



NEW DIRECTIONS

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

Volume 3, Issue 5

December 2006 & January 2007



Northern Lakes is in the process of laying out the groundwork for transforming our Mental Health System to a system based on recovery principles. A retreat was held in October for consumers, stakeholders and staff. A follow up session was held in November. Consumers were invited from Traverse House, Club Cadillac, Kandu Island Drop-in, Chat Room Drop-in, and the Consumer Advocacy Council (CAC).

Larry Fricks and Ike Powell from the Appalachian Consulting Group of Georgia presented various topics and assisted NLCMH in laying out a strategic plan/blueprint. To do this, the group broke up into small facilitated groups and had an opportunity to give input (what is needed, action steps, who should be involved and the vision) into each of the following 13 subjects:

Design, Evaluation, Leadership, Management, Integration, Comprehensiveness, Consumer Involvement, Cultural Relevance, Advocacy, Training, Funding, Access and Change Management.

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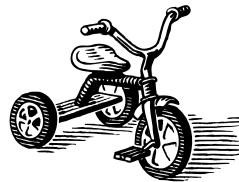
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Toys R Us Publishes “Toy Guide for Differently-Abled Kids”

Toys R Us has put out their updated toy guide for differently-abled kids. This is a guide of 85 toys for those who purchase toys for any of the 6 million children in the United States who have disabilities. Each toy in the guide is accompanied with a description of how it can be used, along with symbols that indicate what areas of development it can help stimulate - such as creativity, self-esteem, vision or hearing. It comes with questions to help the buyer decide whether a toy is the right fit for the child, like, "Will the toy provide a challenge without frustration?" and "Can play be open-ended with no definite right or wrong way?"

Guides can be found at Toys R Us stores or online at www.toysrus.com/differentlyabled



Medicare to Cease Automatic Enrollment

Have you received a letter recently from Medicare or your part D plan stating you will no longer be enrolled in 2007?

Do you no longer receive Medicaid? If you did it is highly likely that you can still receive Medicare part D prescription coverage and get assistance as before. You will need to fill out an application for help with Medicare that may assist you in the plan's premium. You may also sign up for a plan on your own without financial assistance, but why not apply for help first?

Everyone can use a bit of help when it comes to prescriptions. Your worker can assist you in filling out the application if a friend or family member cannot help.

Remember also the Medicare Medicaid Assistance Program (MMAP) can help as well.

MMAP contact information:

Grand Traverse/Leelanau 1 800 442-1713 or 947-9830
Wexford/Missaukee 1 800 775-9833 or 1 231 775-0133
Crawford/Roscommon 1 989 366-0205

Kandu Island

CVM, Incorporated* is in the process of developing The Third Meal Food Pantry and Apparel in Unit C of the building occupied by Kandu Island Drop-In Center. The upgrade to the program development of the Pantry is one of many tasks in the process of our growth. We anticipate many positive aspects of the consumer owned and operated business during the next year, as a direct result of a team effort. We ask for your patience during the transition of the Pantry, for we know the changes will be of tremendous benefit to all consumers.

* The Council of Volunteers and Mentors, Inc. forms the board that hires and employs the staff of Kandu Island.

Kandu Island Drop-In Center is located at 3003 S. Garfield Road, Traverse City. Our phone number is (231) 932-1590.

"We also wish you the very best of holidays!"



Holiday Survival Tips!

Here are some helpful tips that will keep you healthy and happy during the holidays:

Be realistic. The average American gains 6 pounds between Thanksgiving and New Year's Day.

Do not arrive at holiday parties hungry! Nine out of 10 individuals will overeat if they skip meals.

Make time for exercise during the holidays. Even the best-derived plans leave room for error. Exercise will help burn off some additional calories and keep holiday stress in check.

Limit your alcohol intake.

Be a social butterfly. Holidays are a time to be sociable. Spend time enjoying the company of others. The more you talk, the less you will eat.

Do not wear loose-fitting clothes during the holidays.

Fill up on vegetables and fruits. They are loaded with vitamins, minerals and disease-fighting phytochemicals, while low in calories.

Donate food gifts to a charity. The holidays are a time for giving.

Offer to bring a dish to holiday gatherings. If you can, bring a healthy dish with you.

Drink plenty of water: The alcohol and coffee you drink during family gatherings can dehydrate your body.

Watch your portions: Treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion.

Lighten up meals that you prepare. Make a conscious effort to cut out fat in your holiday cooking.

Club Cadillac



New employees at Club Cadillac – **putting people to work!** Fred Piggot was hired as job coach for Club Cadillac. Two members are approved to share the driving responsibility, Augie O. and Cheryl W. The club served about 70 people Thanksgiving dinner on November 16, hosting both members of the NLCMH and Club Cadillac's advisory boards. New cement is poured and we are ready for winter as soon as the dead trees are removed from the south side of the building. The computer lab is up and running with different software on each one, to assist in increasing members' opportunity to gain knowledge and skills with computers. Fall clean up of lawns is finished, which was delayed by the unusual Indian Summer – and what was that snow in October, Indian Winter?

The 13th annual "Christmas Dinner and Dance" will be Saturday December 9th at the Knights of Columbus Hall on 13th Street.

...the unusual Indian Summer – and what was that snow in October, Indian Winter?

We will be hosting a meeting of club members from a Michigan Clubhouse, Heartland Club, on Tuesday, December 12. They wish to learn how to integrate into their community, increasing community awareness and decreasing stigma as well as developing a speaker's bureau.

Club Cadillac will once again assist with all aspects of Project Christmas (10 years). Working with the community again this year setting up, greeting and assisting guests. Club Cadillac's Cards, Cookies and Caroling is scheduled for the December 22.

Don't be bored and sit home – come join the action at Club Cadillac.

CHAT ROOM



Members of the Chat Room, Michael and Larry, along with Ernie, have been attending the Recovery grant retreats and have learned much through the process. Speaking of grant, the Chat Room received a block grant this year for supplies and outings into the community. Extra funds are essential as the average day has brought a great increase of members to the Chat Room.

The seventeen members went to Mackinac Island this fall and had a marvelous time. They were able to stay the night in Mackinaw City with the generous discount Marriot Inn offered them.

Currently Mary Beth and Shannon, (Peer Support Specialists) are working with a group of eight consumers on the WRAP (Wellness Recovery Action Plan) program. Currently NLCMH has 2 trained facilitators and is in the process of expanding this with other Peer Support Specialists.

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NLCMH will be looking at the Peer Support Specialist model of "stages in the recovery process" of which there are 5, (Impact of Illness, Life is Limited, Change is Possible, Commitment to Change and Action to Change). The stages are non-linear and consumers experience these in their own unique way. Recovery is a process and defined differently for each individual.

The President's New Freedom Commission on Mental Health states: "Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in an individual's recovery."

The National Consensus statement on Mental Health Recovery is: "Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."

It continues to list the 10 Fundamental Components of Recovery:

...recovery is a journey of healing and transformation ...

Self-direction, Individual and Person Centered, Empowerment, Holistic, Non-Linear, Strengths-Based, Peer Support, Respect, Responsibility, and Hope.

"Recovery is described as a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles."

~ William A. Anthony, Professor, Department of Rehabilitation Sciences Sargent College of Health and Rehabilitation Sciences, Boston University.

Ike Powell and Larry Fricks will be returning this winter to assist in training. There is much to be done between then and now. The system's change is coming and it won't be long before you feel the excitement and energy around NLCMH.

Regional Consumer Forum

The Regional Consumer Forum met Nov. 16, 2006 and received reports from the Managed Care Officer. PIHP (Prepaid Inpatient Health Plan) committees were included in this with the exception of Customer Service, Grievance and Appeals, and the Quality Oversight Committee. The forum plans on moving forward with a vision and mission statement in the next meeting, to be followed by a meeting for bylaws.

Ernie Reynolds Receives

"Partners in Excellence Reward"

This past October at the Michigan Association of Community Mental Health Boards (MACMHB) fall conference, Ernie was presented the Partners in Excellence Award for the northern region of Michigan.

The "Partners in Excellence" award recognizes individuals who, in the process of receiving CMH services, enhanced the perception of those services and their recipients in the community.

Ernie is very active in consumer issues. Presently he is the director of Chat Room Drop-in Center, is chair of NL Consumer Advocacy Council, a member of the state Recovery Council, Chair of the Persons and Individuals with Mental Illness (PAIMI) committee and Michigan Protection and Advocacy Services board, (MPAS) and much more.

Val Bishop presented Ernie with the award and between the two of them we almost needed to get out the umbrella. Ernie is also one of the first to become certified by the State of Michigan as a Peer Support Specialist.

Way to Go Ernie!



-----Consumer Advocacy Council-----

The Consumer Advocacy Council met on Wednesday November 8, in Traverse City, with a video connection to Houghton Lake.

They went over the results from the Consumer Forums held around the Northern Lakes region.

Some items that we seem to need more information are as follows: Knowledge of Peer Support Specialists and what they do; the definition of recovery, of which there are many (see Expect Recovery page 1); what an evidence based practice is; and understanding "stigma" and how we can advocate against it.

The CAC also received the draft report from MDCH, (Michigan Department of Community Mental Health) and an update on the block grants. They discussed the meeting schedule, and membership will be on the agenda next month.

Not sure what to do with all that leftover cranberry sauce? Eat up! Research shows that cranberries have a variety of health benefits, other than its preventive effects on urinary tract infections. A compound in the berry has been found also to prevent dental plaque, and other studies show that drinking cranberry juice regularly can protect against the bacteria responsible for stomach cancer and ulcers.

State Launches Website Featuring Services for Michiganians with Disabilities

Official launch of the new website:

<http://www.michigan.gov/disabilityresources>

Developed by Michigan Department of Labor & Economic Growth in collaboration with the Michigan Department of Information Technology, the site contains information about accessible housing, employment assistance, assistive technology, and accessible transportation, among many other topic areas.

DLEG initiated the website to encourage easier access to the department's Commission on Disability Concerns, Michigan Rehabilitation Services, and Michigan Commission for the Blind. Many other state and federal resources are available to people with disabilities on the new website.

Work Incentives Planning and Assistance Projects

The Social Security Administration (SSA), as authorized under the Ticket to Work and Work Incentives Improvement Act, awarded 99 cooperative agreements to a variety of community-based organizations called Work Incentive Planning and Assistance (WIPA) projects. These WIPA projects will provide SSA beneficiaries with disabilities (including transition-to-work aged youth) access to work incentive information, and benefit planning and assistance services. Cooperative agreements have been awarded – the organization for our service area is listed below.

MICHIGAN

UCP United Cerebral Palsy of Michigan
Serving counties; Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon and Wexford Counties

Contact Information: 3401 E. Saginaw, Suite 216, Lansing, MI 48912

Phone: (517) 203-1200/ (800) 828-2714

Fax: (517) 203-1203 E-Mail: ucp@ucpmichigan.org

Social Security Changes for 2007

Cost-of-Living Adjustment (COLA) for Social Security Disability (SSDI) and Supplemental Security Income (SSI) beneficiaries will be a 3.3% increase for 2007. This is based on the Consumer Price Index from the 3rd quarter of 2005 through the 3rd quarter of 2006. Social Security Disability Thresholds: Substantial Gainful Activity (SGA)

	2006	2007
Non-Blind	\$ 860/mo.	\$ 900/mo.
Blind	\$1,450/mo.	\$1,500/mo.
Trial Work Period	\$ 620/mo.	\$ 640/mo.

Email subscriptions!

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Ongoing Events

DBSA (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638

Dual Recovery Group, meets Mondays & Fridays from 1:30-2:30 at Club Cadillac. Questions call Club Cadillac 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. Meets the **fourth Monday** of the month, from **11:00 am – 12:00 noon** at 3003 S. Garfield (Kandu Island). For information call Jeremy Wolf at 922-0903, or 645-4884.

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

Upcoming Events

December 5 – Recipient Rights Advisory Committee, 2:30 – 5:00 pm, in Traverse City.

December 13 – Consumer Advocacy Council 1:30- 3:00 pm

December 21 – NLCMH Board meeting in Traverse City 6:00 pm

January 11- Consumer Advocacy Council 1:30- 3:00 pm

January 19- NLCMH Board Meeting, location to be announced

February 6 - Recipient Rights Advisory Committee, 2:30 – 5:00 pm, in Traverse City.

February 15 – Regional Consumer Forum (an open meeting) will be in Cadillac, 10-12 noon.

We can't do it without you Anti-Stigma Grant Meetings For Consumers, Family Members, and Staff

Meetings noon to 2:00 – lunch and transportation provided

Wednesday Jan. 10 Cadillac

Friday Jan. 12 Grayling

Wednesday Jan. 17 Traverse City

Thursday Jan. 18 Houghton Lake



More information in your CMH lobbies or call Northern Lakes and ask for Cindy Petersen in Traverse City.

This Newsletter is produced with support from NLCMH.