

NORTHPOINTE NEWS

Community Newsletter



APRIL 2025

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

Dickinson • Iron • Menominee Counties



NORTHPOINTE WELCOMES NEW CEO



After a thorough search, we are delighted to welcome Mandy Padgett to Northpointe Behavioral Healthcare System as Chief Executive Officer, effective 7 April 2025. Mandy's deep understanding of the challenges and opportunities within community mental health, combined with her proven commitment to serving vulnerable populations, makes her an ideal leader to guide our organization forward. We are confident that her vision will strengthen our ability to meet the growing mental health needs of the Iron, Menominee, and Dickinson County communities. Mandy brings to Northpointe over nineteen years of experience in the mental health and

human services fields, having personally held such roles as Health and Human Services Administrator for the Lac du Flambeau Band of Lake Superior Chippewa Indians, and Director of Quality Innovation and Compliance and Lead Recipient Rights Officer for OnPoint (Allegan County Community Mental Health). These experiences coupled with her master's degree in social work from Western Michigan University, have more than prepared her for the role.

We would like to express our sincere gratitude to Brent Johnson, Chief Operating Officer and interim CEO, for his dedicated service and commitment to Northpointe's personnel and consumers as we have navigated this transition over the past several months. Mandy's appointment marks an exciting chapter for Northpointe, reinforcing its commitment to providing compassionate and effective mental health support right here in our community. The organization is confident that her leadership, characterized by both professional expertise and a genuine heart for service, will lead to even greater positive outcomes for those we serve.

Message from Mandy Padgett

I am thrilled to have the opportunity to join the Northpointe team! I'm excited to bring forward a solution focused approach to guide the good work that is occurring within the organization. I look forward to applying the principles of transformational leadership to assist Northpointe in meeting the needs of the Iron, Dickinson, and Menominee communities. I am committed to advancing Northpointe's mission to improve the lives of persons served through hope and empowerment and believe that this can be achieved through tenacity in our daily work. The behavioral health landscape in Michigan is challenging and the need in our communities for high quality care is greater than ever before. I'm delighted to work alongside Northpointe's team to deliver exceptional care that produces exceptional outcomes.

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is dedicated to educating the public about mental illness, reducing stigma, and highlighting the importance of accessing treatment and care. It also serves as a reminder of the importance of self-care and prioritizing mental health.

- **Raising Awareness:**
- **Reducing Stigma:**
- **Promoting Self-Care:**
- **Advocacy for Better Care:**



This year Mental Health America's 2025 theme is: "Turn Awareness into Action." This theme celebrates the progress made in recognizing the importance of mental health - and challenges us to turn understanding into meaningful steps toward change.

DIY mental health

Small actions can lead to big changes. Whether it's building a routine, practicing mindfulness, or finding new ways to nurture your spirit, these self-help resources can help you feel empowered to take proactive steps toward wellness.

The power of boundaries

Mental health screenings indicated that setting boundaries was one of the most important actions they took to improve their mental health. Healthy relationships start with healthy boundaries.

Fitness, food, and mood

What you eat, how you move, and how you care for yourself physically can have a profound impact on your mental well-being. Making small changes can transform your mood and overall health.

Healing through creativity

Creative expression is a powerful tool for healing, whether through writing, art, music, movement, or something else entirely. It can help process emotions, provide a sense of purpose, and offer a healthy outlet during tough times. Creativity is self-care!

Rest and reset

You can't pour from an empty cup. Rest isn't just about sleep. It's about allowing yourself the time and space to recharge. Taking breaks, setting aside moments for relaxation, and knowing when to step back can help prevent burnout and improve overall well-being.

Support beyond the system

Not every mental health journey relies solely on traditional treatment. A well-rounded approach includes support from your community, peers, and even animals. Peer support, workplace accommodations, and social connections can be just as essential as therapy or medication.

Take action for all

Mental health is a personal journey, but it's also a movement—and you don't need to be an expert to make a difference. Whether you're sharing resources, supporting a friend, advocating for better policies, or simply starting conversations, every action counts. Change happens when people take small steps toward a healthier, more supportive world—and that means you have the power to help. No matter your background or experience, there's a role for you in building a future where mental health is a priority for all.

Find more tools and information about mental health at:
<https://mhanational.org/mental-health-month/action-guide/>

WHAT'S NEW

EDUCATIONAL TOPIC

MENTAL HEALTH AWARENESS MONTH

KEEPING CONNECTED

EMPLOYEE ENGAGEMENT

SELFCARE

SPRING SELF-CARE

PROGRAM SPOTLIGHT

AUTISM BENEFIT

3rd ANNUAL COMMUNITY STRONG COLOR WALK

Saturday, May 17th at 10am

Thanks to our community partners and their continued support, we are able to bring this event free to our community again for the third year. With continued help and growth, we can raise awareness about mental health and reduce the stigma surrounding it. Join us Saturday, May 17th as we rally through colored powder, bring fun to the community, with food trucks, music, bounce house and a dunk tank, in a joint effort to recognize the struggles surrounding mental health refusing to let anyone in our community feel alone.



Sign up by
May 2nd to receive a
free t-shirt



WELCOME TO THE TEAM

- Kat Cotton
- Debbie Goltz
- Ashley Edwards
- Nicole Oberto

INTERNAL MOVES:

- Katie LaPine - Director of Community Inclusion
- Jennifer Schauer - Manager of Support Services

LONGEVITY RECOGNITION

- Jennifer Schauer - 5 years
- Mahtab Ahmed-Butt - 5 years
- Kim Husbye - 5 years
- Brent Johnson - 10 years
- Nancy Davis - 10 years
- Amy Bal - 15 Years
- Glenn Hyland - 20 years
- Stacie Pickerign - 25 years

CPR CHILD SAFETY

Northpointe partnered with the Dickinson ISD, Michigan State Police, and a local Child Advocacy Network to hold their first public CPR Child Safety course focusing on *In-Home Safety, Emergency Preparedness with Kids, Weather Emergencies, CPR, First Aid, Sleep, Mealtime, and Hygiene Safety, Heat and Cold Weather Safety, Babysitting tips (parents and caregivers) and Travel Safety* with anticipation to extend this course into Iron and Menominee counties in the future.



To inquire about future classes please contact
Jessica Melius @ jmelius@nbhs.org

Employee of the MONTH

January - In office/remote

- Alex Lindeman
IT Team Lead

January - Residential

- Brad Reynolds
Residential Support Specialist - Belgium Pointe

February - In office/remote

- Terry Bidelman
Peer Support Specialist

February - Residential

- Kim Husbey
Residential Support Specialist - Belgium Pointe

You Make a Difference
Thank You for all you do!

SELF-CARE FOR SPRING



Routine self-care

- Elevate your skincare routine.
- Enjoy your morning coffee outside.
- Bring fresh plants into your workspace.
- Spring-clean your to-do list.



Quiet self-care

- Listen to an instrumental playlist.
- Create a Spring reading list.
- Go for a walk without your headphones.
- Do a digital detox.



Social self-care

- Enjoy an outdoor picnic.
- Schedule a walk and talk with your BFF.
- Visit your local farmer's market.
- Do a random act of kindness.



Physical self-care

- Get outside and enjoy fresh air.
- Deep clean and declutter your space.
- Garden!
- Add 10 minutes of stretching.



Creative self-care

- Arrange fresh flowers.
- Make a new recipe
- Start a new DIY project.
- Learn how to make a new craft.



Spiritual self-care

- Practice daily gratitude.
- Spend time in nature.
- Call a loved one
- Practice meditation

AUSTIM BENEFIT

Parent Information

The Autism Benefit provides Applied Behavior Analysis (ABA) for Medicaid individuals under the age of 21 who meet eligibility and medical necessity criteria. The service is for individuals with Autism Spectrum Disorder (ASD).

- No minimum or maximum hours
- ABA services are not intended to replace services provided in school or other settings
- Each program is individualized to meet the needs of the individual and family

Medical Necessity Criteria:

The individual must demonstrate substantial functional impairment in areas of social communication and social interaction in all of the following:

- social-emotional reciprocity
- nonverbal communicative behaviors
- developing relationships

The individual must also demonstrate substantial behavioral limitations in at least two of the following:

- Stereotyped or repetitive motor movements
- Use of objects or speech
- Inflexibility in routines, fixated interests
- Sensory issues in aspects of the individual's environment

Additional Eligibility Requirements:

- Caregiver Involvement
- Completion of diagnostic assessments by qualified staff
- Coordination with school and/or early intervention program
- Services provided in the individual's home, community and/or a clinical setting
- Eligibility is reconfirmed every three years

Access to Services 800-750-0522

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 Facebook

