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Oakland Community Health Network (OCHN) Offers Support Following Weekend Shootings in Australia and Brown University, Rhode Island

OAKLAND COUNTY, MI (December 15, 2025) – Oakland Community Health Network (OCHN) expresses its deepest condolences and support to the victims, their families, and the communities impacted by the tragic mass shootings that occurred over the weekend in Australia and at Brown University in Rhode Island. These senseless acts of violence have left profound emotional scars, and OCHN stands committed to offering mental health resources to all affected by these tragedies.

“Acts of violence—no matter where they occur—create ripple effects far beyond the immediate scene,” said Dana Lasenby, Chief Executive Officer of Oakland Community Health Network. “Grief, fear, and uncertainty do not stop at borders or campuses. In moments like these, access to mental health support is critical, and OCHN remains committed to helping individuals and families process trauma and know they are not alone.”

Mental Health Tips for Adults:

- **Acknowledge and normalize emotions:** People respond to trauma in different ways. Feelings such as shock, fear, anger, sadness, numbness, or confusion are common. Allow space for these reactions without judgment and seek support from trusted individuals or mental health professionals as needed.
- **Re-establish routines when possible:** Returning to familiar daily routines can help restore a sense of stability and control. Regular meals, work schedules, and household activities can provide grounding during uncertain times.
- **Be mindful of media exposure:** Repeated exposure to distressing news or social media content can increase anxiety. Stay informed, but limit viewing—especially before bedtime—to protect emotional well-being.
- **Prioritize basic self-care:** Stressful events can disrupt sleep, appetite, and energy. Focusing on rest, hydration, nutrition, and gentle movement helps regulate the body’s stress response and build resilience.
- **Recognize when additional support is needed:** If distress persists or worsens—such as ongoing sleep issues, intrusive thoughts, withdrawal, increased substance use, or feelings of hopelessness—seeking professional support early can aid recovery and healing.

Mental Health Tips for Parents:

- **Talk openly with your children:** If your child has seen news reports or is asking questions, it's important to provide age-appropriate answers and reassure them. Listening and validating their emotions helps them feel understood and supported.
- **Check in with older children:** Some older children may be exposed to news or social media posts about the shootings. Initiating a conversation can help them process their feelings and better understand the situation.
- **Acknowledge their fears:** Mass shootings in public spaces can deeply affect children's sense of safety. Recognize their concerns and let them know their feelings are valid. Encourage open discussion about their worries and emotions.
- **Promote safety and stability:** Restoring normal routines, such as school and extracurricular activities, helps children regain a sense of security. Focus on the positive actions in the community, like the quick response from law enforcement and the support being offered to those affected.

The emotional toll of events like these extends beyond those directly involved, impacting entire communities. OCHN remains dedicated to supporting the mental health and well-being of individuals and families, helping them cope through crisis and beginning the process of healing.

If you or someone you know is struggling, OCHN urges you to reach out for support. We are here to help.

If you or someone you know is experiencing a crisis:

- 24/7 Crisis Line: **988**
- Non-Emergency Emotional Support & Resource Navigation: **248-464-6363**
- www.oaklandchn.org

About OCHN

OCHN is contracted by the Michigan Department of Health and Human Services to lead a provider service network and manage care for approximately 29,000 Oakland County citizens 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.

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