

WASHTENAW COUNTY COMMUNITY MENTAL HEALTH

CELEBRATION OF SUCCESS 2021!

HOORAY!

TONIGHT, WE CELEBRATE SUCCESS IN THE LIVES OF THOSE WE SERVE.

IT IS AN HONOR TO SHARE WITH YOU ALL THE MANY SUCCESSES AND ACCOMPLISHMENTS OF THOSE WE ARE HONORED TO SERVE.

JOIN IN ME READING AND CELEBRATING!

FRANKIE K

FRANKIE IS A BRIGHT, INSIGHTFUL AND STRONG INDIVIDUAL. THROUGHOUT THE PAST TWO YEARS, FRANKIE HAS MASTERED THEIR SKILLS, CONTINUE TO STRIVE, AND BUILD THEIR LIFE WORTH LIVING. FRANKIE IS A STAR, WHO IS RELIABLE, FUN, UNIQUE AND FUNNY. IT HAS BEEN A PLEASURE GETTING TO WORK WITH THEM AND I AM SO PROUD OF WHERE THEY ARE IN THEIR JOURNEY. YOU ARE AWESOME!



SIMON K

I AM PLEASED TO NOMINATE SIMON FOR THIS CELEBRATION OF SUCCESS AWARD THIS YEAR. IN THE SHORT TIME I HAVE KNOWN AND WORKED WITH SIMON HE HAS TAKEN HEALTH ADVICE SERIOUSLY. HE LISTENED AND TRIED NEW IDEAS, AND AS A RESULT FOUND WHAT WORKS FOR HIM. SINCE LAST MARCH SIMON HAS DEMONSTRATED AMAZING DEDICATION AND DISCIPLINE TO HIS HEALTH GOALS. HE COMMITTED HIMSELF TO A HEALTHIER DIET AND MOVING REGULARLY. AS A RESULT, HE HAS LOST OVER 75 POUNDS SO FAR, BREATHES EASIER, CAN MOVE EASIER AND FURTHER, HAS MORE ENERGY, AND BROUGHT HIS DIABETES UNDER MUCH BETTER CONTROL.

ADELLE P

I AM PLEASED TO NOMINATE ADELLE FOR THIS CELEBRATION OF SUCCESS AWARD THIS YEAR. SHE HAS WORKED HARD ON HEALTH IMPROVEMENTS FOR OVER A YEAR. SHE HAS DEMONSTRATED AMAZING DEDICATION AND DISCIPLINE TO HER HEALTH GOALS. ADELLE COMMITTED HERSELF TO A HEALTHIER DIET AND MOVING REGULARLY. AS A RESULT, SHE HAS LOST OVER 60 POUNDS, BREATHEAS EASIER, CAN MOVE EASIER AND FURTHER, HAS MORE ENERGY, AND BROUGHT HER DIABETES UNDER SUCH GOOD CONTROL SHE WAS ABLE TO STOP A MEDICATION.

CONGRATULATIONS, ADELLE. YOU'VE GOT THIS. KEEP MAKING SMART FOOD CHOICES AND MOVING AND GROOVING TO YOUR FAVORITE MUSIC!



MICHELLE F

MICHELLE HAS BEEN WORKING HARD DURING THIS DIFFICULT YEAR TO MANAGE HER HEART FAILURE AND HAS NOT HAD TO BE HOSPITALIZED THIS YEAR FOR IT. AT HER LAST CARDIOLOGY APPOINTMENT HER DOCTOR WAS VERY PLEASED WITH HER PROGRESS.

MICHELLE WAS ALSO NEWLY DIAGNOSED WITH DIABETES THIS YEAR AND IS WORKING HARD TO MANAGE THAT AS WELL. MICHELLE HAS OVERCOME HER ANXIETIES AND IS ABLE TO INJECT HERSELF WITH INSULIN. MICHELLE HAS LOST SOME WEIGHT AND CONTINUES TO WORK ON DIET AND EXERCISE AND STRIVE FOR BETTER HEALTH.

MICHELLE WAS ABLE TO ACCOMPLISH THIS WHILE TAKING CLASSES FOR CYBER SECURITY AND MOVING TO A NEW APARTMENT. I AM SO PROUD OF ALL THAT SHE HAS BEEN ABLE TO ACHIEVE THIS YEAR.

MICHELLE CONTINUES TO WORK ON HER HEALTH GOALS AND HAS BEEN ABLE TO MEET SOME OF THEM CONSISTENTLY ON A DAILY BASIS FOR OVER 3 MONTHS NOW.

PSS LINDA:

MICHELLE STAYS FOCUSED ON MEETING HER WALKING GOAL FOR THE DAY!! WHEN SHE WALKS ON THE WILLOW RUN HS TRACK SHE WON'T LET THOSE PESKY BEES OR A BARKING DOG SET HER OFF COURSE!!



MELISSA V

MELISSA HAS DONE A LOT THIS YEAR: SHE PURSUED AND FULFILLED AN INITIAL INTERNSHIP AT A NURSING HOME AS AN ACTIVITY AIDE. THEN SHE PURSUED ANOTHER JOB AT ANOTHER SENIOR LIVING COMMUNITY WHERE SHE WAS MUCH LOVED BY ALL THE RESIDENTS OVER THE PAST SEVERAL MONTHS. NOW SHE IS PURSUING A STEP UP IN HER CAREER WITH FURTHER RESPONSIBILITIES. SHE HAS DONE HER BEST TO KEEP IN TOUCH WITH HER TREATMENT TEAM AND HELD HERSELF ACCOUNTABLE FOR ALL HER REPORTING REQUIREMENTS AND IS A HUGE ASSET TO THE COMMUNITY.



TAYLOR M

TAYLOR IS TAKING THE NECESSARY STEPS TO GO FORWARD IN HER RECOVERY AND CAREER PATH. SHE HAS REALLY SHOWN GROWTH IN STEPPING OUTSIDE HER COMFORT ZONE AND TAKING SO MANY COOL OPPORTUNITIES. I SEE HER GOING REALLY FAR THIS YEAR AND GOING FURTHER YET IN THE FRESH START LEADERSHIP



APRIL O

APRIL HAS HAD A GREAT RECOVERY IN HER LIFE. HER FAITH HAS GROWN, AND SHE HAS BLOSSOMED IN HER CAREER. SHE IS TAKING MANY OPPORTUNITIES TO BETTER HERSELF IN HEALTH AND IN HER CAREER PATH. IT IS INSPIRING TO ME AND MANY OTHERS.



JOY D

JOY HAS REALLY SHOWN COMMITMENT TO SCHOOL, EVEN WHEN IT WAS NOT EASY. THAT IS SO INSPIRING TO ME AND ALL THOSE AROUND HER. HER DISCIPLINE AND RESILIENCY WILL TAKE HER FAR!



LINDA R

MANY THINGS COULD BE SAID ABOUT LINDA'S "CAN-DO" ATTITUDE AND HER INFECTIOUS WAY OF HELPING OTHERS SUCCEED. SHE JUST KEEPS GOING AND HELPING SO MANY! A RECENT EXAMPLE OF THIS WAS WHEN HELP WAS NEEDED TO TRANSPORT SOMEONE TO A CRITICAL APPOINTMENT. SHE WAS ASKED AT THE END OF THE DAY ONE DAY AND TOOK THE PERSON FIRST THING THE NEXT MORNING. THAT WAS AN "AT YOUR SERVICE" APPROACH ... AND WITH JOY!



ANDREA M

ANDREA IS AN INTELLIGENT, KIND, AND BRAVE INDIVIDUAL. SHE HAS BEEN WORKING HARD ON CREATING THE LIFE THAT SHE DESERVES, AS WELL AS HER JOURNEY IN MENTAL HEALTH RECOVERY. SHE IS A DBT STAR AND IS A GREAT ROLE MODEL FOR THOSE IN AND OUTSIDE THE CMH COMMUNITY. SHE HAS RECENTLY STARTED SHARING HER STORY WITH OTHERS IN THE COMMUNITY TO RAISE MENTAL HEALTH AWARENESS. SHE HAS GIVEN POWERFUL SPEECHES TO HIGH SCHOOL STUDENTS, POLICE OFFICERS, AND MANY OTHERS. I KNOW THAT THIS IS JUST THE BEGINNING OF THE IMPACT SHE WILL HAVE ON THOSE AROUND HER. I AM SO PROUD OF HER AND WANT TO REMIND HER THAT IT IS STILL A VICTORY AND TAKING BACK HER POWER, EVEN ON THE DAYS THAT IT FEELS LIKE MORE OF A FIGHT.



CHRIS H

CHRIS HAS MADE MANY CHANGES THIS YEAR TO IMPROVE HIS OVERALL HEALTH AND HAS MADE AND COMPLETED MANY GOALS. CHRIS HAS BEEN SOBER OVER 120 DAYS! THIS IS A HUGE SUCCESS FOR CHRIS. CHRIS HAS MADE LIFESTYLE CHANGES, AND AS A RESULT, IS HAPPIER AND HEALTHIER. HE IS NOW EXERCISING AND TAKING WALKS, AS WELL AS MAKING GOALS FOR WEIGHT LOSS AND WATCHING PORTION SIZE. HIS DIABETES HAS SLOWLY IMPROVED AND WILL CONTINUE TO IMPROVE AS HE CONTINUES TO TAKE AN ACTIVE TOLE IN HIS HEALTH. CHRIS WILL EVEN TEST HIS OWN BLOOD SUGARS NOW WHEN HE NEEDS TO, THIS IS SOMETHING THAT TOOK A YEAR FOR HIM TO OVERCOME THE FEAR OF DOING. WE ARE SO PROUD OF CHRIS AND LOOK FORWARD TO SEEING WHAT WONDERFUL THINGS HE DOES NEXT. GOOD JOB!

KEITH J

KEITH IS VERY ENGAGED IN ALL HE STRIVES TO DO. HE LEARNS VERY THOROUGHLY AND PRECISE. WHENEVER IN DOUBT HE WILL WORK ON CLARIFYING DETAILS. WITH INTERESTS IN MATH, SCIENCE, READING AND HEALTH. HE IS A WELL ROUNDED FOREVER STUDENT. HIS CURIOSITY IS A SUPER STRENGTH. KEITH HAS FUN WITH THE “JUST MOVE” PROGRAM WHICH IS COINED AFTER ENCOURAGING HIM TO GET UP FROM STUDIES OFTEN. HE IS LEARNING THE BENEFITS OF MOVEMENT.



BHIMA B

BHIMA HAS BEEN DOING GREAT IN HER MENTAL HEALTH JOURNEY. IN THE PAST YEAR SHE HAS BEEN ABLE TO GET HER OWN PLACE, DISCONTINUE HER COMMUNITY LIVING SUPPORTS, PURCHASED A CAR, MAINTAIN FULL TIME EMPLOYMENT AND MAINTAIN HER MENTAL HEALTH THROUGHOUT THE PANDEMIC. SHE HAS A BRIGHT SPIRIT, GREAT MOM AND A GOOD RELATIONSHIP WITH HER TREATMENT TEAM. VERY PROUD OF HER.