



# NEW DIRECTIONS

*“By, for, and about consumers of behavioral health services.”*

Volume 1, Issue 5

Dec 2004-Jan 2005

## **Communicating with Your Health Professional**

Open and ongoing communication with your health provider(s) is essential to the successful treatment of most disorders. Sometimes it helps to bring a list of important topics with you to your appointment. You may want to take notes during your discussion, as there will be a lot of information for you to remember.

### **Things to tell your health provider(s)**

- How you have been feeling and for how long.
- If you have been treated for depression in the past, and what your treatment consisted of.
- How your day-to-day life has been affected. For example, missing work, not spending time with family and friends, drug/alcohol use, etc.
- Other illness you may have, medications (including over the counter) you are taking and the names and phone numbers of other health providers you are seeing.



### **Questions to ask your health provider(s)**

- Is medication necessary? If so, what are the benefits and drawbacks (including side effects) of different options? How much will you be taking, how many times per day? Should you take it with or without food? What should you do if you experience side effects?
- Does he or she have recommendations for a talk therapist in your community?
- Would a peer-led support group be helpful?
- How can you reach your provider(s) in an emergency?
- Will treatment affect any other health conditions, e.g., diabetes, heart disease?
- When should you expect to start feeling better?

## **Wellness Lifestyle**

As with any illness, maintaining a healthy lifestyle will help you manage your depression. Try to incorporate the following into your daily life.



- Get plenty of sleep. Stick with a regular sleep routine.
- Exercise regularly.
- Set aside time to be with friends and family and do the things you enjoy.
- Watch your diet. Eat balanced meals. Avoid caffeine, sugar and salt.
- Follow your treatment plan: see your talk therapist, take your medications as prescribed and attend your support group meetings.
- Avoid drugs and alcohol.

For more information and tools to help you maintain a healthy lifestyle, download a free copy of the [Wellness Workbook](#). [www.dbsalliance.org](http://www.dbsalliance.org)

## **INSIDE THIS ISSUE**

- 2 Health Education
- 2 A Tip of the Hat – Club Cadillac
- 3 Consumer Story – “There Will Always Be a Sunrise”
- 3 Drop-In News – Kandu Island & Chat Room
- 4 “Tips” for a Better Future
- 4 Ongoing & Upcoming Events

## **Email subscriptions!**

Receive *New Directions* through the email. If you would like to receive *New Directions* electronically please submit your email address to [Leslie.Sladek-Sobczak@nlcmh.org](mailto:Leslie.Sladek-Sobczak@nlcmh.org) writing “New Directions” in the subject line. Your address will be used solely for distribution of *New Directions*. It will not be shared or used for any other purpose.

## **Contributions!**

If you would like to contribute to *New Directions* please contact The Editor, Leslie Sladek-Sobczak, at 231 933-4907, or email [Leslie.Sladek-Sobczak@nlcmh.org](mailto:Leslie.Sladek-Sobczak@nlcmh.org). Contributors to this newsletter: Kandu Island, Chat Room, Club Cadillac, Karen E, and

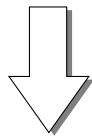
## Have you gotten your Health Education Answers Yet?



### Congratulations on being smart enough:

- to know that informed consumers make the best health decisions,
- to know that you need to be an interactive partner in your health care,
- to know you don't know it all,
- to know there is so much more you can learn, and
- to know there is now a

### New Health Help Line Available!!



HEALTH EDUCATION ANSWERS is a comprehensive, interactive on-line health education program for anyone who has access to the Internet. It's filled with answers to questions about wellness.

Because wellness starts at home, HEALTH EDUCATION ANSWERS starts with a picture of a house. You can click on any room in the house to find out ways to make your home safe. It also includes sample conversations a person might have with family or friends about various illnesses.

You can also view health areas on ADHD, bipolar disorder, schizophrenia, depression, diabetes, and women's health. The site has quizzes to test your knowledge as well as surveys and games.

HEALTH EDUCATION ANSWERS was created as a tool for education and prevention. The site positions you as an important member of your healthcare team. The goal is to help you lead a healthier life. The content has been certified by the National Committee for Quality Assurance (NCQA).

To visit Health Education Answers, Go to [www.northernlakescmh.org](http://www.northernlakescmh.org)

### A Tip of the Hat



Club Cadillac shared with great pride their 10<sup>th</sup> anniversary celebration with the state, CMH, county and community on Nov. 3, 2004. Club Cadillac is a member of the International Center for Clubhouse Development Organization. This global community's center is located in New York City where it originated in the 1940's. There are now more than 350 club-houses in the world and about 50 "clubhouse" like programs in Michigan. This is the most in any state in the nation. Club Cadillac has chaired and presented information at the international, mid-state regional and state regional conferences. They have also presented at several Michigan Colleges and Universities. Other happenings:

- Club Cadillac was recognized by M-DOT for 15 consecutive years of volunteering for Adopt-a-Highway!
- Club Cadillac's 5<sup>th</sup> Annual Talent Show was held 10/9/04. Fifteen members and staff shared their talents, entertaining club members, family, and friends.
- Club Cadillac chaired and presented a workshop for the ICCD conference in September.



### New Voting Machines

Michigan will be receiving new voting machines and will be totally accessible by Jan 1, 2006. The NFB (National Federation for the Blind) has helped Michigan in its search for the right machine. It will work for the blind and physically handicapped. They will install in every precinct at least one of the machines.

## There Will Always be a Sunrise *(There is Still Hope!)*

My name is Karen. I recently became a consumer with NLCMH in Traverse City. New to the area, I was not familiar with clubhouses. I started attending Traverse House in March of this year. I've had a different experience, but seemed to adapt fairly well. Today I am going to share with you that I developed a speech problem. I must have had this previously, because I was saying things I didn't realize and they (the clubhouse) asked me to leave because I was upsetting people.

I was born December 24, 1948. I was the only girl and my brother Terry is the oldest, Barry is the youngest. Dada worked at a power plant, mom stayed at home. It was hard, dad's hours at work meant we didn't see him for 3 days at a time. Dad had some specific demands on us for what we could and could not do as well. I spent many days with mom helping relatives.

Aunt Doris nabbed me and my cousin Renee (an only child) and she told mom what she should and shouldn't do with me. She controlled my life. I never really got to play. Now I want to learn how to play.

I later attended Grand Valley State and Western Michigan University. I earned bachelors degrees in Education along with Psychology and Biology-Human Anatomy. I later received my masters in Education and Counseling Psychology.

I met my husband Mike in South Haven. After a long dating relationship we were married and developed a strong marriage of 16 years.

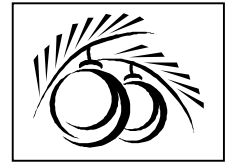
I don't know if anybody did something or if something precipitated my speech problem...but I first became aware of it at Traverse House. So it could be a recent problem. I recently spoke with a lady down stairs (at my home) I told her I'm going to accept what it is. She embraced me and said go for it. This was my first day admitting it, (the speech problem). Other people should admit to their speech problems because it takes a ton of worries off your shoulders. It made me feel real good and can do the same for you!

## Section 8 / Information Update

Michigan State Housing Development Authority will be opening up its waiting list for the Section 8 rental assistance program in Grand Traverse County.

The waiting list will open on 12-1-04 and close on 5-31-04. If you are interested in knowing more or wish to apply please contact Laura Sabat or Pat Hess at 922-4850.

**Kandu Island Drop-in Center**  
**wishes everyone**  
**HAPPY HOLIDAYS!**



Kandu Island Drop-In Center had its first Thanksgiving celebration on November 25, 2004. Looking ahead to Christmas, the 'Isle' are considering many details for a celebration (Look for future postings).

On the business front, CVM, Inc. (The Council of Volunteers and Mentors) is very busy in developing legal status, financial structure, and assurance of self-sufficiency (grant writing). Looking back over this inaugural year, a board member recently stated, "We have accomplished a lot this year and we have an awful lot to be thankful for."

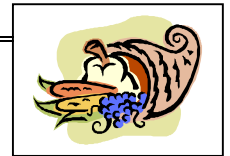
We are indeed grateful. We thank all of you who have taken the time to contribute and/or spread the energy of empowerment. We look forward to a safe and happy holiday season for all!!!

---

---

## Food Pantry News

The **Third Meal Food Pantry** in Traverse City is hard at work preparing for the winter months. The pantry is still operating through an emergency/referral basis. The referral is important to both the pantry and the recipient, in order to minimize abuse and to guarantee that those most in need are supported during what could be a long winter.



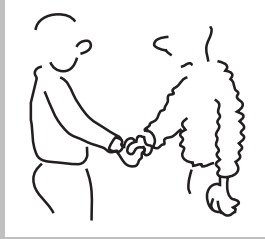
## Chat Room

The Chat Room Drop-In Center will be electing new officers to replace its board. The positions of President, Vice President, Treasurer, and Secretary are up for grabs. The current board will be interviewing hopefully no later than December 1st.

The Chat Room had a meeting with Greg Paffhouse, Brenda Preteroti, and Jon Bennett; it was a very productive meeting. Topics of discussion included when the contract with CMH would be final and the location of the Chat Room in the New Year, to mention a few.

Noteworthy events:

- \* The chat room will be under contract in January of 2005.
- \* The church (future location of the Chat Room) will get its elevator by next April.
- \* The Chat Room celebrated Thanksgiving dinner/lunch on the 17th of November. All enjoyed the day!



## “Tips” for a Better Future: Self Advocacy

by Leslie Sladek-Sobczak

Hello to all. We have covered quite a few topics in the past several months. Today we will look at Advocacy - Self Advocacy in particular.

The verb “advocate” by definition is: to plead in favor of, defend in argument, support, as one who pleads or espouses a cause.

You are your own champion! Speak out! Stay in charge!

Many of you have had others advocate for you but have not done a great deal of advocating for yourselves. It takes believing in yourself. Having worked on your natural supports, on building your daily skills and working on your self-esteem, you will now find that you are in a better position to advocate for your own concerns.

When advocating on your own behalf, self-esteem and belief in yourself are key issues. You need to give yourself credit and use your natural supports. When asking for something, plan for the conversation. Decide what it is you need and why. Know your facts - Have others sought what you are now looking for? How have they accomplished this, and who can help, or what resources are available to help? You need to be prepared for this meeting. Some thoughts to keep in mind:

- ✓ Demand respect from others
- ✓ Ask for what you want and no more
- ✓ Stay calm, but be persistent
- ✓ Stick to the subject
- ✓ Know your rights, and the responsibilities of yourself and others.

Advocating for yourself can be difficult and most likely will be so. Use your natural supports... they want to help you and are there to assist in working on a better future.

“You are a unique and valuable person. You have the right to advocate for yourself, to protect your rights and insist that others treat you well.” Speaking Out For Yourself

## Ongoing Events

If you know of other ongoing events that could help other consumers, please contact the Editor of *New Directions*.

- **NAMI Support** second Monday of the month at 6:00pm Munson Medical Center-Doctors Dining room.
- **Support group** for parents of children with ADHD Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, 947-2255
- **Survivors of Suicide Support Group** third Wednesday of the month, 7-8:30 p.m., at Mercy Hospital 2<sup>nd</sup> floor Wexford Room, Cadillac.
- **NAMI-C.A.R.E. Support group** for people with a mental illness. 2<sup>nd</sup> Monday of the month, 6-7:30pm. Grace Episcopal Church Corner of Washington and Boardman, TC.
- **DBSA** (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638.
- **Our Kids** support group, for parents/caregivers of kids with bipolar disorder, 7:00pm fourth Tuesday, Traverse Area District Library. 941-9128.

## Upcoming Events

Dec. 2, Christmas caroling for all, Lake City Elementary School 7:00pm

Dec. 5, 21<sup>st</sup> annual Christmas for the animals, Clinch Park Zoo in T.C. Noon-4pm. For information call 933-6635 ext. 204

Dec. 8, Consumer Advocacy Council, 1:30-3:30pm

Dec. 11, Project Christmas for Wexford and Missaukee Co. residents, an income-based event. If interested call Love Inc. at (231) 779-1888 or Friends Ministries (231) 839-8816 to apply

Dec. 16, Regional Consumer Forum in Cadillac from 10-noon

Dec. 16, NLCMH Board Meeting, 6:00pm Traverse City Office

Dec. 25, 15<sup>th</sup> Annual Community Dinner, Trinity Lutheran Church, T.C. 1-3:00pm. For information call (231) 263-7130

Jan. 12, Consumer Advocacy Council, 1:30-3:30pm

The Salvation Army is taking applications for food baskets. Call 775-7131 in Cadillac or call 946-4644 in Traverse City.

*This Newsletter is produced with partial support from MDCH and some time and paper provided by NLCMH.*