



BERRIEN COUNTY SHERIFF'S OFFICE

919 PORT STREET, ST. JOSEPH, MICHIGAN 49085-1184
PHONE: (269) 983-7111 • FAX: (269) 983-9956
WWW.BCSHERIFF.ORG

L. PAUL BAILEY
SHERIFF

CHARLES E. HEIT
UNDERSHERIFF

ROBERT BOYCE
CHIEF DEPUTY

PRESS RELEASE

Date and Time: February 25, 2018 at 11:30hrs

Residents Reminded to Address Mental Behavioral Health Needs Following Flooding

LANSING, MICH. The Berrien County Sheriff's Office and the Michigan Department of Health and Human Services (MDHHS) are urging all residents affected by the flooding caused by torrential rain in February 2018, to pay attention to their mental behavioral health needs as the water recedes and the recovery process begins. Disasters take an enormous toll on all people involved, and MDHHS encourages residents to seek emotional support as needed.

Recovery following a flood can be a difficult process. During this period of transition, it is important for those affected to eat and sleep well, seek medical attention if necessary, stay connected with family and friends, and establish priorities and goals.

"While we tend to think about how emergencies such as the recent flooding can affect people's physical health and safety, we also need to think about the potential impact on their mental health," "The County of Berrien— through partnerships with local communities – has resources available to residents who need help dealing with the emotional effects of the flooding."

Common reactions to traumatic events include: difficulty making decisions or focusing, feeling depressed, changes in appetite or sleeping patterns, feeling mentally and physically drained and becoming easily frustrated. If you are experiencing any of these symptoms, address them with a licensed mental health professional. For information regarding mental health resources available in your community, visit the MDHHS website and click on your county at www.michigan.gov/mdch/0,1607,7-132-2941_4868_4899-178824--,00.html.

Everyone's reaction to a disaster is different. If you have children, pay extra attention to their reactions as their ability to cope is often tied to your reaction. You can help your children cope by managing your own feelings and establishing a sense of control. Additionally, senior citizens, residents with access and functional needs and those who do not speak English as a first language are at particular risk. You can help these populations by giving extra attention and providing resources as needed.

If you are in need of information or resources to help you and your family recover from the flooding, please contact 2-1-1 and speak with a representative. They will provide you with information and resources that may be able to help.

The Substance Abuse and Mental Health Services Administration (SAMHSA) also offers a variety of resources to support mental health during disasters, including a free Disaster Distress Helpline at 800-985-5990. For more information, go to disasterdistress.samhsa.gov.

ADDITIONAL INFORMATION: In addition to the above mentioned services, the following locate services are also available.

**Riverwood Center.
Berrien Mental Health Authority
Mental Health and Substance Abuse Services.**

**BERRIEN COUNTY SHERIFF
PRESS RELEASE**

1485 S. M-139
Benton Harbor, MI. 49022
(269) 925-0585 or 1-800-336-0341
www.riverwoodcenter.org

115 S. St. Joseph Ave.
Niles, MI. 49120
(269) 684-4270 or 1-800-336-0341
www.riverwoodcenter.org

Riverwood Center offers the following services.
Outpatient Clinic Services
Emergency Services
After Hospital Care
Psychiatric Services
Respite Services
Supported Employment
Family Services
Substance Abuse Assessment, Referral Services
Community Living Supports
Case Management Services
Residential Care Services
Home Based Services
Peer Support Specialists
Consultation and Prevention Services

**BERRIEN COUNTY SHERIFF
PRESS RELEASE**
