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 V B U N K H Z O T Q C G C A O
 G I C B E H A V I O R A L U J
 J D X H T T Z R V A H T B M G
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 I C O T C L L G T F U I U U J
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 M U L I F E S T Y L E S G W J
 L M U A S J I H L R B H Y X P
 C O D V S V C R J R P S B O E

Advocate Attitudes Behavioral	Challenge Community Enlightening	Framework Growth Lifestyle	Motivation Screening Stigma	Trauma Trust Youth
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Ex-Detroit Lion Eric Hipple advocates to help men overcome barriers to mental health care

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Hipple was mulling these thoughts on his way to Metro Airport, bound for a business trip when he made a decision. He scrawled a suicide note on a paper napkin. He handed the note to his wife, Shelly, who was driving the car. Then, before she could do anything to stop him, he flung open the passenger door and jumped.

“All that stuff I’d been thinking about just kind of surfaced up, and the closer I got to the airport, I just didn’t think I could go.”

The darkest cloud of all

Hipple spent weeks in the hospital enduring surgeries and skin grafts. Though a psychiatrist visited his bedside, he didn’t want help.

Then the darkest cloud of all passed over Hipple’s life. In 2000, his 15-year-old son, Jeff, killed himself with a shotgun at his father’s home in Oakland County.

Jeff’s death shook Hipple to the core. How could his son have experienced the same dark thoughts he had wrestled with? How could he not have known?

Knowing first-hand the unspeakable pain to loved ones caused by suicide, Hipple no longer felt taking his own life was an option. Instead, he fought off his grief and anger with alcohol and risk-taking behaviors.

He was picked up for driving under the influence but balked at the terms of his probation. As a result, he spent 58 consecutive days in jail. It was there that he had a “moment of enlightenment.”

“Coming out of that was the enlightening moment, which was, ‘There is another direction I can take’, which is just pour all of this energy into something positive,” Hipple recalled.

“... We should start talking about it. Let’s find out why this happened, but let’s talk about it, too, and maybe prevent it if we can.”

Hipple got help from a psychiatrist at the University of Michigan Depression Center. And he threw himself into learning everything he could about mental health and suicide prevention.

Since then, then he’s traveled the country speaking to police, corrections officers, veterans, athletes and others about mental health, with a special focus on outreach to men.

In addition to voluntary efforts, he works with patients involved in “After the Impact,” a treatment program for people with post-concussion syndrome, post-traumatic stress disorder, traumatic brain injury and similar diagnoses.

Tailored to athletes, veterans and first responders, the program has campuses in Michigan and Florida, and is run by Ann Arbor-based Eisenhower Center.

Reprinted with permission from the January 1, 2018 edition of The Detroit News

New Oakland proud to have helped more than 20,000 clients in 2018



by **Kevin Sendi**
 President, **New Oakland**
 Family Centers

 **24-Hour Crisis Hotline**
877-800-1650



To learn more about New Oakland’s state of Michigan-licensed FACE to FACE Partial Hospital Program, visit us online at www.NewOakland.org

We at New Oakland are excited to announce that, for the first time ever, our team has served more than 20,000 individual clients during a single year.

That means that in 2018, we’re are honored and proud to have touched the lives of more kids, teens and adults than ever before in our history.

In 2018, numbers show more than 15,000 Individuals received outpatient counseling and services from New Oakland psychiatrists, nurse practitioners, nurses and therapists; and more than 5,000 participated in our FACE-to-FACE partial hospital program (PHP) or intensive outpatient program (IOP).

In addition to our outpatient, PHP and IOP services, New Oakland received more than

7,000 calls last year to our crisis line (877-800-1650) that operates around-the-clock, every day of the year.

This represents growth of more than 16% in the number of people we’ve been able to help in 2018 compared with 2017.

Some of this growth is thanks to the addition of our new locations in Flint, Lansing and (most recently) Ann Arbor. But much of it is also the outgrowth of the continued trust our clients have placed in us year after year to help with their most challenging mental health needs.

When our founder (and my dad), Dr. Ismail Sendi established New Oakland in 1991, he was a one-man psychiatric practice and saw fewer than 500 individual patients per year.

I think he would be so happy to know that today, New Oakland has grown to reach so many more individuals and families across Michigan.

Youth mental wellness must be a priority



by Lawrence J. Burns
President and CEO
Children's Hospital of
Michigan Foundation.

Growing up is hard enough. Add the burden of mental health needs into the mix, and it can feel impossible. Far too many children and adolescents in Michigan lack access to behavioral health services, despite a soaring demand.

Our current health care system is failing to meet the needs of children with mental health disorders. Although one in every five children suffers from a diagnosable behavioral health disorder, only 20 percent of affected children actually receive the treatment needed.

Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatments being available, there are often long delays — sometimes decades — between the first appearance of symptoms and when patients get help. Behavioral health illnesses are like any other disease; the earlier they are identified and treated, the better the health outcomes.

Across the United States, there are serious shortages of pediatric behavioral health providers. This shortage leads to

decreased utilization of needed treatment, long wait times, and long distances traveled to care.

Mental health is a critical part of a daily healthy lifestyle, and it is equally as important as one's physical health. Children and families that are underinsured continue to struggle with great barriers to accessing care. Benefits are often limited in scope and amount, certain diagnoses are often excluded, and co-pay requirements are often unaffordable.

In particular, toxic stress is a health crisis for children in our community and dramatically impacts their future health, education, and lifespan. Toxic stress is the normal response of the body and brain to Adverse Childhood Experiences (ACEs). Youth exposed to trauma experience more learning and academic difficulties as well as behavioral and mood-related problems. Children are failing in the classroom as a result, and teachers and school staff are ill-prepared to deal with it.

Through advocacy and community involvement, the behavioral health community has made tremendous strides in beginning to reduce stigma, developing best practices, and advocating for policy reform to improve the lives of children and adolescents with mental illnesses.

However, addressing access to care for children and adolescents with mental health illnesses remains a challenge.

Doctors and allied professionals need more resources and more attention to care for the children in our community.

To help make Michigan a leader in this area, we are helping to launch the "Michigan Advocates for Youth Behavioral Health," a new coalition of organizations and advocates determined to end stigma, change attitudes towards mental illness, and break down barriers to quality behavioral health care for young people.

We know that when Michigan becomes better educated about these health needs, attitudes change. With quality care and support, children and teens with behavioral health challenges can lead hopeful and fulfilling lives.

Our first project will be to convene the 2019 Child & Adolescent Behavioral Health Summit in May to help educate parents, educators and providers about these issues. We will update the community on the progress we begin there.

Reprinted with permission from the January 2, 2019 edition of The Detroit News

New Michigan law helps troubled kids address mental health needs

State Rep. Julie Calley's plan to create specialized juvenile mental health courts in Michigan has been signed into law.

Calley, of Portland, said Michigan's current mental health courts successfully help struggling adults overcome their challenges through court-based treatment programs, reducing recidivism across the state. Her plan expands the opportunity to young people who run into trouble with the law.

"If our local courts have the choice to offer treatment to adults, then our young people deserve the same prospect," Calley said. "Juvenile mental health courts will give young people the tools and support they need to grow up to lead healthy, successful lives."

Calley said Michigan's current procedures for mental health courts were



established with the adult court system in mind. The juvenile system uses different terms, involves different entities, and expects different results than the adult system.

The plan laid out in House Bills 5806-08 uses the well-established adult mental health court system as a framework, with modifications to address the needs of juveniles in Michigan.

"These programs will focus on teaching troubled kids and their families to address the root cause of their challenges in a productive manner," Calley said. "Helping and guiding kids through their troubles will give them brighter futures and reduce the chances of them repeating the same mistakes."

The bills are now Public Acts 590-92 of 2018.

State Rep. Julie Calley (R-Portland) has been the leading voice for the new state law providing greater access of mental health courts for Michigan youth.



Ex-Lions QB helps men tackle mental health stigma



by Karen Bouffard,
The Detroit News

Former Detroit Lions quarterback Eric Hipple ignored the growing depression that culminated in his decision to jump out the passenger door of a car traveling at 75 miles-per-hour down Interstate 275 near Canton Township.

Before that unsuccessful suicide attempt in the late 1990s, Hipple had never even thought about his mental health. He'd felt increasingly blue in the years following his release from the Lions in 1989, but he didn't consider it a problem.

Even right after leaping from a moving vehicle, Hipple wouldn't see a psychiatrist. That would be a sign of weakness, or so he thought.

"I was (thinking), 'Ain't no freakin' way, I'm fine, this is over now, I'm good to go,'" Hipple said recently. "It's part of the man thing, but it's also part of the stigma of mental health."

Getting men to think about mental health, and to get help if they need it, is the focus of "Healthy Men Michigan," a statewide program to break through thought patterns that keep men from seeking mental health services.

It's funded with a four-year, \$1.2 million grant from the federal Centers for Disease Control and Prevention (CDC).

"(As a man) it's my job to be mentally tough, so if I'm called on to run through the wall, I'll run through the wall," said Hipple, who has been a mental health advocate for nearly two decades and helped shape male-oriented messages for the Healthy Men Michigan project.

Men commit suicide at a rate more than three times that of women in the United States, according to the CDC. There were 20.7 suicide deaths per 100,000 American men in 2014, compared with 5.8 deaths per 100,000 women.

The focal point of the study is a website where anyone,

regardless of gender, can take a quick three-minute mental health screening. About a thousand people have taken the quiz since the site launched in January 2016, about 50 percent of them male.

People found to be at risk are sent online resources, such as referrals to local mental health services, and the National Suicide Prevention Lifeline at (800) 273-8255.

Based on results of the online screenings, about 300 men ages 25-64 will be asked to participate in a study where researchers will follow up on their progress. About 150 have agreed to participate.

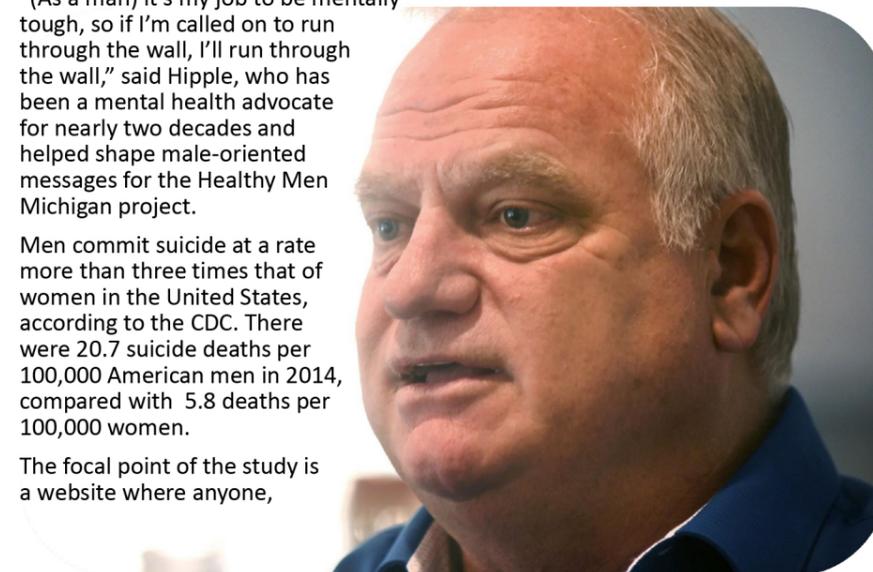
'Is this all there is?'

After a painful departure from the Lions, Hipple established a successful insurance business and did pregame shows for Fox Sports from 1995 to 2000.

But he struggled with unresolved feelings about leaving the game of football, which had consumed his life from the age of nine. He also went through a divorce.

"I was at a loss, didn't know exactly what to do. I got the divorce, ended up getting remarried, starting a business, and kind of just threw myself into it," Hipple recalled. "I became successful, until it hit me about five, six years later, like, this is it? 'Is this all there is? Is this what life's going to be from now on? I lost all motivation.'"

(continued on next page)



Former Detroit Lions QB and mental health advocate Eric Hipple supports "Health Men Michigan," to help men seek mental health services they may need

New Oakland locations to serve you

Ann Arbor Center
501 N. Maple Road
Ann Arbor, MI 48103
734-669-3610

Center Line Center
26522 Van Dyke Avenue
Center Line, MI 48015
586-759-4400

Clarkston Center
6549 Town Center Drive
Clarkston, MI 48346
248-620-6400

Clinton Township Center
42669 Garfield Road
Clinton Township, MI 48038
586-412-5321

Farmington Hills Center
32961 Middlebelt Road
Farmington Hills, MI 48334
248-855-1540

Flint Center
2401 South Linden, Suite A
Flint, MI 48532
810-957-4310

Livonia Center
31500 Schoolcraft Road
Livonia, MI 48150
734-422-9340

Okemos Center
2300 Jolly Oak Road
Okemos, MI 48864
517-679-2050

Southfield Center
20505 W. 12 Mile Road
Southfield, MI 48076
248-849-9999

Southgate Center
13305 Reeck Road
Southgate, MI 48195
734-225-2090

Warren Center
8150 E. 13 Mile Road
Warren, MI 48093
586-825-9700

FACE to FACE Crisis Services
877-800-1650
(24 hours/day)