

The Lakeshore Link



OCTOBER

Hello Friends of CMH! Fall is officially here, and we couldn't be more excited for pumpkin carving, bonfires, and the sweater weather that comes with the arrival of October. We hope you are all having a great back to school season as well. This month's newsletter offers fun program updates, events, and much more!



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Mental Health Fact of the Month

World Mental Health Day takes place every year on October 10 to spotlight mental health around the world, raise awareness of mental health issues and encourage efforts to support those experiencing mental health issues.

Help us raise awareness!
Share your experience anonymously:



Board Meeting Schedule

The CMHOC Board of Directors will meet on **October 25th**, at **9:00 am** in the **Board Room at the Fillmore Complex, 12220 Fillmore Street, West Olive.**

Recipient Rights

Recipients of mental health services have the right to access and use their personal property at all times.*

- Recipients have the right to hold on to their cigarettes and lighter.
- Recipient have the right to wear their own clothing.
- Recipients have the right to use their personal cell phone/tablet.

*An individual's right to access personal property can be limited, but it must to be addressed in the recipient's Individual Plan of Service (IPOS).

Briana Fowler, Recipient Rights Director: **616-393-5763 / bfowler@miottawa.org**

Visit our website: miottawa.org/cmh

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Did You Know? Series

"Did You Know" with CMHOC Executive Director Dr. Brashears is a new ongoing series where anyone can come and meet Dr. Brashears and discuss and explore a variety of topics. These discussions take place every Friday, from 12 to 2pm in the CMH Board Room at 12265 James St, Holland, MI. See our Facebook or Instagram for full schedule.

Did You Know?

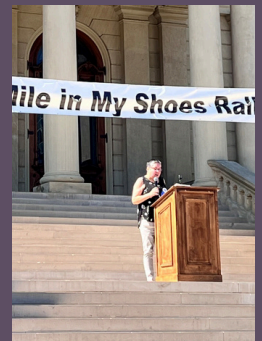
a conversation series
with
Dr. Brashears

Check Our Facebook or
Instagram for information.



Walk A Mile Rally

On Tuesday, September 17th, the 20th annual Walk A Mile Rally was held on the Capitol Lawn in Lansing. The event was a huge success and the speakers were inspirational. See you next year!



CredibleMind Updates!

CredibleMind has launched a new interactive feature, "**Practices**," which are short interactive videos that you can watch and follow along in a given activity/practice. From breathing exercises to meditation, to thoughtful and mindful practice, this feature has something for everyone!



Take your next step in improving your Health and Wellness!

Scan the QR Code or go to: www.ottawacounty.crediblemind.com



Popcorn & Learn: Voter Education

October 3 | 12-1pm
Holland CMH Board Room/Online



8 Dimensions of Wellness Group

October 15 | 3-4:30pm
Holland Drop-In Center



Coffee Break Support Group

October 17 | 1:30-2:30pm
Community Action House



Spanish Support: Creciendo Juntos

October 31 | 12-1pm
Holland CMH Board Room

*If you have any questions, suggestions, or concerns **contact Rodrigo at rmata@miottawa.org**

A full event list can be found on our website.

Visit our website: miottawa.org/cmh

Recovery Fest 2024 Recap

A huge thank you to all of the partner agencies and folks from our community who made Recovery Fest a success this year! So many people came out to invest in their community, learn about resources, and most of all, celebrate recovery! Thank you all, and we will see you next year!

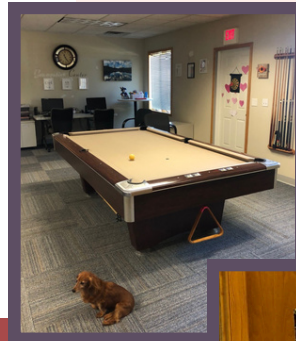


Holland Drop-In Center

Since 1999, Holland Drop-In Center (HDIC) has been a safe space for adults with mental illness in the Holland area to relax and recover. They aim to create a stigma-free safe place. **The HDIC has a day-long open house on the last Friday of each month, come check it out!**

Words from HDIC Director Kim Wittenmyer:

“My favorite thing about working here is the drive to help others, it’s very motivating. I pour everything I have into this place and it has become a part of me.”



Director
Kim Wittenmyer

The Holland Drop-In Center (636 Hastings Ave, Holland) is open Monday-Friday, 9am to 4pm to adults 18 years and up.

For Info Call (616) 355-2207

Everyone Can Work

We are hosting another ECW event as last time was such a success! This event will take place on **November 1st from 9am to 2pm at OAISD Felch Street Building 12360 Felch Street Holland, MI.** There will be Presentations from providers and experts in the Supported Employment Field. **Questions? Contact Krista Krefeld-Freier at kkrefeld@miottawa.org or (616) 393-5754.**



Visit our website: miottawa.org/cmh