



The right Connection

September 2022

THE right DOOR
for hope, recovery and wellness

24-hour toll-free crisis line
888-527-1790

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays 8am-6pm
Tuesdays and Thursdays
8am-7pm
Fridays-8am-5pm

Portland Office

208 W. Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays-
8:30am-5pm

Onsite IONIA: 1st & 3rd Mondays Veterans Affairs;
Wednesdays MDDHS; Fridays Samaritus

EMAIL:
www.rightdoor.org



myStrength
The health club for your mind™

MED LINE: 616.775-1023

Please allow 72 hours for refills

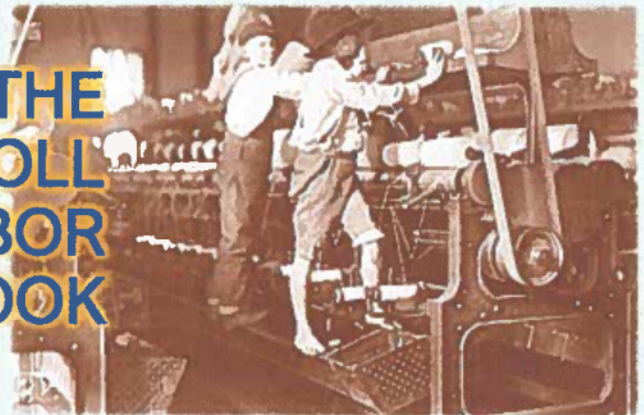
Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICES APPOINTMENTS:

Please arrive 15 minutes early for your appointment. Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thank you.



THE TOLL LABOR TOOK



The first Labor Day started as a peaceful parade in New York City in 1882 organized by the Central Labor Union with 10,000 union workers marching to honor American laborers who were ill paid and working long hours under horrible conditions.

In 1886, Chicago workers took it a step further marching and striking to demand an eight hour work day. They staged a similarly peaceful labor protest at Haymarket Square that turned violent after an unidentified man threw a bomb at police. The police retaliated killing several innocent protestors.

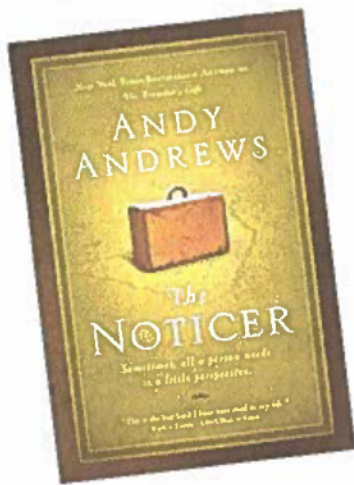
Another strike on Labor Day in 1894 shut down the entire railroad system. It was a boycott against Pullman Palace Company who were guilty of mistreatment of their railroad workers. Again, retaliation by Federal troops against those boycotting, escalated causing several deaths. In the midst of this, President Cleveland put forth the bill making Labor Day a national holiday.

The industrial revolution and labor unions helped improve working conditions for laborers and acted as a catalyst for the labor laws and freedoms we enjoy today.

Member of:



MSHN
Mid-State Health Network



BOOK REVIEW

Melissa Schott

Certified Professional in Patient Safety, *The Right Door*

"The Noticer,"
by Andy Andrews.

This book will change the way you view the events and people around you. I recommend the audiobook version.

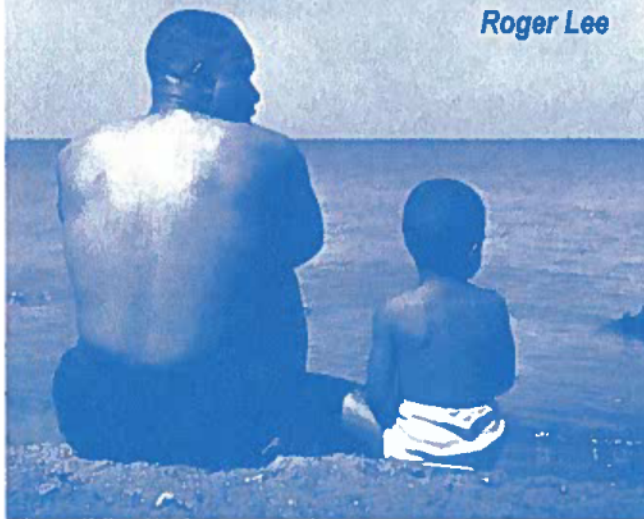
It is one that I have read several times, which is not something I would normally do.

"Jones", one of the characters in the book, *"is a mysterious elderly man with endless wisdom who shows up exactly when he's needed most."*

ONE DAY

You will realize that after all the battles you've fought
All the storms that you've survived
And every mountain that you've climbed,
You've always had the strength
To make it through life's journey.

Roger Lee



According to psychologist, Dr. Joiner, signs of suicidal behavior include alcohol use, isolation, a thwarted sense of belonging as well as depression. **Ways to Cope with Depression include:**

1. Schedule pleasant activities or events like a walk or crafting
2. Stay in the present during activities; not in your head
3. Try and keep a regular sleep schedule
4. Eat a healthy diet and avoid caffeine and alcohol
5. Exercise too to feel better (about 30 minutes moderately three to five times a week)
6. Focus on relationships where the people lift you up
7. Find small ways to be of service to others
8. Find goals that give you a sense of accomplishment—that you can control, are realistic, manageable and measurable



September

September 7-12

National Suicide Prevention Week

September 11-17

National Assisted Living Week

September 2 TRD Grant Event, **Burger King**, 11:45, **Fitness** 1:30pm, Ionia,

September 5 Labor Day

September 7, TRD Grant **Fitness**, 2:30pm, noon 14 and 28

September 9 TRD Grant Event, **Express Yourself**, 10am-3pm, Ionia TRD

September 10 Suicide Prevention Day

September 16 National Stepfamily Day

September 22 Fall Equinox Day

September 29 World Heart Day

September 29

TRD Walk, Run, Roll 5K, to support Mental Health Awareness, Gregory's Steele Street Hall, Ionia. 5pm registration; 6pm event. *Free food at finish line!*

September 30

TRD Grant Event, Speaker, **Audrey Philips** and **Food Basket** noon; **Fitness** 1:30pm, Ionia

Month Long Awareness & Observances:

- Baby Safety Month
- National Service Dog Awareness
- Self Improvement Month
- Gynecologic Cancer (US), World Leukemia and Lymphoma Awareness
- National Drug Addiction Recovery Month
- Suicide Prevention Month

QUIET QUITTING

You used to hear that you get out what you put in so always give a 100 per cent. However, a viral trend on Tik Tok goes against that. It is called Quiet Quitting and aired on the Today Show, August 15.

Quiet Quitting is a resignation of workers since the pandemic but can be traced to a drop in employee engagement over the last decade. People are not actually quitting their jobs. Instead, employees are establishing boundaries or a balance between work and their personal lives.

The gist is employees are working smarter not harder so they coast more at work where they are taking care of themselves by not going over and beyond at their jobs. Instead of giving 100 per cent or taking on extra work, most are doing only what is necessary, what is in their contract or job description and nothing more.

Unfortunately, the mindset places a strain on many businesses where staff complacency hurts company image and the service they provide to the public which is viewed as acceptable to other staff. The Today Show equated it to shooting yourself in your own foot in a market where raises, recognition and advancement are based on performance. They suggested that managers get around the mindset by conveying what the employee's role is, that their work has purpose and connect that work to something bigger where a job well done is rewarded and recognized. Employees in turn need to ask themselves what they expect from their job and where do they see themselves five years down the road.



Before Covid-19, employers had a plethora of people to choose from when a job was posted. Fast forward to today. Employers struggle to have a few people apply for positions even after incentives and sign on bonuses are offered. So why is it important to work hard?

- 1) **Work forces personal challenge** to better develop ourselves and presents us with opportunities to grow. Work serves other people and contributes to society so it is an act of love to the people we serve.
- 2) **Hard work is a positive example to our kids** who notice what matters to us. We teach them to emulate our value of responsibility.
- 3) **Work hard at work; work hard at life** by doing the best you can with the life you have.
- 4) **Work hard to make the most of the hours** you have or they pass anyway without purpose or importance. In Spain they say, "Not working is the mother of all vices," or here we believe 'idle hands make waste' as we become bored, procrastinate or make bad choices and develop bad habits.
- 5) **Work is fulfilling in itself** and brings a sharper focus to our lives through accomplishments, self esteem while feeling good at being 'dog tired' at the end of the day. Work teaches us life skills like determination, problem solving, attentiveness and self control which serve us elsewhere with health and relationships.
- 6) **Not every job is enjoyable** or motivating so if you are working at a job you dislike, you are doing a noble deed and should be commended for providing for yourself, your family and others.

Compilation from Author, Joshua Becker, "Things That Matter," and Politician, Gina Johnson

What's Happening

FIRST THURSDAY ON THE BRICKS, September 1, Downtown Ionia, 5-8pm. Shopping, food, sidewalk sales, music, more.

RUMMAGE & BAKE SALE, September 1-3, Thursday and Friday 9am-5pm, Saturday 9am to noon and September 9-10, 9am-5pm at Ionia First Christian Church.



PUZZLE COMPETITION, September 7, 6:30pm, The Port, Portland. Teams of 4 \$28 entry fee. To register (517) 515-5517.

IONIA EXPO BLOCK PARTY, September 17, 12-4pm, downtown Ionia on Main from Dexter to Kidd Streets. Vendors, sidewalk sales, street musicians, food trucks, restaurant specials, kid zone, face painting, petting zoo, cornhole tournament, bingo, more. Watch U of M Football at Steele Street Hall or one of downtown restaurants/bars. Contact: (616) 527-2560.

Entertainment Stage

12:10-12:30pm: Fashion Show presented by Thread, White and Blue Boutique and Mane Stage Salon
12:30-1:00pm: Claude Clark, Country
1-1:20pm: Main Street Dance Academy
1:30-1:50pm: Jimmy Champagne, Country
2:00pm-2:40pm: Hubbardston Irish Dance Troupe
3-3:50pm: Ionia's Got Talent

BREAKFAST, September 18, 8-11:30am, VFW, Portland. Full menu with restaurant style dining and free coffee. (517) 647-4980.

BURGER NIGHT, September 23, 5-8pm, VFW, Portland. 1/3 pound burger with all the trimmings and fries. Dine in or out. Phone ahead for take-out. (517) 647-4980.

FREE PUNK ROCK SHOW, September 24, 7:30pm, Lyons Bar, Lyons. Music featured from bands Laddermatch, Sebastian and the Mood, Daisy Box.

SHILOH JUNCTION CONSIGNMENT AUCTION, September 24, 10am small items start; 11am, large items start in a second ring, Shiloh, Junction, Orleans. Taking consignments starting September 17 by appointment. Matt and Tammy Edwards (616) 902-7822. Auction conducted by Martins Auction (989) 291-3989.



Samaritas Substance Use Disorder Services



Is Now in Partnership with **THE right DOOR**
for hope, recovery and wellness

Samaritas employees have 88 plus years experience in 40 plus cities in Michigan
They are located in Belding and through the Ionia Right Door location on Friday's
For Intake, call **Samaritas** (833) 720-WELL or **The Right Door** (616) 527-1790

Complete a screening with **The Right Door**

Assessment and Treatment with Samaritas (although services can be tag teamed for person served with special needs)

Samaritas services include:

- Individual, family and group outpatient counselling
- Intensive outpatient services allowing individuals to live at home and continue with employment or school
- Case management and recovery coach;
- Medicated assisted treatment (not methadone) for alcohol and opioid use stabilizing individuals, removing concern of withdrawal in conjunction with counselling services
- Services can be in home, face to face in office and virtually
- Transportation to and from appointment



My Little Ditty

Dennis Gaskin, Certified Peer Support Specialist, The Right Door

Coming back from the place I used to be,
It was the same world I left,
But it wasn't me.
Where did I go,
How long was I gone?
When I returned everything seemed wrong.

I cannot love with something I no longer own.
I've been replaced by a man I have never known.
Everything is different,
Nothing seems the same,
I thought I knew me,
All I know is my name.

While searching the darkness of my empty soul,
A new spirit entered,
Filling that dark hole.

I was shown how to love with that new man I became,
To overcome the darkness of loneliness, the heartache of sorrow and pain.



Dennis is currently a Peer Support Specialist at The Right Door and a Vietnam Veteran. He identified having roughly 45 years of built-up issues that were never addressed. His job ended at Sparrow Hospital in 2008 when the economy was not great. He was self supported and now with no income he faced homelessness with no car or phone. At 60 years old it was almost impossible to find gainful employment. One more thing went wrong—Dennis lost his younger brother. As Dennis stated, **"I lost it; my brain broke."** He began receiving services at CMH for two years. One evening as he was beginning to go into recovery, he sat down with pen and paper and wrote **My Little Ditty**.

A statement from Dennis: "I worked hard to get me back with a lot of help from CMH. Because of all the hard work, I became a Certified Peer Support Specialist at the age of 63. Listen, this is important: If I can do this at 63, you can as well. **Recovery is a lot of hard work.** The Right Door will give you the tools; Peer Support will help show you how to use these tools. Always stay proud of who you are and **Never ever give up Hope.** Recovery is possible.



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Food Assistance** 1-855-ASK-MICH
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing 7-1-1**
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and Nutrition**
Assistance Program 1-800-225-5942

Delicious and Easy Egg Muffins



**Colleen
Atchison,**
Clerical,
The Right Door

- 10 large eggs
- 1 pound ham,
bacon or sausage
- 1 cup green
onions, red
peppers,
mushrooms or
veggies of choice
- 1 cup shredded
cheddar cheese

Spray a muffin tin with non stick cooking spray. In a medium bowl mix eggs and veggies. *(If using frozen veggies, thaw completely and drain off liquid. If using fresh veggies like tomatoes or mushrooms that release liquid when cooked, sauté first).*

Pour into muffin cups and add 1 tablespoon of cheese and meat mixture. Only fill cups about 3/4 of the way to the top. Bake at 350 for 20 to 25 minutes.

Cool. To freeze place in an airtight container up to three months. To reheat from frozen microwave for about one minute. If using from the fridge reheat approximately 30 seconds.



Save up to \$20 a Day using your Bridge or Pandemic EBT (P-EBT) Card at local Markets for SNAP eligible food items to get Double the Fruits and Veggies

FARMERS ACCEPTING BRIDGE CARDS IN IONIA COUNTY:

Denny Farms, 6588 Jordan Lake Road, Saranac 616.527.1531

Farm to Fork, 49 N. Bridge Street, Saranac 616.914.6961

Hanulcik Farm Market, 1425 N. State Road, Ionia 616.527.3630

Heffron Farms, 7724 Ashley Avenue, Belding 616.794-2527

Pierson Orchard, 5348 N. State Road, Ionia 616.527.4947

COMMUNITY RESOURCES



CITY of BELDING

AA Meeting, Monday/Wednesdays 7pm, Saturday 11am, Museum Basement

Alvah N. Belding Library, Main Street, (616) 794-1450

www.alvahnbeldinglibrary.org

Belding Community Activity Learning Services, Thrift Store in Belding United Methodist Church basement, Wednesday to Friday and first Saturday each month, 10am-6pm. Helping special needs adults gain work and social skills plus a job

St. Joseph's Church, Parents of Addicted Loved Ones (PALS), Second and Fourth Mondays, 6:30-8pm (517) 204-8785



CITY OF IONIA

Community Drawers, personal care items, third Wednesday each month, 1:30-4pm, Ionia First United Methodist Church

Families Against Narcotics Ionia/Montcalm, (616) 214-6128 www.familiesagainstanarcotics.org

IM Kids Third Meal, Fenwick, providing take home meal from school for food insecure children in Ionia and Montcalm Counties (616) 225-7264

IM SAFE CAC, (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center), serving children age 2 to 17 who have been sexually abused and severely physically abused, human trafficked or exploited over the internet (616)225-7267

Ionia Community Library, Main Street, (616) 527-3680 www.ioniacommunitylibrary.org

Ionia County Commission on Aging, Hudson Street, meals on wheels and to go, senior activity classes, county commissioners and airport meetings (616) 527-5365

Ionia County Health Department, Adams Street, (616) 527-5341

Ionia Substance Use Disorder Clinic (Samaritas), (833) 720-WELL www.samaritas.org/sud. At The Right Door, Fridays (616) 527-1790

Ionia Theater, 205 W. Main. Movies daily; matinees Tuesday and Saturday. Two theaters(616) 527-3860

Michigan Department of Human Health Services (MDHHS), comprehensive package of health care benefits and assistance program including emergency relief for home, utilities and burial as well as vision, dental and mental health services (616) 527-5200 on Hwy. 21; (616) 527-1790 at The Right Door on Wednesdays

Michigan State Extension, Ionia. 4-h virtual programs for youth 5-19; adults, seniors, money and wellness programs. <https://www.canr.msu.edu/ionia> (616)527-5357

Rails to Trails, trails and maps, Ionia County, www.traillink.com/FindTrails/Michigan

Restore Church, AA Recovery Meetings, Mondays at 7pm

River's Edge Drop In Center, 302 East Main. Community based program with recovery focused services, groups and activities for adults with mental illness diagnosis. Wednesdays 10am-4pm (616) 522-9773

Routine Immunization Clinic, Monday and Wednesdays. Tuesday Covid vaccines and Thursday Walk in Clinic for immunizations and Covid vaccines, by appointment only at the **Ionia County Health Department**, Adams Street (616) 527-5341 select 3

Monday, Wednesday, Thursday, Positive Solutions, Informed Choices, 330 Lovell Street. Free pregnancy tests, educational classes on pregnancy, newborn care and parenting. Free boutique with maternity/preemie to 4T. Online www.PSIClonia.org (616) 755-6077

Tuesday, Wednesday, Saturday, The Christian Service Center, Depot and Washington. Tuesday 9am-noon and 1-4pm; Wednesdays and Saturdays 9am-noon. (616) 527-1530

Tuesday-Food Pantry/Clothing Closet, 9:30-1pm, **Ionia Seventh Day Adventist Community Service Center** the 3rd Tuesday each month. ID needed (616) 527-6465

Mobile Food Pantry, 2nd Tuesday each month, 4pm, church parking lot (616) 527-1910

RAVE Emergency Shelter, for women and children, (616) 527-3351

Soaring Above, for teens, 318 S. Jefferson Street (616) 523-4570

St. John's Lutheran School, breakfast buffet, second Saturday each month 8-10am

Zion Food Pantry, Wednesdays, 2-4:30pm, using drive thru method at 423 W. Washington

Thursday-Al-Anon Meetings, 7pm, Zoom, Sandi (616) 255-3751 or Joy (616) 901-7779

LAKE ODESSA **Monday Alanon Meeting**, 10-11 am Lakewood United Methodist Church (616) 575-8000



Lake Odessa Community Library, 4th Avenue, (616) 374-4591. Tuesday-Friday, 12-1pm, FREE Feeding America summer meals for youth 18 and under; Bridge Group Tuesdays 9:15-11:15am, Tai Chi Tuesdays 11:30am, Family Story Time Wednesdays 10:30am, Teen Summer Learning Program (6th-12th grade), Thursday 2pm, Always in Motion, physical fitness with James for adults, Saturdays 10-11am
www.lakeodessalibrary.org

Monday, Bingo, first and third weeks, 6pm, VFW Hall (616) 374-7075

Monday and Thursday-AA Meetings, 7pm, Al Anon Meeting, Tuesday, 6:30pm, St. Edwards Church, Robert (616) 902-9001

LYONS-MUIR **Lyons Township District Library**, Bridge Street, (989) 855-3414. Story time Wednesday 11:30am, Book club third Thursday of month at 5pm, Writer's group first Thursday 10:00am www.lyonsmichlibrary.org



PORTLAND **Portland District Library**, Kent Street (517) 647-6981 www.pdl.michlibrary.org



Portland Community Food Bank, 9am-noon, Monday and 4-6pm Thursday, Portland United Methodist Church, Bridge Street. Portland school district welcome

Portland Senior Center, Monday, Bingo 6pm, Tuesday and Thursday, Euchre, 1pm Friday, Bingo, 9:30 am (517) 647-4004

Wednesday – Al Anon Meeting, 10am, Portland First Congregational Church (616) 575-8000

Thursday-Tops, (Take Off Pounds Sensibly), 6:30-8pm, Portland Apartments (517) 647-2025

SARANAC **AA Meeting**, Friday 8pm, Community Church



Thursday Food Pantry, 1st and 3rd Thursdays, 2-4pm, Saranac Community Church, Saranac-Clarksville. No appointment needed (616) 642-6322

Saranac Clarksville District Library, Bridge Street, Saranac (616) 642-9146
www.saraclark.michlibrary.org

SAMS Practice (Saranac Area Musicians and Singers), 6-7pm Choir, 7-8 Band, High School Band Room. Anyone welcome (616) 902-7237

There Is A Solution

Patricia Wentworth, Certified Peer Recovery Specialist

An excerpt from SAMHSA "Value of Peers" through research suggests peer services began as early as the 18th century in France. Widespread attention to these services evolved in the 19th and 20th centuries. People with mental health began talking and writing about their experiences.

In the 1970's state institutions were closing due to funding and people did not want those released to live in 'their' communities. **Stigma at its peak!** This is where the peer movement began. Released patients began to congregate, forming groups and lasting relationships. They gained inner strength from sharing their experiences and hope. **Talk about peer services and recovery at its finest!**

As Bill sees it, **"I alone cannot recover."** Bill was a man suffering from alcoholism and depression in 1934. His friend Bob, who suffered the same, 'found religion' and shared his hope with Bill. Although both remained sober, depression, despair and self-pity consumed Bill. Together they reached out to others who were suffering. This was their only answer. These two men created the 12 steps now well-known across the world through AA meetings.

Attending these meetings myself for 22 years, I have learned that these steps are 'living steps.' I sat among those who were suffering as I have, feeling the comfort of not being alone. Providing peer recovery services today keeps me humble as I share these living steps and help others meet their basic needs. I believe a person who is suffering cannot focus on their lifestyle if they are hungry. I believe asking and receiving help is human nature. **That is where peers shine!**

Today I am a better person because of those I serve.



ABA

Resource for talking to kids about Autism: <https://youtu.be/Ezv85LMFx2E>

EBT-SNAP Cards are now accepted on Meijer delivery and pickup orders through the Meijer app.

YOUTH SUPPORT GROUP

Soaring Above Teen Center

Every other Tuesday at 6:15pm

Ages 13-20

Free support group to promote healing after trauma, sexual violence, teen dating violence, sex trafficking...



Ionia County Syringe Services Program

(SSP) provides Narcan, distributes and collects sharps disposal containers, tests person for HIV, offers vaccinations Hepatitis A and B, provides sterile syringes and wound supplies, provides SUD referral for treatment

Thursdays 9am-3pm

Ionia County Health Department

Survivors of Domestic Violence Outreach Group

Mondays at 2pm

Google Meet Up

To support, encourage and share experiences promoting healing, mental stability and coping skills

Facilitator: **Gretchen Edwards**, gretchene@raveim.org

Summer /Fall Training

• **CPI**

September 21

8:30am-3:30pm

Class of 30

• **CPR AED & First Aid**

September 16, October 12

8am-noon or 1-5pm

Class of six

• **LOCUS**

September 15

1-4pm

• **Person Centered Planning**

August 9, October 11

10-11:30pm

12 max

• **Recipient Rights**

September 8, October 6

1-4 pm,

Class of 12

RR Refresher Course, August 17, 5-8pm

zoom only

<http://www.rightdoor.org/for-providers/training/recipient-rights-training-refresher-course.html>

• **Working With People in Residential Settings**

August 11, October 13

10-12pm

Class of 12

~COMMUNITY INFORMATION NIGHT~

Maintaining Mental Health

September 15, 5-6:30pm, Ionia Right Door

Light Snacks and Refreshments Provided

Care Coordinators, Brenda or San Juana 616.517.1790

Express Yourself

September 9 Wellness Fair

The Right Door

10am-3pm, Ionia

- ♦ Healthy Cake Walk with prizes
- ♦ Recovery Oriented Gallery
- ♦ Booths promoting health and wellness
- ♦ Yard games and snacks
- ♦ Juvenile Justice System Art

Adult Case Management's Annual ~WALK~

~RUN~

~ROLL~

5K

Thursday, September 29, 6pm

To support Mental Health Awareness

Visit www.rightdoor.org/other-resources/right-door-5k.html



groups

CONTACT YOUR PRIMARY CLINICIAN

PARENTING THROUGH CHANGE

Parents/Caregivers kids with SED diagnosis
10 weeks

July 19, Tuesdays 5-6:30pm

SLEEP Zzzzz

September 22, 4:30-5:30, zoom, 6 weeks

Contact: Nurse Taylor 616.527.1790

ADULT DBT

September 26, 1pm, Ionia

LIVING WITH PAIN

September 22, 4:30-5:30pm,

zoom 6 weeks.

Contact: Nurse Jessica 616.527.1790

SEEKING SAFETY GROUP

Saturdays 10-11:30am via zoom

STRESS LESS

Mondays 10-11am Live in Portland

Started July 11, 9 weeks

TEEN DBT

A few open spots; Skills only group

Wednesdays, 4-5pm, Ionia

Referrals **FAMILY PSYCHOEDUCATION** for October 1st start date

Training Resource Updates

Trainings for direct care workers have been updated on the TRD website and are available online at:

www.ImprovingMIPractices.org

You can locate the following training links from our website:

[ASIST/Training/The Right Door](#)

1. Infection Control/Disease Prevention/BBP
2. HIPAA Essentials
3. Cultural Competence
4. Emergency Preparedness
5. LEP (Limited English Proficiency)
6. Trauma Informed Care

Please note: Basic Health and Medications and Nutrition and Food are now online at

<http://www.rightdoor.org/for-providers/training/>

Take test online. Call to set Vitals Test with nurse.