

NEWSLETTER

FALL
2026

Welcome to Fall.....

Fall provides an important opportunity for the Lakeshore Regional Entity to pause, reflect, and recommit ourselves to suicide awareness, prevention, and hope. While suicide prevention is often recognized nationally in September, the need for awareness does not begin or end with one month. It is an ongoing responsibility—one that belongs to all of us as neighbors, family members, coworkers, providers, leaders, and community partners.

Suicide touches every community, and it is often closer than we realize. Many people carry pain quietly, and too often stigma, fear, or uncertainty keeps individuals from reaching out for support. That is why awareness matters. When we speak openly and compassionately about suicide, we help reduce shame, strengthen connection, and remind people that help is available and that healing is possible.

This month, I encourage each of us to make suicide awareness personal and practical. Check in on someone. Ask the direct question when you are concerned. Listen without judgment. Share resources. Support those who are grieving. And, most importantly, help reinforce the message that no one has to face a crisis alone. If you or someone you know is experiencing a mental health crisis or thoughts of suicide, call or text 988 for free, confidential support available 24/7.



From the

Clinical Corner

Clinical Director, **Sandi Stasko**

Beating the **Winter Blues**: Tips from Mental Health Professionals

As the days grow shorter and temperatures drop, many people experience what's commonly called the "winter blues." For some, these feelings can progress into **Seasonal Affective Disorder (SAD)**—a type of depression linked to seasonal changes. While SAD is treatable, even mild winter blues can impact mood, energy, and overall well-being. Here are practical, evidence-based strategies to help you thrive during the colder months.

Why Winter Affects Our Mood

Reduced sunlight can disrupt your body's internal clock and lower serotonin levels, contributing to feelings of sadness and fatigue. Recognizing these changes early is key to managing them effectively.



Six Ways to Boost Your Mood This Winter

1. **Seek the Light:** Natural light is a powerful mood enhancer. Spend time outdoors during daylight hours or consider using a light therapy lamp to mimic sunlight exposure.
2. **Move Your Body:** Physical activity releases endorphins—the body's natural "feel-good" chemicals. If you can make it outside – do it! A brisk walk in the cool air can even help calm the nervous system. If you're stuck indoors, try some bodyweight exercises like wall sits, sit-ups, planks, stairs, squats, etc. Yoga and stretching also activates muscle groups and those endorphins. Anything is better than nothing.
3. **Consider Vitamin D:** Limited sunlight can lead to lower Vitamin D levels, which may affect mood and energy. Talk to your healthcare provider about whether a Vitamin D supplement is right for you and consider one with K2 for better absorption.
4. **Practice Mindfulness and Relaxation:** Techniques like deep breathing, progressive muscle relaxation (PMR), and tapping can reduce stress and promote calm. These simple exercises can be done anywhere and take just a few minutes – check YouTube if you need queuing.

Clinical Corner cont...

Six Ways to Boost Your Mood This Winter

5. **Maintain Routine and Sleep Hygiene:** Consistency matters. Go to bed and wake up at the same time each day and create a relaxing bedtime routine to support restorative sleep. The best practice is to keep the bedroom for bedroom-things, not TV watching or working out, if possible.
6. **Reach Out for Support:** If feelings of sadness persist or intensify, don't hesitate to seek help. Mental health professionals can provide therapy and, when appropriate, medication to treat SAD effectively.

A Final Thought...

Winter doesn't have to feel gloomy. By taking small, intentional steps—like getting outside, staying active, and supporting your body with Vitamin D—you can protect your mental health and enjoy the season. Remember: caring for your emotional well-being is just as important as caring for your physical health.



Suspect Fraud, Waste or Abuse?

Did you know that suspected fraud, waste, or abuse can be reported anonymously? You can report to the LRE by emailing compliance@lsre.org, calling the toll-free compliance hotline at 1-800-420-3592, or faxing **1-231-769-2075**. If you prefer, you can report to the MDHHS-OIG (by calling **1-855-MI-FRAUD** or writing to the Office of Inspector General, PO Box 30062, Lansing, MI 48909) or to HHS/OIG hotline (**1-800-HHS-TIPS**)."



The Quality Connection

Quality Manager, **Jackie Schut**

Over the summer, systematic reviews were completed for Cherry Health SUD Services, St. Mary's PMU Inpatient Hospital, Wedgwood SUD Services, and Family Outreach Center SUD Services. These reviews supported continued oversight of provider performance, regulatory compliance, and quality improvement efforts across the network. HealthWest CMH and Reach for Recovery reviews are coming up as well. FY 2027 review tools and processes are being updated to support upcoming monitoring activities.

Site Review Calendar for FY27

The following schedule outlines the upcoming Site Reviews for LRE's provider organizations in FY27:

- **Network180** – January 19-25, 2027
- **WCMCMH** – March 15-19, 2027
- **CMHOC** – April 19-23, 2027
- **OnPoint** – June 21-25, 2027
- **Healthwest**-- August 16-20, 2027

FY27 Desk Audits:

- **Standard 2:** Emergency & Post Stabilization Services
- **Standard 7:** Provider Selection
- **Standard 9:** Grievance & Appeal Systems
- **Standard 11:** Practice Guidelines
- **Standard 12:** Health Information Systems
- **Standard 13:** Quality Assessment & Performance
- **Standard 14:** Corporate Compliance & Program Integrity
- **Standard 15:** Person Centered Planning & Documentation Standards
- **Standard 16:** Consumer Involvement
- **Standard 22:** Financial Reporting & Management

FY27 Program Specific Audits:

- **Assertive Community Treatment**
- **Peer Delivered & Operated Services (drop in centers)**
- Home Based Services
- Clubhouse Psycho-Social Rehabilitation Program
- Targeted Case Management.
- Intensive Crisis Stabilization Services

Community Mental Health Association Annual Summer Conference

Rising to the MOMENT



CMHA Fall Conference October 26 & 27, 2026 at Grand Traverse Resort

This conference attracts 700 attendees; bringing together board members, CEOs, COOs, CFOs, medical directors, clinical directors, case workers, supports coordinators, and children's supervisors from Michigan CMHSPs and Provider Agencies. We also have strong attendance from others within the public mental health and substance use disorder systems.

Conference Registration [CLICK HERE](#). Early Bird registration booking deadline is Oct 5. Hotel Room booking [CLICK HERE](#). Deadline for reduced rate hotel room booking is also May 18.



Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month—a time to raise awareness, promote hope, and normalize help-seeking. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters. This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength, dignity, hope, and purpose, we can make a difference—we can help save lives.



Stronger Together: Connect. Support. Prevent.

Suicide prevention is not one moment or one person's job. It lives in the relationships we build, the support we offer, and the communities we create together. This year's theme highlights the importance of:

- **Strengthening connections that protect people before a crisis occurs**
- **Making sure everyone knows where to turn and knows it before they need it**
- **Building communities where people feel safe reaching out for help**
- **Supporting recovery and healing long after a crisis has ended**

Suicide prevention touches every part of life – from families and schools, to workplaces, faith communities, and health care systems. When people feel connected, valued, and supported, they are more likely to seek help. And when communities come together around a shared commitment to prevention, lives are saved.





LRE Upcoming Office Closure Dates

The LRE office will be closed on the dates listed out below. The office will reopen on the business day following the holiday closure. If you experience a mental health emergency please dial 988 or visit the [MiCAL](#) (Michigan Crisis and Access Line) website for 24/7 assistance and support.

- Monday, September 7: **Labor Day**
- Wednesday, November 11: **Veterans Day**
- Thursday & Friday November 27 & 28: **Thanksgiving Holiday**
- Thursday & Friday December 24 & 25: **Christmas Holiday**

Oversight Policy Board (OPB)

The LRE Oversight Policy Board meets quarterly on the dates listed below. Meetings start at 4 PM unless otherwise stated. Previous meeting packets are available on the LRE Website. All meetings are held in the Board Room at Community Mental Health of Ottawa County, 12265 James St in Holland.

- Wednesday, September 16
- Wednesday, December 9



IS "JUST ONE MORE SPIN"
TURNING TO HOURS?
IT'S EASY TO LOSE TRACK

WE CAN HELP



TALK, TEXT OR CHAT 24/7



TALK
OR TEXT

1(800)MY-RESET



CHAT
ONLINE

1800MyReset.org



LAKESHORE
REGIONAL ENTITY

Veteran Navigator Update

Autumn Hartpence, Veteran Navigator

2026 has been a year of milestones so far for the LRE Veteran Navigator, Autumn Hartpence. Milestones representing setting courage goals and following through to see where they lead! Autumn earned a PhD in Strategy & Innovation from Capella University. The knowledge and skills she gained through this strengthened her abilities to help Veterans across our region. She also had the honor of representing the state of Michigan in the Miss United Crown of America pageant.



Veteran Navigator 2nd & 3rd Quarter Reporting

- **Outreach:** The Veteran Navigator participated in outreach events throughout our region in the 2nd and 3rd quarters reaching a total of 283 veteran/military families.
- **Support:** Throughout the 2nd and 3rd quarters the Veteran Navigator was able to provide direct support for 66 veterans.
- **Referrals:** During the 2nd and 3rd quarters the Veteran Navigator connected with 9 organizations to help serve veterans.
- **Expertise:** The Veteran Navigator provided education at annual statewide events, worked on multiple planning committees in our region and attended community meetings to work with our community partners to help veterans in our region.

Veteran Navigator & Guinness World Record holder?

Autumn will have a piece in ArtPrize in Grand Rapids this fall. She has designed a suncatcher that will be approximately 15 ft tall and contain 14k crystal and glass beads. The piece will be on display in Calder Plaza beginning September 17. She has also submitted an application to the Guinness Book of World Records to determine if it is the world's largest suncatcher!



Suicide Awareness

Across the LRE region, prevention is not just a message—it is part of the work we support every day. From school-based education and youth peer support to community coalitions, crisis resources, and efforts that build protective factors such as family connection, coping skills, and access to care, our regional system plays a critical role in helping people recognize warning signs, respond with care, and connect individuals to the right support at the right time.

At LRE, we know that hope is strengthened through connection, prevention, and timely access to care. As we recognize suicide awareness this fall, let us continue working together to build communities where people feel seen, supported, and able to ask for help before crisis becomes tragedy.



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 and December meetings are on the 3rd Wednesday**, due to the Thanksgiving and Christmas holidays.



Upcoming Board Meetings

September 23, 2026
(at Delta Hotel in Muskegon)

October 28, 2026

November 18, 2026

Lakeshore Regional Entity

5000 Hakes Dr., Ste 100, Muskegon, MI 49441

WWW.LSRE.ORG

Telephone Contact:

Business Hours **231-769-2052**
Compliance **800-420-3592**
Appeals **800-897-3301**

Email Contact:

feedback@lsre.org