

OCHN is accepting nominations for its 2026 Achievement Awards. The awards highlight and show appreciation to “People Receiving Services” (providers / staff are not eligible for achievement awards). Please help OCHN recognize the achievements of someone you know who has a developmental disability, mental illness, or substance use disorder by nominating one or more persons for an Achievement Award. **Nominations are due by Friday, July 10, 2026.**

OCHN 2026 ACHIEVEMENT AWARD CATEGORIES

“MALKIA NEWMAN” ANTI-STIGMA AWARD: This individual uses creative and innovative approaches to reduce stigma related to developmental disabilities, mental illness, and substance use disorders. As a fierce advocate and Anti-Stigma Team Leader, Malkia Newman led impactful education, storytelling, and system-level efforts that centered lived experience, promoted respectful language, and inspired lasting change across the public behavioral health system and the broader community.

“DAN MORAN” AWARD FOR INCLUSION AND ADVOCACY: This individual actively promotes the rights of individuals, encourages self-advocacy, raises awareness about developmental disabilities, mental illness, and substance use disorder; breaks down boundaries, and serves as a role model to others. Dan Moran was a passionate advocate for persons with disabilities. As an OCHN Recipients Rights trainer, he instilled hope and demonstrated that dreams are possible for all people.

HELPING HANDS AWARD: This individual gives back to their community through volunteer work, helping others, and giving of themselves to make their community a better place to live.

“MY LIFE” AWARD: This individual embraces and moves forward through the person-centered planning process or family centered planning process. He or she creates goals and pursues dreams that utilize natural and community resources to pursue the life they choose to live.

DIRECTOR’S AWARD: This individual inspires others to strive to be their best, advocates for others, and makes their community a better place. This individual has overcome the challenges of living with a developmental disability, mental illness, or substance use disorder and has chosen to use their experience to contribute to others and the community. He or she embodies the characteristic of all the other Recognition Awards.

PLEASE COMPLETE/SUBMIT THE NOMINATION FORM

PERSON SUBMITTING NOMINATION

Name _____ Daytime Phone # _____
Address _____
City _____ State _____ Zip code _____

NOMINEE INFORMATION

Name _____ Daytime Phone # _____
Address _____
City _____ State _____ Zip code _____

Complete and submit this nomination form along with a detailed description of your nominee’s qualification for the award. An electronic form is also available on our website at www.oaklandchn.org. Please be as thorough and descriptive as possible in your submission. If you have any questions, call Customer Services at 248-858-1210.

Email or mail Nominations to:
Attn: Suzanne Weinert
5505 Corporate Drive
Troy, MI 48098
Email: weinerts@oaklandchn.org

Scan the QR Code
to complete the
nomination form
online



Nominations are due by: Friday, July 10, 2026

Main Office

5505 Corporate Dr.
Troy, MI 48098

Resource & Crisis Center

1200 N Telegraph Road, Building 32 E
Pontiac, MI 48341

'Stepping Stones' Information:

Suzanne Weinert - weinerts@oaklandchn.org

Resource & Crisis Center Crisis Line: 888-238-0611

Main Office Phone: 248-858-1210

Non-Emergency Access Phone: 248-464-6363

Customer Services Phone: 888-847-0513

Office of Recipient Rights: 248-975-9578 *Video Conference Phone Available*

Suicide & Crisis Lifeline: 988

www.oaklandchn.org

OCHN is funded, in part, by the Michigan Department of Health and Human Services.



The OCHN Members' Rights and Responsibilities statement is provided to assist you in understanding and exercising your rights while accessing behavioral health care services in Oakland County. OCHN offers many resources. This communication is about how things work at OCHN and how to access subscriber/enrollee information. Subscriber/enrollee information includes information on benefit coverage in and out of our network such as excluded benefit coverage, copayments/charges, language assistance, practitioners' information including provider director, inpatient and outpatient services, subspecialty care, hours of operations, emergency care, how to submit a complaint and appeal rights. You can access our subscriber information upon enrollment, annually or anytime on our website www.oaklandchn.org/memberservicehandbook or call Customer Service at 800-341-2003 to request a copy.

You have the right to:

- Receive information about OCHN, its services, its practitioners, and providers, and Your Rights and Responsibilities.
- Be treated with respect and recognition of your dignity and the right to privacy.
- Participate with Practitioners in making decisions about your health care.
- A candid discussion of appropriate or medically necessary treatment options for your conditions, regardless of cost, or benefit coverage, and to freely communicate with your providers without restriction on any information regarding care.
- Voice complaints or appeals about OCHN or the care provided.
- Make Recommendations regarding OCHN's members' Rights and Responsibilities policy.

You have a responsibility to:

- Provide, to the best of your knowledge, accurate and complete information regarding your medical history, including present and past illnesses, medications, hospitalizations, etc. to OCHN and its practitioners and providers in order to care for you.
- Follow your treatment plan of care and instructions. The plan of care is to be agreed upon by you and your provider.
- Ask questions about your care. This will help you to understand your health problems and participate in developing mutually agreed-upon treatment goals, to the degree possible.

Stepping Stones

Spring / Summer 2026

IN THIS ISSUE:

Article from Renee Uitto • Achievement Award Nomination Form • Upcoming Events
• Stigma Wellness Tip • Wellness Center Information • And more!

Celebrate Mental Health Awareness

Mental health is a big part of your overall health. Sometimes people wait to ask for help or don't talk about how they feel because they are afraid of being judged. But getting support is important for both your mind and body.

Here are some simple ways to take part in Mental Health Awareness:

- **Take care of yourself:** Life has ups and downs. If you are not feeling your best, it's okay to ask for assistance. Discover what helps you feel better and take small steps toward feeling well.
- **Take care of others:** Check in with your friends and family. Let them know you care and support them if they are going through a hard time.
- **Talk about mental health:** Talking helps. The more we talk about it, the more normal it becomes. This allows people to feel less alone and more willing to get the help they need.



OCHN Adult Crisis Services

OCHN offers adult crisis services directly under our care. This makes it easier for people in Oakland County to get support all in one place, whenever they need it.

Here's what this means for you:

- You can continue going to the OCHN Resource and Crisis Center for crisis support.
- Support is available 24/7 — day or night.
- You'll be welcomed by skilled, caring staff who truly understand what you may be going through.
- Our team is working hard to make sure your care is smooth, safe, and consistent every time you reach out.

Contact the OCHN Crisis Line at 888-238-0611.

Stigma Wellness Tip

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."

— Roy T. Bennett

Thanks for helping create a stigma free culture.

How I Deal with Grief

By Renee Uitto

Having a parent who is declining in health isn't easy and often can feel overwhelming. At times, I find myself eating less, sleeping more, isolating myself, feeling low on energy, and wanting to be alone. Accepting that my loved one is declining—and may not recover—has been one of the hardest parts. At the same time, I'm learning to give myself grace and take things one day at a time.

There are also things I turn to that help me feel a little better and bring moments of peace:

- Reading
- Listening to music
- Writing
- Watching shows or movies
- Spending time with friends

I still cherish spending time with my mom, even though she isn't in the best health. She has been incredibly giving throughout my life, and I'm grateful for the times she's trusted me to guide her when she needed support. I'm also thankful that we were able to live together for the past seven years and share so many everyday moments.

If you're experiencing grief, know that you're not alone. Try to find the things that bring you comfort and a sense of peace, even in small ways. And if you need additional support, reaching out to a mental health professional can be a helpful step.



The updated 2026 OCHN Services Handbook is available on our website at

www.oaklandchn.org

You may also request a free printed copy by calling Customer Service at 888-847-0513.

Join us for these upcoming events!

July 15th, 11am- 3pm, Location: Oakland County Fairgrounds

Recovery Celebration: This year, the OCHN Recovery Celebration will be hosted at the Oakland County Fair! Join us for a family-friendly celebration with food, games, entertainment, and more!

July 27th, 10:30am - 12pm,

Location: OCHN, 5505 Corporate Drive, Troy MI 48098

Minority Mental Health Awareness Month Event: This upcoming event encourages open conversations, reduces stigma, and brings people together to support healing and strength.

August 13th, 9:30am-12:30pm,

Location: OCHN, 5505 Corporate Drive, Troy MI 48098

Your Voice, Your Value: This event celebrates people who are getting behavioral health services and making a difference in their communities. Together, we celebrate their success, share their stories, and remind everyone that every voice matters.

September 23rd, 12-3pm, Location: Michigan State Capitol in Lansing

Walk-A-Mile in My Shoes Rally: Join us as we rally to enhance public awareness on mental health and help end stigma.

Registration for all events can be found on the events calendar at www.oaklandchn.org

Teladoc Health

Did you know that Oakland County residents can access free web and mobile resources that can help strengthen their mind, body and spirit? Receive expert support using the Teladoc Health website and app.

Visit oaklandchn.org/teladoc to learn more.

Teladoc
HEALTH

OCHN Provider Directory

OCHN's online provider directory has information for people in search of services. The directory may help people make choices about their services. View this resource at www.oaklandchn.org.

Wellness Center

OCHN's Wellness Center is open Tuesdays and Wednesdays from 9:30 a.m. - 4 p.m. To start using the wellness center, visit www.oaklandchn.org.

Mark Your Calendar!

- Committee of the Whole meets July 13, 2026 at 4:30 p.m.
- Citizen's Advisory Committee meets the third Wednesday of each month at 9:30 a.m.
- OCHN Board meets July 21, 2026 at 6 p.m.
- Recipient Rights Advisory Committee meets the first Thursday of the month at 4:00 p.m.

Notice of Privacy Practices

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

The Health Insurance Portability and Accountability Act Privacy Rule (HIPAA) requires that healthcare providers ensure that individuals are provided with information on how their healthcare information may be used and released. This information is referred to as Protected Health Information (PHI).

PHI is defined as:

Information about you that may identify you and relates to your past, present or future physical or mental health or condition, and health care services related to your health or condition.

Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described in the Notice of Privacy practices unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. If you change your mind, let us know in writing.

This is an excerpt from the full OCHN Notice of Privacy Practices. A full copy of our Notice of Privacy Practices is available on the OCHN website at www.oaklandchn.org. You may also contact our Customer Services department at (888) 847-0513 or via the OCHN website to obtain a copy.

TRAININGS

Living Hope Series: Includes 4 trainings that helps move people towards wellness.

Moving Forward: A program for individuals receiving services that want to support others in meeting their goals.

Finding Your Voice: An 8-session program that help people work on their public speaking. It can also increase confidence in speaking, body language, active listening, and critical evaluation.

WRAP: A workshop on how to write a Wellness Recovery Action Plan (WRAP), offered as a 2, 3, and 5 day trainings.

Specialized Residential Trainings: Includes Dignity and Respect, Tell Someone, and Person Centered Planning Training.

EVENTS

Men's Veteran Peer Support Group:

A support group led by OCHN's Veteran Peer Support Specialist. Third Tuesday of the month from 5:30 - 7:00 p.m.

In partnership with CNS Healthcare.

February - November 2026.

Substance Use Disorders Community Workshop:

Learn about different topics related to substance use disorders (SUD). Workshops are held virtually every second Thursday of the month from 6:30 - 8:00 p.m.

Visit www.oaklandchn.org for information on upcoming events, trainings, and more!

Resource Connection Corner

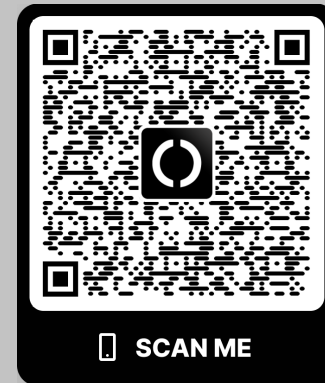
BHH / SUD HH: Behavioral Health Homes and Substance Use Disorder Health Homes are a model of care, not a place. Contact your provider agency to learn more.

Easterseals / MORC:	800-757-3257
Oakland Family Services:	248-858-7766
Sacred Heart Center:	248-658-1120
Meridian Health Services:	248-406-0104
Therapeutics:	248-525-6832
Training & Treatment Innov.:	248-969-9932
CNS Healthcare:	248-745-4900
Honor Community Health:	248-781-8644
Community Living Services:	248-547-2668

Mediation Center: Free access to a neutral, independent mediator for people receiving public mental health services. For information call 1-844-3-MEDIATE or email www.behavioralhealth@mediation-omc.org.

Keep OCHN 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. Select "create new contact"



Complex Case Management - About the Program

OCHN's Complex Case Management Program is a free, voluntary program that offers short-term support and care coordination. The program connects individuals with the people involved in their care, including case managers, therapists, physicians, Medicaid health plans, palliative care providers, caregivers, and others.

The program is designed to:

- Strengthen relationships between individuals, providers, and health plans
- Help individuals navigate the healthcare system
- Support greater independence in managing personal health and well-being
- Improve quality of life by helping individuals achieve their overall health goals

For more information, please contact Susan Stevens at 248-758-1984 or scan the QR code.



Rights & Advocacy Corner

The mission of the Begin Ending Stigma Today (BEST) workgroup is to build a stigma-free culture at OCHN and throughout its provider network. Made up primarily of people receiving services, the group continues to educate and inform the community while asking an important question: What can you do to help create a stigma-free culture?

It starts with the words we choose. Use language that doesn't create stigma for yourself or others. Focus on your strengths instead of your limitations, and take time to celebrate your successes. Remember, no one is defined by a diagnosis, disability, mental health challenge, or substance use disorder. Each of us brings a unique mix of abilities, skills, and talents—and that's what truly defines who we are.

If you are interested in joining the BEST workgroup and helping create a stigma free culture contact Vicki Suder at suderv@oaklandchn.org or 248-858-1235

Follow us on
Facebook,
LinkedIn, YouTube
and Instagram
[@oaklandchn](https://www.instagram.com/oaklandchn)

