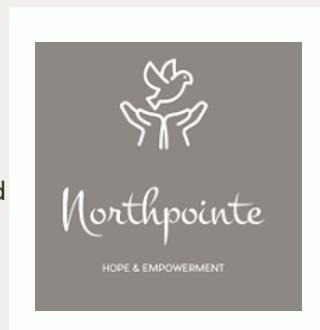


COMMUNITY NEWSLETTER



At Northpointe, community is at the heart of everything we do. We're grateful to be part of a network that shows up, supports one another, and continues to grow together.

This newsletter is our way of staying connected, sharing team updates, important announcements, and insights from across the agency so we can stay aligned and informed. Thank you for everything you do each day and for being such an important part of Northpointe's community. We're excited about what's ahead and for what we'll continue to build together.



Feeding America



Dickinson

1/14/2026 & 2/11/2026 at 11:00AM -
332 S. Carpenter Dr. Kingsford, MI 49802
2/5/2026 at 3:00PM -
130 O'Dill Dr. Norway, MI 49807

Menominee

1/15/2026 at 10:00AM -
1600 West Dr. Menominee, MI 49858
1/29/2026 at 10:00 - (Hannahville)
W484 Casino Lane Wilson, MI 49896

Iron

1/28/2026 at 1:00PM
316 Jasper St. Iron River, MI
49935

New Employees

Northpointe is thrilled to welcome new team members to our organization. Bringing diverse talents, skills, and energy, they strengthen our mission to provide compassionate care and support to the community. We are happy to have them on our team and look forward to the positive impact they will make alongside our dedicated staff.

Francy Economy, Therapist



Nick Mewbourne, Residential Support Specialist



Jenna Weis, Care Manager



Amy Fenske, Community Living Support

Employee Spotlight



This August, Phil Gardiepy Hefner will celebrate an impressive 34 years with Northpointe, a career that began entirely by accident.

Phil was visiting the UP from California to see his friend Rob. His only plan for the day was to take his friend out to lunch. Unfortunately, when Phil arrived, his friend was busy de-escalating an individual and couldn't leave. Not particularly interested in what was going on, but very interested in lunch, Phil decided to help out in the home to move things along faster so they could head out to eat.

Spoiler alert: Phil was pretty good at working with individuals. The home manager noticed how naturally Phil interacted with the individuals and asked if he wanted a job. Phil gave a hard pass and returned home to California, but the experience stuck with him. Soon after, he submitted a leave of absence from work, packed up, and made his way back to the UP to begin what would become a lifelong career with Northpointe.

Phil started in the Day Treatment Program, later became a Residential Support Specialist, and now serves as our Training Coordinator. In this role, he coordinates both in house and external trainings, ensures everyone stays current with CCU requirements, and finds creative ways to make training engaging and even fun.

When Phil was first offered the training coordinator position, he was hesitant. He did not want to leave his individuals. Once he realized he would still see and support the individuals he cared so deeply about, he made the transition with confidence.

Phil believes that mental health should be viewed the same way as physical health. Those experiencing mental health challenges deserve the same dignity, respect, and compassion as anyone facing a physical illness. If you are unsure of what to do or say to support someone, just show up. Let people you care about know you are there for them through both the good and difficult moments. Break the stigma, volunteer, and continue learning.

Community Needs Assessment



Community Needs Survey

In collaboration with the Michigan Department of Health & Human Services, Northpointe is conducting an assessment of mental health needs in the communities we serve. The assessment includes an appraisal of the number of public and private mental health providers in our communities, the availability of mental health resources in school systems within Iron, Menominee, and Dickinson County and feedback from key community partners and stakeholders like you!

You can complete the form online using the QR code on this newsletter, or you can print the assessment from the homepage of our website: www.nbhs.org



RFP Updates

On January 8, 2026, Judge Christopher Yates ruled that the Michigan Department of Health and Human Services RFP conflicts with Michigan law by limiting the statutory role of community mental health agencies. The court ordered the state to correct the defects but did not stop the procurement. This is an outcome widely viewed as the best-case scenario for our system, preserving their legal authority while keeping the process in check.



*Disclaimer: The tips, resources, and recommendations shared here are for general information purpose only. They are not endorsed by Northpointe and are not a substitute for professional medical, mental health, or other advice or care.

Wellness Corner

- **Coping Skill of the Month:** Box Breathing: Inhale 4, Hold 4, Exhale 4, Hold 4
- **Winter:** During winter months, support your well-being by getting daily light exposure, keeping a simple routine, and choosing gentle movement that feels manageable
- **Wellness Listen:** Shrinks on the Brink, a thoughtful podcast on mental health, resilience, and navigating stress
- **Resilience Reminder:** Noticing one small win each day can help build resilience and self-compassion, especially during challenging times.

Winter Driving Tips

Winter driving in the UP requires extra preparation and patience. Snow, ice, wind, and limited visibility can change conditions quickly. A few simple precautions can make a big difference in staying safe on the road.

- Check the weather forecast before heading out
- Clear ice and snow from your car
- Keep your tank at least half full to prevent fuel lines from freezing
- Pack a winter emergency kit
- SLOW DOWN and allow extra stopping distance

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

 **Find us on Facebook**



Flu Season

Flu and other winter illnesses tend to spread more easily this time of year

- Frequent hand washing and covering coughs or sneezes help reduce the spread
- Common symptoms include: fever, cough, body aches, and fatigue
- If you have questions about prevention or treatment, consider talking to your healthcare provider
- Resting at home when sick helps protect family, coworkers, and the community

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
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Crisis Line 24/7

~ 1-800-750-0522 ~