



## Alcott Volunteers at Portage Parks and Rec. Building



Alcott participants and staff have been volunteering at the Portage Parks and Rec. building cleaning up the flower beds. This Spring Clean-Up Crew is awesome! Weeding, raking, and cutting back dead brush. They can do it all!

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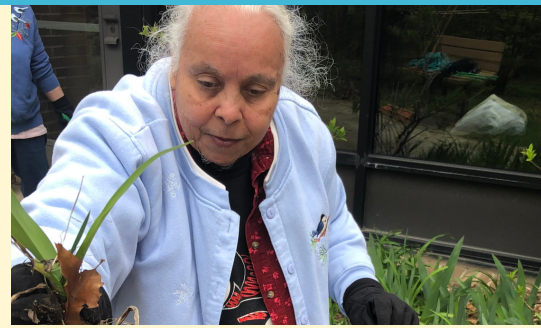
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# Spring Clean-Up Crew



Thank you to Wenke  
Greenhouse for the  
Flower Donations to  
share with the homes



# Staff Highlights

## May Birthdays

EARL WATSON-PADILLA- 12TH  
ASHLEY BALDWIN- 13TH  
BRITTANY WHITE-13TH  
RENEE LINDSAY- 17TH  
FREDRICK DANIEL-17TH  
CAROL DURREN- 18TH  
IJEOMA DAKARE- 19TH  
KRISTIN BAUER- 21ST  
KEVIN M POST- 23RD  
ASYIA COCHRAN- 27TH  
KELVIN SINGLETON-28TH

## Anniversaries

3 YEARS  
IBRAHIM SALIFOU

5 YEARS  
MICHAEL DWYER  
ANGELA FILIPUNAS

8 YEARS  
CORRINA  
EDMONSON





# Staff Feature



We're pleased to  
welcome our new

## QUALITY ASSURANCE DIRECTOR

**Abigail Finn**

to Community  
Living Options



## About Abby:

- **Hobbies:** Reading, walking, hiking
- **What brings her Joy:** spending time with family and friends, working outside in the garden
- **Strengths:** empathetic, adaptable, creative, open-minded
- **What she hopes to Accomplish at CLO:** help to improve the quality of life for our consumers, continuing to help grow programs, improving processes for staff and streamlining information for funders.

## About Kimberly:

- **Hobbies:** Reading, Puzzles, Play music: flute, xylophone, harpsicord
- **What brings her Joy:** things that connect me to nature, crocheting and needlepoint
- **Strengths:** creative, organized, multi-tasking
- **What she hopes to Accomplish at CLO:** excited to help this company grow by combining much of my history and skills and experiences to support what the community needs



NEW HIRE  
**WELCOME:**  
**KIMBERLY AMOS**  
PROGRAM  
SUPERVISOR





NEED HELP? KNOW SOMEONE WHO DOES?

IF YOU OR SOMEONE YOU KNOW NEEDS HELP, CALL THE 988 SUICIDE AND CRISIS  
LIFELINE AT 988. YOU CAN ALSO TEXT HOME TO 741741 TO REACH A CRISIS COUNSELOR.

A poster for a Mental Health Fair. The top half features a collection of colorful, abstract shapes like circles and teardrops in shades of blue, red, yellow, and green. Below this, the text "Let's talk about 'it.'" is written in a black, cursive font. Underneath, "MENTAL HEALTH FAIR" is written in a bold, blue, sans-serif font. The event details are listed: "1 – 3 p.m. | Saturday, May 20", "Kalamazoo Valley Museum", and "230 N. Rose St. | Kalamazoo". A list of activities follows: "Mind wellness from multiple angles.", "9 vendors. 3 workshops.", and "No pre-registration." Below this, it says "Learn about services offered by:" followed by a bulleted list: "• WMU Therapy Dog Clinic", "• Gryphon Place suicide prevention agency", "• Disability, racial healing and LGBTQ+ groups", and "• And much more!". The word "FREE" is prominently displayed in a large, blue, sans-serif font. At the bottom, it says "For more, visit [kalamazoomuseum.org](http://kalamazoomuseum.org)." On the right side, there is a profile of a human head filled with a rainbow gradient. At the bottom right, the text "KalamazooVALL Museum" is visible, with "VALL" in a larger, bold font.

Let's talk about "it."

**MENTAL HEALTH FAIR**

1 – 3 p.m. | Saturday, May 20  
Kalamazoo Valley Museum  
230 N. Rose St. | Kalamazoo

Mind wellness from multiple angles.  
9 vendors. 3 workshops.  
No pre-registration.

Learn about services offered by:

- WMU Therapy Dog Clinic
- Gryphon Place suicide prevention agency
- Disability, racial healing and LGBTQ+ groups
- And much more!

**FREE**

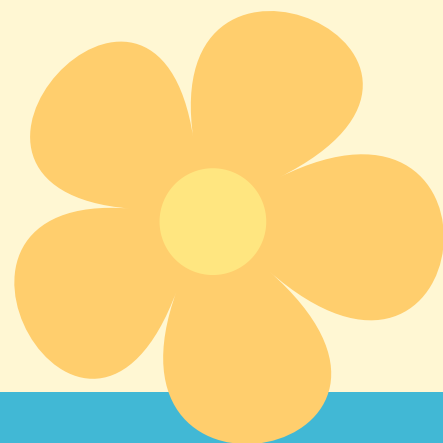
For more, visit [kalamazoomuseum.org](http://kalamazoomuseum.org).

The Kalamazoo Valley Museum is operated by Kalamazoo Valley Community College and is governed by its Board of Trustees.

Kalamazoo**VALL**  
Museum

Welcome New  
Hires!

Abigail Finn  
Susan Deta  
Darnell Boyd





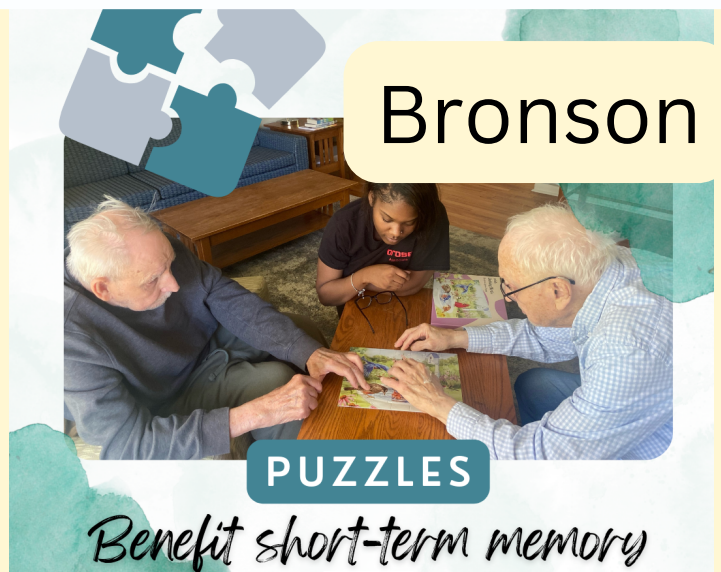
# Old Log Trail Chalk Drawings and Bubbles



**Old Log Trail Residents  
enjoyed the outside with  
Bubbles and Chalk!**



**Alamo**



**Bronson**

**PUZZLES**

*Benefit short-term memory*



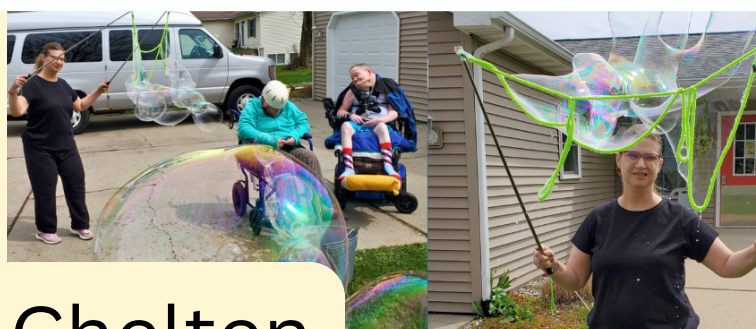
# Oak Creek helps with Earth Day



Larry and Robert from Oak Creek helped with the Earth Day Clean-up event at Bow in the Clouds Nature Preserve.



Misty Creek



Chelten





**Mental illness** is nothing to be ashamed of. It is a medical problem, just like heart disease or diabetes. Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). **Mental illnesses** are associated with distress and/or problems functioning in social, work or family activities - and they are often accompanied by **substance use**. It's critical that we talk about these challenges and that we do so **in the right way**.

# REFRAMING LANGUAGE



WHY CHANGING OUR THINKING, OUR ACTIONS AND OUR LANGUAGE MATTERS

**The terms we use to describe mental illness matter.** We have all heard derogatory terms used to describe someone who has a mental illness. Here are a few to jog your memory: Cuckoo; Mad as a hatter; Screwy – having a screw loose; Bananas; Loopy; Crackers; Wacko (whacko); Loony; Nuts; Freak; Crazy; Weirdo. Can you imagine mocking someone with an illness such as cancer or heart disease? **Here's how we can do better.**



## UPDATED

### LANGUAGE

**Prejudice and  
Discrimination  
Acceptance**

**Experiencing or  
Living with a Mental  
Illness**

**Experiences/has been  
treated for Emotional,  
Mental and/or  
Behavioral Health  
Challenges**

**Person Experiencing  
/Living with or  
Diagnosed with a  
Mental Illness**

**Person who  
Experiences  
Substance Use  
Challenges**



## OUTDATED

### LANGUAGE

**Stigma**

**Awareness**

**Suffering from  
a Mental Illness**

**Emotionally Disturbed**

**Mentally Ill Person;**  
referring to someone with  
a diagnosis as  
schizophrenic, autistic,  
bipolar, OCD, etc.

**Drug Abuser; Alcoholic;  
Addict. Substance Abuse**



## WHY IT MATTERS

Prejudice refers to thinking,  
discrimination refers to action - both  
can be changed.

Being aware doesn't call for action,  
change in behavior or thinking.

People who experience mental health  
conditions can and do live healthy,  
fulfilling lives. Suffering implies one  
is unwell, unhappy or can't recover.

Being diagnosed, experiencing  
symptoms of or having been treated  
for a mental illness is a common part  
of the human experience. The term  
disturbed perpetuates prejudice and  
creates a barrier to treatment.

Certain language exaggerates mental  
illness and reinforces prejudice.  
Always use person-first language.

Avoid words that suggest a lack of  
quality of life for people with substance  
use concerns. Terms like addict reduce  
a person's identity, deny  
dignity/humanity and imply  
powerlessness or the inability to  
recover.



**The importance of using person-first language when talking about mental illness and substance use cannot be overstated.** This is true for members of the media, support and treatment professionals, family members, friends and the community at large. Person-first language separates the individual from the symptoms they experience - maintaining their identity as people with strengths who have the power to recover. **Here are a few examples.**

#### Person-first phrases

- A person living with a mental health condition
- A person with substance use challenges
- My son diagnosed with bipolar disorder
- My daughter with schizophrenia
- My neighbor who has autism
- The client I'm treating for depression
- My father who has alcoholism

#### Phrases that hinder recovery

- The mentally ill; psycho, crazy, lunatic
- Addict; meth head, tweaker, burnout, druggie, junkie
- My son is bipolar
- My schizo daughter
- The autistic boy down the street
- My depressed client
- My alcoholic father



**Experiencing Mental Health Symptoms that Interfere with Daily Life/Activities**

**Died by Suicide**

**Person in Recovery**

**The Family Support Workforce**

family support peers, clinicians, and others who support families

**Family Peer Support**



**Emotional breakdown; Nervous breakdown**

**Committed Suicide; Completed Suicide**

**Former Addict; Former Alcoholic; Drunk**

**Professionals and Family Peer Specialists**

separates family peer support professionals from others

**Peer Support** applies to adult peer support alone



Using terms that don't acknowledge an individual's symptoms perpetuates avoidance of needed support and treatment that promote recovery.

The term committed is associated with a crime. The term completed suggests an accomplishment.

Emphasize strengths and the ability to recover, not limitations.

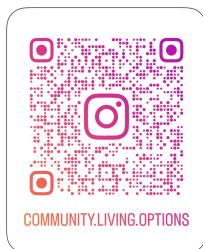
The Family Peer workforce should be thought of as professional and a respected career choice as much as clinicians, care managers, etc.

There are specific differences between adult peers and family peers. They have different lived and systems navigation experience.

**Think before you act. Think twice before you speak. Your words matter.**



REMINDER!  
YOU CAN CHECK  
YOUR  
BENEFICIARIES  
AND EXEMPTIONS  
ON UKG. YOU CAN  
REQUEST  
CHANGES AS LIFE  
CHANGES!



Follow us on Social Media!  
Like  
Comment  
and Share



OUR MISSION  
WE ASSIST INDIVIDUALS IN ACHIEVING THEIR LIFE GOALS BY BUILDING RELATIONSHIPS THROUGH  
QUALITY SERVICES IN SUPPORTIVE ENVIRONMENTS.

OUR VISION  
OUR VISION IS TO ENHANCE THE QUALITY AND SCOPE OF  
OUR SERVICES THROUGH INTEGRATED AND COORDINATED CARE.

NEXT BOARD MEETING  
MAY 24TH, 2023

BOARD OF DIRECTORS  
MELISSA GILBERT  
ED WILSON  
SUZANNE MCPEEK  
LOUISE KENNY  
DEBBIE DAWSON  
TOREAN GREELEY  
DAWN PANTALEO  
RON RYAN  
JOE WALLS



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OFFICE HOURS:  
8:00 — 4:30  
MONDAY — FRIDAY