

NORTHPOINTE NEWS

Community Newsletter

Providing news about how we improve the lives of those we serve through hope and empowerment.

Dickinson • Iron • Menominee Counties

JANUARY 2025



WHAT'S NEW

EDUCATIONAL TOPIC
TECHNOLOGY, TEENS &
MENTAL HEALTH

KEEPING CONNECTED
EMPLOYEE ENGAGEMENT

SELFCARE
KINDESS

PROGRAM SPOTLIGHT
TFCO



WE'RE HIRING!

VISIT WWW.NBHS.ORG TO SEE
AVAILABLE POSITIONS

TECHNOLOGY, TEENS & MENTAL HEALTH

In 2024, technology continued to be a concern for the mental health of teens. Teenagers spend an average of 5 hours a day on social media, 41% with the highest rate of use define themselves as having poor or very poor mental health. High use can lead to negative body image, cyberbullying, and exposure to harmful content.

Factors that contribute to poor mental health

- Excessive screen time
- Cyberbullying
- Unrealistic body image standards
- Comparisons

Mental health outcomes

- Depression
- Low self-esteem
- Suicidal intent

Solutions

- Set limits on how long and where a teen can use their phone.
- Use parental control options
- Create safe online spaces for young people.
- Create tech-free zones
- Encourage face-to-face interactions, open communication

American Psychological Association, Vol. 55 No. 3, page 80



Northpointe has been issued CARF accreditation extending to October 31, 2027. This achievement is an indication of the organization's dedication and commitment to improving the quality of the lives of the person services. Service, personnel and documentation indicate an established pattern of conformance to standards. The three-year accreditation applies to the following programs.

- Case Management Services/Coordination
 - IDD/Mental Health, Mental Health (Adults, Children and Adolescents)
- Community Housing: Integrated
 - IDD/Mental Health (Adults)
- Outpatient Treatment
 - Mental Health (Adults, Children and Adolescents)

WELCOME TO THE TEAM

Kaylah Barriger	Theresa Andzeski
Kyle Hovland	Derek Rae
Meghan Lalonde	Jeffery Simms
Samantha Massey	Faith Stevens (Rehire)
Wendy Kaschynyc	Vaness Bal

WELCOME NORTHPOINTE BOARD OF DIRECTORS

- Dr. Victoria Jakel (Dickinson)
- Glenn Sartorelli (Menominee)

LONGEVITY RECOGNITION

- Marci Villeneuve - 5 years
- Ashley Chouinard - 5 years
- Mary Sliva - 5 years
- Erin Maki - 5 years
- Kelsey Thom - 5 years
- Taya Dehling - 5 years
- Shelly Losey - 20 years
- David Hansley - 25 years
- Myra Castillo - 25 years

Employee of the MONTH

October

- Deb Wahoviak
Manager of Intensive Services

November

- Audra Granquist
Residential Support Specialist - Belgium Pointe

2024

Employee of the YEAR

MELISSA MILLER

Emergency Services

MARIA NERAT

Director of Acute Services

MAKE KINDNESS A HABIT

Those who are kind and compassionate, experience benefits to our well-being and happiness. Kindness also helps reduce stress and improve our emotional well-being. Below are ways to express kindness in the workplace.

- **Gratitude:**
 - Acknowledge your colleagues' efforts and express genuine gratitude.
- **Offer Help:**
 - Be proactive in helping a colleague who may be overwhelmed with tasks.
- **Recognition Shout-Outs:**
 - Publicly acknowledging their hard work boosts morale.
- **Small Acts of Kindness:**
 - Leave a thoughtful note, a small treat, or a motivational quote on a colleague's desk.
- **Listen Actively:**
 - Practice active listening when your colleagues share their thoughts or concerns.
- **Encourage Work-Life Balance:**
 - Encourage a healthy work-life balance by respecting colleagues' time off and personal boundaries.
- **Celebrate Milestones:**
 - Celebrate birthdays, work anniversaries, and other milestones.
- **Share Knowledge:**
 - If you possess specific skills or knowledge, offer to share them with your colleagues.

Implementing kindness into your life every day can have a profound and positive impact on your mental, emotional, and physical well-being.

Pay it Forward!

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. - Flora Edwards

TFCO



TFCO is one of the most successful evidence-based therapeutic parent treatment programs being implemented in the U.S. and around the world today. Now Northpointe, in partnership with MDHHS, is implementing the TFCO program in the Upper Peninsula!

TFCO-Northpointe is an evidence-based mental-health program for children between the ages of 7 and 11 years-old, with behavioral challenges who require an intensive therapeutic living environment. TFCO-Northpointe offers families an opportunity for them and their child to receive help in their community, as opposed to an out-of-town or even out-of-state hospital, residential, or group-care placement.

Families who are eligible for services voluntarily enter into the TFCO-Northpointe program. The family then receives support and training from the TFCO-Northpointe team in their home. The child receives individualized services while staying with a trained local therapeutic home. These homes are individuals or families from the community who want to help a child, and their family build missing skills and come together for a more positive home environment in the future. A child in the program will reside in the TFCO-Northpointe home for approximately 6-9 months.

If you'd like to find out more about TFCO-Northpointe, or may be interested in becoming a Therapeutic parent in Dickinson, Iron, or Menominee county, please contact: Sherry at slabrash@nbhs.org or by phone at 906-282-0244.

ACCESS SCREENING

Northpointe Customer Service, Access, and Screening

Dickinson County
Iron County
Menominee County

Kingsford Office
Iron River Office
Menominee Office

(906) 774-0522
(906) 265-5126
(906) 863-7841

Crisis Line 24/7

~ 1-800-750-0522 ~

Visit our website at www.nbhs.org for additional information regarding Northpointe, services, COVID-19, and resources.



Find us on
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