



NEW DIRECTIONS

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

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Ernie Reynolds (back row, far right, by state flag) is pictured here with Governor Granholm, after she signed the new law on mental health advance directives. Ernie says, “It was a good time to meet with all the officials and have a chance to ask them questions and find out how they felt about some issues directly affecting us consumers.”

New Advance Directive Law Signed

Ernie Reynolds was one of a delegation of four from Michigan Protection and Advocacy Services (MPAS) who braved a snowstorm to be present at Governor Granholm’s signing of the new Mental Health Advance Directive bill on January 6, 2005.

Ernie commented, “I was able to meet and talk with the Governor and actually shook hands two times. She was very gracious. Gov. Granholm gave each of us a personally signed copy of the bill. It’s a nice souvenir of the occasion.”

(Continued on next column)

Ernie related that the bill signing was a good opportunity to advocate for others with mental health issues. “When I shook the Governor’s hand I made a point to tell her I was a consumer and that I appreciated all her work on this bill. I also told her that we appreciated it that she did not want to cut any funds for mental illness issues. The Governor was very gracious and warm to us.”

The new law which Ernie witnessed signing allows people over age 18 to name an advocate to exercise powers on their behalf regarding mental health decisions. Now people can create Psychiatric Advance Directives – or statements – regarding their wishes for mental health treatment. Under the law, mental health professionals would have to comply with the patient advocate directives unless treatment is not consistent with generally accepted mental health best practices. Services received from the private sector also are bound by these same laws.

Gov. Granholm said, “These laws put mental health decision-making into the hands of advocates who can operate in the best interest of a family member or loved one. For the first time, patient advocates can make formal decisions regarding mental health treatment.”

Greg Paffhouse, Chief Executive Officer of Northern Lakes CMH, says, “We are very pleased that Ernie Reynolds had the opportunity to witness the signing of this bill. He has been a very valuable member of our Consumer Advocacy Council and instrumental in the success of the Houghton Lake Chat Room in providing a safe place for people with mental illness to go for support and friendship. We appreciate his efforts in advocating for others in our local area and beyond.” He added, “We see this new law as an extension of the person centered planning process and believe it will be helpful for consumers who choose to develop their own advanced psychiatric directive.”

Ernie was recently appointed to the MPAS Board of Directors and is chair of its PAIMI Council (Protection and Advocacy for Individuals with Mental Illness). He is also chairperson of the Consumer Advocacy Council (CAC) of Northern Lakes CMH and director of the Houghton Lake Chat Room. Ernie is a certified Advocate for people with mental illness.

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 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. Contributors to this newsletter include Club Cadillac, Chat Room, Kandu Island.

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Regional Consumer Forum

The Regional Consumer Forum (RCF) met on December 15, 2004 in Cadillac. Some of the topics of discussion were:

- Kevin's Law (which was recently passed);
- A report on the Northwest CMH Affiliation's Performance Improvement Project concerning Inpatient Recidivism (defined as a consumer being readmitted to a psychiatric facility within 30 days);
- Grievance and Appeals forms for adequate and advanced notices and the need to educate both staff and consumers about these notices.

They also received updates from the local Northern Lakes CMH's Consumer Advocacy Council (CAC) and the West Michigan CMH System's Consumer Advisory Panel (CAP).

Some issues for the future include Bylaws and meetings with other Regional Consumer Forums.



"Everyone can be a... Singer with the Band!"

Chris Burke, who has Down Syndrome and is best known for his role as "Corky" from the ABC TV series "Life Goes On," will present a program/concert that celebrates the many kinds of people who make up our world and the abilities they have.

Tuesday, March 22, 2005
7:00 p.m.

McMorran Auditorium – Port Huron, Michigan

For more information call
St. Clair County Community Mental Health at
810-985-8900.

Club Cadillac News

Club Cadillac had a break-in on the night of January 13. Members were very upset but are now recovering nicely. Members want to thank the Michigan State Police for their very good police work. A computer, VCR and some money was stolen, but within a week, four out of the five people involved were arrested, the computer and VCR have been returned, and members are still hopeful that they may receive some reimbursement for the money stolen. A positive outcome of the incident was the members' banding together to get over it. They feel better as a community. They also felt a lot of support and concern from the community at large and were very appreciative of everyone's help and support.

Other clubhouses are encouraged to attending any upcoming MAC meetings. The MAC is the Michigan Association of Clubhouses. There's a regional chapter that covers Cadillac, Traverse City, Benzie, Alpena, and Petoskey. Support is needed to keep the meetings going. This is important to make our legislature aware of how budget cuts affect our communities.

Everyone's invited to a Valentine's Dance at Club Cadillac this Friday, February 11, 2005, from 3:00 to 7:00 p.m. Bring your dancing shoes!

Last year Club Cadillac held an Easter dinner on Easter Sunday, and hopes to do it again this year. If you're interested, call Club Cadillac at 231-775-5638 as it gets closer to Easter to find out if it's happening and what time.

Interested in Advocating for Others?

The Northern Lakes CMH Board of Directors is accepting applications for primary consumers or family members to serve on the Recipient Rights Advisory and Appeals Committee. Interested persons would need to be able to travel to Traverse City or Cadillac independently or via car pool for meetings at least five times a year and as needed for appeal hearings. Interested persons should ask the receptionist at Northern Lakes CMH for an application or contact the Office of Recipient Rights at (231) 935-4185.



NAMI State Conference

Saturday & Sunday, April 23-24, 2005
KALAMAZOO, MICHIGAN

Each year, NAMI Michigan sponsors a conference to provide education, support, and networking opportunities for consumers, families, and mental health professionals.

This year's NAMI Michigan conference, "Education: The Gateway to Dignity and Hope," will address the topic of education and recovery from a variety of perspectives.

The conference is open to NAMI members and non-members; however, non-members are encouraged to join. Also invited are service providers, educators, legislators, students and the public.

Some of the speakers include Richard Weingarten (on Education and Recovery), Professor Mona Wasow (Different Perspectives on Serious Mental Illness), Michael Fitzpatrick (Mental Health System Change, Financing, Evidence Based Practices, and NAMI at 25), Daniel Fisher, M.D., Ph.D., (Making Your Dreams Come True: Recovery through Education). There will also be a Consumer Panel with Marty Raaymakers, Ken Werner, Suzanne LaBatt and others.

There will also be many workshops covering a wide variety of topics from which you can choose, including: P.L.A.N. Program, Suicide Prevention, Insurance Parity, In Our Own Voice Program, Governor's Michigan Mental Health Commission Status, New Social Security and Employment Issues, Depression Handbook, Spirituality and Recovery, Supported Education, Legal and Financial Planning Strategies for Families of Special Needs Members, DBT Program, Arts in Wellness & Recovery, Consumer Art Show.

For questions or more information, please contact Mike Kenny (269) 343-6952, tunabase@chartermi.net. The NAMI Michigan website is <http://mi.nami.org>.



We have a new Van!

Kandu Island Drop-in Center NEWS

Here's a piece of great news: Kandu Island Drop-In Center is now the proud owner of a 1996 Plymouth Grand Voyager van (Kandu Vandu!), thanks to a generous donation. Another good piece of news: Kandu has now recovered from some flooding and is back open again, every week on Monday, Thursday, Friday, and Saturday, from 10:00 a.m. to 5:00 p.m.! (Please note that Chat Room will be closed on Feb. 12 for a CVM work day.)

A number of fun events are planned – everyone is welcome:

- Valentine's Party on Monday, Feb. 14, after the CVM Board Meeting.
- The Council of Volunteers and Mentors, CVM, meets at Kandu on the second Monday of each month from noon until 2:00 or so. A public comment time is available at meetings. The next meetings will be February 14 and March 14.
- A St. Patrick's Day party is planned for Thursday, March 17.
- Join us for egg coloring the Saturday before Easter, on March 26.
- Kandu Island is happy to host the RICC meetings (Regional Interagency Coordinating Council) on the 2nd Wednesday of each month from noon-1:00.

Food Pantry News



The **Third Meal Food Pantry** in Traverse City is again operating during Kandu Island open hours. You can fill out a form and come in for food about once a month. This is in order to minimize abuse and to guarantee that those most in need can get support.

Did you know?

You don't have to limit your person-centered planning meetings to once a year. You can have one whenever it's needed and wherever you want. Only the people you invite may come.

Chat Room Elects New Officers

The Chat Room Drop-In Center in Houghton Lake recently elected new board member officers. The officers are: Terri R. Stonecipher (President); Jackie Welch (Vice President); Vickie Bigford (Treasurer); and Liz Walker (Secretary). Congratulations to all! Terri Stonecipher, President, says, "I will do the best job possible for the benefit of the consumers who use the Chat Room."



At the contract signing between the Chat Room and Northern Lakes CMH, both current and former board and staff of the program were present. Shown here (Left to Right) are Val Bishop, NLCMH Chief Operating Officer, and Terri Stonecipher, Chat Room Board President.

Chat Room Contract Signing

There are 5 criteria that Drop-In Centers need to meet in order to be considered a “best practice” program. With the completion of signing a contract last week, the Chat Room and Northern Lakes CMH now meet all the criteria: 1) Incorporation and tax-exempt status – Done! 2) Independent location – hope to move to the church, but do have a location now! 3) Staff and Board made up of consumers – Staff and Board consist entirely of primary consumers to ensure that the program is operated and controlled exclusively by consumers! 4) Contract – The program must have a contract with the CMHSP. This defines the program as an entity independent of the CMHSP and outlines the relationship with the CMHSP. We now have a contract! 5) Control of funds – the program must manage its own budget, including writing checks. “He who controls the funds controls the program.” We now have our own funds!

Val Bishop, Chief Operating Officer at Northern Lakes CMH, says, “I am excited about this new phase in our relationship with Chat Room. It is the culmination of many efforts and struggles over a long period of time. I look forward to the future of the program and seeing the Chat Room flourish as they look to grow their program to meet consumer needs.”

Terri Stonecipher, Chat Room Board President, says, “I would like to thank everyone for coming up to Houghton Lake. I will do my job the best that I can and not disappoint you.”

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.
- **NAMI-C.A.R.E. Support group** for people with a mental illness. 2nd 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.
- **Survivors of Suicide Support Group** third Wednesday of the month, 7-8:30 p.m., at Mercy Hospital 2nd floor Wexford Room, Cadillac.
- **Support group** for parents of children with ADHD, Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, 947-2255
- **Our Kids** support group, for parents/caregivers of kids with bipolar disorder, Fourth Tuesday, 7:00pm Traverse Area District Library. 941-9128.

Upcoming Events

The Northwest Michigan Tax Coalition is offering free tax preparation for families from February 2nd - April 14th at the Family Independent Agencies in the counties of Grand Traverse, Kalkaska, Antrim, Benzie, Wexford, Roscommon, Ogemaw, and Manistee. For more information call 800-632-7334.

- Feb. 17 NLCMH Board Meeting, 6:00pm Grayling City Building, 1020 City Blvd, Grayling
- Mar. 9 Consumer Advocacy Council (CAC), 1:30 pm
- Mar. 17 NLCMH Board Meeting, 6:00 p.m., NLCMH Traverse City Office (105 Hall Street)

-----Open Door Initiative-----

The Centers for Medicare & Medicaid Services (CMS) is above all else, a service agency. Previously known as the Health Care Financing Administration (HCFA), the CMS is responsible for administering Medicare, Medicaid, State Children’s Health Insurance Program (SCHIP), Health Insurance Portability and Accountability Act (HIPAA), and Clinical Laboratory Improvement Amendments (CLIA).

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