



NEW DIRECTIONS

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

Volume 5, Issue 1

April-May 2008

MDCH Recovery Council

The Council met on Feb. 4 with a smaller attendance than that of most meetings. This was possibly due to the change of date and day of the week as well as the weather in the Lansing area. The council received introductions and heard recovery happenings from the attendees. They also received announcements. There were several attendees that were there for the first time, as presenters as well as for the information available to those who attend a meeting in person. Judy Hutchins introduced the new and first NAMI (National Alliance for the Mentally Ill) Michigan Executive Director. Marty Raaymakers presented and received information and input as to NAMI National and what is on their radar of concerns. Some of those were the criminalization of the mentally ill, taser gun issues, technical assistance centers, medication (*Medicare D*), to mention a few of the items. There was a presentation on a transformation initiative to integrate the mental illness and substance use system. Change agents are being trained in communities by Drs. Kenneth Minkoff, M.D. and Chris Cline, M.D. There is a partnership with Michigan Rehabilitation Services to use peers in getting individuals in supported employment when they desire to move into employment rather than a readiness model, and moving people out of foster care homes if they are ready and wanting to move into supported housing. There was also a presentation by consumers from inner city Detroit who began their work in literacy and ended up helping individuals to move into higher education and vocational education programs. Continued on page 3

NLCMH Peer Support Specialist Takes 3rd Place in Essay Contest



Congratulations to Michigan Protection and Advocacy 2008 Advocacy Essay Contest Third Place Winner Terri R. Stonecipher, for her essay: I'm not handicapped, I have a "disABILITY." Her writing is inspiring! We have reproduced it here with her permission:

I'm not handicapped, I have a "disABILITY"

by Terri R. Stonecipher

When I get up in the morning and look into the mirror, I don't see a person with a disability; I see me! I see a person who is like everyone else. I have feelings, dreams, goals, and desires - everything except for the label of being disabled, placed there by others, not by me.

If I could say only one thing to the rest of the world around me, it would be for them to see me for my ABILITIES and not be close-minded by my DISABILITIES. I'm not asking for a handout, or even for you to feel sorry for me. I'm just asking that you treat me the same way you would want to be treated. If you're not sure what to do, or say, why not just ask me. Just because I may be different than you, or anyone you've ever come in contact with. I am deaf, and I have a mental disability that I have to deal with. Continued on page 3

MAY is Mental Health Awareness Month

Celebrate with good Mental Health, eat nutritious, exercise and enjoy spring!

Learn something **NEW!** Attend the annual Northwest CMH Affiliation **Consumer Conference** in Higgins Lake at the Ralph McMullen Center, Thursday May 22 from 10:00 am until 3:00 pm. Registration and continental breakfast start at 9:30 am. **Applications available soon!** Check with your worker or reception. **FREE!**

On Wednesday, June 2 in Traverse City **attend a workshop** (choose one or attend both) – Developing an Advanced Directive or Overcoming Stigma and Developing Healthy Self-Esteem. These workshops are offered by Michigan Department of Community Health & the Michigan Assoc. of CMH Boards. **Contact** Customer Service or your worker for more information.

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Kandu Island



NLCMH Learning Communities

Kandu Island would like to announce the hiring of **Jennifer Archibald** as their new Director. Jennifer comes with a wealth of business experience and is excited to help Kandu Island grow and move forward. Please stop in and say hi. The hours of operation are Monday-Friday 10:00 am - 4:00 pm. Kandu Island is undergoing major improvement; with our new Director Jennifer, she has taken the "reigns." The drop-in has new recreational activities during the week. Crocheting once a week, bingo once a week and NAMI Connection is still every Friday at 1:30-3:00 pm. By the first week in June, Kandu will be its own entity. Currently Kandu Island does not handle their accounting. That will soon change and in June they will be signing a contract with Northern Lakes CMH.

The NAMI Connection support group is proud to announce that two of the facilitators of this group will be going to the NAMI national training in St. Louis in April to become trainers for Michigan NAMI.

Clothing Pantry

Monday-Friday
10:00 am-4:00 pm



Food Pantry

Tuesday and Fridays
1:00-3:00 pm or
By case manager referral



Pathways to Recovery

Join one of the groups at your local Northern Lakes CMH office. Peer Support Specialists are offering these groups to peers (people with a mental health diagnosis). The book was shared with the state recovery council by Marty Raaymakers and has since been a component that peer specialists may use after they receive training to facilitate these groups to assist others in their recovery. Below is a quote from Marty's presentation:

"This workbook guides you through processes of self-assessment; self-discovery and planning that help you decide where you want to go in life. You will create person visions, design long-term goals and action steps to make progress towards your dreams. Pathways will help you use your own inner and outer strengths and the resources that are available to move you forward on your pathway to recovery."

Looking for more information? Talk to your worker, or go online to the Northern Lakes web site at www.northernlakescmh.org for a calendar of when the classes are offered and more information. Start your journey towards recovery with others who are doing the same. A journey with others always seems to pass more quickly than one alone.



Have you heard?

Learning Community meetings!

Have you heard?



The Learning Community Meetings have been going great! The February meeting focused on coming up with *Recovery 101* course ideas that those attending would like to have available at or around NLCMH as opportunities to help maintain their holistic wellness. Some of the ideas were: ABC's of Recovery, Recovery Anonymous Classes (12-step classes), Craft Classes, Exercise Courses, Self-Motivation Classes, Basic Living Skills Classes (including cooking, cleaning, daily maintenance, etc.), Eating Healthy on a Budget, and hundreds more! The responses keep coming in as it was assigned as homework to continue to think about this and come up with yet more ideas to share. Attendees were also asked to make note of how and where the classes/courses should be taught, what would make it easier for folks to attend, what resources are available (or would they like to see available) to accomplish such classes/courses or informational seminars. Folks who could not attend the Learning Community meetings this month are strongly encouraged to submit any ideas they have to Mary Beth Evans at 989.366.2950 (marybeth.evans@nlcmh.org).

Were you there?

Learning Community meetings!

Were you there?



A Northern Lakes anti-stigma resource, "*To See What I See, the Stigma of Mental Illness*," documentary produced by **Dr. Mary Pierce** (Northwestern Michigan College) and **Jeff Morgan** was also viewed. Dr Pierce brought the photobiography project to Northern Lakes in 2006 with the anti-stigma grant. The ability to produce photobiographies is still possible. If interested contact Cindy Petersen or Val Bishop at NLCMH. Participants of the Stigma Busters programs also had opportunities to create artwork, write recovery stories, produce commercials, speaker's panels and more. These projects are assisting in the elimination of the stigma associated with mental illness. The experience was so powerful that Dr. Pierce created this documentary with consumer testimonials to even further the Anti-Stigma efforts in our agency. Participants of the Learning Community meetings are encouraged to share the documentary to further the elimination of stigma surrounding individuals with a mental health diagnosis. They were also asked to think about how and where they would like to see this video shown in the near future. If you would like to view the video please contact Mary Beth Evans.

Continued from page 1

The main point in this is that the peers listened to and heard from consumers as to their needs, hopes and desires. They met them where they were and assisted them in moving forward, education, work, housing, a meaningful life.

A presentation on the Recovery Center of Excellence and their goals as well as a decision on the web address for the center, *MIReccovery.org* was chosen. The afternoon was primarily focused on the REE (Recovery Enhancing Environments), which is the tool chosen by the council to have in Michigan to assist agencies in looking at their recovery environment, organization and individual markers of a consumer's personal recovery. This tool (survey) was written by Priscilla Ridgway and Allan Press. Priscilla worked with Kansas on the Pathways to Recovery* guidebook that is currently being used in our local offices with Peer Support Specialists leading these groups.

Council members and partners actually worked on the survey for 13 minutes to discuss and evaluate the process of taking the survey, amount of time needed and other items of concern. The council plans to continue looking at the tool before it is put into the hands of the CMHs.

*see article on page 2 Pathway to Recovery

CONSUMER ADVOCACY COUNCIL

The Consumer Advocacy Council has hosted some very informative guests the last few meetings including: Michigan Protection and Advocacy, a local lawyer and public transportation representatives. All answered some very helpful questions about tenant rights and issues around public transportation. They are looking at the possibility of making a helpful tip sheet or a booklet of various helpful hints for NLCMH consumers.

A couple of helpful hints are:

What is the renter's role in avoiding or resolving disputes?

Communication at the earliest time of changes or problems

Documentation is an important tool

Requesting an accommodation

Common sense

Be a good tenant

Read and understand your lease

(or get help with any of these items)

The council also put together a TIPS sheet for attending conferences, some tips are:

Conferences offer you a chance to learn more about your life and recovery...

Be aware of health needs of others...

You can be a positive influence...

For a complete list contact your worker or NLCMH Customer Services.

continued from page 1 I wasn't born deaf. I became deaf at the age of 36. There is no medical cure for me. The tiny bones in my ears have hardened and don't work. I wear hearing aids to alert me to sounds, but other than that, I lip-read. So if you were to approach me, I would request that you always face me when you are talking.

I have a wonderful employer, "Northern Lakes Community Mental Health" who has always gotten me an interpreter for meetings, seminars, and trainings. They have never denied me that request.

My job is to talk with clients, who also have a disability. I assist them in becoming independent and to be productive citizens in their own community. I do all that without an interpreter as I can lip-read my clients. They don't seem to mind at all that I am what you might call "a little different" or "disabled."

I really hate the word "handicapped" as I don't see myself that way. It is just a label that's been placed there on me. Like I said in the beginning, I prefer the label of "disABILITY" emphasizing my "abilities," the things I can do without barriers.

The more people know about the barriers, the more those barriers could be removed. It starts with one person. Are you that person?

To read the other essay winners submissions go to: www.mpas.org on the internet.

NLCMH Recovery Council

Recovery Council has several charges made to them. They will make recommendations on a definition of recovery for Northern Lakes CMH. They will also look at how to use the REE* at our agency, including: How will it be used? Who will take the survey? How many individuals will complete it? When will they be presented with it? Members have volunteered to work with Dave Branding on this.

*See MDCH Recovery Council article on front page for more on the REE, or see the full survey at www.northernlakescmh.org/blog in the Recovery Council category, under February meeting materials.

CANVAS

A JOSEPH GRECO FILM



Academy Award winner Marcia Gay Harden and Harden and Emmy Award winner Joe Pantoliano star along with 11 year-old newcomer Devon Gearhart in this powerful and confident debut feature drama from writer/director Joseph Greco. Inspired by a true story, this critically acclaimed and winning film about a family coping with mental illness is as full of hope and humor as it is heartbreaking performances.

SHOWING APRIL 15 at the Pines Theater in Houghton Lake at 7:00 pm. Doors open 6:00 pm. Northern Lakes CMH is sponsoring this special showing. The movie runs for 100 minutes and there will be discussion after. **Door Prizes!**

Email subscriptions!

Receive *New Directions* through your 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.

Contributions!

Your personal contributions are a welcome addition to New Directions, subject to availability of space.

SAVE-THE-DATE SAVE-THE-DATE SAVE-THE-DATE



May 14, 2008
1:30 pm
State Capitol Building, Lansing

Why We Walk...

Because May is Mental Health Awareness Month
To enhance public awareness
Because legislators need to know Mental Health Matters
To put an end to the stigma related to mental illness
and developmental disabilities
Because Michigan does not have parity between
mental health and physical health care coverage
To promote mental health and wellness
Because we can make a difference

If you would like to join in the rally or for more information contact Cindy Petersen at (231) 922-4850 or Val Bishop at (231) 876-3309.



"Never judge a man until you walk a mile in his moccasins." Native American adage.

Did you know? Native Americans used to put a hole in their baby's moccasins to let out evil spirits.

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.

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 starting Oct 4 (Oct 18...) 2:00pm Contact Ernie for more information 989 366-9420.

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.

NAMI of Northwest MI support meeting 2nd Monday of the month 7-8:30pm, Munson Medical Center, doctors dining room.

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 at Pine Rest, Traverse City Clinic. This group is 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

April 1 - **Recipient Rights Advisory Committee**, 2:30- 5:00 pm, in Traverse City.

Apr. 9 - **Consumer Advocacy Council** 1:30-3:15 pm Traverse City with Video to Houghton Lake

April 13-14 **NAMI Michigan Annual Conference**, Ann Arbor, MI

April 15- CANVAS movie at the Pines Theater in Houghton Lake, 7:00 pm
Apr. 17- **NLCMH Board** meeting, Elmwood Twp Hall, Leelanau Co. 6:30 pm

Apr. 25 - **NLCMH Recovery Council** from 1-3:00 pm in Traverse City

May 14 - **Walk a Mile in My Shoes Rally** in Lansing at the Capitol

May 15 - **NLCMH Board Meeting**, Houghton Lake office 6:30 pm

May 16 - **MDCH Recovery Council**, Lansing Community College, 9-3:00pm

May 22- **Northwest CMH Affiliation Consumer Conference** at Ralph McMullen Center Higgins Lake

May 23 - **NLCMH Recovery Council** 1-3:00 pm in Cadillac

May 27- 29th, 2008 **International Conference on Self-Determination**, in Detroit at the Renaissance Center.

<http://www.communitydrive.org/Conference.html>

LEARNING COMMUNITIES

2nd Tuesday – April 8 and May 13 from 12:30-2:30 pm in Houghton Lake

2nd Wednesday – April 9 and May 14 from 1-3:00 pm in Grayling

2nd Friday – April 11 and May 9 from 1-3:30 pm in Cadillac

3rd Tuesday – April 15 and May 20 from 1-3:00 pm in Traverse City

This Newsletter is produced with support from NLCMH.