



NEW DIRECTIONS

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

Volume 4 Issue 3

Aug.-Sept. 2007

Kandu Island

Wow! There is a great deal of activity at Kandu Island. The Council of Volunteers and Mentors, Inc. (CVM) recently hired Michelle Sananaquet-Perry as their new director. They are now open 7 days a week, Mon, Tues, Thurs, Fri, & Sat. from 10- 4:00 pm and on Wed. & Sun. from 10-8:00 pm. They are beginning to have various support groups run in their back meeting room, the food and clothing pantry are up and running, they will be receiving 3 new computers soon and recently purchased a new copying machine that copies front and back, collates, and staples, to mention a few pluses of this machine.

Thirteen members will be attending the Michigan Annual Consumer conference in E Lansing. They have many plans for the future including helping consumers work for their GED. If you haven't been by recently, take time to check out Kandu Island and spend some time with your peers.



Club Cadillac

News from Club Cadillac! "CHANGE" is truly an action word at Club Cadillac these days! New staff began in July: Todd Davis is hired in at the Clubhouse in a temporary position (he also attended Peer Support Specialist training the end of July), and two individuals will be hired, one in August and one in September. The new director, Andy Ulrich, begins his position in September. He is from Carriate House in Indiana. Two staff and one member will attend a three-week training in S.C. in September. The training will be at Gateway House, an International, ICCD-certified training site. In October we plan to attend the 14th International ICCD Seminar. Come to Club Cadillac and see what's going on. Club members said good-bye to Jerry and Heather recently, Jerry to a life of ease and retirement and Heather to a move to another agency.

RECOVERY NEWS

Mary Beth Evans was recently hired by Northern Lakes as the Recovery Coordinator. Although her office is located in Houghton Lake, she will be traveling to the other offices to carry out her job responsibilities. Mary Beth is a resource to consumers to aid them in their individual recovery, providing: support, training, various activities, resources, mentoring, advice, information and inspiration for all.

She will also be a resource for staff as well as we move Northern Lakes into a more recovery based system.

Mary Beth was previously working as a Peer Support Specialist in the Houghton Lake area and presently continues her half time work with MDCH (Michigan Dept. of Community Health) as statewide coordinator of the Peer Support Specialist certification program. In October she will work for Northern Lakes in a full-time capacity as Coordinator.

Mary Beth is a living example of the Northern Lakes movement, "Expect Recovery".

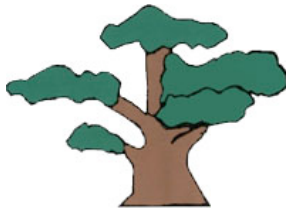
That Group of People

I met a group of people
that felt the same pain.
I met a group of people
that made me want to stay.
I met a group of people
that heard my cry of pain.
I met a group of people
who wanted me to stay.

That group of people are sweet end kind.
That group of people are wanted in time.
That group of people help me to stay calm
when everything is going wrong.
That group of people help me to be strong
when my heart won't go on.

That group of people all walk tall
they're all beautiful no matter how they fall.
That group of people are my friends,
and I hope we will be to the end.

Written by Amanda



“Our Tree of Life”

CHATROOM

The Houghton Lake Chat Room Drop-in Center has been a busy place, having just relocated to Prudenville, 404 W Houghton Lake Dr. They have doubled their space with a recreation room, computer room, living room with a large screen television, lunch area and a craft room. They are across the street from Bart’s Farm Market and have repainted their sign. The move has not affected travel with the public transit. Please make note of the new phone number, 989 366-4476.

Mike Kuhn is the new director of the Chat Room. Mike has helped out at the Chat Room for many years and has become more involved in consumer advocacy through the years. He was often a shadow attending various gatherings and meetings with past director Ernie Reynolds.

Many members are working with the assistance of Cindy Petersen and Deb Freed on the Northwest CMH Affiliation Annual Conference. The conference will be in May at the Ralph MacMullan Conference Center in Roscommon. (Planning is started earlier and earlier each year as there is a great deal of work that goes into this consumer planned, organized and presented conference.)



Congratulations to Ernie Reynolds! Our newest Certified Peer Support Specialist, hired to work out of the Houghton Lake office.



Traverse House

Once again great Kudos to Traverse House for organizing and running the parking lot patrol and fund raiser during this year’s Cherry Festival. Many hands go into this time-consuming event and its success depends on consumers scheduling their week differently than the other weeks of the year, with longer hours and much time spent outdoors regardless of the weather conditions.

Traverse House Clubhouse is having a **Celebration of Life Party** on 8/16 at 4pm in TH dining room for **Terry Pietz**, a Traverse House Clubhouse Member since 2002, who passed away 7/2/07. Any and all who wish to join us are welcome.

Smoking May Increase Risk of Depression

Fri Jun 1, 2007 By Karla Gale

NEW YORK (Reuters Health) - Persistent smokers appear to be at increased risk for becoming depressed compared to never smokers, results of a long-term study of Finnish twins suggest. On the other hand, this association was not seen in individuals who stopped smoking many years ago.

"Although nicotine in cigarettes has some mood-elevating properties, in the long-run chronic exposure to cigarette smoke may have a more important role in the etiology of depressive symptoms," lead author Dr. Tellervo Korhonen from the University of Helsinki told Reuters Health.

Because addiction to nicotine is as strong as an addiction to heroin, abstinence is difficult.

The results are based on 4,000 male and 5,000 female Finnish twins, whose health and health behavior were monitored for 15 years. The results suggest that persistent chronic smoking predicts the development of depressive symptoms.

However, when adjusted for other factors associated with depression, the elevated risk of depression with persistent smoking remained significant only among men.

There was also evidence that smokers who had quit were also at increased risk of depression, but only in the short term. Smokers who quit and remained off cigarettes in the long run did not have an increased risk for depression compared with never smokers.

"This may reflect a relatively long recovery process from the adverse effects of cigarette smoking, Korhonen said in a statement.

"When people start smoking, the immediate effects of nicotine in the brain are rewarding and pleasurable," Korhonen explained. "This suggests self-medication, where a person who has mood problems seeks relief via cigarette."

Because addiction to nicotine is as strong as an addiction to heroin, abstinence is difficult.

"Smokers who are vulnerable to depression may need specific pharmacological treatment and behavioral support to overcome the earlier phase of abstinence," Korhonen said. After that, "their chances to quit successfully improve."

SOURCE: Psychological Medicine, May 2007.

Peer Support Specialist Update

Many of Northern Lakes Peer Support Specialists attended training at the Ralph MacMullan Conference Center. 38 new Peer Support Specialists attended training, some peers attended WRAP facilitation training, and others attended continuing education. A few of the continuing education areas are: Leadership Development, Peer-led Health Self-Management, Self-Determination for People with a Mental Illness, and A Native American Perspective - Living in Two Worlds are just a couple of the choices.

Presently Michigan has 217 Certified Peer Support Specialists, (PSS) and 308 trained PSS in Michigan! The training in July was the last training partnership between Northern Lakes CMH and MDCH (Michigan Department of Community Health). Future trainings will be continued after this but without the direct involvement of Northern Lakes. On October 1, Mary Beth Evans will no longer assist in the peer trainings as she has in the past but will move into her new position with Northern Lakes full-time as the Recovery Coordinator. What and who are Peer Support Specialists? They are consumers just like you, they are in recovery and working to help other consumers in Michigan work towards their (your) recovery/ treatment goals. They are trained and tested by guidelines of MDCH and may work with you if you choose to use one and it is a service available to you, in your PCP (Person Centered Plan). As in all services provided by Northern Lakes CMH and all other CMH's, services are determined by your personal goals and the therapeutic appropriateness and medical necessity of the service. In plain English, a service that can help you, is available to you as a Medicaid client and is necessary for your treatment. Why Medicaid? Peers Support is, in technical language, a Medicaid B3 service and funded with Medicaid dollars. "B3 services are intended to promote community inclusion and participation, independence, and/or productivity when identified in a person's plan of service."¹ Consumers who do not receive Medicaid dollars may also use this service if there are enough general fund dollars to cover this service and enough Peers available to provide this service to others.¹ Michigan Medicaid Provider Manual

CONSUMER ART

Recently a piece of art, by Brent Pennell of a snowy owl, was chosen for the Michigan Association of Community Mental Health Boards statewide traveling art show. Congratulations! NLCMH also purchased 2 pieces of art for their own show and to display in the offices.

New Drop In Center started in Grayling, called SOAR!

Consumers in Grayling have started a Drop-in they call SOAR, See Others as Rightly. They meet on Thursdays weekly from 1-3:00pm within the Grayling office building. Shannon Secord, CPSS, is the liaison for the group. Val Bishop is contact person for information.

No Songs to Sing

According to mom at a time when our family budget was extremely tight, Uncle Norman bought a baby stroller for me so mom could show the neighbors her new baby. Of my earliest collection of thoughts, I remember shivering with excitement while sitting on Uncle Norm's lap the day he came home from World War II. All of us in the family were happy to see him home. About a week after he came back, he asked Aunt Mary how much money she had saved from what he sent her. "Nothing," she said, "I spent it all." Mom said they had a terrific battle. Uncle Norm built an apartment in our basement so mom could use the rent money to support my sister and I after the divorce from Dad. Uncle Norman was known to family and friends as a person who would give the shirt off his back. The war did much to change Uncle Norman. As nice a person as he was, severe emotional troubles ate their way into his life. Aunt Mary Jane once told me, "I couldn't it any more: those facial expressions, the hollering and loud grunts. I had to get a divorce." That was the second divorce in our family, reasons unrelated. As time went by, Uncle Noreen's mental state got worse, though he fought it as best he could. He was lucky to have a boss at work who was understanding and respected Uncle's part in the war. About two years before he died, Uncle Norm was diagnosed with cancer. Any emotional anxiety he may have had from his mental illness was magnified with the stress of having cancer. When he laid dying in the Veteran's Hospital, I was able to see him for the last time, and for the first time got to tell him that I loved him. Uncle Norman was a man with a mental illness. He was a U.S. Army Veteran. He was loved. By ~ Ann Marie Lawrence

THE HOPE CONFERENCE

For stigma busters and all consumers interested in Recovery. FREE for Northern Lakes Consumers at the Waterfront Conference Center, Sept. 5, 10-3:00pm. Featuring Larry Fricks & Ike Powell. Call your local office for registration information. This will be an exciting day!

Are you ready to take a journey? "PATHWAYS TO RECOVERY"

We would love for you to join us in a **peer run, consumer oriented, friendly and safe place to begin this journey.** This group is a strength-based, self-help and peer-supported group.

New people are always welcome to join the group. If you have questions contact the facilitator of the group or Mary Beth Evans at the Houghton Lake office.

PLACE: Northern Lakes CMH Cadillac office

TIME: Tuesdays at: 10:00 am until 12:00pm.

STARTING: Tuesday, July 10th with breaks

FACILITATOR: Nanette Marvin, Certified Peer Support Specialist.

PLACE: Northern Lakes CMH Grayling office

TIME: Wednesdays 10:00 am until 12:00pm

STARTING: Wednesday, July 11th with breaks

FACILITATOR: Shannon Secord, Certified Peer Support Specialist

PLACE: Northern Lakes CMH, Houghton Lake office

TIME: Friday's 10:00 am until 12:00pm

STARTING: Friday, July 13th with breaks

FACILITATOR: Mary Beth Evans, Certified Peer Support Specialist and Recovery Coordinator

Northern Lakes Anti-Stigma Block Grant Update

Suttons Bay High School partnered with NLCMH in producing two PSA (public service announcements) aimed at middle and high school age students. These may be viewed by going to the NLCMH web site (www.northernlakescmh.org) and looking under "New Initiatives". Next these will go to local TV stations for the public to see.

Other NLCMH anti-stigma news can be found at: http://www.stopstigma.samhsa.gov/map/Program_Details.aspx?ID=41

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 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.

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

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

Parent Support/Education group - meeting the 2nd and 4th Mondays of each month at 1:00 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

Aug. 7 – Recipient Rights Advisory Committee, 2:30 – 5:00 pm, in Traverse City.

Aug. 8 – Consumer Advocacy Council 1:30- 3:00 pm Traverse City with Video to Houghton Lake

Aug. 10-12 – DBSA 2007 National conference, Making the Recovery Connection

Aug. 16 – NW Affiliation Regional Consumer Forum 10-noon in Traverse City with video connection to Ludington

Aug. 16 – NLCMH Board meeting in Traverse City 6:30 pm

Sept. 5 - Hope Conference, Waterfront Conference Center, TC. Sponsored by Northern Lakes CMH 10-3:00.

Sept. 12 - Consumer Advocacy Council 1:30-3:00 pm Traverse City with Video to Houghton Lake

Sept. 19 & 20 – Person Centered Planning Conference in Troy, Somerset Inn

Sept. 20 - NLCMH Board Meeting in Leelanau County, at the Elmwood Twp Hall 6:30 pm

Oct. 10-14 – Alternatives 2007, Spanning the Recovery Movement, Consumer Control & Choice

Oct.23-26 – 14th Annual Recipient Rights Conference, Crystal Mountain

Oct.24-26 - MARO Conference, The Michigan Rehabilitation Conference will be in Grand Rapids at the Amway Grand Plaza