Opioids are a type of drug that can be highly addictive. It is important to recognize that not everyone who uses opiates becomes addicted, or even misuses their medication. Despite restrictions placed on prescriptions and refills, and improved tracking and education for prescribers, many prescriptions continue to be misused.

While the national death rates due to drug overdose continue to climb, the local community impact of our efforts has also been noticeable. The Huron Behavioral Health Naloxone Distribution Project continues to train individuals and family members of individuals at risk for overdose in how to recognize and respond to an opiate overdose. Anyone taking narcotic pain killers, even if taking them as prescribed should learn to use Naloxone or Narcan. If an individual has difficulty breathing or a history of misuse, they are at increased risk.

In 2018, Huron Behavioral Health continued to provide this life-saving training at no cost to members of the public.

Families against Narcotics has continued to grow and expand as a community based support for families and individuals needing additional information, resources, and support. On September 9th, Huron Behavioral Health helped sponsor the inaugural “Run Drugs Out Of Town 5K” at Bay Shore Camp in Sebewaing. This event allowed families to remember loved ones and honor those who continue to fight for their own recovery from the brutal disease of addiction.

The Huron County Recovery Roundtable has grown and expanded their mission to include prevention and education about a wide array of public health concerns. This group offered safe and sober events to promote a recovery supportive community. While continuing those biannual events “Summer Send-Off” and “Winter Warm-Up,” the over 230 individuals experienced the fun and friendly atmosphere of sober events.

Huron Behavioral Health Staff Giving Back to the Community

Throughout the year, the HBH staff held different fundraisers – soup luncheons, chili cook-off, etc. The proceeds raised are then donated to different community charities and organizations. During 2018, the staff raised and donated just under $72.5 to Walk for Warmth and Loads of Love. In addition, food drives were held several times during the year and donations made to the local food pantries. Every year, staff donate and distribute school supplies needed by children as they start the school year.

Each summer the staff at Huron Behavioral Health host a blood drive to benefit people who need blood transfusions and treatments derived from donated platelets to survive. During 2018, staff were able to donate 24 units with the potential to save 72 lives. (Each unit of blood has the potential to help up to three people.) Staff that were unable to donate, helped out by providing refreshments for donors.

Watch our Facebook page @Huron Behavioral Health for the date of the 2019 blood drive.
Kevin Hines: The Art of Wellness & Suicide The Ripple Effect

On April 29th, 2018, nearly 200 people crowded into the lobby of the Bad Axe Theater to watch a documentary about suicide. Though extensive work by Huron Behavioral Health, volunteers and the Huron County Suicide Prevention Coalition, we were able to host a showing of the award winning 2013 documentary, Suicide: The Ripple Effect. (Quoted from the website for the film SuicideRippleEffect.com), “Suicide is an epidemic that takes over 800,000 lives globally every year. In the United States alone there are one million suicide attempts and over 40,000 deaths by suicide every year. Our United States Military is devastatedly impacted with 22 Veterans dying everyday by suicide, and that is an understatement.” Huron County has felt the impact of completed suicides and attempts.

Building on the success of the movie screening, on September 10, 2018 - World Suicide Prevention Day, Huron Behavioral Health hosted Kevin Hines in Huron County to share his story and message of hope with students, parents and county residents. Over 500 people attended presentations on that day.

Two years after he was diagnosed with bipolar disorder (at 19 years of age), Kevin Hines attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four people (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of hope and living mentally healthy around the globe.

Youth and Adult Mental Health First Aid

Mental Health First Aid (MFSA) is an 8-hour training designed to give community members the “first aid” skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and know what you can do to respond to signs of mental illnesses and substance use disorders. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Youth Mental Health First Aid is an 8-hour course that teaches adults how to help a young person who is developing a mental health problem or experiencing a mental health crisis. The training helps a person identify the difference between typical adolescent development and what may be signs and symptoms of mental illness. By the end of each course, participants will be more aware of mental health, of treatment options available, and be more confident in their ability to provide help in a critical (and non-crisis) situation.

In Fiscal Year 2018, Huron Behavioral Health trained 39 individuals to provide mental health first aid to individuals in challenging or crisis situations.

Upcoming Mental Health First Aid Training Sessions:

- May 20th & 22nd, 8 a.m. to 5 p.m. Lunch and book included: $25
- June 11th & 13th, 8 a.m. to 5 p.m. Lunch and book included: $25
- July 15th, 8 a.m. to 1 p.m. Both days. Lunch and book included: $25

To register for any of these trainings or to find more, call 989-269-9293 or online at huroncmh.org. For more financial information please visit our website at: huroncmh.org and click on the “Annual Report & Board” tab then select the Audit Report.
Clarification to the Huron Behavioral Health Annual Report to the Community
(Insert in the 3/28/19 Huron County VIEW)

The article about Kevin Hines and “The Ripple Effect” failed to mention the hard work of Ms. Sheila Truemner. Ms. Truemner contacted Mr. Hines’ organization and Gathr Films and continued to work with them finalizing local plans, making the screening possible for Huron County. Bringing the film to our local community was in memory of her late son, Brody Truemner, who died by suicide September 10, 2016.

Also, special thanks to those who donated tickets and Huron Behavioral Health staff for providing support during the theater screening.