

CHIEF EXECUTIVE OFFICER (CEO)
Dana Lasenby

BOARD OFFICERS
Dennis G. Cowan, Chair
Malkia Newman, Vice Chair
Jonathan Landsman, Treasurer
Adam Fuhrman, Secretary

BOARD MEMBERS
Bijaya A. Hans, M.D.
Yolanda Giles, M.D.
Pastor Douglas Jones
Sarah May
Christina Root
John Paul Torres
Yvette Woodruff
John Young

Contact: Suzanne Weinert
248-758-1991

weinerts@oaklandchn.org

Maurissa Rose-Smith
248-894-3679

rose-smithm@oaklandchn.org

OCHN Recognizes National Stress Awareness Month April 2024

OAKLAND COUNTY, MI (April 3, 2024) – Oakland Community Health Network (OCHN) recognizes National Stress Awareness Month, April 2024. The month-long observance encourages individuals and institutions to recognize the negative impact that stress can have on both physical and mental health.

Since 1992, The National Institutes of Health (NIH) and Mental Health America (MHA) has heightened awareness of managing stress as a critical component of a healthy lifestyle. In addition, implementation of The Employee Assistance Program (EPA) and the Office of the Ombudsman each offer well-being services, ranging from confidential counseling to more informal services such as coaching.

According to [Gallup's 2023 State of the Global Workforce Report](#), workers in the U.S. and Canada report feeling stress a lot of the day 52% percent of the time. Globally many workers sighted feeling stress a lot of the day totaling 44%.

Everyone will deal with stress at some point in their lifetime, from family issues to financial burdens, however according to Mental Health America, the key is to recognize stressors and use effective techniques to manage stress.

The Stress Management Society is spearheading the #LittleByLittle campaign, which highlights the effects that consistent, small positives actions can have in transforming overall well-being. For example, activities like connecting with friends, walking in nature, and meditation are all things people can do to manage daily stress levels.

OCHN's Positive Work Environment Workgroup strives to assist its employees in taking a mindful approach to stressors. OCHN is committed to ensuring that its employees and persons served have the necessary tools to deal with stress for an overall sense of well-being.

To learn more about Stress Awareness Month and helpful tips to combat stress visit:
[Mental Health America | Homepage | Mental Health America \(mhanational.org\)](#)
[National Institutes of Health \(NIH\) | Turning Discovery Into Health](#)
[April is Stress Awareness Month - The American Institute of Stress](#)

About OCHN

OCHN is contracted by the Michigan Department of Health and Human Services (MDHHS) to lead a provider service network and manage care for approximately 29,000 Oakland County residents at more than 400 service sites across the county. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission to “inspire hope, empower people, and strengthen communities” reflects an unyielding belief in a "Valuable System for Valued People." Programs and supports provided by OCHN's service network are available at www.oaklandchn.org.

-END-