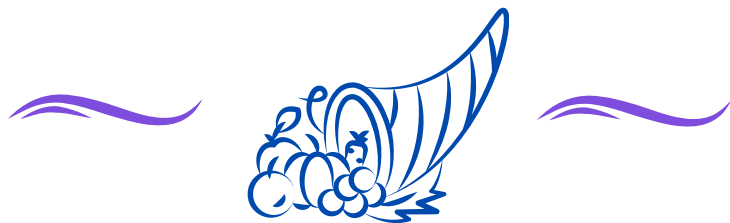


# The Lakeshore Link



## NOVEMBER

Hello Friends of CMH! Who's ready for November!? We can't believe 2024 is coming to a close soon, but don't worry! We have plenty of fun events and programs to highlight in this month's Lakeshore Link.



Board Meetings

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## Board Meeting Schedule

The CMHOC Board of Directors will meet on **November 22nd**, at **9:00 am** in the **Board Room at the Fillmore Complex, 12220 Fillmore Street, West Olive.**



## Mental Health Fact of the Month

As of 2021, **51.7% of U.S. women** received mental health services, while only **40% of men** received mental health services. Men can be less likely to seek help for their mental health. **Man Therapy** is an initiative to remove stigma around Men's Mental Health. To read more on Man Therapy, **scan the QR Code**, or visit [www.mantherapy.org](http://www.mantherapy.org)

**The Office of Recipient Rights and The Home and Community Based Services (HCBS) Rule are different.** The Office of Recipient Rights has jurisdiction over laws established by the Michigan Mental Health Code, other state and federal laws, and CMHOC policies and procedures, not HCBS. For HCBS Rule questions please contact **the Lakeshore Regional Entity at [HCBS@lsre.org](mailto:HCBS@lsre.org) / 231.286.4540** or **Stacie Hamstra at [shamstra@miottawa.org](mailto:shamstra@miottawa.org) / 616.494.5408**

**Briana Fowler, Recipient Rights Director: 616-393-5763 / [bfowler@miottawa.org](mailto:bfowler@miottawa.org)**

Visit our website: [miottawa.org/cmh](http://miottawa.org/cmh)

### Events



#### Everyone Can Work

November 1, 9am-2pm  
OAISD Felch St. Location



#### Self-Care Room

November 4, 2-4pm  
CMH Board Room, Holland



#### Parent Cafe: Discovering New Connections

November 5, 5:30-7:30pm  
Herrick Library, North Branch



#### Building Healthy Relationships

November 7, 3-4pm  
City on a Hill (Door B)



#### Popcorn & Learn: A Nutritious Workplace

November 12, 3-4:30pm  
CMH Board Room, Holland / Virtual

*If you have any questions, suggestions, or concerns contact Rodrigo at [rmata@miottawa.org](mailto:rmata@miottawa.org)*



**CMH Offices will be closed Thursday, November 28th, and Friday, the 29th for Thanksgiving. Our Crisis Helpline will still be available 24/7 at [866-512-4357](tel:866-512-4357).**

### 5k Fundraiser for Recovery

Last month, a few of our staff here at CMH participated in a 5k Fundraiser run supporting two local agencies: **Reach For Recovery and My House Ministries!**

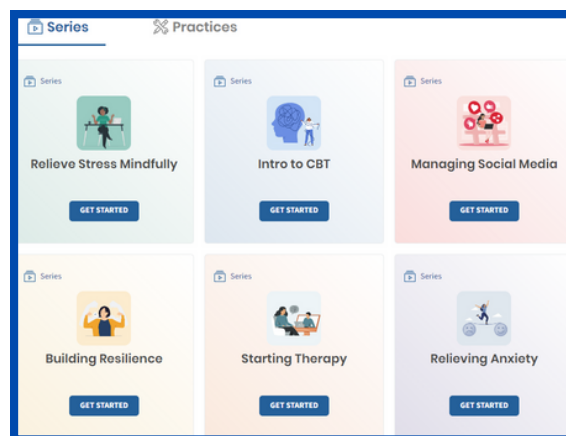
*Pictured here are some of the staff that attended and participated in this great event. Thank you to all who came out to support!*



### CredibleMind - Series



Our favorite Mental Health Resource Platform, **CredibleMind**, has a new feature that we think you'll love: **Series**. Series helps users learn more about a topic through a combination of **readings, videos, activities, and assessments**.



**Get started on Series at:**  
<https://ottawacounty.crediblemind.com>

Visit our website: [miottawa.org/cmh](https://miottawa.org/cmh)