

NORTHPOINTE NEWS

Community Newsletter

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

Dickinson • Iron • Menominee Counties



JULY 2025



HOPE GARDEN

In May, the Hope Garden opened its gates for the annual celebration, bringing together families and friends under sunny skies and warm, welcoming weather. As a joyful tradition, the community gathered to plant anew - a heartfelt symbol of growth, renewal, and togetherness.



BREAKING THE STIGMA SURROUNDING MENTAL HEALTH

For decades, conversations about mental health have been hidden in shame, secrecy, and misunderstanding. But individuals, families and communities are beginning to speak up, challenging the harmful stigma that keeps so many people from seeking the help they need. Mental Health affects every aspect of our lives, from how we think and feel, to how we connect with others and handle stress. Yet while physical illnesses are treated with empathy and urgency, mental health struggles are often met with silence and blame. The shame felt by some can create barriers. It prevents people from seeking help and isolates them when they need the support the most. What can you do to break the stigma? It starts with awareness and action.

Talk openly about mental health

Share your own experiences or listen without judgment

Use respectful language

Avoid stereotypes or labels that shame people with mental illness

Educate yourself and others

Learn about different conditions and treatment options

Support those who are struggling

Offer encouragement, patience and practical help

No one should suffer in silence. Mental illness is not a character flaw, a weakness or something to be ashamed of. It is part of the human experience and recovery is possible with the right support. Let us open the door to healing for individuals, families, and the entire community by breaking the stigma.

WHAT'S NEW

EDUCATIONAL TOPIC

BREAKING THE STIGMA

KEEPING CONNECTED

EMPLOYEE ENGAGEMENT

SELF CARE

POWER OF SAYING NO

PROGRAM SPOTLIGHT

RESPIRE

3RD ANNUAL COMMUNITY STRONG COLOR WALK – A HUGE SUCCESS

On May 17th, we proudly hosted our 3rd Annual Community Strong Color Walk, drawing over 300 enthusiastic participants. The atmosphere was truly inspiring and full of positive energy, reflecting the power of community and shared purpose. We are deeply grateful for the support of our sponsors, whose contributions made this event possible. Your partnership fuels our mission, we are excited to continue growing together in the years ahead.



WELCOME TO THE TEAM

- Kayte Dishaw
- Bianca Byers
- Brianna Hobson
- Janel Robarge
- Maddie Anderson
- Maggie Carpenter
- Sophia LaPointe
- Kristina Vigo
- Katie Massoglia
- Andy Coble
- Jame Pearson
- Roberta Payette Reith
- Dr. Olivia Han

LONGEVITY RECOGNITION

- Duane Haith – 5 years
- Camille Wright – 5 years
- Brian Chaney – 5 years
- Luanne Giuliani – 10 years
- Mel Buffington – 10 years
- Kylee Bilski – 10 years
- Donna Raboin – 35 years

RECOGNITION

Terry Bidleman – Certified Community Health Worker
 Jessica Reynolds – Master in Social Work
 Cassandra Leslie – Recipient of a Fay Honey Know Learning Initiative Award

BE A HERO – DONATE BLOOD AND HELP SAVE LIVES

Friday, August 15th
~ 10am - 1pm ~

Northpointe, in partnership with the Dickinson-Iron District Health Department, invites you to join us for an upcoming community blood drive. Your donation can make a significant difference in someone's life – perhaps even save it. Every drop counts. By giving blood, you offer hope, healing and a second chance to those in urgent need. Together, we can strengthen our community and support those facing medical emergencies.

For more information about the blood drive being held, at 715 Pyle Drive, Kingsford, please contact Mary Grable; DON (906) 774-0522. Walk-ins are welcome!!

Employee of the MONTH

March – In office/remote

- Mary Grable
Director of Nursing

March – Residential

- Jonas Christian
Assistant Home Manager – Belgium Pointe

April – In office/remote

- Alex Lindeman
IT Team Lead

"Jonas is very helpful and outgoing for each one of our individuals. Loves to help us everywhere possible. If you need him, he is there to help asap. Very outgoing and loves the people around him. We all appreciate him."

THE POWER OF SAYING NO

In a world that celebrates busyness and people-pleasing, saying 'no' can feel wrong – even selfish. But constantly putting the needs of others before our own does not make us generous – it makes us exhausted. It is about protecting our time, our mental health, and our energy. Boundaries are quiet heroes of emotional well-being, and it is time we start treating them that way.

Many of us struggle to set boundaries because we fear disappointing others. We say yes to avoid guilt, even when we are overwhelmed. But over time, this leads to burnout, stress, and resentment.

Saying no is not rejection – it is redirection. You are choosing your peace, your time, and your priorities. In fact, boundaries make relationships healthier. They bring honesty, clarity, and mutual respect.

Tips for saying NO.

- Keep it simple: "I can't commit to that right now."
- Do not overexplain or apologize.
- Practice in small situations to build confidence.
- Remind yourself: Guilt is temporary, but peace is lasting.

You do not owe everyone your time – but you do owe yourself respect and rest. Boundaries are not selfish. They are necessary.

WHAT ARE RESPITE SERVICES?

Caring for a loved one can be challenging, especially when care needs are intensive. Respite services offer temporary relief to family members or primary caregivers, helping reduce stress and prevent burnout. Northpointe provides respite services for Medicaid beneficiaries on a short-term or intermittent basis supporting families who provide unpaid care. Talk to your Care Manager to learn more about respite services.

UPCOMING EVENTS:

National Night Out

Tuesday, August 5th, 4pm-7pm
NWTC, Aurora, WI

NBHS & DIDHD Blood Drive

Friday, August 15th, 10am-1pm
Northpointe, Kingsford

Overdose Awareness Day

Friday, August 15th, 12pm-4pm
Stephenson Island – Marinette

2025 Back to School Bash

Thursday, August 21st, 10am-2pm
DAR Boys and Girls Club – Menominee

Hope 2 Help Suicide Walk

Sunday, September 14th, 1pm-5pm
Downtown - Iron Mountain

Embrace Life Walk

Sunday, September 21st, 11am
First Street, Menominee

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, and resources.

 Find us on Facebook



Want to explore rewarding employment opportunities with a team making a difference
– Check out our current openings at www.nbhs.org/jobs/ –

- Behavior Analyst
- Occupational Therapist
- Registered Nurse
- Behavior Health Therapist
- Assistant Behavioral Analyst

- Intensive Outpatient Peer Support Specialist
- Residential Support Specialist
- Residential Assistant Manager
- Foster Parent (TFCO Program)
- Respite Support Specialist