

# Let's Talk

Inspire Hope, Empower People, Strengthen Communities



**Oakland Community Health Network's Customer Service Department number, 1-800-342-2003 is temporarily not in service. The temporary number to contact the Customer Service Department is the Oakland Community Health Network main number, 248-858-1210. Please contact this number and ask to speak to the Customer Service Department if you need assistance with filing a Local Appeal.**

## Director's Report

Advocacy and collaboration are key during this critical time. The State of Michigan is facing potential federal funding cuts, standing to lose a significant portion of Medicaid funding. Now more than ever, it is critical to strengthen our public behavioral health system and uphold true parity between mental health, substance use, and physical health care. The growing demand for behavioral health services—exacerbated by the lasting impacts of the pandemic, workforce shortages, and rising rates of mental health conditions—has placed unprecedented pressure on public systems that serve our most vulnerable individuals.



Despite existing laws mandating mental health parity, disparities in access, coverage, and quality persist. Public behavioral health systems remain underfunded and overstretched, leaving countless individuals without the care they need. Achieving meaningful parity and investing in sustainable, community-based behavioral health infrastructure is necessary now. Historically, when faced with federal funding cuts, states have prioritized physical healthcare over behavioral health services, despite the critical necessity of these services to vulnerable populations.

We are calling on everyone—community members, advocates, and leaders—to speak up. We must protect and strengthen the public behavioral health system and make sure mental health care is fully covered and available to all. When we invest in mental health, we invest in stronger families, safer communities, and a healthier future for everyone. Read the recent OCHN Director's Report to [learn more here](#).

For more information on advocacy resources, [click here](#).

## OCHN Announces New Director of Crisis Services

OCHN is pleased to announce the appointment of Kelila Anstett as the Director of Crisis Services. Anstett, a social worker with over 15



years of experience, will work under the leadership of OCHN's Chief Clinical Officer and be responsible for managing the overall planning, development, and implementation of programs and services for OCHN's crisis continuum of care.

"Kelila brings an empathetic, yet dynamic social work background to OCHN's Crisis team and we are fortunate to have her knowledge and expertise in directing crisis services for our community", said

OCHN CEO Dana Lasenby.

Please join us in welcoming Kelila to her new role! [Read more here.](#)

# OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM



## Nomination Submissions Needed!

### OCHN 2025 Achievement and Peer Recognition Awards

Oakland Community Health Network (OCHN) is currently accepting nominations to recognize persons served and peers with an Achievement or Peer award. Nominations can be submitted by:

1. Scanning the QR code below with your smartphone and then completing the online form.
2. Visiting [www.oaklandchn.org](http://www.oaklandchn.org) and completing online form under the "How Do I" link.

**Nominations are due by Friday, June 20, 2025**

Scan QR code to access nomination forms online!



Questions? Please contact Kaylee Salveta by emailing [salvetak@oaklandchn.org](mailto:salvetak@oaklandchn.org) or calling 248-764-5364

**INSPIRE HOPE, EMPOWER PEOPLE, STRENGTHEN COMMUNITIES**

5505 Corporate Drive  
Troy, MI 48098



Oakland Community Health Network

Developmental Disabilities • Mental Health • Substance Recovery

248-858-1210  
[www.oaklandchn.org](http://www.oaklandchn.org)

## Board of Commissioners (BOC)

May is traditionally recognized as Mental Health Awareness month, an opportunity to celebrate mental health and identify the signs if you need help. OCHN understands the significance of highlighting mental health in May but knows the conversation goes way beyond just one specific month.

"Working in the behavioral health field allows OCHN to assist individuals struggling with mental health, substance use, and disability-related challenges. We understand the importance of providing a safe space for youth to share their fears and anxieties — we want them to know that OCHN is that safe space, where they can feel reassured and supported," said Dana Lasenby, CEO of Oakland Community Health Network.

Since 1949, Mental Health Awareness Month has served as a cornerstone in raising awareness and addressing the challenges faced by millions of Americans living with mental health conditions. As Oakland County's public behavioral health system, OCHN and its network of providers proudly support more than 30,000 individuals across the county each year with vital services related to mental health, substance use, and developmental disabilities. Each May, OCHN commemorates this national observance by issuing a Mental Health Awareness Month proclamation, reinforcing the importance of behavioral health and the need to reduce stigma, promote early intervention, and ensure access to care. View proclamation at this [link](#).

"Mental health is finally becoming part of everyday conversation — and that's why it's so important to seek help when needed," said Lasenby, who personally encourages everyone to take time for self-care. "If you or someone you love is struggling, don't hesitate to contact OCHN. We are here for you."

For immediate help, call or text the Suicide & Crisis Lifeline at 988. Non-emergency Access services can be reached at (248) 464-6363 or [www.oaklandchn.org](http://www.oaklandchn.org)



OCHN Team members accepting the Mental Health Month Proclamation at the May 22, 2025 BOC Meeting. Pictured left to right Suzanne Weinert, Communications Director, John Young, OCHN Board Treasurer, Commissioner Kristen Nelson, Commissioner Penny Luebs, Dana Lasenby, OCHN CEO, Dr. Vasilis Pozios, OCHN Chief Medical Officer, Commissioner Charlie Cavell, Commissioner Ann Erikson Gault, Frances Carley, OCHN Deputy Chief of Strategic Initiatives and Legislative Affairs, Sheila Barrett, OCHN Director of Executive Operations & Board Liaison.

---

## Changes in Medicaid Budget

*By Renee Uitto*

The federal government recently announced \$880 billion in Medicaid cuts. This would mean 90% of the government's contribution would end to the states. The States would have to be responsible for approximately \$600 billion over the next decade to keep things operating smoothly. More than five million Americans could lose their Medicaid coverage.



Medicaid serves people who have lower incomes or who have a disability. Medicaid is also a comprehensive government insurance plan paid by both the federal government and the states. Medicaid pays for nursing home care and community-based long-term care.

President Donald Trump has said that he would not make cuts to Medicaid. However, U.S. Republicans have pushed through a plan that would reduce Medicaid by \$880 billion in cuts over the next decade. Some people seem to believe that the cuts will target working adults who are covered by Medicaid expansion. Some states want to ask the president for help, but they are

afraid to because they do not have a good relationship with him.

If these cuts go into effect, the consequences could be very critical. People will not receive care inside their homes, will not get transportation to and from doctor appointments and grocery shopping, will not get help with their medication.

Everyone is watching closely to see if these cuts will actually take place.

### OCHN Wellness Center

The Oakland Community Health Network Wellness Center is open to people who receive public mental health services in Oakland County. The center is located at the OCHN building in Troy, 5505 Corporate Drive. Visit the OCHN website at [oaklandchn.org](http://oaklandchn.org) for more information or call 248-858-1210. [Read more here.](#)

### OCHN Provider Directory

OCHN's online provider directories give important contact information for people in search of supports and services. The directories are designed to encourage informed decision-making about specialty services offered by OCHN.

[Access the provider directory here.](#)



### OCHN Hosted Community Resource and Job Fair

The second annual OCHN Behavioral Health Resource & Job Expo was held on April 1, 2025, at Oakland University's Oakland Center.

Sponsored by the Oakland University School of Social Work, OCHN was joined by more than 50 vendors,

including those in its provider network, and organizations spanning beyond Oakland County. Students, professors, faculty, behavioral health professionals, and community members gathered to network, explore employment opportunities, and learn about community resources.

As Oakland County's public behavioral health system, OCHN employs almost 300 full and part-time employees and is committed to building a diverse team and fostering an inclusive and equitable culture. We are proud to be an equal opportunity employer that embraces and encourages our employees' differences.

"Working with our community partners, such as the Oakland University School of Social Work helps to promote the behavioral health field and recruit much needed behavioral health professionals," states OCHN's Executive Director and CEO, Dana Lasenby.

To join OCHN's team, visit [www.oaklandchn.org](http://www.oaklandchn.org) or click [here](#) to explore open positions.

### Certified Peer Support Warmline

The Certified Peer Support Specialist Warmline

### How & When to Access Services

Accessing services through Oakland Community

is a peer run phone service providing peer support, resource referral and shared experience of recovery and hope.

[Learn more here](#)

Health Network is simple. Contact the non-emergency Access line at 248-464-6363.

[Learn more here](#)

## Self-Care is for Everyone

By Sherri Rushman

I used to use working full-time as my excuse, I even put off scheduling much needed physical therapy for years, then I finally decided to take care of myself and sign up for sessions. I am feeling much better. You must make time for selfcare because the rewards are great!

- Do deep breathing exercises
- Find your favorite guided imagery meditation
- Belly laughs to get endorphins
- Aroma therapy
- Go for a run or jog
- Go for a swim
- Write in a journal
- Eat healthy
- Work out
- Find activities that put a smile on your face



Allow yourself to make time for self-care, I am glad I did!



OCHN Hosts 4th Annual Veterans & Military Families Resource Event

## OCHN Hosts Annual Veterans and Military Family Resource Event

Almost 200 people attended the annual event which is held to share much needed services and resources that are available to Veterans and their families. Over 50 vendors participated in the resource fair including the Oakland County Sheriff's Office, Habitat for Humanity, and Michigan Ability Partners to name a few. Several informative presentations were held about gun lock safety, Veterans Administration (VA) services and the connection between Post Traumatic Stress Disorder (PTSD), Alzheimer's and other dementia related diseases. The Oakland County Health Division provided vaccinations for attendees. Gift cards, food, games, and activities for children were also provided.

"OCHN is proud to support Veterans and their families and this event is just one more way to show our dedication and commitment to providing valuable resources and services to those in our community," said OCHN Chief Executive Officer and Executive Director Dana Lasenby.

The Veteran Navigator's mission is to support Oakland County Veterans and their family members by helping them navigate state, federal, and community resources. Those that can participate in the services include:

- All Veterans regardless of discharge status
- Veterans who do not meet service eligibility due to time-in-service
- Veterans who are not eligible for VA services
- Veterans who do not wish to seek traditional support paths

For non-emergency Access services, call 248-464-6363. If you or someone you know

## OCHN "Lights It Up Blue" for Autism Awareness!

OCHN acknowledged World Autism Awareness Day, on April 2, by participating in the "Light It Up Blue" campaign. OCHN staff participated in the campaign on Wednesday, April 2, and Thursday, April 3, 2025, by wearing blue. "Light It Up Blue" is an initiative to spread awareness, celebrate the unique talents of people with autism, and bring attention to these individuals' needs.

"OCHN is committed and proud to celebrate Autism Acceptance Month, not just for awareness, but also to embrace and empower the individuals we serve living with autism," states OCHN's Executive Director and CEO, Dana Lasenby.

To learn more about Applied Behavioral Analysis (ABA) services through OCHN's provider network, please visit [www.oaklandchn.org](http://www.oaklandchn.org).



### Stigma Wellness Tip

Negative attitudes and fears that isolate those living with a substance use disorder (SUD).

"The stigma that surrounds SUD is shattering. We 'addicts' as society calls us, carry enough guilt and shame for our use and the pain it caused." -Anne Emerson (Shatterproof.org)

Thanks for being a part of the solution and helping create a stigma free culture.

### Teladoc

Did you know that Oakland County residents can access free web and mobile resources to strengthen their mind, body, and spirit? Oakland Community Health Network offers this resource through Teladoc Health (formerly known as myStrength).

- [Click here to learn more about the Teladoc Health experience and read FAQs](#)
- [Member Experience: Migrating from myStrength to Teladoc Health \(PDF\)](#)
- [Benefit Overview \(PDF\)](#)



# OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM



## Minority Mental Health Awareness Month Forum

Hope is My Superpower: A Look at Mental Wellness  
Across Generations and Cultures

SAVE *the* DATE

### WHEN:

Thursday, July 10, 2025  
10:30 a.m. - 1 p.m.

### WHERE:

5505 Corporate Drive  
Troy, MI 48098

To register, [click here](#), scan the QR code below, or visit [oaklandchn.org](http://oaklandchn.org)



Questions? Contact Tiffany Devon at [devont@oaklandchn.org](mailto:devont@oaklandchn.org)

INSPIRE HOPE, EMPOWER PEOPLE, AND STRENGTHEN COMMUNITIES

5505 Corporate Drive  
Troy, MI 48098



248-858-1210  
[www.oaklandchn.org](http://www.oaklandchn.org)

### Suicide & Crisis Lifeline

The Suicide & Crisis 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.

Suicide & Crisis Lifeline: 988

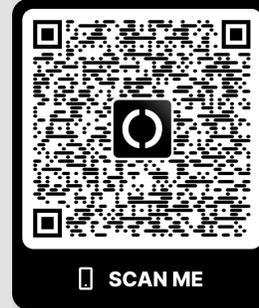
[Read more here](#)

### Keep Us in Your Contacts

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

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

[Read more here](#)



## Rights and Responsibilities Statement

[OCHN Members' Rights and Responsibilities Statement](#)

## Notice of Privacy Practice

[Privacy Practices](#)

---

### Did You Know?

OCHN offers various free trainings and events throughout the year!

- Keep an eye on training opportunities [here](#)
- Upcoming events will be listed [here](#)

---

## Inspire Hope, Empower People, Strengthen Communities



*Developmental Disabilities • Mental Health • Substance Recovery*

---

Oakland Community Health Network |  
[www.oaklandchn.org](http://www.oaklandchn.org)



Oakland Community Health Network | 5505 Corporate Drive | Troy, MI 48098 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!