



Hello, and welcome to April's issue of The Lakeshore Link! The cold is fading and flowers are starting to bloom- keep your head up, because Spring is here folks! Enjoy the updates and events we have featured this month.



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Recipient Rights

When you are a recipient of mental health services and under a court-ordered, you do NOT have the right to refuse treatment. You may ask questions, participate in the development of your Individual Plan of Service (IPOS), and discuss your treatment and treatment options with your doctor, prescriber, and other mental health professionals who are part of your treatment team.

If you have any questions or concerns regarding Recipient Rights, please contact Briana Fowler at 616-393-5763 or bfowler@miottawa.org.

Community Health Fair

SAVE THE DATE! CMH of Ottawa County and our partner agencies are putting on the 3rd Annual Community Health Fair in 2024! Join us on **May 16th from 3:30 to 5:30 PM** at the Salvation Army in Holland - there will be resources, snacks, activities, community, and more.



All are welcome!
Free Event!

Health Fair 2024

May 16th
3:30-5:30pm

RESOURCES SNACKS ACTIVITIES COMMUNITY

Join us for the 2024 Community Health Fair on May 16th from 3:30 to 5:30pm! Local agencies will be providing resources and promoting health and wellness in our community. Scan the QR code to learn more.



Salvation Army Holland
104 Clover St, Holland, MI



For more information on the Community Health Fair, email cmhcustomerservices@miottawa.org

Self-Determination and the PAS Workgroup

CMH and parents of people with disabilities participated in the Partners Advancing Self-Determination (PAS) workgroup beginning September 2022. This workgroup is a collaborative effort working to increase the availability and use of arrangements that support self-determination services.

In March, a few members from the workgroup went to Baltimore, Maryland to attend the 2024 National Self-Direction Conference where they presented their Self-Determination booklet that they worked so hard on developing!



From Left to Right: Rosalie Austin, Elizabeth Krontz, Beth Durkee, Steve Johnson, Sue Stone

The PAS workgroup has worked diligently to develop this booklet guiding parents and families through the Self-Determination process. Be sure to check out the booklet by clicking on the image of the booklet.

If you are interested in learning more about Self-Determination, visit our website [HERE](https://www.miottawa.org/cmh).

Events



Self-Care Room
April 1st, 1:30-4pm
Holland CMH Board Room



Nutrition Talk: Diabetes
April 2nd, 11am-12pm
Grand Haven Momentum Center



Wellness & Mindfulness Group
April 10th, 12-1pm
Lakeside Clubhouse



Paint and Rest
April 11th, 1:30-4pm
Holland CMH Board Room



8-Dimensions of Wellness:
Emotional Health
April 16th, 10-11am
Holland Drop-In Center



Spanish Support Group:
Creciendo Juntos
April 25th, 12-1pm
Holland CMH
Board Room

Scan the QR Code to view
our full list of events!



If you have any questions about our events,
please email rmata@miottawa.org

Upcoming Board Meeting Dates

All Board meetings are held at Fillmore Complex, 12220 Fillmore Street, West Olive, MI.

This month:

April 26th, 2024 at 9am

Next month:

May 24th, 2024 at 9am



Click [here](#) to view the complete 2024 Board Meeting Schedule, and you can view agendas and minutes [here](#).

Stay up to date with resources and event updates weekly on our social media pages. Click the Icons below to learn more:



Thanks for reading through this Month's Lakeshore Link. See you in May!

Any questions or concerns regarding the content in this newsletter may be sent to our Customer Services Department at cmhcustomerservices@miottawa.org or (616) 494-5545