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Heritage UPDATE

A message from Mary Garrison, CEO:



For 66 years, Heritage has provided an extensive array of services to Macon, DeWitt and Piatt county residents.

As the new President and CEO of Heritage, I am honored to be a part of an agency that is changing lives every day. Wellness matters for all, and we are proud of the services supporting those in need within our community.

We hope you will help us continue to champion recovery for all. Please feel free to contact me by email at mgarrison@heritagenet.org or by phone at 217-420-4779 to talk. I am always happy to listen.

Tips to Prevent Holiday Stress

1. Acknowledge your feelings
2. Reach out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say no
8. Don't abandon health habits
9. Take a breather
10. Seek professional help if you need it

GivingTuesday

November 29th, 2022

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of

people to give, collaborate, and celebrate generosity.

GIVING TUESDAY

It's a simple idea: whether it's making someone smile, helping a neighbor or

stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

Heritage will be reaching out to community partners and stakeholders encouraging donations and collaboration.

IPS Employment Program Spotlight

Need help finding a job? Heritage provides support to those engaged in treatment at Heritage and need assistance locating and/or maintaining employment.

Individual Placement and Support (IPS) is a model of supported employment for people with serious mental illness (e.g., schizophrenia spectrum disorder, bipolar, depression).

Research shows that employment is an important social determinant of health, and participation in employment can enhance health and wellbeing.

Upcoming EVENTS

Check out our Facebook page for upcoming events!
<https://www.facebook.com/Heritage-Behavioral-Health-Center-283751148735/>

