

# NEW DIRECTIONS

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

Volume 4, Issue 5

Dec. 07-Jan. 2008

## ART of RECOVERY: THE HUMAN JOURNEY SHOW 2007



The Art of Recovery art show took place at the Inside Out Gallery with a reception on November 2. Music was provided by staff and friends of Northern Lake's employees.

The documentary *To See What I See* was shown, refreshments were served and there were recently published books of the photobiographies written by consumers of Northern Lakes CMH and family members available for sale at the show as well.

Turn-out was larger than 350 individuals. If you looked around at those attending you could not tell who was a consumer and who was not. Attendees enjoyed the art work and for many it was a first opportunity to view the photo- biographies.

## The Creative Minds Changing Minds

Michigan Association of Community Mental Health Boards art show was at Baker College in Cadillac the month of November, after having had its debut at the Board Association Conference in October at the Grand

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## Medicare D



### Dual-Eligibles May Be Looking for New Drug Plans in 2008

Up to 26 percent of older adults who are enrolled in both Medicare and Medicaid will have to switch prescription drug plans in January due to the Medicare program's contracting requirements. Many of these people are currently enrolled in either **United Health Group or Humana**, both of which lost out to other companies' bids to participate in the program, which will pay for medications for Medicaid beneficiaries who are also enrolled in Medicare (WSJ.com, 9/28/07). If you have dual enrollment (Medicaid & Medicare), you should have received a turquoise letter if your plan is no longer available. The switch to a new plan will be automatic if you do nothing, but you may want to insure that the new plan has all of your medications available.

If you have Medicare only your chance to change to a new plan is Nov. 15-Dec. 31. For those who only carry Medicare this is the annual enrollment period. For assistance on this, contact your local area Agency on Aging MMAP assistance program volunteer, at 800 803-7174.

## LIFE

Your life is a gift from God.  
Your parents are accidents.  
If you live to serve others,  
You pay back what you received.

Your reward will be peace, life,  
And a "Good job done, my child."

The future is what you make.  
Bright as you dream it to be.  
Possibilities endless,  
His meaning for you to see.

~Anna Marie Lawrence

## Contributions!

Your personal contributions are a welcome addition to New Directions, subject to availability of space. Send them to Leslie Sladek at [leslie.sladek@nlcmh.org](mailto:leslie.sladek@nlcmh.org) or mail to 105 Hall St. Traverse City, MI 49684

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Traverse Resort and then showing at the Recipient Rights Conference at Crystal Mountain. Brent Pennell's art work was chosen from Northern Lakes earlier this year. His painting is of a snowy owl.



Brent is continuing to paint other pieces since then and had his work in the local art show at the Inside Out Gallery.



## Recovery Learning Communities

November saw the beginning of NLCMH's Learning Communities, a project made possible by the Recovery Grant. Mary Beth Evans, our Recovery Coordinator, heads up these events.

Greg Paffhouse welcomed everyone and assisted in informing all of the activities the agency had already accomplished through the grant, with the assistance of Deb Freed (Northern Lakes' Public Relations person). All were given a binder with information on the blueprint for transforming the agency into one based on Recovery, a book of photobiographies, and other items. Turn-out was very good in each office.

Consumers also had the chance to learn about the Recovery Council and how they may apply to be involved as one of the council members. The deadline for applying is December 15 and you can turn in your application to Northern Lakes receptionists with Mary Beth's, Val Bishop's, or Greg Paffhouse's name on it. Recovery Council members, three from each office (two consumers and one staff member) along with Mary Beth, will form the Council. Council members will receive a stipend for attending this meeting, and are expected to attend the Learning Community meetings (there is no stipend for attending these meetings). Staff and Consumers who wished to be involved are asked to commit for three years. Did you miss the first Learning Community meeting? You can still get involved. The dates for the January meetings will be posted in the NLCMH offices. **You may contact Mary Beth at 989 366-2950** or by calling your local Northern Lakes CMH office and asking for her if you have any questions.

The **Virtual Recovery Center** was discussed as well. If you haven't yet visited this site it is located at: [www.northernlakescmh.org/blog](http://www.northernlakescmh.org/blog). The site became available in October and featured a new photobiography each day. Many consumers participated in developing photobiographies this past winter, and many more continue to create their own stories, inspired by the ones they have viewed at various locations.\* This site will be developed and added to over time.

\*Sharing of the photobiography was optional.



## Winter Activities



*The weather has turned cold and the winter activities take us outdoors all bundled up. It's the season of gatherings, fires for warmth, hot cocoa, cookies and other treats.*

*Friends and family gather, streets are full of shoppers and children playing in the snow. Red mittens and noses, blinking lights and wreathes adorn the businesses and homes around town.*

- Dec. 1 Downtown open house • Traverse City & Cadillac*
- Dec. 1 Christmas in the Village • Roscommon*
- Dec. 2 Light up Christmas • Grand Traverse Lighthouse • Northport*
- Dec. 7-9 Celebration Hope • Lake City*
- Dec. 8 Project Christmas • Cadillac contact DHS*
- Dec. 14 Farm by Lantern Light • Wellington Farm Park • Grayling*
- Dec. 22 Learn to Ski Free • Cross Country Ski Headquarters 800 832-2667 • Higgins Lake*
- Dec. 25 Community Christmas Dinner • Trinity Lutheran Church • Traverse City*
- Dec. 31 First Night • Cadillac (Community photo 1:30pm, World Puzzle Scramble, music, teen dance...)*
- Jan. 12 & 26 Cross Country Skiing by Lantern Light • Hartwick Pines*
- Jan. 16 Snowshoe hike • Hartwick Pines*
- Jan. 19 Guided Snowshoe hike • Hartwick Pines*
- Jan. 25-28 Snow Festival • Cadillac*

**Enjoy! Enjoy! Enjoy!**

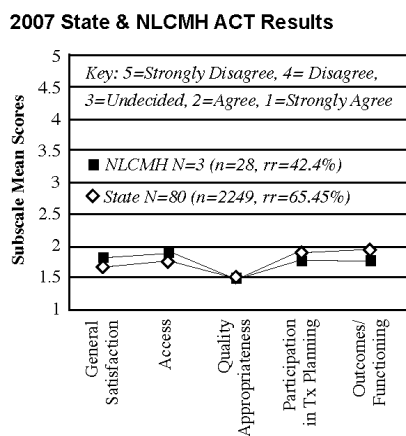
## Results of Two Statewide Surveys Shared

MDCH recently released results from two statewide service surveys of conducted in June. The surveys used a new statewide method which provides comparative data statewide and between individual PHIPs, CMHSPs, and programs.

A survey of people who receive Assertive Community Treatment used the Mental Health Statistics Improvement program or MHSIP instrument, a 28-item tool which when scored, collapses the results into 5 subscales with 1 being 'Strongly Agree' or associated with higher levels of satisfaction an outcomes. All adults receiving ACT services statewide were provided an opportunity to complete a survey during regularly scheduled ACT contacts and surveys were returned in sealed envelopes to ACT workers or sent by mail.

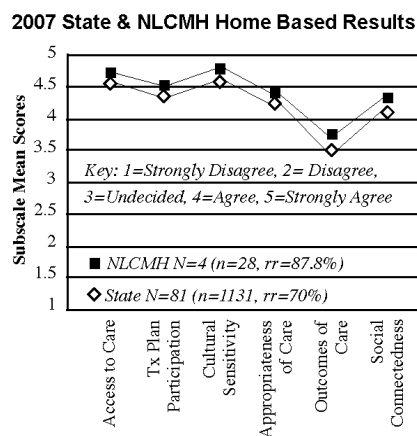
Figure 1 below shows the results for the state (80 ACT teams, 2249 surveys completed, 65% return rate) and NLCMH (4 ACT teams, 28 surveys completed, 42% return rate). Although in many surveys a 42% return rate is strong, with this methodology a stronger return rate was expected, which may have been influenced by a number of possible causes.

Statewide and within NLCMH ACT teams all subscale means were between 2 (Agree) and 1 (Strongly Agree) resulting in generally high marks statewide and locally. (Article continues on the next column).



A survey of people who receive Home Based services used the Youth Services Survey or YSS instrument, a 26-item tool which when scored, collapses the results into 6 subscales with 5 being 'Strongly Agree' or associated with higher levels of satisfaction an outcomes. Families of all youth receiving Home Based services statewide were provided an opportunity to complete a survey during regularly scheduled contacts and surveys were returned in sealed envelopes to workers or sent by mail.

Figure 2 below shows the results for the state (81 Home Based programs, 1131 surveys completed, 70% return rate) and NLCMH (4 programs, 28 surveys completed, almost an 88% return rate). NLCMH not only exceeded the statewide return rate but also achieved mean scores that were higher than the state average for each subscale.



While Outcomes of Care showed the most variability both statewide and across NLCMH, as all other subscale means were between 2 (Agree) and 1 (Strongly Agree) again evidencing generally high marks statewide and locally.

Combined, the results of these two surveys usher in a new era in satisfaction, experience of care and outcome measurement in Michigan. For the first time providers, payers and the State Medicaid Agency are all able to examine consumer input and ratings of services comparatively statewide and it is planned that this level of attention will continue with other services and programs in 2008. Across the Northwest CMH Affiliation and NLCMH ACT team and Home Based program staff have been and continue to review the results, learn what people say we do well as well as learning how we can continue to improve.

Most of all, the results of these surveys point to generally high marks for ACT and Home Based services statewide and for NLCMH. Congratulations to the many staff that provide these services everyday!

## Traverse House

Traverse House recently hired Heather Deegan as a Peer Support Specialist to work in the clubhouse; they also hired Reilly Hobbs and said good-bye to Anna Marie. Reilly shared that the clubhouse is actively seeking TE's, (temporary employment) for club members.

Many members submitted art work to the local art show and the Club had their own show at the Traverse City Public Library.

Some members are also attending the Learning Community meetings.

## Kandu Island

Kandu Island is looking to hire a director for the drop-in. Michele resigned and at present Greg is running the show with assistance from others assuring that the drop-in is open and available to everyone wanting to attend. Contact Kandu Island for employment information and/or qualifications at 231 932-1592.

Everyone celebrated thanksgiving and are looking forward to their Christmas (holiday) party which will be New Years Eve and will feature a Secret Santa event. Join in the holiday fun with your peers and keep the dark days of winter filled with activity and friendship.



## CLUB CADILLAC

Club members made a turkey dinner for the Northern Lakes CMH Board meeting in November. The dinner was a success; there was a great deal of hard work by members to prepare the meal, yet all had a good time.

The club is now open on all holidays: Thanksgiving had a great turn-out and the Club will be open on Christmas. They will have their Christmas party December 15 and all are welcome to attend. Dancing with a DJ will be one of the highlights. Members plan on assisting with Project Christmas again, a wonderful chance to help others in the community.

December 4 brings Gateway House to Club Cadillac for a site visit to assist them in becoming a certified clubhouse and guide them in the areas that they need to improve upon. Club Cadillac recently had several staff members attend training at Gateway House in South Carolina.



## New Beginnings Drop-in

Stop by and see the new location, there is room for all. They now have a computer area, entertainment (TV/Movies...) and a pool, ping pong game area, also an art room, a dining area and a large kitchen. Everyone is still helping in getting the drop-in set up as the move is a lot of work. Pictures need to be hung, and many other little added touches to make the drop-in feel like home for those attending.

Thanksgiving was celebrated with a dinner that was well attended, and art classes have begun. Christmas plans are still being discussed.

## Ongoing Events

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

**DBSA** (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact 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

**Connections Recovery Support Group Traverse City**, Fridays 1:30-3:00 pm Kandu Island (open to all with a mental illness). More information 932-1590.

**Connections Recovery Support Group Houghton Lake CMH**, every other Thursday Nov. 1, 15, & 29th 2:00pm Contact Ernie for more information 989 366-9420.

**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 Pine Rest, Traverse City Clinic. This group is collaboration between Pine Rest and the Association for Children's Mental Health (Jane Shank).

**NAMI of Northwest MI** support meeting 2<sup>nd</sup> Monday of the month 7-8:30pm, Munson Medical Center, doctor dining room.

## Upcoming Events

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

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

Dec 20 – NLCMH Board meeting in Traverse City 6:30 pm

Jan 17 - NLCMH Board Meeting in Leelanau County, at the Elmwood Twp Hall 6:30 pm

Jan 25 – NLCMH Recovery Council, Cadillac, 1:00-4:00 pm

**Watch for postings for Consumer Advocacy Council and Recovery Learning Communities.**

## Email subscriptions!

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