



## DAY OF MENTAL HEALTH EDUCATION

# Staying Afloat in the Storm



**May 17, 2024 –  
Treetops Resort, Gaylord**

9:30 – 10:15 am	Registration *Free health checks through-out the day
10:15	Welcome -
10:30	Breakout Sessions <ol style="list-style-type: none"><li>1. My story of Recovery</li><li>2. Partners in Prevention</li></ol>
11:30	Door Prizes
12:00	Lunch - Entertainment by you!
1:00	Breakout Sessions <ol style="list-style-type: none"><li>1. Know your Rights – Grievance, Appeals, Mediation</li><li>2. Starting Simple with MyPlate – MSU Extension</li></ol>
2:00	True Colors – Explore the Depths of your Personality
3:00	Prizes, Closing

**OVER** 

## Breakout Sessions: Please choose one to attend:

### AM Sessions (10 a.m.)

#### **A: My Story of Recovery**

Hear from Jason Baker, a recipient from Centra Wellness Network. Through his mental health journey, Mr. Baker has overcome many challenges. He never gave up and is able to have healthy relationships and is even attending college. Come hear Mr. Baker's story of resilience and inspiration.

#### **B: Partners in Prevention**

Mary Schalk, Program Director of Partners in Prevention in Alpena, will discuss how to help with suicide prevention. Partners in Prevention assists the community to, "...help adults increase knowledge and skills to address life's challenges."

### PM Sessions (1 p.m.)

#### **A: Eating Healthy for Mental Health**

Sandra Westover, Supervising and Staff Development Educator for Otsego County MSU Extension, will be providing education on eating healthy. Eating healthy and exercising can have a positive impact on your mental health. Come learn how to, "Start Simple with MyPlate."

#### **B: Know your Rights: Grievance, Appeals and Mediation**

Brie Molaison, NMRE Compliance and Customer Services Officer, along with Melanie Schopieray, Customer Services Specialist and Grievance and Appeals Coordinator for Northern Lakes Community Mental Health, will present all the information you need to know about filing grievances, appealing a decision made about your services, and how to request mediation.

### Main Session (2 p.m.)

Explore the depths of your personality with the True Colors personality Assessment. Are you an emotionally driven Blue? Maybe you're a responsible Gold? How about an adventurous Orange? No? Then you're a logical Green! Come find out what the colors have to say about you!



\*Health Checks are available from 10 a.m. – 2 p.m. provided by North Country CMH

