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Groups at TMHS, Think RECOVERY

We have many groups that we offer. All consumers are welcome to attend at both Clinics.

Eastern Market Groups

Creative Expressions- Mondays at 1:00, it involves art, relaxation, music therapy, movement, etc. . . . **Body, Mind, and Soul**

Survivor's Group- Fridays at 1:00, survivors of abuse - sexual and physical.

Criminal Conduct- Wednesday at 1:00, techniques to decrease criminal thinking.

Parenting Group- Mondays at 5:00, teaches stressors of parenting and basic parenting skills.

Southgate Groups

Health- Monday at 12:00 will focus on important health issues.

Domestic Violence- Thursday at 10:30, people that are victims of Domestic Violence.

Grief and Loss- Tuesday at 9:30

Self-Esteem- Tuesday at 11:00, techniques to help positive thinking and improve self-worth.

Anger Management- Wednesday at 1:00, teaching techniques to control anger.

Creative Expressions- Thursday at 1:30, using art to express feelings.

Substance Abuse- Friday at 1:00 helps control use and abuse of substances.

Mom's Group- Wednesday at 4:30, teaches stressors of parenting and basic parenting skills.

GED- Monday 12:30-2:00 and Friday-11:00-12:00, preparation for GED testing.

Coming soon Semi-independent Living and Co-Occurring Groups

TPOS= TMHS Plan of Service

Up-Coming Events

- **Memorial Day BBQ-** May 26th from 11:30-2. Come celebrate Memorial Day at our Eastern Market Clinic. RSVP to Angela Buscemi at 734-324-8326 ext. 255.
- **Redford Rely for Life** June 5th and 6th. If you are interested in participating please contact Michelle L. 734-324-8326 ext 208
- **Independence Daze,** June 28-July 2nd. We will have Independence based activities that consumers can participate in at both clinics.
- **TMHS Golf Outing,** August 27th. Please contact Shawn Sidell at 313-274-3700 if you are interested in sponsoring a hole or participating as a golfer.
- **NAMI Walk,** September 25th. If you would like to participate contact Abbie Wilson at 734-324-8326 ext 206
- **Stomp out Stigma 5k** September 25th. If you would like to participate contact Angela Buscemi at 734-324-8326 ext 255.

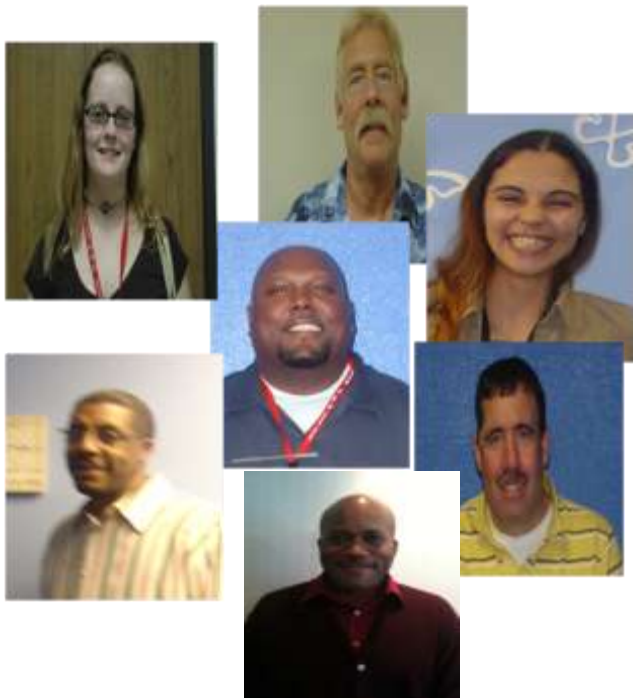
Community Outreach

Team Mental Health Services understands its role in the communities in which they provide mental health services. Team Mental Health supports the local programs in the regions its consumers and stakeholders live and work. To support local charities and organizations, Team Mental Health Service is dedicated to providing community based programs and activities designed support these charities.

In January 2010, Team Mental Health Services finalized its 2010 Community Outreach Calendar. During the first couple months of the year, Team Mental Health Services has hosted a Red Cross Blood Drive at its Southgate Clinic and has volunteered at ChristNets' Soup Kitchen in Taylor. Upcoming activities/ events include Relay for Life walks, and our annual Golf Outing in September. Our Commu-

nity Yard Sale raised over five hundred dollar proceeds will go to Camp MAK a Dream children's program.

Be on the look-out for other community events. We look forward to seeing everyone at the upcoming programs. If you have any questions, please call Eastern Market Clinic at 313-396-5300 or our Southgate Clinic at 734-324-8326.



Peer Support

Do you have doubts about your treatment? Are you uncomfortable talking to someone that **doesn't share the same struggles** you are having? Do you just want someone to listen to you?

We are proud to present you with our Peer Support Team. We currently have two Certified Peer Supports at our Southgate Clinic and three Certified Peer Supports and two in training at our Eastern Market Clinic.

Peer Supports can be a great part

of consumers treatment and recovery. They can give first hand testimonials that can assist in consumer recovery.

If you are interested in meeting with one of our Peer Support Staff you can call either location and make an appointment or ask our front desk staff to make an appointment. They are here for YOU!

Skill Building

Skill Building is a Goal Oriented Program. We believe that every individual should be afforded opportunities to be successful in their recovery and self-sufficient in their daily life. Individuals are offered an opportunity to participate in Semi-independent living skills such as, money management, medication compliance, time management, community awareness, and pre-vocational skills. We have many activities and parties planned for the up-coming months. If you are interested in improving your independent living skills contact Angela Buscemi at 734-324-8326 ext. 255.



Skill Building Spring Fling

Record Setting Quality Marks—100%



Its not always what you do but **how you do it that's important.** Team Mental Health Services recently had the privilege to be evaluated by the State of Michigan and categorically received a score of 100% This score has reportedly made history in the community mental health industry within the state.

The hard work and dedication from all of the staff members within the company certainly paid off. The resilience and tenacity of the President, Pamela Lamb was at times tough to endure. But a quick look over our shoulder shows us that responding positively to the pushes from such a great coach

can produce amazing results. Quality is key to the care of our consumers and the key to our ongoing success. 100% is what we earned. It is also how proud we all are of each other. Keep up the good work. Together Everyone Accomplishes More...and we did...because we are 100% TEAM!

Southgate's Consumer Corner

When I first started working with Dennis three years ago as his case manager, he had recently been hospitalized for suicidal thoughts and for depression. He had lost his job and had moved back in with his parents. He had been having a hard time paying his bills and had accrued a large amount of debt that was causing him additional stress. Dennis and I began to look for jobs and he went on medication to help with his symptoms. Dennis was able to gain employment but was having a hard time maintaining employment. Along the way, his therapist and parents decided it would be a good idea to have him tested to determine his proper diagnosis. It was at this time that he was diagnosed with **Asperger's Syndrome**. Once Dennis had this diagnosis, his family and he were able to understand the treatment that he needed. It was around this time that we began the program called Recovery Through Employment, which is a collaborative program between Team Mental Health Services Southgate and Services to Enhance Potential. The employment rep Terey Delisle and I began working with Dennis on interviewing techniques, proper things to say or not say to employees, and interpersonal skills. Through this program and through Dennis' perseverance, he became employed as a security guard. Once Dennis achieved his employment, he began working very hard to pay off his debt. He also started hosting our game night at TMHS-SG, which has become a favorite of the employees. Dennis followed his treatment also and after a year of employment, he met with Dr. Chan and decided to stop taking medications so he was weaned off of them. Currently, Dennis has been off of medications for over a year and has been employed for almost two years. He also helped raise awareness for Autism by hosting a bowling fundraiser, which many TMHS employees attended. He also has been DJ-ing the STEP Christmas party and recently DJ-ing the TMHS Spring Fling.

Recently, Dennis hosted a game night in Southgate at the beginning of April and it was at this time that he announced to everyone that he had paid off all of his debt and was able to purchase a new car! Dennis named the car Bloodshot 1; it is a 2010 red Ford Focus. We are so proud of Dennis for his hard work and determination. Dennis is a true story of recovery and has been a positive influence to his peers.



Dennis with his car "Bloodshot 1"

"Currently Dennis has been off of medications for over two years and has been employed for almost two years."

Eastern Market's Consumer Corner

This was written by the Case Manager Supervisor at Eastern Market. I met with a consumer today, Ms. S.; I must say that she really is a success story. This woman, when I first met her, was severely depressed, she never made eye contact, she expressed she had no desire to interact with others in the community, she felt "useless" and felt as if she had no purpose. She barely was able to hold a conversation with you, to say the least. Well, today, she is a different person. She has good eye contact, she talks to you like she has known you forever, she is getting out in the community more and building relationships, she even started attending a crochet class; now this is where we come in. She would like to teach other ladies how to crochet, she stated to me that when she started this class she felt as if now her life had a purpose, she copes with her depression by doing this activity and I would like for her to teach others at TMHS how to also crochet. She cannot only provide training in this area but she can also relate to women and tell her story. I am not going to say that she is in full recovery, she still have her days where she is depressed, but she is definitely not the same woman I met over a year ago. I am so proud of her success and her effort to continue to fight to not be as depressed as she first presented.



If you would be interested in learning how to crochet contact Charlotte at 313-396-5300

"Today she is a different person."



Health: Cold vs. Flu

Cold vs. Flu

Know the difference between Cold and Flu Symptoms

Can you tell the difference between symptoms of flu and the common cold? Flu symptoms typically come on suddenly

Symptoms	Cold	Flu
Fever	Fever is rare	Fever is usually present with the flu in up to 80% of all flu cases. A temp of 100°F or higher for 3 to 4
Coughing	A hacking, productive (mucus-producing) cough is often present with a	A non-productive cough is usually present with the flu.
Aches	Slight body aches and pains can be part	Severe aches and pains are common with the flu.
Stuffy nose	Stuffy nose is commonly present with a cold and typically resolves spontane-	Stuffy nose is not commonly present with the flu
Chills	Chills are uncommon with a cold	60% of people who have the flu experience chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	Commonly present	Not common
Sudden Symptoms	Develop over a few days	Rapid onset within 3-6hours.
Sore Throat	Commonly present with a cold	Not commonly present with the flu
Headache	Fairly uncommon	Very common with the flu, present in 80% of flu
Chest Discomfort	Mild to moderate with a cold	Often Severe with the flu.

TMHS Locations

Eastern Market Clinic
 2939 Russell St.
 Detroit, MI 48207
 313-396-5300
 Fax # 313396-5353
 TTY # 313-396-4270

Compliance Hotline
 248-788-7038

Southgate Clinic
 14799 Dix Toledo Rd.
 Southgate, MI 48195
 734-324-8326
 Fax # 734-324-8327
 TTY # 734-225-6879

Dearborn Administrative Office
 22720 Michigan Ave
 Dearborn, MI 48214
 313-274-3700
 Fax # 313-274-3767

Enhance the lives of others by providing services in an environment that promotes quality of life, continuous improvement, and social awareness; in a manner that compliments the goals and

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