

THE LRE COMMUNITY NEWSLETTER

Fall 2025



Community Advisory Panel

The Lakeshore Regional Entity's **Community Advisory Panel** (CAP) is a group of people who are passionate about the behavioral health system in West Michigan and have partnered with Lakeshore Regional Entity to improve and enhance the quality of these services.

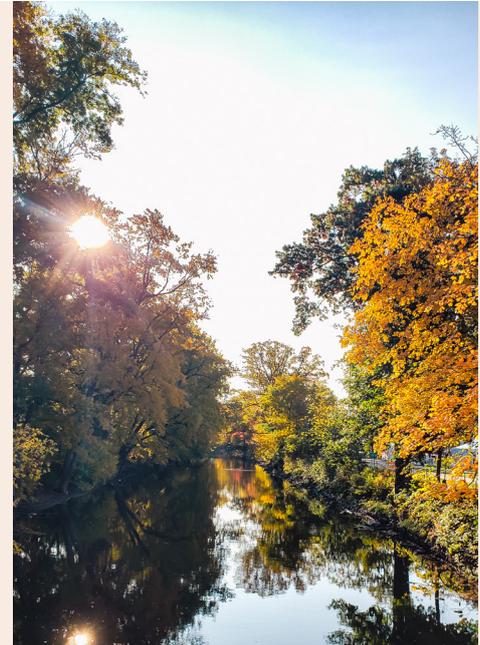
Please take some time to read the wonderful stories inside our **Fall Newsletter** highlighting some of the events, activities, and resources available in our West Michigan Community!

We love to share encouraging stories and inspiring artwork from all over West Michigan! If you would like to have your artwork, stories, or poetry featured in a future issue, please send it to **LRE Customer Services: 5000 Hakes Drive, Norton Shores MI, 49441**. You can also email written pieces and pictures to marih@lsre.org.



Autumn Anxiety & Seasonal Affective Disorder (SAD)

As the seasons change from sunny summer afternoons to chilly air and falling leaves, many people are overcome with feelings of depression and anxiety. Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter (also called “winter blues”) and begin to feel better in the spring, with longer daylight hours.



In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from seasonal affective disorder (SAD), a type of depression. In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer; this is known as winter-pattern SAD or winter depression. Some people may experience depressive episodes during the spring and summer months; this is called summer-pattern SAD or summer depression and is less common (NIMH, 2021). SAD often begins as “Autumn Anxiety”. According to Healthline (2020), autumn anxiety is an annual increase in anxiety some people begin to feel during the fall months. Experts say some of the causes may be due to beginning a new school year, the stress of the approaching holiday season, or possible regret from not having reached desired goals during the summer. Other possible causes frequently cited are: stress of having to make preparations for the coming winter (yard work, winterization, heat bills), seasonal job changes, bad weather and driving conditions, less free time, less exercise due to being outside less, and the afore-mentioned reduction in sunlight.





How to Cope with Increased **Anxiety/SAD**

How do we deal with this increased anxiety? Psychologist Patricia Thornton, PhD, and Dr. Claire Morrison suggest the following:

1. **Get more light.** Spend as much time outdoors as you can, and consider using a light therapy box.
2. **Exercise every day.** Exercise is key across the board for mental health, every study shows improved mood after exercise!
3. **Change your diet.** Autumn is a great time to think about what you eat. Look forward to your favorite seasonal soups and warm meals you didn't get to enjoy during the summer. Remember to eat plenty of fruits and vegetables and drink plenty of water.
4. **Start something new.** Autumn is the time for fresh starts, and a new season. Think of it as a time to declutter, tidy the house, and reorganize. Find a new hobby or pick up an old one!
5. **Reframe your outlook.** Rather than associating autumn with negative experiences and stress, try to look at it differently. "Humans are very focused on loss. In this case, the loss of sunlight and being outside, so think about what you can do about being inside. Rather than thinking, 'it's cold and I'll be stuck inside,' try to think of being inside as cozy," says Thornton.
6. **Seek out professional help.** Cognitive behavioral therapy (CBT) has been shown in research to effectively treat anxiety and SAD. If you feel overwhelmed, Morrison says to see your doctor. "Don't wait until things get really bad, if you start to feel anxious and depressed take prompt action to improve your mood." (Cassata, 2019).

Excerpt courtesy of the National Institute of Mental Health: NIH Publication no. 20-MH-8138

PARENT SUPPORT GROUP

YOU ARE NOT ALONE

At Community Healing Centers on Stadium Drive

Every Thursday | 4:30 - 5:45

CHILDCARE  REFRESHMENTS
WILL BE PROVIDED

—
RAFFLE ITEMS FOR
THOSE WHO ATTEND

—
GAS CARDS AND BUS PASSES
AVAILABLE AS NEEDED

—
TO REGISTER EMAIL:
Samantha Brown
sbrown@chcmi.org

- ★ For moms, dads, caregivers of babies & toddlers, and pregnant people—especially those with a history of SUD
- ★ Get encouragement, resources, to help you, and support from Community Healing Centers and Healthy Babies Head Start staff
- ★ Discussion facilitated with Bright Course curriculum which meets criteria for court and CPS parenting classes
- ★ Drop in when it's convenient for you
- ★ Connect with others who have been where you are
- ★ All sharing is confidential

COMMUNITYHEALINGCENTER.ORG

Community
Healing
Centers

Upcoming Fall Events

RÉAACT SUPPORT GROUP

RELATIVES & ALLIES OF ADDICTS COMING TOGETHER



The other side of addiction is the families and friends that support their loved ones through the harrowing journey of substance abuse and those who lose loved ones along the way. This group is an opportunity to connect with others who can truly empathize and share experiences without the fear of judgement.

First & Third Monday Every Month Beginning May 6th
6:00pm – 7:30pm
Life Align 2508 Glade St, Muskegon – Downstairs



The ASH Network

Muskegon, MI 49442
(223)769-2422 | www.withinthecircleofsupport.org | theashnetwork.org

VIRTUAL SUPPORT

Early Relapse Prevention Group



Open to Community Healing Centers adult clients in treatment for Substance Use Disorder

Mondays & Thursdays | 5:30 - 7:00 PM



Get details from your therapist!

communityhealingcenter.org • 269-343-1651



Sept. 17th: For more information, visit <https://cmham.org/>



RECOVERY LIFE Rally

Saturday, September 27, 2025
★ 11 am - 3 pm ★

SPEAKERS | FOOD | GAMES | GIVEAWAYS

CAROL'S HOPE

4030 M-139 STE. 108, ST. JOSEPH, MI 49085
269-556-1526



CAROLSHOPE.ORG

The LRE Board of Directors



The Lakeshore Regional Entity Board of Directors meeting is on the **4th Wednesday of each month**. Unless otherwise noted, prior to each Board meeting a work session is scheduled for 11am. The Board meetings are held in person at the GVSU-Muskegon Innovation Hub, 200 Viridian Dr., Muskegon, MI 49440. Please note, the November meeting is on the 3rd Wednesday, due to the Thanksgiving Holiday.

Upcoming Board Meetings

September 24, 2025

October 22, 2025

November 19, 2025

For more information on the LRE Board meetings please visit www.l sre.org

Autumn; the season that teaches us that change can be beautiful.

FatGalah.com