

The Lakeshore Link



COMMUNITY
MENTAL HEALTH
OTTAWA COUNTY

January 2024

Hello and Happy New Year from your friends at CMH! 2024 is upon us and we are so happy to be offering some new services in the new year. In this issue, we've included the following topics:

Children's
Mobile Crisis

Credible Mind

Recipient Rights

Events

...and more!

Happy
New Year

Mental Health Fact of the Month

22.8% (1 in 5) of U.S. adults experienced mental illness as of 2021 (57.8 million people).

Experiencing mental illness is more common than one might think, in fact 1 in 5 people have battled mental illness in their lifetime, according to the National Alliance on Mental Illness (NAMI). If you are struggling with mental illness, know that you are not alone- there is help available and people that care!

If you or a loved one are experiencing a mental health crisis, please call our Helpline at 866-512-4357 or call 988.

Credible Mind



Have you heard of our new resource platform, Credible Mind? It's an amazing place to find help with mental illness and accessing community resources, readings, assessments, mental health check-ups, and more!

Visit www.ottawacounty.crediblemind.com for more info.

Recipient Rights



When receiving residential services you are entitled to live in a sanitary and safe environment. This means that the place you live must be clean and have things such as good lighting, adequate heat, hot and cold water, and a bathroom with privacy.

If you have an questions or concerns about a Recipient Rights related issue, please contact Briana Fowler at 616.393.5763 or at bfowler@miottawa.org

www.miottawa.org/cmh



Events



Self-Care Room

January 3 | 2-4pm

Holland CMH Board Room

Wellness & Mindfulness Group

January 3 | 10am-12pm

Lakeside Clubhouse

Self-Care Room

January 9 | 2-4pm

Holland CMH Board Room

Paint & Reset

January 22 | 1-3pm

Grand Haven CMH

Paint & Reset

January 23 | 12-3pm

Holland CMH Board Room

Wellness & Mindfulness Group

January 31 | 12-1pm

Lakeside Clubhouse

For a complete events list visit

www.miottawa.org/Health/CMH

Questions, Concerns and Comments
about anything in this newsletter can be
sent to:

cmhcustomerservices@miottawa.org

Children's Mobile Crisis

What is a Crisis?

- When individuals/families are unable to handle a situation and regular coping skills are not working
- When a youth has potential to hurt themselves or someone else, intentionally, or unintentionally
- When a youth requires immediate intervention to remain in the family home and avoid legal, medical, or other out-of-home placement

Who can use Children's Mobile Crisis?

Youth through the age of 20 who reside in Ottawa County and live in their family home (including foster care or a relative caregiver)- Children's Mobile Crisis provides the following Services:

- In-home mental health crisis intervention
- Family support and guidance in difficult situations related to mental health issues
- Strengths-based, needs-driven services
- Assistance in developing safety/crisis plans
- Referral to community resources



collaborative to
strengthen
youth & families

Hours: Monday - Friday

5pm - 12am

(616) 494-5590

(In-home services available during this time)

For calls that come in an hour or less before services close a phone screening may be offered in lieu of in-person services. For all other hours please call our

Crisis Helpline at (866) 512-4357.

Questions? email cmh.cmc@miottawa.org