



May is Mental Health Awareness Month

May is Mental Health Awareness Month, and I want to be clear about why this matters to me, our organization, and to the people and communities we serve.

Mental health is not a side issue. It is foundational to how people show up at work, how families function, and how communities remain resilient in the face of ongoing stress and uncertainty. While Mental Health Awareness Month began in the United States decades ago, it is now recognized more broadly because the need is universal—and growing.

Awareness alone is not enough. Leadership requires action. That means reducing stigma by talking openly about mental health, supporting one another when challenges arise, and continuing to build systems that treat mental health with the same seriousness as physical health. It also means recognizing the emotional weight carried by those who do this work every day—and ensuring they feel valued, supported, and heard.



As leaders, we set the tone. We decide whether mental health is acknowledged or ignored, prioritized or postponed. My expectation is that we use this month not just to reflect, but to recommit—to empathy, to accountability, and to creating a culture where mental well-being is understood as essential to long-term success. **This is how we turn awareness into action.**

From the

Clinical Corner

Clinical Director, **Sandi Stasko**



Information Overload: When “Staying Informed” Becomes Too Much

We live in an age of constant information. News alerts buzz across our phones. Emails pile up. Social media feeds never end. Ads follow us from website to website. Even when we’re not actively looking for information, it often finds us anyway. While access to information can be helpful, there is a point where the sheer volume becomes overwhelming. This experience—often called information overload—can quietly impact our mental health, focus, and overall well-being.

What is Information Overload?

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Signs You Might Be Overwhelmed

Information overload doesn’t always show up as obvious stress. Sometimes it looks like:

- *Difficulty concentrating or staying present*
- *Feeling mentally “foggy” or scattered*
- *Irritability or a shorter fuse than usual*
- *Trouble sleeping because your mind won’t shut off*
- *Feeling compelled to keep scrolling, checking, or refreshing—even when it doesn’t feel good*
- *A sense of emotional numbness or fatigue after consuming news or social media*

Checking in with ourselves is the first step. Simply noticing how your body and mind respond to information can be powerful.

Simple Check-In Questions

You might pause and ask yourself:

- *How does my body feel right now after taking in this information?*
- *Do I feel calmer, more informed—or more tense and drained?*
- *Am I choosing this information, or consuming it out of habit?*
- *What do I need in this moment—more input, or more space?*

There are no right or wrong answers—only information that can guide healthier choices.

Clinical Corner cont...

Ways to Reduce Information Overload

Reducing overload doesn't mean disconnecting completely or ignoring what's happening in the world. It's about creating balance and boundaries. **Here are a few practical strategies:**

- **Choose quality over quantity**

Select a few trusted information sources instead of consuming from many places at once. This can help you stay informed without feeling flooded.

- **Create "no-input" moments**

Even short breaks without screens—during a walk, a meal, or before bed—can give your nervous system a chance to reset.

- **Notice your emotional cues**

If you feel your shoulders tighten, your breathing change, or your mood drop while scrolling or watching the news, take that as a signal to pause.

- **Ground yourself in the present**

Simple grounding techniques—like taking a few slow breaths, noticing your surroundings, or putting your feet on the floor—can help bring your focus back to the here and now.

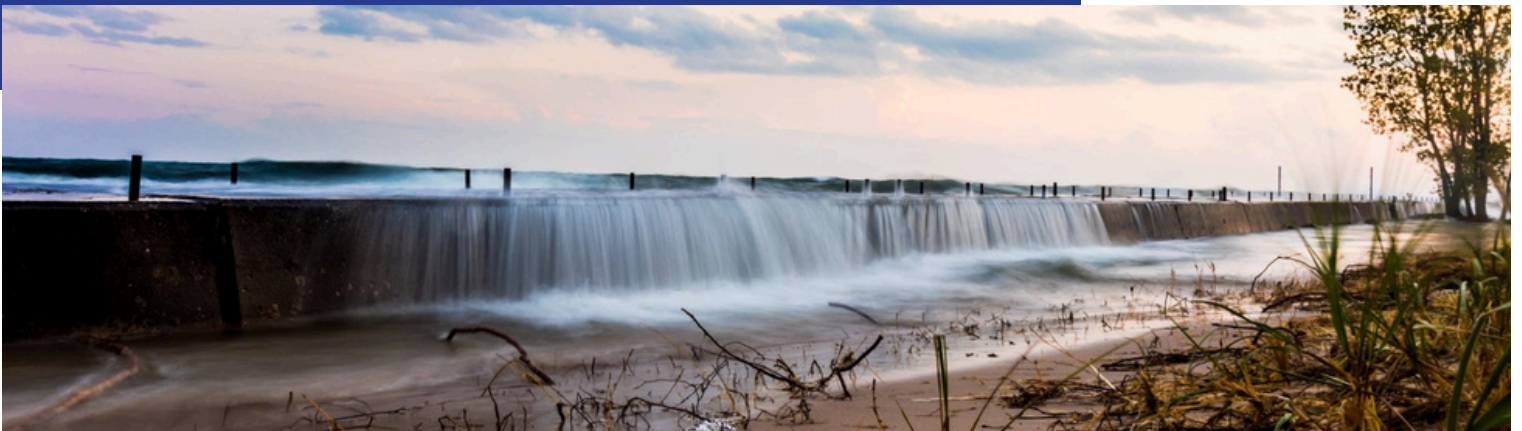
- **Give yourself permission to step away**

Staying informed is important, but so is your mental health. Stepping back when things feel like too much is not avoidance—it's self-preservation.

A Final Thought

In a world that constantly demands our attention, choosing when and how we engage with information is an act of self-care. Small, intentional boundaries can make a meaningful difference in how we feel, think, and show up for others.

If you notice signs of overwhelm, you're not alone—and you're not doing anything wrong. Sometimes the healthiest response to a loud world is simply to turn the volume down.



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**

In the fiscal year 2025, Lakeshore Regional Entity (LRE) collected feedback from its provider Community Mental Health Service Programs (CMHSPs) to refine the Site Review processes. These collaborative discussions led LRE to pursue greater efficiency and a reduction in the administrative workload for the CMHSPs in fiscal year 2026.

Site Review Calendar for FY26

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

- **Network 180** – January 20-26, 2026
- **WMCMH** – March 16-20, 2026
- **CMHOC** – April 20-24, 2026
- **OnPoint** – June 22-26, 2026
- **HealthWest** – August 17-21, 2026

Preparation Tips for Site Reviews

- Review all site review tools ahead of time. Note that several desk audits have undergone significant revisions, and these updates have been communicated to the Quality Leads at each CMHSP.
- Pay close attention to the “Evidence of Compliance” column in the site review tools to understand precisely what LRE is requesting as proof.
- When submitting proofs, label them according to the completed tool's specifications. To facilitate review, highlight specific areas within the proofs so LRE can easily locate relevant information.

Copies of all site review tools for CMHSPs, Behavioral Health and SUD Providers, and Inpatient Hospitals, along with the calendar of upcoming site reviews, are available at the link below.

[**Resource Library - Lakeshore Regional Entity**](#)

Community Mental Health Association Annual Summer Conference

Rising to the MOMENT



CMHA Summer Conference June 8-June 10, 2026 at Grand Traverse Resort

This conference attracts 500 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 May 18.
Hotel Room booking [CLICK HERE](#). Deadline for reduced rate hotel room booking is May 18

MENTAL HEALTH Awareness MONTH



MAY 2026



Mental Health Awareness Month (MHAM) has been observed since 1949. For more than 20 years, **SAMHSA** has joined that tradition every May, raising awareness, sharing resources, and supporting the individuals and communities who need it most. #MentalHealthAwarenessMonth.

MENTAL HEALTH CHALLENGES CAN AFFECT ANYONE.



SAMHSA
Substance Abuse and Mental Health
Services Administration

MENTAL HEALTH
Awareness
MONTH

See the **Person.** Support the **Journey**

Mental health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. This year's theme highlights the importance of:

- **Noticing early signs of mental health concerns**
- **Strengthening the support around us**
- **Responding with care and compassion during challenging moments**

Mental health touches every part of life — from housing and work to relationships and community. When mental health challenges arise, they often intersect with substance use, and whole person care that addresses both is essential to lasting recovery and well-being. Some of the key messages and themes for the month are below:

- **Understanding Mental Illness: Awareness Leads to Compassion.**
- **Early Support Matters-Recognizing Signs in Children & Youth**
- **Words Matter & Words Can Heal**
- **Supporting Loved Ones-Connection is a Powerful Form of Care**

LRE Summer Office Closure Dates

During the summer months 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, May 25: **Memorial Day**
- Friday, June 19: **Juneteenth**
- Friday, July 3: **Independence Day**
- Monday, September 7: **Labor Day**



Oversight Policy Board (OPB)

The LRE Oversight Policy Board meets quarterly on the dates listed below. Meetings start at 4pm 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, **June 10:**
- Wednesday, **September 16:**
- Wednesday, **December 9:**



TalkSooner Make the Chatter Matter!

Talksooner is partnering with Michigan Department of Transportation (MDOT) to continue the long standing partnership to encourage parents to use car times as opportunities to start conversations with kids or teens about substance use. Wherever your destination, consider devoting a few minutes of your family's car ride – or rest area breaks - to "Make the Chatter Matter" and check in with your kids/teens about substance use. **For tips, check out this quick video, here, from talksooner.org.** Safe travels!
#makethechattermatter #talksooner

WHAT ARE YOU HEARING ABOUT VAPING?

MAKE THE CHATTER MATTER!

HARD CONVERSATIONS MADE EASIER

TalkSooner.org

POWERED BY LAKESHORE MDOT A COMMUNITY PARTNER

The LRE Board of Directors



LAKESHORE

REGIONAL ENTITY

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

May 27, 2026

June 24, 2026

July 22, 2026

Lakeshore Regional Entity

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

WWW.LSRE.ORG

Telephone Contact:

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Compliance	800-420-3592
Appeals	800-897-3301

Email Contact:

feedback@lsre.org