



# NEW DIRECTIONS

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

Volume 3, Issue 2

June-July 2006



## Walk A Mile In My Shoes Rally!

The attendance for this year's rally was around 750 people. It was threatening rain early on but held off for the presentation of consumer statements with their county's flag. After each consumer made their statement the crowd responded with, "Walk a mile in my shoes!"

Consumers from Northern Lakes were able to spend time with representative Booher, Palsrok, and Sheltroun. Palsrok went the extra mile and invited constituents from Benzie, Leelanau and Manistee Counties with Grand Traverse County tagging along to join him on the house floor. He explained how the voting works, what all representatives had on hand at their disposal, who sat where (i.e., press), and also shared about himself!



*Sue Hill with Keynote Speaker Karen Edwards and NLCMH employee Bridget Klaasen on the capitol steps.*

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### 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@nlcmh.org](mailto:Leslie.Sladek@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, at 231 933-4907, or email [Leslie.Sladek@nlcmh.org](mailto:Leslie.Sladek@nlcmh.org). Contributing writers: Kandu Island and Chat Room .

**“Never doubt that a small group...of citizens can change the world...Indeed, it is the only thing that ever has.” Margaret Mead**

## Peer Support Training

Training for the next group of 45 consumers in Michigan will take place in July (during the certification process which is the 17<sup>th</sup> through the 21<sup>st</sup>). We at Northern Lakes have a total of 6 peers trained and hired at NLCMH. These peers will be attending the training/certification process. The "peers" work in a variety of places throughout our agency's offices. They also participate in a wide range of committees locally and statewide.

The Michigan Department of Community Health (MDCH) continues to work on a certification program for these peers. All the trained peers will return to Higgins Lake in July (17-21) for more training on various topics such as: PCP, Employment, Ethics, Housing, and Documentation. Also, the trained peers will be compiling a "Michigan Peer Support Specialists Code-Of-Ethics" for ALL certified peers to follow. The peers will also be taking a certification test while they are attending. Training, however, does not guarantee certification. Further in the works, the state is communicating with a community college so peers may get college credit for the training they receive. At this time, Lansing Community College is in the process of taking on this task.

Peer Supports are a service available to all consumers. Peer services include but are not limited to: providing opportunities to support, mentor and assist beneficiaries to achieve community inclusion, participation, independence, recovery, resiliency and/or productivity. Peers have a special ability to gain trust and respect of other beneficiaries based on sharing experience and perspectives with disabilities, and with planning and negotiating human services systems. If you are interested in this service, talk to your worker during the pre-planning of your next person centered plan. Or, if you have questions regarding this service you may also talk with Customer Service (Leslie Sladek) or Mary Beth Evans (Statewide Coordinator for Peer Supports). To contact them, call your local office.

## Part D Medicare Update

### Limited-Income Subsidy (LIS) Enrollment Opportunity

The Centers for Medicare & Medicaid Services has announced that Medicare beneficiaries who qualify after May 15, 2006 for the limited-income subsidy (LIS) available through the Medicare prescription drug program will have a one-time opportunity using a special enrollment period to enroll in the Medicare prescription drug benefit if they have not done so already. This special enrollment period will enable these

*Continued in next column*

beneficiaries to enroll in a Medicare prescription drug plan right after they become qualified for the LIS, even if this is after May 15th. Medicare will also continue to facilitate enrollment in a drug plan for people who qualify for the LIS if they do not choose a plan on their own. This one-time enrollment for beneficiaries who qualify for the LIS is very different from extending the open enrollment period – it simply gives beneficiaries who are newly qualified for LIS a one-time opportunity to enroll when they qualify.

The extra help available through the LIS allows for comprehensive and valuable drug coverage – in most cases for just a few dollars for every prescription. CMS wants to make sure that people who need help the most can use this coverage just as soon as they become eligible.

Reprinted from the Social Security Administration, Michigan Updates, Vol.31 May 2006



## 2007 Calendar of Art *Art work wanted*

The office of Recipient Rights is again accepting art work entries for a calendar they produce to raise funds for consumer scholarships.

Entries may be a photograph or a photograph of another art form, (painting, sculpture, mixed media, etc).

**Entry deadline is July 7, 2006.**

### **Rule: Who, What, How...**

- Participants must be mental health consumers (past or present)
- Maximum of 3 entries allowed
- Entries will not be returned
- Participants will not be paid. All selected entries will receive a free calendar.
- **With consent**, the calendar will list artist names: otherwise entries will be unnamed.
- The calendars will be distributed at the 2006 rights conference.
- The calendar will be available for sale beginning October 11, 2006.
- Send entries via email [silver@michigan.gov](mailto:silver@michigan.gov) or [sobolewskib@michigan.gov](mailto:sobolewskib@michigan.gov) or US post\* to Office of Recipient Rights, Training Division, 18471 Haggerty Road, Northville, MI 48168

\*If using US post, wrap photo in white paper. Include any written information on a separate sheet of paper. **BE SURE TO INCLUDE** your name and contact information.

*Selection date is July 20, 2006.*

**"It is better to light one small candle than to curse the darkness."**

*-- Eleanor Roosevelt*

## Come One! Come All!

Self-Determination is for everyone!

If you have a disability and want to get control of your life, your supports, your services, and the people in your life – Join the MICHIGAN PARTNERS for FREEDOM.

This workshop is **FREE**

Date: July 19, 2006

Location: Ludington City Hall, 400 S Harrison St.

Time: 10:00A.M. to 2:00 P.M. **Lunch included**

At this workshop, we will share:

- How to better understand state guidelines about self-determination.
- What self-determination can mean for your future.
- How you can help make Self-Determination a reality for all citizens of Michigan.

For more information call/email:

Faith Nekola, West Michigan CMH System

(231) 845-6294 –or- [faithn@wmcmh.org](mailto:faithn@wmcmh.org)

Michigan Partners for Freedom –  
Building Statewide Demand  
For Self-Determination.

*This event is partially funded by the Michigan  
Developmental Disabilities Council grant #20040000*

Registration forms available in the lobby or through Customer Service. If no forms are in the lobby ask reception to call Leslie Sladek. If I'm not available please leave your name and a phone number where I can reach you.

## Personal Message from Senator Bev Hammerstrom

June 1, 2006

To all Parity Supporters:

Yesterday, the Senate Health Policy Committee reported out Senate Bills 229 and 230 when Senators Jacobs and Patterson joined me in supporting the bills. I am very grateful to them and hope you will thank them for their stand. This is truly a momentous occasion and one I hope inspires you to act.

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*We must speak with one strong voice that the time for  
parity is now.*

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If you want to achieve mental parity for Michigan citizens, you must help now by contacting your state senator and sending letters to the editors to your local newspapers. We must speak with one strong voice that the time for parity is now. I assure you that my colleagues will hear from many who oppose these bills, but they cannot have the impact that you can by sharing your personal and professional experiences.

Many of you are familiar with long, hard struggles. While it has taken many years for us to move these bills out of the committee process, the battle is only just beginning. Help me, Senator Patterson and Senator Jacobs garner the necessary support to move the bills out of the Senate. Then, it's on to the House and the Governor's desk!

Please, take the time today -- write a letter or send an e-mail and show how much mental health parity matters.

Sincerely,  
Beverly S. Hammerstrom  
State Senator  
17th District

## Join an Internet Peer Support Group Study!

A study on new forms of peer-support is looking for mental health consumers interested in participating in an internet-based support group. This group can connect you to a community of supportive peers, anytime, anywhere! If you have been diagnosed with a mental illness, have access to the Internet and email, and are fluent in English, you may be eligible to participate. All participants will receive compensation. Send email if interested to: [mhsupp@mail.med.upenn.edu](mailto:mhsupp@mail.med.upenn.edu)

**"It is never too late to be what you might have been." George Eliott**

## OBTAINING EVIDENCE OF CITIZENSHIP FOR MEDICAID ENROLLMENT FOLLOWING THE 2005 DEFICIT REDUCTION ACT (DRA)

*Background materials for the Health Assistance Partnership's March 23, 2006 call,  
Prepared by Families USA*

### Medicaid Citizenship Documentation Requirement Overview

Beginning July 1, 2006, all new Medicaid applicants and all current Medicaid enrollees renewing their eligibility will be required to provide documentation to prove their citizenship status. The following list provides examples of the documentation specifically allowed under the new requirement.

### What Documents Are Allowed under the New Legislation?

Any **one** of the following:

- U.S. Passport
- Certificate of Naturalization
- Certificate of U.S. Citizenship

**OR**

Any **one** of the following *plus* an additional form of personal photo ID:

- Birth Certificate in the U.S.
- Certification of Birth Abroad
- U.S. Citizen ID Card
- Report of Birth Abroad

**NOTE:** The statute gives the Secretary of the Department of Health and Human Services (HHS) the authority to accept other forms of documentation and identification for the purpose of proving citizenship for Medicaid. However, as of mid-March, no guidance or regulations had been issued and it is unclear what additional types of documentation, if any, will be accepted by CMS as proof of citizenship.

### What Resources Are Available for Obtaining Citizenship Documents?

<http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm> — provides links to each state's vital statistics web site, where detailed information is available on obtaining a birth certificate.

<http://www.cdc.gov/nchs/data/misc/03-01-06.w2w.pdf> — provides state-by-state information on the costs of vital records copies, and also information on where to write or call for more information in each state.

[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html) — provides information on applying for a passport.

[http://travel.state.gov/family/family\\_issues/birth/birth\\_593.html](http://travel.state.gov/family/family_issues/birth/birth_593.html) — provides information on obtaining a copy of a Certification of Birth Abroad.

[http://uscis.gov/graphics/howdoi/replace\\_cert.htm](http://uscis.gov/graphics/howdoi/replace_cert.htm) — provides information on obtaining a replacement copy of a Certificate of Citizenship or Naturalization.

### APPLYING FOR A BIRTH CERTIFICATE IN THE U.S Go to

<http://www.cdc.gov/nchs/howto/w2w/w2welcom.htm> and click on the person's state of birth to find out how to apply in that state.

## 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.
- **DBSA** (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638.
- **Bereavement Support Group**, available to the public through MMC's Hospice and Palliative Care program. Mondays at Hospice house 6:30pm or Tuesdays at the TC Senior Center 10:00am. For more information 935-8491.
- **Support Group for Teens (13-19)**, For Bipolar disorder and Depression. This peer-led group meets every **Thursday** from 3:15-5:00 pm., at the First Presbyterian Church, 221 East Harris St., Cadillac,
- **Healthy Choices-** This group meets to discuss and share diabetic friendly recipes. Meeting the **fourth Monday** of the month from 11:00 am – 12:00 noon at 3003 S. Garfield (Kandu Island). Information call Jeremy Wolf at 922-0903, or 645-4884.

## Upcoming Events

- **June 12 & 13**, 9th Annual Self-Determination Conference, Holiday Inn South, Lansing
- **June 14**, Consumer Advocacy Council, 1:30-3:30pm. Traverse City, video to Houghton Lake.
- **June 21**, NLCMH Board Meeting, 6:30pm Elmwood Township Hall, Traverse City
- **June 28 – July 2**, NAMI Convention, Changing Minds, Keeping the Promise," Washington DC.
- **July 12**, Consumer Advocacy Council, 1:30-3:30pm. Traverse City, video to Houghton Lake.
- **July 19**, Michigan Partners for Freedom-Self Determination is for everyone. Workshop is FREE open to consumers and family members. 10:00 a.m. – 2:00p.m. in Ludington. See article for more information page 3.
- **July 19**, NLCMH Board Meeting, 6:30pm at NLCMH in Houghton Lake
- **July 27**, Michigan Consumer Conference at the Kellogg Center in Lansing.