



NEW DIRECTIONS

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

Volume 6, Issue 1

April – May 2009

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



Tuesday, May 12, 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) 935-3099 or Val Bishop at (231) 876-3309.



Rep. Gary McDowell is pictured here with Ray Schmidt and Mary Doner in the 3rd floor board room.

PUBLIC HEARING held at Hagerty Center

On March 9 consumers, stakeholders and providers were invited to attend and give testimony at a public hearing on the proposed FY 2010 Michigan Department of Community Health budget. Rep. Gary McDowell (D-Rudyard), who is the chair of the House Community Health Appropriations Subcommittee, held this public hearing in Traverse City at the Hagerty Center. The biggest snowstorm of the year complicated the schedule that day, but Rep. McDowell came to Northern Lakes CMH and Traverse House. Members of Traverse House gave a tour of the clubhouse standards, work-ordered day, potential move and more. Members were able to ask questions, express their views, and share information about the importance of their services. Chip Johnston, director of Manistee Benzie CMH, and Carol Stocking, from the Traverse City Mental Health Court joined the forum as well.

Transition & Self Determination Event

Northern Lakes has invited the Center for Self-Determination, (of Oakland County) to speak to adults with developmental disabilities and their families about self-determination and the transition process as they complete their education. NLCMH has worked with the ISD's, (Intermediate School Districts) in our service area to identify and support 10 individuals and their families to attend in April. This is hoped to be a learning process that can then be followed and offered to others who receive services from NLCMH.

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SAVE THE DATE

United Cerebral Palsy of Michigan and Michigan Disability Coalition, invites you to attend a Regional Public Forum for people with developmental disabilities and their families.

MAY 20, 2009, 10:30-3:00PM

Treetops Resort, Gaylord, MI

Purpose of the Forum:

To get Public input for **Michigan DD Council's** next state plan;

To explore key issues affecting the lives of people with developmental disabilities;

To identify critical challenges affecting their lives;

To identify solutions that have been effective in your area.

For more information contact *Joanne Rackow* at 800 834-3393.

Big Events at Club Cadillac

For those of you that don't know, Club Cadillac is a therapeutic club where we help each other recover from mental illness.

Club Cadillac has been going through some exciting changes. Many of these changes have been in preparation to obtain a certification through the International Center for Clubhouse Development (ICCD). ICCD Certification is the highest level of performance for a clubhouse and is something we have been striving to achieve for the past 12 years. Out of 45 clubhouses in the State of Michigan, only three clubhouses have been able to achieve this.

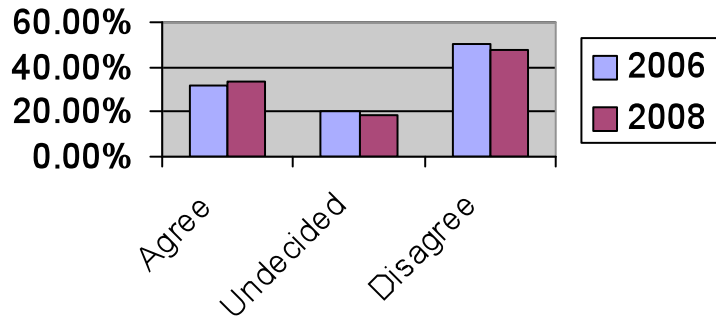
On June 22, an ICCD certification team will be flying in to be with us at Club Cadillac. The team is made up of a clubhouse member and a club staff who are specially trained in assessing clubhouses. They will be looking at all aspects of our clubhouse but especially at how much we are helping our members recover from illness. Important measures of this are how many clubhouse members are going back to work, how many are going back to school and how many people we have helped to live on their own.

We will welcome the certification and hope for a good rating from them. If you have been a member in the past and haven't been in for a while, stop in for a tour. You are welcome here. Remember the clubhouse saying, "Once a member always a member."

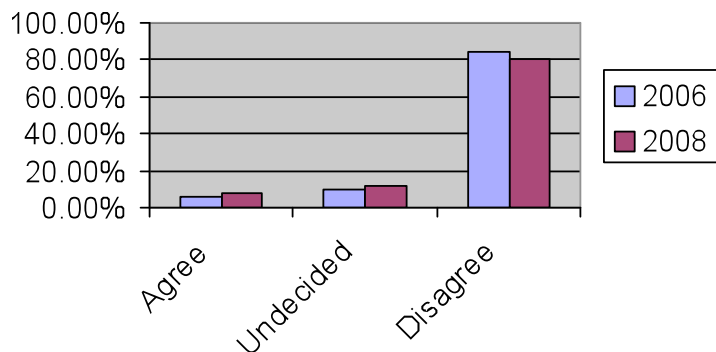
NLCMH Community Survey*

(Anti stigma) Attitudes Concerning Mental Health Issues

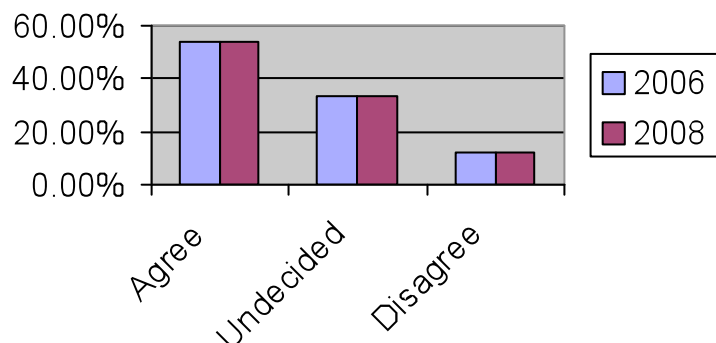
Persons with a mental illness pose a risk to other people if they are not hospitalized.

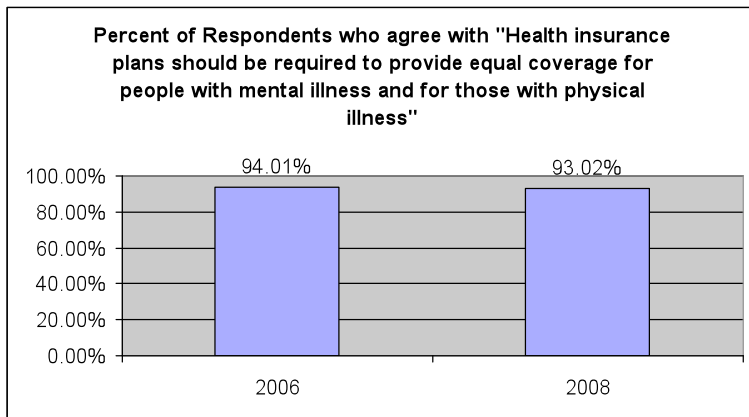
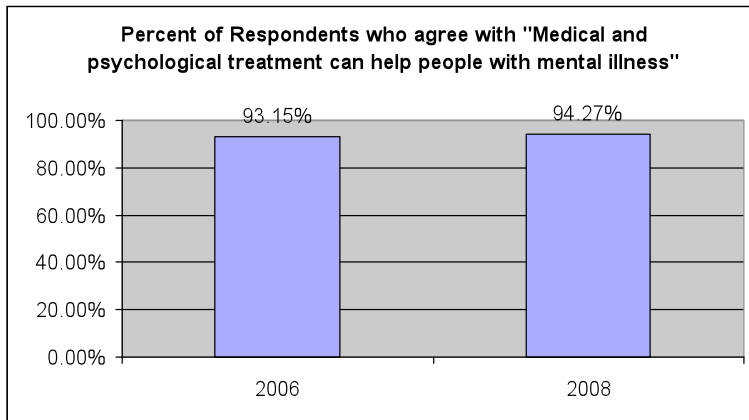


I would try to avoid a person with a mental illness.



If I were a landlord, I would rent an apartment to a person with a mental illness.





This random telephone survey was administered by Northwestern Michigan College for Business and Industry to measure the community's perception of behavioral health attitude and awareness. The Charts shown are a sampling of responses concerning stigma and mental illness.

The Anti Stigma block grant allowed Northern Lakes to offer activities, experiences and opportunities to consumers, staff and community to address the stigmatizing view of people with mental health diagnosis.

Many people took part in the Recovery Art Shows at Inside Out Gallery in Traverse City. Art work was displayed from any person who is recovering from anything, our Documentary was presented, photo biographies were viewed and many enjoyed the wonderful openhouse events.

Many Consumers and Peer Support Specialist spoke at various locations, commented on films shown on local TV channels and students in the area put together PSA (Public Service Announcements) for Local TV networks.

Much has been done and activities continue, yet more is definitely needed to change the public's image of people with a mental illness. Want to get involved? Contact Cindy Petersen at 231 935-3099.

**This survey was funded by the Michigan Department of Community Health through the use of Community Health Services Block Grant funds, provided by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).*

May is Mental Health Month

Are you feeling stressed?

There are proven, practical tools that can help you cope better.

- You can feel more capable, less anxious & more resilient.
- You can have more joy & more hope.
- You can **Live Your Life Well.SM**

Life can be incredibly stressful. And too much stress can really damage your health, your mood, your focus and your relationships with the people around you.

But you can tackle stress. In fact, decades of research suggests the best ways to do it. The 10 Tools to Live Your Life WellSM are based on expert information about how people can better handle challenges and protect their overall health and well-being.

And the 10 Tools don't demand huge changes. Just by setting aside a manageable amount of time each day, you can strengthen one of your greatest assets: your mental health. Good mental health keeps you productive, energetic, happy and hopeful – even in the face of life's challenges.

Getting Started:

You can start by reviewing the 10 Tools to see which ones suit you. Of course, not all the tools are right for everyone, but you'll likely find at least a few to try.

You'll find a lot more on our website, www.LiveYourLifeWell.org.

- 1) Connect with others.
- 2) Stay positive.
- 2) Get physically active.
- 4) Help others.
- 5) Get enough rest.
- 6) Create joy and satisfaction.
- 7) Eat well.
- 8) Take care of your spirit.
- 9) Deal better with hard times.
- 10) Get professional help if you need it.

~This full article may be viewed at: <http://www.mentalhealthamerica.net/go/mentalhealthmonth>

REE

(Recovery Enhancing Environment Measure)

In March several surveyors were at the Northern Lakes offices and several offsite locations assisting consumers with surveys. Individuals were chosen according to the service they receive from their CMH; which were services specifically chosen to be looked at across the state. MDCH (Michigan Department of Community Health) along with the Michigan Recovery Council identified these areas of service. The survey results can help organizations learn, change and become more recovery-oriented. There are several questions that also address personal recovery (Recovery Markers); it is hoped that the recovery markers will be available for all people and that this will not be a one-time event.

The Michigan Recovery Council chose this survey out of many offered to assist in the transformation of Michigan into a system in which the recovery of people who use mental health services will flourish.

Northern Lakes CMH and Oakland County CMH both volunteered to pilot the survey; all of the remaining CMHs in Michigan will have surveyors at their offices in the coming year as this is part of their contract obligation with MDCH. Thank you to all who participated in this survey, assisting or volunteering to fill out a survey.

More information may be found at www.mirecovery.org

YOUTH GUIDED, FAMILY DRIVEN CARE

Training event held in March

Patricia Miles, national expert on parent-professional partnerships, presented in both Traverse City and Cadillac in March focusing on how families and professionals can work together in achieving the most effective outcomes for children with SED (serious emotional disturbance and their families). Using her curricula, 30 small group trainings will occur this spring and summer throughout Northern Lakes service area. System of care partners; schools, child welfare, family court, mental health and substance abuse treatment professionals along with families are working together to provide better outcomes for these children and their families.

Electronic Distribution!

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.

Contributions!

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.

UPCOMING EVENTS

- **April 7 - Recipient Rights Advisory Committee** 2:30-5:00 pm in Traverse City with Video conferencing available to Cadillac or Houghton Lake upon request.
- **April 8 - CAC (Consumer Advocacy Council)** 1:30 pm meets in Traverse City with Video to Houghton Lake
- **April 16 - NLCMH Board** meeting in Traverse City at Elmwood Township Hall, 10090 E Lincoln Rd. at 6:30 p.m.
- **May 3&4 - NAMI Michigan State Conference, Midland.** HOPE: Treatment is the Key to Recovery.
- **May 13 - CAC (Consumer Advocacy Council)** 1:30 pm meets in Traverse City with Video to Houghton Lake
- **May 12 - Walk a Mile in My Shoes** Rally in Lansing
- **May 21 - NLCMH Board** meeting in Houghton Lake at 2715 S. Townline Rd at 6:30pm

Schedules for Ongoing Meetings

NLCMH Recovery Council, Learning Communities, Art Classes, Pathway to Recovery and other local group meetings are available on line at www.northernlakescmh.org or in your local Northern Lakes office (located in the recovery towers).

2010 Calendar of Art

Entries are being sought for the Recipient Rights Art Calendar. Funds raised from the sale of the calendar are used to fund scholarships for consumers to attend the Annual Recipient Rights conference in October. Fliers and releases are located in your local CMH office or contact Customer Services. Entries must be submitted by May 18, 2009.



A Donation Thank You!

Northern Lakes Board member Dr. Frank Tosiello donated proceeds from the sale of his painting, displayed at the fall recovery art show held in Traverse City. His painting, of a copy of Rembrandt's *A Woman Bathing In A Stream*, brought in \$510.00. These funds will be used to purchase art supplies for the Art groups meeting at all NLCMH office sites. The recovery art classes are facilitated by Thomas McClellan and are open to you and are free and open to the public as well. The painting was sold to an anonymous donor who donated the painting back to NLCMH. The painting is presently hanging in the Traverse City board room.

A Big Thank You to Frank and our anonymous donor, many people will benefit from your generosity!

This Newsletter is produced with support from NLCMH.