



Care Packages in Times of Need

Northern Lakes Community Mental Health Authority Outpatient Therapist, **Carol Shetenhelm**, LPC, is sending care packets to people she serves in Houghton Lake, which are filled with coloring pages, puzzles, and educational materials, depending on their needs. Recent packets included a worry stone, stress ball, and small “key to your future.” This outreach has been welcomed. It is a different way to interact and Carol reports that the people she serves are happy to hear from her each week and are thankful for the contact. They tell her that just knowing there is someone out there who cares is invaluable.



Some items in a recent care packet include a worry stone, stress ball and small “key to your future.”

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