



# NEW DIRECTIONS

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

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## NLCMH Transforming Mental Health to a Recovery Based System

February will bring training to Northern Lakes staff and consumers. Ike Powell and Larry Fricks will be here from Georgia to provide information on recovery with topics such as: Understanding the five stages of recovery, possible dangers and interventions in the recovery process, creating supportive program environments, creating relationships which support recovery, beliefs and values that promote the recovery process, and the foundational building blocks of the recovery process from a consumer perspective. **There are spots for 40 consumers to receive this excellent training alongside staff. If you are interested in this special opportunity, contact Val Bishop at 231-876-3309 as soon as possible to get on the list!**

The five stages of recovery:

- \* Impact of Illness
- \* Life is Limited
- \* Change is Possible
- \* Commitment to Change and
- \* Action to Change



They all sound a bit mysterious if you have not yet read about recovery or do not understand the term in its relationship to mental illness. Many consumers did not understand what recovery is when used in the mental health perspective, stating, “I still have my mental illness, how can I be recovered?” or they thought of recovery as perceived by those who have a substance abuse problem. For more information, see the five stages article on page 4.

### Inside This Issue

- 2 Club Cadillac News**
- 2 Remembering Consumer Leaders**
- 2 Update on Grants**
- 3 Roommates**
- 3 Health Tip/Colds**
- 3 Recover/Anti-Stigma Grant**
- 4 Five Stages of Recovery**
- 4 Ongoing/Upcoming events**

## Anyway

By Mother Theresa

People are often unreasonable, illogical and self-centered.

Forgive them Anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind Anyway.

If you are successful, you will win some false friends and some true enemies.

Succeed Anyway.

If you are honest and frank, people may cheat you.

Be honest and frank Anyway.

What you spend years building, someone could destroy overnight.

Build Anyway.

If you find serenity and happiness, they may be jealous.

Be happy Anyway.



## Contributions Needed

*(Talents of all variety)*



*New Directions* is in need of consumers to write for the newsletter. That could be a book review, interviewing someone or writing about a topic of interest. We need contributions from all areas of service in the Northern Lakes Community. Do you draw cartoons? Have a success story to share? Inspire hope in others about their life and where they can go by reading about yours or someone else's experience. Submissions can contain first name only or the name can be changed to protect your privacy.

Interested? Call Leslie at 231 933-4907, email [leslie.sladek@nlcmh.org](mailto:leslie.sladek@nlcmh.org) or leave a message for me through your CMH worker.

Volunteer.....Get involved.....Look forward to working with others.....meet new friends.....discover new interests.....Volunteer!

## Remembering Consumer Leaders

At this time of the year, it is important to recognize the passing of those who have contributed to improving the lives of people with mental health problems. One such individual is Mr. George Kotwitz of Oklahoma who passed away on December 15.

Born in 1936, George Kotwitz served his nation in the U.S. Marine Corps and was in the insurance business for many years including owning his own business. In 1988, he was diagnosed with bipolar disorder and was unable to continue his work. Eventually he turned his illness around, and being the generous person he was, he gave back to the mental health community by serving on numerous boards and committees, being a consumer advocate, and speaking at conferences throughout the country. He was active in many mental health organizations, including the Older Adult Mental Health Consumers' Association, the National Alliance for Mental Illness, and the Depression and Bi-Polar Support Alliance as well as was a board member of the Geriatric Mental Health Foundation where he was recently elected for another three-year term. He was also active in various civic organizations including the Shriners, the Chamber of Commerce, and his church. Over the last two years, George was able to go back and own his own company again. He gave forty-six years in a wonderful marriage, and was a loving and respected father and grandfather. He also liked to golf, do oil painting, and had a wonderful sense of humor. George's life is a testament to recovery - of people with mental health problems overcoming the challenges that face them and who go on and contribute greatly to our communities.

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## Excellence in Public Policy

*The Dept. of Community Health\* was awarded the Excellence in Public Policy Award at the December Recovery Council meeting.*

In 1996, Michigan's Mental Health code was rewritten to drive person-centered treatment planning based on choices made by individuals receiving treatment. Since then, the efforts of the State of Michigan's legislative and executive branches, including the Department of Community Health, over a successful "decade of transformation" have helped to ensure that the state's mental health system is equipped to provide efficient mental health services that prioritize the needs of individuals receiving services. The services have maximized consumer choice through person-centered practices, self determination programs, vouchers, and self directed care. Today, the mental health system in Michigan also emphasizes the implementation of evidence based practices and provides "community benefit" through value added services to schools, local law enforcement, and other community partners.

*\*State of Michigan—Executive and Legislative Branches, Department of Community Health Nominated by the Michigan Association of Community Mental Health Boards*

## Club Cadillac



Happy New Year!!! We finally welcomed snow in January! We thought for a while that our state had been moved south.

The computer lab is set up in our dining room and members are taking advantage of this learning opportunity.

(Club Cadillac received four computers from Northern Lakes with instructional software.)



Our weekly signing class started in December with a member's parent leading the group. We plan to continue with the Monday instruction for several weeks until members can improve signing skills with our hard-of-hearing members.

Anti-Stigma presentations include 3 classes at Cadillac Area Public Schools. Northwestern Michigan College (NMC) interns attended CMH orientation January 15 in Traverse City and set up their schedules at that time. Club Cadillac addressed the interns' class January 31, in Traverse City, at Northwestern Michigan College. The quarterly Michigan Assoc. of Clubhouses met at the Walled Lake Clubhouse January 17.

This is the time of year that we begin organizing the lawn crew and updating employment information. Our employment agency has been bought out by another agency, which means all members will register with this agency. Applications will be completed at job club. Members are seeking TE's, supported employment and independent employment.

Two of our members have been approved to purchase their first home and will move soon!!! Good things keep happening, so don't stay home because you might miss something GOOD!!

## Update on Recovery Grant and Anti-Stigma Grant

The Recovery Retreat group met January 25 to look at the Recovery Blueprint that was put together from the information gathered at their last meeting. The group went over most of the blueprint for any corrections or clarifications. The plan is to receive additional feedback on parts we did not get to on January 25, and to send out a final document as soon as possible. The group also discussed the hiring of a Recovery Coordinator and the job description for this position. It will be held by a primary consumer, starting as a part-time position and becoming full time in 2008. The selection and seating of a Recovery Champion Council was also on the agenda. Interested parties should contact Val Bishop at 231-876-3309.

YOU are invited!!! Consumers are forming Stigma Busting Groups and meeting regularly, learning more about the ways we can diminish stigma and helping on five grant-funded projects. In one project, Dr. Mary Pierce of Northwestern Michigan College is leading participants in how to create photo-



biographies. Disposable cameras have been distributed and participants are now out writing and taking photographs to express their stories. Representatives from local Toastmasters public speaking groups will present at the next round of meetings. It is not too late to join in! Many more ideas and opportunities will be shared. Meetings include lunch and are 10:30-2:30 pm at:

Traverse City	Cadillac	Grayling	Houghton Lake
Tues. 2/13	Tues. 2/6	Fri. 2/9	Thur. 2/15
Wed. 2/28	Tues. 2/27	Fri. 2/23	Thur. 3/1
Tues. 3/20	Tues. 3/13	Fri. 3/9	Thur. 3/15

Contact Michele Bugyi in Grayling, Sue Harvey or Deb Mellon in Houghton Lake, Julie Burke or Val Bishop in Cadillac, or Leslie Sladek or Cindy Petersen in Traverse City for transportation assistance, or see a Peer Support Specialist for more information.

## Michigan Rehabilitation Services Receives Award of Excellence

DECEMBER 20, 2006 - Michigan Rehabilitation Services (MRS), a bureau in the state Department of Labor & Economic Growth, has been selected to receive the 2006 Excellence in Media Award from the National Rehabilitation Association (NRA). This is the second 2006 NRA award for MRS, which also won the prestigious Public Service Award.

"MRS is playing a critical role in assisting citizens with disabilities gain employment and their independence," said Governor Jennifer M. Granholm. "This award signifies our continued commitment to ensuring opportunities are available for all of Michigan's citizens."

MRS, which assists Michigan residents with disabilities to find jobs, received the Excellence in Media Award for its accurate and progressive portrayal of people with disabilities through its electronic newsletter, *"The Monday Bulletin on Services to Youth,"* which has been published for 10 years. The award is presented in recognition of outstanding effort in any medium, including print, radio, television, film, and advertising.

MRS was nominated by the Michigan Rehabilitation Council (MRC), with supporting letters from numerous organizations that advocate for people with disabilities.

The purpose of the newsletter is to raise awareness about transition. The newsletter is sent to counselors, the rehabilitation and advocacy community, parents, and students. It currently reaches over 1,000 individuals. The Bulletin contains excellent resource information and portrays students with disabilities in a positive light. Some of the features include national and state legislation impacting transition services, local best practices in transition, featured stories written by students, and accomplishments that are being achieved by students in transition.

The other NRA award MRS received, the Public Service Award, is awarded to organizations or individuals that have demonstrated leadership in improving rehabilitation services at the federal, state, or local levels, particularly those which have exercised creative and effective political leadership over a period of years on behalf of rehabilitation programs and individuals with disabilities.

### Roommates Wanted

If you are looking for a roommate in the Grand Traverse Leelanau area, let Crystal Rodgers know. Crystal often comes across people who need a room and is offering to assist you in finding a roommate. It's best to let your worker know of your need and have them share this with Crystal, who will then notify your worker when she has someone looking for a roommate. There are no guarantees, and you will still need to meet and decide if you are compatible with the person who is looking for a room.

## Health Tip of the Week



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If you catch a cold this winter, make sure your cough is helping, not hurting, your return to good health. According to the Muscular Dystrophy Association

(<http://www.kintera.org/TR.asp?ID=M7221221014281370238620065>), a productive cough is meant to clear your lungs of excess mucus that can cause infection and reduce oxygen intake.

While your body normally produces small amounts of mucus to trap germs we breathe in, too much –or too little– can spell trouble.

Without this moist, protective barrier, a dry, wracking cough is our only protection, a cough which can impair breathing and prevent much needed rest. Help your cough by:

- Having a hot cup of tea with honey or lemon juice to prevent dehydration and soothe irritation. 
- Throwing another pillow on the pile to elevate your head and ease the strain a dry cough can have on your body while sleeping. 
- Trying a cough medicine.\* While drops are meant to provide the same soothing relief as your tea, cough syrup is meant to either suppress a dry cough (antiussives) or help loosen mucus for a more productive cough (expectorant). Many products include a little of both. For more about cough medicines, check out the entry for "cough drop" on Answers.com (<http://www.kintera.org/TR.asp?ID=M722122114281370238620065>).

\* Check with your doctor or pharmacist to make sure you can take an over-the-counter cough medicine.

## FREE ANTIBIOTICS

Meijers is offering to fill prescriptions for antibiotics for free <http://www.meijer.com/pharmacy/antibiotics.asp>. "The program covers leading, oral generic antibiotics with a special focus on the prescriptions most often filled for children. The following are FREE with your doctor's prescription, regardless of insurance or co-pay:

Amoxicillin  
Cephalexin  
SMZ-TMP  
Ciprofloxacin  
Ampicillin  
Penicillin VK  
Erythromycin

Prescription must be picked up at store in person. Maximum 14-day supply at normal dosage. List may be subject to change. Not valid with any other offer."

## FIVE STAGES IN THE RECOVERY PROCESS

*(This is written in a linear form, recovery is non-linear)*

<p><b>Impact of Illness</b></p> <p>The person is overwhelmed by the impact of the illness.</p> <p>The impact of the illness is a dominant experience in a person's life and the person is <b>often</b> not able to function.</p>	<p><b>Life is Limited</b></p> <p>The person has given in to the disabling power of the illness.</p> <p>The person <b>doesn't like the way her/his life is</b>, but believes that the way he/she is, is the best he/she will ever be. <b>He/she is not ready (may not be ready)</b> to make a commitment to change.</p>	<p><b>Change is Possible</b></p> <p>The person is questioning the disabling power of the illness.</p> <p>He/she believes that <b>there has to be</b> more to life than he/she is currently experiencing and is <b>beginning to believe</b> that her/his life can be different.</p>	<p><b>Commitment to Change</b></p> <p>The person is challenging the disabling power of the illness.</p> <p>He/she <b>believes there are possibilities</b> for him/her, but is not sure what to do. He/she is <b>willing to explore</b> what it will take to make some changes.</p>	<p><b>Action for Change</b></p> <p>The person is moving beyond the disabling power of the illness.</p> <p>He/she has <b>decided</b> on the direction he/she wants to go, <b>but is not sure</b> what to do. Yet he/she is <b>willing to take responsibility</b> for her/his action.</p>
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The stages look like they are a "step-by-step" process, but each recovery journey is individual and does not follow a straight line. It is based on your growth, setbacks (yes, we experience setbacks), and experiential learning, progressing at your own speed. Hope is the key to your recovery process.

In the quiet hours when we are alone and there is nobody to tell us what fine fellows we are, we come sometimes upon a moment in which we wonder, not how much money we are earning, nor how famous we have become, but what good we are doing. ~ A.A. Milne

### 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.

### 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

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

February 14 – Consumer Advocacy Council at Traverse City with video to Houghton Lake.

February 22 – Regional Consumer Forum (an open meeting) will be in Cadillac, 10-12 noon.

February 15 - NLCMH Board Meeting at 6:00pm, in Grayling

February 20-23 – Four different chances to get Recovery Training. (See page 1.) Call Val Bishop if you are interested! 231-876-3309.

March 14 – Consumer Advocacy Council at Traverse City with video to Houghton Lake

March 15 - NLCMH Board Meeting at 6:00pm, in Traverse City.

March 31-April 2 – Schizophrenics Anonymous® Leadership Development Conference. For present or perspective leaders. Romulus, MI, (Metro Detroit). **Day 3 for anyone with schizophrenia.**

Next time you feel the door to happiness has closed before you, remember it has only done that in order that another door to other happiness can open.

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