

Health & Wellness Central

April 2019



Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"

CULTURE OF HEALTH & WELLNESS COMMITTEE

The committee is focused on creating a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion Initiatives targeting CMHA-CEI consumers, staff, and community. Some of the more recent initiatives are highlighted in this newsletter.

HEALTH & WELLNESS CENTRAL AT JOLLY ROAD

Located within the lobby at the Jolly Road facility, the Health & Wellness Central station provides health and wellness information and a free-to-use blood pressure monitor.

Come on down and try out the monitor, grab some resources, and learn a bit more about health and wellness!

This month the Health & Wellness Central theme is "Springing into Fitness"!

FREE PRIZE AVAILABLE! There will be **free dental kits** available for anyone who gets their blood pressure taken in the month of April. The kits will be available while supplies last so hurry on down!

To receive your kit visit the front desk after you have completed the blood pressure test.

IMPLEMENTING "TAKE THE STAIRS" SIGNAGE

The Culture of Health and Wellness Committee along with representatives from Facilities and Maintenance have been working to create the below signs for use around the Jolly Road facility.

These signs help to promote healthy choices in a positive way. We hope to have the signs formally placed in the building by the end of April 2019. We are looking to create similar signs for other sites as well, including signs that promote walking!



Take the Stairs!

..and step into wellness.



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Spring Into Fitness!



3 SPRING FITNESS TIPS!

Adapted from www.henryfordlivewell.com

- 1. Underestimate your abilities.** Most people regress during the winter months. If you don't underestimate your ability and ease back into activity, you could set yourself up for soreness and injury.
- 2. Go slow.** A good rule of thumb: Never increase your weight, time, speed, or intensity by more than 10 percent per week.
- 3. Keep your expectations in check.** The longer you took a break from fitness, the longer it will take to get back on track. Depending on how long your hiatus was, it could take weeks to get back on track. Patience is key.

ANONYMOUS ONLINE BEHAVIORAL HEALTH SCREENING

This Behavioral Health Screening Tool is used to show the prevalence of need in our area surrounding mental illness and substance use disorders to focus on prevention, early intervention, and provide resources to those in need. Please promote and share this behavioral health screening tool with your professional and personal networks.

As of January 2019, our platform averages 100 screenings completed per month. Of the over 383 screenings completed within the last fiscal year, **65% of individuals say they will gain help.**

This is a free and anonymous tool. To take the screening, go to our website at www.ceicmh.org. Once completed, the individual will be provided with their results, community resources, and referral information. This screening tool is *educational*, not diagnostic.

CARES EMPLOYEE ASSISTANCE PROGRAM

Sparrow's Employee Assistance Program, CARES-EAP, helps CMHA-CEI employees deal with personal issues that might adversely impact their work performance, health, and well being. Included services are assessment, short term counseling, and referral services for employees and any eligible person in the employee's family.

CMHA-CEI knows that the personal problems in life can sometimes effect you at work. By making available this system for staff to resolve personal problems, we make sure that you are your best self while at work.

To access the CARES Employee Assistance Program call 517-364-2626.

HOME AND COMMUNITY BASED SERVICES (HCBS)

Inclusion Activities Listing



We are excited to announce an upcoming community inclusion directory developed as a part of the HCBS organizational transition efforts that will highlight local resources in our community.

This directory will feature recreation and leisure opportunities for anyone who may be interested. It will include things like swimming, gardening, and community centers -- many of which are free or low cost. Keep an eye out for additional information to be shared soon!