

## How do I know if someone I love may need help

*We can second guess ourselves and our ability to sense when someone is in pain and may need help.*

*It can seem easier to look the other way because we don't understand or we don't want to intrude.*

*Listed below are some feelings and behaviors to be aware of:*

- ◆ Anxiety
- ◆ Irritability
- ◆ Chronic sadness
- ◆ Fearfulness
- ◆ Aggressive or disruptive
- ◆ Frequent school/work absences
- ◆ Lack of self-control
- ◆ Hyperactivity
- ◆ Suicidal/Homicidal thoughts or attempts
- ◆ Helplessness
- ◆ Change in sleep patterns
- ◆ Alcohol or drug abuse
- ◆ Hard to concentrate
- ◆ Drop in school/work performance
- ◆ Depression
- ◆ Anger
- ◆ Changes in appetite and/or weight
- ◆ Unusual fears
- ◆ Withdraw/Isolate
- ◆ Running away
- ◆ Poor self-esteem
- ◆ Dependency

*If you or your loved one or friend are experiencing any of these symptoms, know that you are not alone. It takes strength to reach out as this is the first and most important step to recovery. Call us, we can help.*

## SERVICE AREA

GRAND TRAVERSE, CHARLEVOIX,  
LEELANAU, BENZIE, MANISTEE  
AND ANTRIM COUNTIES



## **GTB Behavioral Health Services**

**Tribal Behavioral Health Implementation (TBHI)**

## **Clinical Case Management Services**

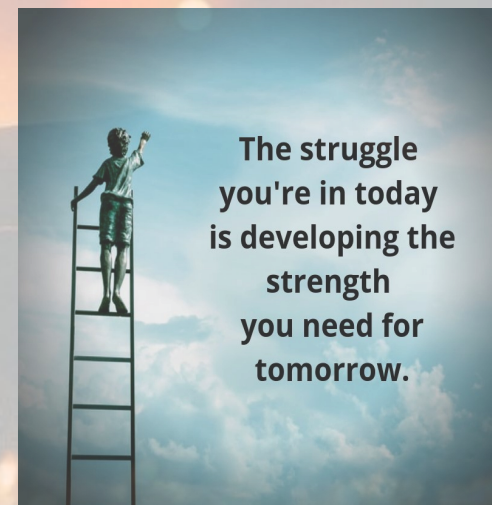
### GTB Behavioral Health

2605 N West Bay Shore Drive  
Peshawbestown, MI 49682  
Main office: 231-534-7090  
On-Call Counselor: 231-342-7686  
Fax: 231-534-7919  
<http://gtbindians.org/behavioralhealth.asp>

Supported by the  
Inter-Tribal Council of  
Michigan, Inc.  
Michigan Department of  
Health & Human Services  
(MDHHS)

Contract #20221858

Project #790



## AVAILABLE SERVICES

Through our TBHI Funding

*Clinical Case Management*

*Traditional Healers*

*Community Education*

*Resource Materials*

*Self-management tools and support*

*Alternative therapies*

**Beadwork Classes**

**Vouchers for:**

\*Yoga

\*Meditation

\*Acupuncture

\*Massage Therapy



## ELIGIBILITY CRITERIA

- ◇ Member of Federally-Recognized Tribe
- ◇ Must be 18 and over
- ◇ Enrolled in a Behavioral Health Program
- ◇ Reside in six-county service area
- ◇ Elders with early dementia

**CALL SANDY FOR MORE INFORMATION**

## TRADITIONAL HEALERS

Traditional Healers are on-site to provide Teachings, Ceremonies, Traditional Medicines, and Spiritual Guidance as needed.



## CASE MANAGEMENT

As a case manager, I can help with:

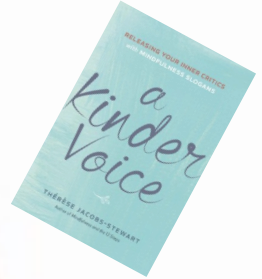
- ◆ Referrals
- ◆ Completing forms
- ◆ Setting up appointments
- ◆ Transportation
- ◆ Ease access to services
- ◆ All around support

Reach out as I am just a phone call away.

*Miigwetch, Sandy*

## EDUCATIONAL/SELF-HELP MATERIALS

Books, workbooks, journals, CDs and DVDs are available for support.



## SELF-MANAGEMENT TOOLS

Various items available to support your well-being:

- ◆ Pill Organizers
- ◆ Adult coloring books
- ◆ Gas cards for appointments
- ◆ Phone cards
- ◆ Bus passes
- ◆ Medication safes
- ◆ Yoga Mats/DVDs
- ◆ Books/Workbooks

### CONTACT INFO:

Sandy Dunkin, MA LLBSW  
GTB Behavioral Health  
231-534-7253  
231-944-8955 (work cell)  
sandra.dunkin@gtbindians.com