



# NEW DIRECTIONS

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

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## Expect Recovery!

What is recovery? For many that is a foreign word. Many think Recovery is what people do from an addiction or from an illness!

Recovery is something mentioned in the **President's New Freedom Commission on Mental Illness**, as the vision statement clearly states: *We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports – essentials for living, working, learning, and participating fully in the community.*

**SAMHSA** Issues consensus statement: “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.”

“Recovery must be the common, recognized outcome of the services we support,” SAMHSA Administrator Charles Curie said. “This consensus statement on mental health recovery provides essential guidance that helps us move towards operationalizing recovery from a public policy and public financing standpoint. Individuals, families,

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### U.P. Experience

I had the extreme pleasure of presenting with a fellow NAMI member at the first annual UP consumer conference, hosted by North Care and MDCH (Michigan Dept. of Community Health). Of course Colleen Jasper was a quest speaker and her UP jokes were well appreciated; her dad driving to town on his tractor was not only enjoyed but visualized as well. Recovery was everywhere, from consumers presenting, to Dr. Joe (Cools), a local Psychiatrist. He shared his own recovery, not from mental illness but cardiovascular disease, and how he struggles to be med compliant, eat as he should, exercise and how this directly affects his life. Recovery from all areas of health can be difficult and he does well and then gains weight and gets too busy to exercise and has to push himself to keep on his path to wellness. Not so different from what we have to do as well. He also did a great job with tough questions from the audience. Everyone was down to earth and ready to share their story and experience with whomever would listen.



## Recovery Engaging in Opportunities for Health

6<sup>th</sup> Northwest Affiliation Conference

This year's conference was held in Ludington and planned by their CAP(Consumer Advisory Panel) for the enjoyment and learning opportunity for all of the affiliation consumers. Johnnie Tuitel was the keynote speaker and had everyone laughing as they heard about his trials and recovery; his one rule was “everyone was going to laugh”. From the celebration of being able to put on his shoe (a keg party), to his first romance ending in heartache, he shared his idol, The Six Million Dollar Man, inspiring HOPE, his love of the ordinary like everyone else; the first rubber bracelets WWJD?, We want Jelly Doughnuts! And his escape from school, to go and get some of those jelly doughnuts. A man that was never expected to live according to his doctors to a man who celebrates his life with his 3 boys as all parents do.



Sheriff Laude Hatrum gave all much needed information on Identity Theft and ways to protect your identity as well as financial advice.

Colleen Jasper was at the conference incognito, as there is a freeze on transportation and the ability for state employees to travel. Colleen's story and the barriers she overcame to get her education were inspiring to all.

Johnnie summed up the conference by recalling to us The Wizard of OZ, with Dorothy wanting Home, the scare Crow a Heart, and the Tin man Courage. All led by Toto on their adventure, they all realized that they had what they wanted; they just needed to find it within themselves. So with that go forth and find what you need inside of you with the help of your peers, it's there if you just look.

Diane also presented a wonderful recovery story. For highlights on that see page 3.

### Anti- Stigma Movement

The celebration of all the work that was put into the photobiographies was a huge success. Consumers standing up to share their stories, certificates for all involved. Everyone enjoyed these at the Double Jeopardy conference, the consumer conference and the Art Show in Traverse City as well. If you missed these opportunities look for them in CMH offices and community venues.

**Now there is an art contest, with a deadline of June 15, 2007. Turn in art to CMH receptionists and maybe win a purchase award/prize. Receptionists have the forms!**

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communities, providers, organizations, and systems can use these principles to build resilience and facilitate recovery.” The consensus statement mentions 10 components of recovery (see “Components of Recovery” at the right).

Well, don't we have a mental illness and can't we recover from this as well? Recovery is the buzz word of the national mental health world. It might better be viewed as wellness. We can achieve wellness and maintain that wellness using the skills we receive during treatment. We can also take care of ourselves by taking prescribed medications as directed.

Wellness can be looked at as having several components: Social, Spiritual, Physical, Occupational, Emotional, and Environmental.

## DON'T STOP HER

Is there something you don't quite like  
But you can't really stop it though you want to?

In my case, it's a Mountain Ash tree.  
It leans and the roots show.  
I'd like to replace it with a more prettier tree.

Maybe for you, it's a child that's a little different.  
You'd like her to be more like you,  
Though she might lean another way.

Her peculiar pleasantries are noticed by your friends.  
She may be bent toward a future of endless possibilities.

I really don't want to pull a growing tree out of the ground.  
I'll leave it there and shower showing roots with more dirt and mulch.  
Maybe put stakes alongside so it will grow straighter.

You never know, if you don't stop her, she might surprise you.

~Anna Marie Lawrence

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## WRAP

Wellness Recovery Action Plan  
by Mary Ellen Copeland

**WRAP** is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams.

WRAP is being used in Northern Lakes now at some locations; look for it to be at all the offices soon.

## The 10 Fundamental Components of Recovery

**1 - Self Direction:** Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence and control of resources to achieve a self-determined life. By definition the recovery process must be self directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

*This is self-determination in Michigan which is tied closely with your person centered plan. The key is being in charge of your resources and/or knowing what those are.*

**2 - Individualized and Person-Centered:** There are multiple pathways to recovery based on an individuals' unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

*The person centered process is ongoing and takes all of this in, remembering that it is fluid and ever changing; our life changes and we need to adjust (amend) to continue on the path we set before ourselves.*

**3 - Empowerment:** Consumers have the authority to choose from a range of options and to participate in all decisions – including the allocation of resources – that will affect their lives, and are educated and supported in so doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their wants, desires, and aspirations.

Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life. *Northern Lakes empowers consumers through the Consumer Advocacy Council, the forums they hold twice a year, input into grants, on the board and through serving on various committees.*

**4 - Holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health, and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports. *Our plans are individual and hold what we wish them to; has Northern Lakes come this far? Let us know if you have experienced this level of care in your PCP.*

**5 - Non-Linear:** Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery. *Encouragement and hope play a big part in this. We may want to change; change is scary and often difficult. Once we realize the benefit of this change we work harder to maintain the change and the good it brings.*

## Wellness

"The **social** component of wellness means having the ability to interact successfully with people and one's personal environment."

"The **spiritual** component of wellness provides meaning and direction in life and enables you to grow, learn, and meet in new challenges."

"The **physical** component of wellness involves the ability to carry out daily tasks, develop cardio respiratory and muscular fitness, maintain adequate nutrition and a healthy body fat level, and avoid abusing alcohol and other drugs or using tobacco products."

"The **occupational** dimension of wellness comprises aspects of wellness that help achieve a balance between work and leisure in a way that promotes health and a sense of personal satisfaction."

"**Intellectual** Wellness involves the ability to learn and use information effectively for personal, family, and career development."

"The **environmental** component of wellness includes the ability to promote health measures that improve the standard of living and quality of life in the community, including laws and agencies that safeguard the physical environment."

"**Emotional** Wellness is the ability to control stress and to express emotions appropriately and comfortably."

*Taken from a class taught at Chesapeake College*

## ~ Recovery ~

*Comments from Diane at the affiliation conference*

Diane presented very well and spoke about the mask she wore until she accepted her illness. At one time she wished her life was like a straight line on an EKG, "a straight line is death", ups and downs are life. There was a need to learn to live with the ups and downs of life.

A doctor from Long Beach CA helped with some key points for her in her life: Hope, Empowerment, Risks, Active, Accept Responsibility, Fear, Meaningful role, and Self-confidence. Tomorrow is dark and scary but anything is possible. Giving back to others, facing her fears, taking charge of her own wellness all helped in the end. Now she has a passion for life and wants to share this with others. She did this with the theme for the conference: "In the depth of the winter, I finally learned that within me there lay an invincible summer." They gave everyone a crocus that struggles each winter to come up into the soon-to-come spring, always surviving regardless of the new snows spring may bring.

*Success seems to be largely a matter of hanging on after others have let go. ~William Feather*

## 10 Fundamental Components of Recovery (continued)

**6 - Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g. partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships. *Using our strengths to grow and learn, we can embrace new aspects of life and continue to grow.*

**7 - Peer Support:** Mutual support – including the sharing of experiential knowledge and skills and social learning – plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery, providing each other with a sense of belonging, supportive relationships, valued roles and community. *Peer supports, consumers working at CMH, support groups run by peers, working together and mentoring in clubs and drop-ins all help in our recovery.*

**8 - Respect:** Community, systems, and societal acceptance and appreciation of consumers – including protecting their rights and eliminating discrimination and stigma – are crucial in achieving recovery. Self acceptance and regaining belief in one's self are particularly vital. Respect insures the inclusion and full participation of consumers in all aspects of their lives. *All people need to feel respected regardless of their circumstance; we all have something to offer to the community. Being an active part of this and knowing you are respected is a great feeling to have. This is hard to notice when we are early in our recovery and we need others to point this out to us but as we grow stronger we are able to see more of this through our own eyes.*

**9 - Responsibility:** Consumers have a personal responsibility for their own self-care and journey of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness. *My life or yours, OURS, we need to be in charge even when it is difficult. Only we can bring about recovery. Don't do for us when we can do for ourselves.*

**10 - Hope:** Recovery provides the essential and motivating message of a better future – that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process. *What is life without hope? When I felt I had no hope I continued on, my workers believed in me when I felt I couldn't. I hope all workers instill this in their consumers.*

**Expect Recovery – You can do it!**

*Our greatest glory is not in never failing, but in rising up every time we fail. ~Ralph Waldo Emerson*

## Club Cadillac News

April was a very busy month with many great opportunities to share the message of recovery and the Clubhouse model. Club Cadillac's diner prepared and served to about 25 members of Care Net of Cadillac. Care Net is a group of mainly women whose purpose is to assist women in need of support through tragic and difficult times. Many Club Members were able to share their story along with a PowerPoint presentation using our recently purchased equipment. Club Cadillac hosted the MAC (Michigan Association of Clubhouse). There were about a hundred people in attendance; it was a little crowded, but everything went very well. The Cadillac News reported on the MAC meeting, giving vital information regarding Michigan Clubhouses! Betty and two members served at the Governors breakfast and two members were guests. Being involved in the community is important for increasing awareness regarding mental health issues and recovery. The Member Food Services Unit baked 10 dozen cookies for Habitat for Humanity's volunteer appreciation celebration. Two Club Cadillac members, one who has completed a TEP (Transitional Employment Program) and one who is presently employed at Habitat for Humanity, also enjoyed the evening. Being involved in the community is important for Clubhouse awareness. May is very active with lots of events. Club Cadillac will be walking with all of MAC Clubhouses in the annual Walk A Mile In My Shoes Rally at the state capitol. There was the consumer conference in Ludington. A number of members attended and came back enthused and encouraged by the motivational speaker. The Baker College intern has assisted in arranging a time for training at her class and the Cadillac Area Public School's High School Psychology class has scheduled training for two classes. There will be an opportunity for education and improving community awareness at the Lions Club of Cadillac as well as a visit by Michigan Protection & Advocacy. The Traverse City Public Library hosted the NAMI/Northern Lakes art show where many Club Members' recovery stories were on display. ~ Submitted by Fred

### 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. 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).

## Ongoing Events

**NAMI Support** - second Monday of the month at 7:00 pm 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.

**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.

**Gamblers Anonymous** - Friday from 7-8 p.m. and Monday from 9- 10 a.m. at the Frankfort United Methodist Church, 537 Crystal Ave., (M-22), Frankfort; the e-mail address is: [gafrankfort@yahoo.com](mailto:gafrankfort@yahoo.com)

**Parent Support/Education group** - meeting the 2nd and 4th Mondays of each month at 1:00 at Pine Rest, Traverse City Clinic. This group is a collaboration between Pine Rest and the Association for Children's Mental Health (Jane Shank).

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

## Upcoming Events

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

**June 11&12** – 10<sup>th</sup> Annual MI Self-Determination Conference, "Keeping Our Choices, Making Them Work" ~ Lansing

**June 13** – Consumer Advocacy Council 1:30- 3:00 pm Traverse City with Video to Houghton Lake

**June 21** – NLCMH Board meeting in Cadillac 6:30 pm

**July 11** - Consumer Advocacy Council 1:30- 3:00 pm Traverse City with Video to Houghton Lake

**July 18** – 10<sup>th</sup> Annual Consumer Conference, "Energizing our Hopes: Together We Inspire" ~ Lansing

**July 19** - NLCMH Board Meeting in Grayling 6:30 pm

CAC ~ Consumer Advocacy Council held its Consumer Forums, "Straight Talk of the Record," in May again this year. Look for the results from these sessions in an upcoming issue of *New Directions*. The Forums are an opportunity for consumers to speak out about their services at Northern Lakes. This year they are looking at Recovery. The forums were held at: Chat Room, Club Cadillac, NLCMH Grayling office, Kandu Island, and Traverse House.

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