitive information that promotes dignity and protects the rights of all diverse populations.

Please visit oaklandchn.org to view OCHN's Inclusion, Diversity, Equity, and Accessibility (IDEA) page for more information.

Mental health tips in response to MSU crisis

OCHN provided mental health tips for families and individuals to manage stress or trauma associated with the recent crisis at Michigan State University (MSU). [Read more](#)

Youth behavioral

STIGMA WELLNESS TIP

“Everybody is a genius. If you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

What can you say or do to encourage persons regarding their abilities? Thanks for helping create a stigma free culture.



myStrength is a great resource to strengthen your mind, body, and spirit. Sign up today, use the code: **OCCMHA**
[myStrength information](#)

CEEC is recruiting new members

The Community Evaluation Education Committee (CEEC) is looking for new members. CEEC evaluates and analyzes service data collected by community mental health service providers. The group also reviews assessment tools OCHN uses to evaluate services. The group meets every other month from 2 - 4 p.m.

For more information, please contact Alexis Mitchell at mitchella@oaklandchn.org or call 248-858-1631

988 - The Lifeline is a 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Resource Helpline: 988
[Read more](#)

Hope 365 Wellness Center

The Hope 365 peer respite and wellness center is now open.



health service program



OCHN contracted with New Oakland Family Centers (NOFC) to manage and operate the Youth and Family Care Connection (YFCC), a behavioral health service program designed to meet the mental health needs of youth 17 and younger in Oakland County.

The YFCC is set to open in February 2023 and is located at the Resource & Crisis Center (RCC) in Building 32E on the county campus grounds at 1200 Telegraph Road in Pontiac.

JDAIM February celebrates Jewish Disabilities, Awareness and Inclusion

Jewish Disability Awareness, Acceptance, and Inclusion Month (JDAIM) is a unified effort among Jewish organizations worldwide to raise awareness and foster acceptance and inclusion of people with disabilities and mental health conditions and those who love them.

JDAIM is a call to action for all of us to act in accordance with our Jewish values, honoring the gifts and strengths that we each possess.

Established in 2009 by the Jewish Special Education International Consortium, JDAIM is observed each February, and can be acknowledged daily.

Abilities Awareness Event

Celebrate abilities, advancement, and advocacy in recognition of Disabilities Awareness Month in March. The Abilities Awareness Event is Tuesday, March 8, 2023, from 1- 3 p.m. [Read more](#)

OCHN needs assessment survey

The OCHN 2023 annual survey is coming soon! Input from persons served, family members, community partners, network employees, and service providers is very important to this effort.

Responses to the survey help to develop OCHN's annual plan and uphold the mission to “inspire hope, empower people, and strengthen communities.” Look for the survey to be available on the OCHN website at oaklandchn.org.

Using self-determination in my life

by Renee Uitto

I've lived in a nursing home for almost four years. At first, I thought all my rights would be taken away and I would have to follow certain rules, but that wasn't the case. I could do most anything I wanted to do. I decided when to get up in the morning and time to go to bed, the activities I wanted to participate in, the foods to eat for meals and if I just wanted to rest for the day.



According to Medicare, the Nursing Home Reform Act of 1987 states that residents of nursing homes have certain rights. These include:

- Participate in the plan of care process
- Make independent personal decisions and be informed about available choices

For more information call 248-910-5951 or email info@hope365wellness.org
[Read more](#)



[2023 Michigan Chronicle Women of Excellence Honoree](#)

Kimberly Flowers, Chief Clinical Officer, Oakland Community Health Network

[Resource Connection OCHN Members' Rights and Responsibilities statement](#)

UCHN wellness center

The Oakland Community Health Network Wellness Center is open to people who receive public mental health services in Oakland County. Hours of operation are Tuesdays and Thursdays from 9:30 a.m. - 2:30 p.m. The center is located at the OCHN building in Troy, 5505 Corporate Drive. Visit the OCHN website at oaklandchn.org. for more information or call 248-858-1210. [Read more](#)

Certified Peer Support Specialist Warmline

The Certified Peer Support Specialist Warmline is a peer run phone service providing peer support, resource referral and shared experience of recovery and hope. [Learn more](#)

Know how and when to Access services

Accessing services through Oakland Community Health Network is simple. Contact the non-emergency Access line at 248-464-6363.

- Communicate privately with anyone you choose
- Participate in the facility's resident council
- Meet and participate with social, religious, and community groups
- Be encouraged and assisted in exercising your rights as a citizen without fear or discrimination
- Be free from physical restraints for purposes of discipline or convenience

With the goal for an individual to stay as independent as possible, nursing homes make an assessment of care within the first 21 days of admission.

I feel like the nursing home does all this for me and I still grow as a person.



Interest in receiving air purifiers and covid tests

OCHN is expecting to receive funding from the state in FY23 to purchase air purifiers and Covid tests in order to mitigate the spread of Covid at provider sites and among vulnerable populations.

Please respond to the survey if your organization would like to receive either. Scan the QR code or [click here](#) to access the survey.

This survey will close by the end of the day, Friday, March 17, 2023.

OCHN receives MHA Bell Seal

Oakland Community Health Network (OCHN) has been certified for the Mental Health America's (MHA) Bell Seal for Workplace Mental Health program.



The Bell Seal for Workplace Mental Health is a national certification program that recognizes employers committed to creating mentally healthy workplaces. Those awarded the Bell Seal have policies and practices in place that support employee's overall wellness.

OCHN acknowledges that workplaces may have an effect on employee's mental health and wellbeing. It strives to promote organizational practices to address those mental health needs, including strategies that focus on improvement in workplace culture. [Read more](#)



New Resolutions *by Sherrie Rushman*

According to research from the University of Scranton, New Year's resolutions have an 80% failure rate by the second week in February, which means that only 20% of people who make resolutions actually achieve them.

Reasons why New Year resolutions fail:

- Setting unrealistic expectations. Did you know that setting unrealistic expectations is not the best approach to achieving fitness or health goals
- Not going step-by-step. Aim high but take small steps
- Having too many goals at a time
- Inability to identify the obstacles
- Stress

Your goals should be smart — and SMART. That's an acronym

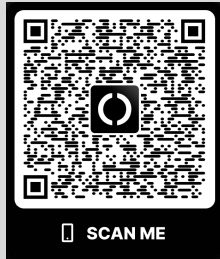
[Learn more](#)

Keep us in your contacts

OCHN's new QR code helps keep access to services at your finger tips at all times.

1. Scan the code with your smart phone.
2. Select Save.
3. Scroll down and select create new contact

[Read more](#)



coined in the journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions, too.

But as long as you keep these five tips in mind, you'll have the perfect New Year's Resolution.

- Self-improvement is the key. It is important to have goals that will help you be a better person
- Write in future tenses
- Set a timeframe and be specific
- Keep it short and realistic
- Get out of your comfort zone and have fun

OCHN awarded grant to enhance behavioral health services

OCHN was included as one of the 231 Community Mental Health Centers (CMHC) to receive a portion of the Substance Abuse and Mental Health Services Administration (SAMHSA) grant totaling \$825 million dollars for behavioral health services.

This grant opportunity will allow OCHN to deliver enhanced services to children and youth experiencing a behavioral health crisis in Oakland County. [Read more](#)

OCHN - PEOPLE FIRST, PEOPLE FOCUSED

Visit us at www.oaklandchn.org



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