

NORTHPOINTE NEWS

Community Newsletter



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

Dickinson • Iron • Menominee Counties

OCTOBER 2025



SEASONAL AFFECTIVE DISORDER (SAD)

As the days grow shorter and the weather turns colder, some children, teens, and adults may begin to experience changes in mood, energy, and behavior. This could be more than just the “winter blues”—it might be **Seasonal Affective Disorder (SAD)**.

What Is SAD?

SAD is a type of depression that occurs at a specific time of year, most commonly in the fall and winter months. It's linked to reduced sunlight exposure, which can affect the body's internal clock and levels of serotonin and melatonin—chemicals that influence mood and sleep.

Common Symptoms

- Low energy or fatigue
- Irritability or mood swings
- Difficulty concentrating
- Changes in sleep or appetite
- Withdrawal from friends or activities
- Feelings of sadness or hopelessness

Tips

- **Increase natural light:** Open blinds, spend time outdoors, or consider light therapy lamps.
- **Maintain routines:** Consistent sleep, meals, and activity schedules help regulate mood.
- **Encourage physical activity:** Movement boosts endorphins and energy.
- **Seek help:** If symptoms persist, talk to a pediatrician, family physician, or mental health professional.

OCTOBER IS WORLD MENTAL HEALTH MONTH

Mental health is just as important as physical health, yet stigma often keeps people silent. World Mental Health Month reminds us to prioritize emotional well-being and support those who may be struggling. Simple actions—like checking in on friends, practicing self-care, and learning about mental health—can make a big difference.

Remember: seeking help is a sign of strength. Together, we can create a community where mental health matters and no one feels alone.

WHAT'S NEW

EDUCATIONAL TOPIC

SEASONAL AFFECTIVE DISORDER

KEEPING CONNECTED

EMPLOYEE ENGAGEMENT

SELFCARE

SLEEP & MENTAL HEALTH

PROGRAM SPOTLIGHT

PARENT SUPPORT SERVICES

AUTUMN VIBES



WELCOME TO THE TEAM

- Barb Brown - Registered Nurse
- Johnny Budge - Residential Support Specialist
- Deana Elson - Parent Support Specialist
- Jacob Gamelin - Clubhouse Generalist
- Ruth Hopper - Residential Support Specialist
- Jesse Kerley - MSW Intern
- Ella Lorenzoni - Respite Support Specialist
- Terra Menghini-Cox - NP Preceptor
- Talia Provost - Residential Support Specialist
- Curtis Vandusen - Care Manager
- Candice Wells - Residential Support Specialist

LONGEVITY RECOGNITION

- Melissa Miller- 5 years
- Liz Smith - 5 years
- Candace Stokes - 5 years
- Dominique Golden - 5 years
- Marti Nord - 5 years
- Ingrid Martonen - 5 years
- Audrey DeLaet - 5 years

RECOGNITION

Ingrid Martonen
Outstanding Documentation Accuracy and
Compliance for FY25

Sally Ihander (Ihander AFC)
Celebrating 45 Years of Service

UPCOMING EVENTS

Aspirus Health Fair

Wednesday, October 22nd
 10:00 AM - 2:00 PM
 Windsor Center, Iron River

Abundant Life Resident Resource & Health Fair

Wednesday, October 23rd
 12:00 PM - 3:00 PM
 Abundant Life, Menominee

Iron County Community Heroes Night

Monday, October 27th
 3:00 PM - 6:00 PM
 Bates School, Iron River

NBHS Halloween Party

Thursday, October 30th
 11:00 AM
 Sagola Twp Hall, Sagola, MI
 RSVP by October 24th (906) 282-1838

M&M Old World Christmas Market

Friday, November 21st - 5:00 PM - 8:00 PM
 Saturday, November 22nd - 9:00 AM - 4:00 PM
 Marinette Rec Center, Marinette, WI

Lights at the Lake Open House

Sunday, December 14th
 5:00 PM - 6:30 PM
 Lake Antoine, Iron Mountain

SLEEP & MENTAL HEALTH: WHY IT MATTERS

Sleep is essential for mental health. Poor sleep can increase stress, anxiety, and depression, while good sleep improves mood, focus, and emotional resilience.

The Brain on Sleep

During sleep, the brain processes emotions, regulates stress hormones, and restores cognitive function. Without enough rest, managing stress and emotions becomes harder.

Effects of Poor Sleep

Lack of sleep can lead to irritability, anxiety, depression, and trouble concentrating. Mental health issues can also disrupt sleep, creating a cycle of poor rest and worsening symptoms.

How Much Sleep?

Adults need 7-9 hours of sleep. Quality matters—frequent waking or inconsistent schedules can affect mental recovery.

Tips for Better Sleep

- Stick to a consistent sleep schedule.
- Create a calming bedtime routine.
- Limit screen time before bed.
- Avoid caffeine and heavy meals late in the day.
- Keep your bedroom cool, dark, and quiet.

When to Seek Help

If sleep issues affect your mood or daily life, talk to a healthcare provider. Conditions like insomnia and anxiety are treatable.

Sleep is self-care. Prioritize rest to support your mental health this winter.

WHAT IS PARENT SUPPORT SERVICES?

Parent Support Services is an evidence-based service where trained parents with lived experience support other families whose children are receiving mental health services.

The program helps increase family involvement in treatment, improve outcomes for youth with Serious Emotional Disturbance (SED) or Intellectual/Developmental Disabilities (I/DD), and empower parents with skills and confidence.

They help parents:

- Build parenting skills
- Navigate public systems (mental health, education, juvenile justice)
- Develop sustainable support networks

Services are goal-oriented, based on the family's Person-Centered/Family-Centered Plan.

PSPs use their own lived experience to offer empathy, guidance, and advocacy. Talk to your Care Manager to learn more about PSP services.

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 | ➤ Community Support Specialist |
| ➤ Occupational Therapist | ➤ Residential Support Specialist |
| ➤ Registered Nurse | ➤ Care Manager |
| ➤ Behavior Health Therapist | ➤ Foster Parent (TFCO Program) |
| ➤ Assistant Behavioral Analyst | ➤ Respite Support Specialist |