

# THE LRE COMMUNITY NEWSLETTER

April 2023



## 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 spring newsletter highlighting some of the events, activities and resources available in our West Michigan Community!

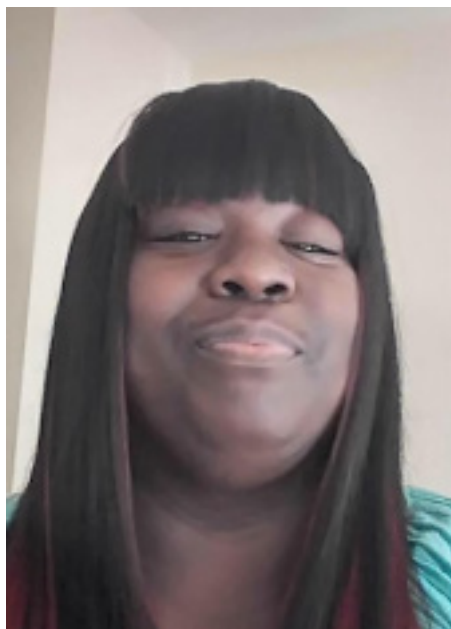
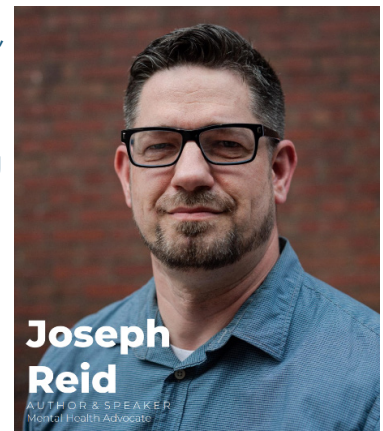
We love to share encouraging stories and inspiring artwork from all over West Michigan! If you would like to have your artwork, stories, or poetry featured in a future issue, please send it to **LRE Customer Services: 5000 Hakes Drive, Norton Shores MI, 49441**. You can also email written pieces and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



# Community Advisory Panel Spring Spotlight: [Broken-People.org](https://www.broken-people.org)

**Joseph Reid** is the founder and Executive Director of [Broken People](https://www.broken-people.org), an international mental health peer support group. He is the best-selling author of **Broken Like Me, An Insider's Toolkit for Mending Broken People**, and has helped thousands of people with his writing since its publication in the summer of 2021. He is also very active as a Peer Support Specialist, Family Advocate, and In Your Own Voice presenter with NAMI Kent County (National Alliance on Mental Illness), the nation's largest grassroots mental health nonprofit organization.

Joe and his team at [Broken-People.org](https://www.broken-people.org) are deeply committed to providing support not only to people personally struggling with mental wellness, but also to people who have someone in their lives that they care about who may be struggling. Their advocacy efforts reach out into our communities, our legislators and state, and unites individuals all over the world. Broken People is a wonderful resource for anyone who would like to learn more about mental health or get involved locally.



## Director of Social Media **Marva Couch**

I was born and raised in Detroit and I currently live in Romulus, Michigan. I am an ordained minister and a playwright. I went to school for business administration. I lived for years with crushing depression until one day I began to see a therapist to begin dealing with my issues. One of the areas of mental health that has a special place for me is self-esteem. I believe when we feel good about ourselves that's one victory we have won. My motto is always keep a humble servants heart.

# Broken-People.org

## Why the name Broken People?

*“When I am at my lowest, when I am feeling the most depressed, the best way I have to describe how I feel is Broken. I created this group for people who may be searching for others who feel broken, just like me.”*

Founder-Joe Reid



## The Four Priorities of Broken-People.org

1. To end suicide.
2. To compassionately steer anyone struggling with suicidal ideation toward hope and life through peer support and resources.
3. To comfort the challenged and challenge the comfortable.
4. To encourage and practice communication, cooperation, and collaboration among mental health organizations.

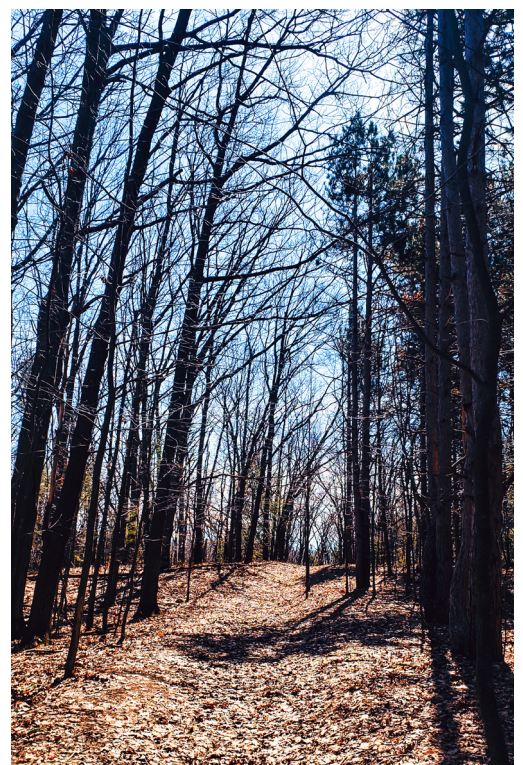
## Dream Statement

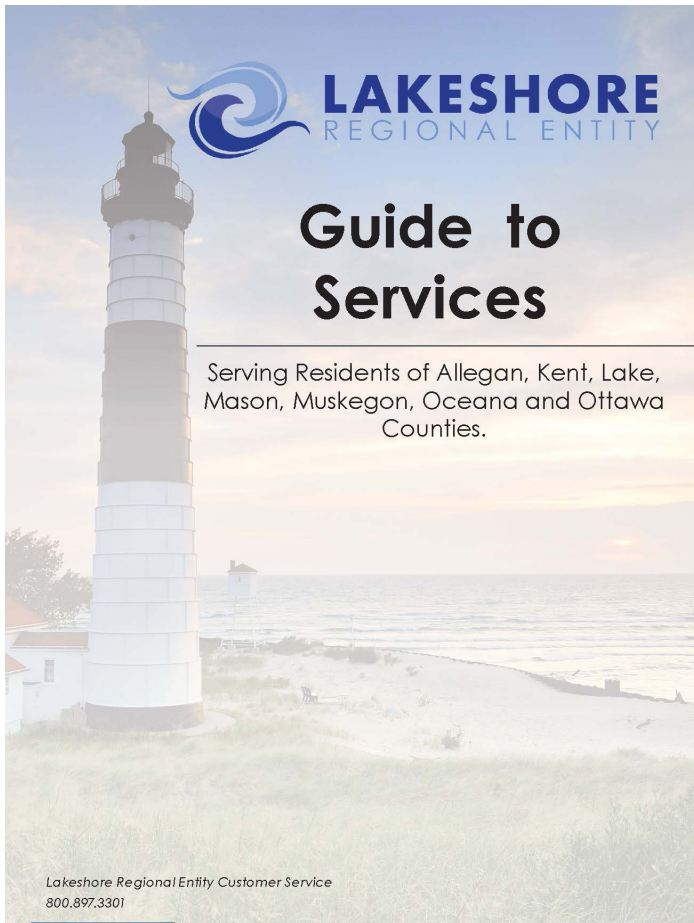
**We** have a dream to end suicide.

**We** have a dream that those with and without a mental illness will be able to find support and encouragement from each other, understanding that we are not all that different.

**We** have a dream that barriers such as race, gender, religion, financial status, sexual orientation, height, weight, and any other form or possibility of prejudice will be eradicated from receiving quality physical and mental health care worldwide.

**We** have a dream that strategic vulnerability will become a social norm.





# Guide to Services

You may recognize the cover of this book; when you first ask for services, you may have been given either a paper copy, or a link to view and download it on the internet. You may have been offered one and chose not to take it, thinking it was just another stack of paper that would get lost or thrown away.

However; the **Lakeshore Regional Entity Guide to Services** is one of the most useful books you can have if you or a loved one are getting services from a Community Mental Health Service Provider (CMHSP) or substance use disorder provider in the Lakeshore region! It is your personal guide to navigating Medicaid behavioral health services. Let's take a closer look at what this what this amazing book can tell you.

## The LRE Guide to Services covers a lot of information, including:

- Contact information for the LRE and CMHSPs
- Emergency and after-hours numbers
- Safety guidelines and program specific rules
- Customer Services
- Language and accessibility information
- What services are offered and how to get them
- Payment for services
- Your rights, including how to make a complaint if you feel your rights were violated
- How to file a grievance (complaint) if you are unhappy
- How to file an appeal if you don't agree with a change to your services, or you ask for a service and are told you can't have it.
- Person-centered planning
- Out-of-network services
- Advocacy and resources
- Information about advance directives and guardianship

As you can see, there is a ton of information in this book! You can ask for a FREE copy of the Guide to Services a few different ways:

1. **Call or stop by your local CMHSP and ask for a copy**
2. **Call the LRE Customer Services line at 1-800-897-3301 and ask for a copy.**
3. **Visit the CMH websites below:**





For **Mental Health.** For **Worldwide Change.**  
For **Everyone.**

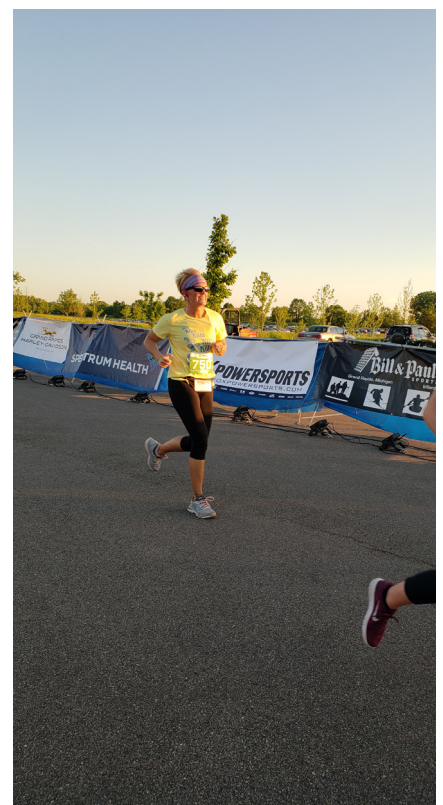
We know you believe mental health matters. The One Series is back, complete with an exciting addition and a big change! With the Hope Network One in Five Series, get moving in honor of the One in Five who face a mental illness. Whether it's running a team marathon, walking a virtual 5K, donning a cape and skipping through the streets of Grand Rapids...each move is part of a movement that's turning the conversation about mental health issues into action. The One in Five is us and the people we love.

The numbers demand our attention:

- More than 50% of people will be diagnosed with a mental illness or disorder at some point in their lives
- Nearly 60% of mental illness goes untreated
- Depression is the #1 cause of illness and disability worldwide

## UPCOMING EVENTS:

- **Heroes for Hope 5K and Kids Run** presented by Celebration Cinema (Sunday, May 7 – Studio Park, Downtown Grand Rapids, Michigan)
- **One in Five Team Marathon and 5K** (Friday, June 2 – Millennium Park, Grand Rapids, Michigan)
- **World Mental Health Day Virtual 5K/10K** (October 4-10 – Worldwide)





## Featured Artist: **Emily Tippet**

---

“ Growing up with an abusive narcissist, I faced a lot of trauma. I was left in a world of darkness. The day I decided to push out that darkness to heal and learn who I am without the pain, I found the light. Painting has been a big part of my therapy, and there are days I can see the darkness trying to come back but I remember what my sister always tells me: You are amazing and loved. I see that life really is good, and art is a healthy outlet I needed in order to grow.” ~Emily



When the World says, “*Give Up,*”

Hope whispers,  
“***Try it one more time.***”