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## FOR IMMEDIATE RELEASE

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### **AGENCY CHANGES NAME; Youth Mental Health First Aid Offered**

Owosso, Michigan – It has been a successful year for Shiawassee County Community Mental Health Authority, including changing our name to Shiawassee Health and Wellness.

The agency directs over \$18M in resources to improve behavioral healthcare in this community while administering 10 programs for children, and adults with mental illness and intellectual/developmental disabilities. Our Access Center received an average of 90 calls each month from Shiawassee County citizens seeking services or information about available resources. The agency annually assists over 1,600 adults, children and families who have serious mental illness and/or developmental disabilities. Individualized care is provided in a confidential, person-centered environment encouraging people to reach their goals through community involvement and support.

### **AGENCY NAME CHANGE**

The name change, from Shiawassee County Community Mental Health Authority to Shiawassee Health and Wellness, reflects what the agency has known for a while. When a person is receiving behavioral health services, you cannot treat the mind in isolation. It is important to treat the whole person; the behavioral health needs as well as physical health needs. The new name describes what the agency strives to promote with programs and services and provides an opportunity to expand services and supports to the community in the future.

Shiawassee Health and Wellness remains the designated Community Mental Health Service Program (CMHSP) with the responsibility for servicing the specialty behavioral health needs for individuals in Shiawassee County. The agency will continue to provide quality services and support to Shiawassee County residents who are adults and children with intellectual/developmental disabilities, adults with serious mental illness, and children with serious emotional disturbances.

## **MENTAL HEALTH FIRST AID TRAINING OFFERED**

Shiawassee Health and Wellness sponsors Youth Mental Health First Aid training for adults who interact with youth ages 12-18. Mental Health First Aid is a national evidence-based practice similar to other well-known first aid programs. It is targeted to effectively help a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors) until appropriate professional or other help, including peer and family support, can be engaged. To date, SHIAWASSEE HEALTH AND WELLNESS staff has trained 140 individuals throughout the community. Additionally, this past year Shiawassee Health and Wellness sponsored two Adult Mental Health First Aid trainings and certified 30 Adult Mental Health First Aid responders in Shiawassee County. More training opportunities will be offered in 2018.

## **LOOKING AHEAD**

Shiawassee Health and Wellness will continue striving to ensure individuals in the community are aware of services available and how to access care if needed. Consumers are the center of the organization and we look forward to partnerships to ensure timely, easy access to services offered as well as providing kind, compassionate and effective treatment that is responsive to individual needs.

The public is always welcome to attend the Shiawassee Health and Wellness monthly board meeting to learn more about our organization, offer comments and become informed. Meetings are held the 4<sup>th</sup> Monday of each month at 5:30 p.m. at the agency located at 1555 Industrial Drive in Owosso.

## **BE WELL DURING THE HOLIDAYS**

Did you know 30 minutes of exercise relieves stress, depression, anxiety and improves your overall physical and mental health *significantly*? Although 30 minutes might be difficult to dedicate during the holidays, you could begin with 5 minutes and gradually increase the length of your activity. We are hoping you have a peaceful holiday. If you are feeling overwhelmed or depressed, do not be afraid or embarrassed to ask for help. Emergency Services are always available throughout the holidays by calling 989.723.6791 or 800.622.4514.

From the Shiawassee Health and Wellness family to yours, we wish you peace, hope and lots of holiday joy.