



NEW DIRECTIONS

By, for and about consumers of behavioral health services

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EXPECT RECOVERY: *Recovery Planning Day*

A Recovery Planning Day took place on December 18. The morning began with a viewing of the “*Look Closer: See Me For Who I Am*” video.

This video is a compilation of individual videos made by several Northern Lakes consumers and last about 13 minutes. You may see all the videos at www.YouTube.com/northernlakescmh.

Everyone also was able to see a short video on the “*5 Stages of Recovery*” that

Larry Fricks presented. It is hoped that a Recovery video will be used in orientation of staff and consumers in the near future.

The group then worked on some brainstorming ideas of how Northern Lakes would look as a completely transformed agency and what it would not look like as well.

Additional morning sessions were on Supported Employment and Consumer Choice, Control and Responsibility.

In the afternoon, people worked on updating the NLCMH “Blueprint.” *See the Blueprint Planning article below for more information.*

Learning Communities met in January with this continued subject. They looked at the combined ideas from the December 18 meeting, staff Zoomerang survey, the September “Make it Happen” conference and the original NLCMH Blueprint and voted on which action items are the highest priority.

Blueprint Planning

The Person Centered Plan of Northern Lakes

Special points of interest:

- New Operations Managers; Aaron Cromer in Houghton Lake and Grayling and Kimberly Silbor in Cadillac, Welcome!

The afternoon meeting of recovery planning on December 18 was spent in two work groups each working on the 13 dimensions of the recovery blueprint (which is a roadmap for the transformation of NLCMH to a recovery-based system).

Then in January, Learning Community attendees looked at the 124 action items developed with a brief review of the dimensions

and some description of the new items. They voted on the priority action items and put their name in the dimension item they were willing to assist with. These are the thirteen dimensions:

- Design
- Evaluation
- Leadership
- Management
- Integration
- Comprehension

- Consumer Involvement
- Cultural Relevance
- Advocacy
- Training
- Funding
- Access
- Change Management

The goal is to have the blueprint finalized in March to guide work over the next two years.

Super Saturday Special—Back To Basics



Super Saturday will be February 6, from 10 -3:30 p.m. at the TBAISD Career-Tech Center on Parsons Road in Traverse City. Check in is 9:00 a.m.

Space is limited! Call and reserve your spot now at 800.442.1713 or 231.947.8920.

Free Tax Preparation, (For Income Qualified).

Other workshops feature:

- Finance 101
- Get Your Motor Running
- Meal Deals
- Draft Dodgers – keeping your house warm

There will be a Wrap Up Party Celebrating Our Heroes to Commemorate

our 5th Year Anniversary with Cake & Ice Cream!

Presented by PRI Education & Training Group, TBAISD, Northwest MI Community Action Agency (NMCAA), United Way of Northern MI, Northwest MI Tax Coalition, Northwestern Bank, Members Credit Union and Father Fred Foundation

Self-Determination (Consumer Choice, Control and Responsibility)

The right to choose what you do, where you go, who your friends are how and where you spend time with them... choosing your supports and services...

Self-determination is an option for payment of medically necessary services you might request if you are an adult receiving Medicaid mental health services in Michigan. Self-determination is within your person centered planning process, although it is separate as well.

The principles of Self Determination:

Freedom – You plan your life with the support that you need

Authority – You control an individual budget

Support – You arrange resources and persons – both formal and informal – so you can live in and connect with your community

Responsibility – You have a valued role in your community and agree to use public funds appropriately and wisely

Confirmation – NLCMH recognizes that individuals with disabilities themselves must be a major part of the design of their system.

Consumers and family members met numerous times in the summer and fall of 2009, offering input on implementing self-determination at NLCMH with Dave Branding and community stakeholders.

Regional Consumer Forum (RCF)



The RCF met in November and will meet again on February 18. Approvals of the minutes from the last meeting and an adjustment to the meeting calendar were made due to the proximity to the annual *Walk a Mile in My Shoes* event on May 11. Affiliation* updates were provided covering information regarding the ARR (Annual Recommitment and

Renewal) with MDCH (Michigan Dept. of Community Health). Consumer Involvement is one of the key areas as is employment, consumer choice and control, independent facilitation and self-determination arrangements. The plan may be viewed on the website at <http://nwcmbha.org/> The MDCH site visit was gone over and the need for

increased improvement in the area of person centered planning.

Customer Service and Quality Oversight were presented and local consumer involvement activities from Northern Lakes and West MI were shared.

**Northwest Community Mental Health Affiliation which covers Medicaid services.*

*Resiliency: Build Skills to Endure Hardship

(Resiliency and development are guiding principles for children with serious emotional disturbance. Resiliency is the ability to “bounce back”...) taken from the NLCMH member handbook.

Resilience means being able to adapt to life's misfortunes and setbacks. Test your resilience level and get tips to build your own resilience.

Resilience and mental health

Resilience helps protect you against mental health problems, such as depression and anxiety. It can also help offset factors that put you at risk of mental illness, such as lack of social support, being bullied or previous trauma. And being resilient can help you cope better with an existing mental illness.

Resilience: Build skills to endure hardship

Tips to improve your resilience

Working on your mental well-being is just as important as working on your physical health. If you want to strengthen your resilience, try these tips:

Get connected. Build strong, positive relationships with family and friends, who provide support and acceptance. Volunteer, get involved in

your community, or join a faith or spiritual community.

Find meaning. Develop a sense of purpose for your life. Having something meaningful to focus on can help you share emotions, feel gratitude and experience an enhanced sense of well-being.

Start laughing. Finding humor in stressful situations doesn't mean you're in denial. Humor is a helpful coping mechanism. If you can't find any humor in a situation, turn to other sources for a laugh, such as a funny book or movie.

Learn from experience. Think back on how you've coped with hardships in the past. Build on skills and strategies that helped you through the rough times, and don't repeat those that didn't help.

Remain hopeful. You can't change what's happened in the past, but you can always look toward the future. Find something in each day that signals a change for the better. Exert good results.

Take care of yourself. Tend to your own needs and feelings, both physically and emotionally. This includes participating in activities and hobbies you enjoy, exercising regularly,

getting plenty of sleep and eating well.

Keep a journal. Write about your experiences, thoughts and feelings. Journaling can help you experience strong emotions you may otherwise be afraid to unleash. It also can help you see situations in a new way and help you identify patterns in your behavior and reactions.

Accept and anticipate change. Expecting changes to occur makes it easier to adapt to them, tolerate them and even welcome them. With practice, you can learn to be more flexible and not view change with as much anxiety.

Work toward a goal. Do something every day that gives you a sense of accomplishment. Even small, everyday goals are important. Having goals helps you look toward the future.

Take action. Don't just wish your problems would go away or try to ignore them. Instead, figure out what needs to be done, make a plan and take action.

Maintain perspective. Look at your situation in the larger context of your own life and of the world. Keep a long-term perspective and know that your situation can improve if you actively work at it.



Restore an inner sense of peace and calm by practicing such stress-management and relaxation techniques as yoga, meditation, deep breathing, visualization, imagery, prayer or muscle relaxation.

Practice stress management and relaxation techniques. Restore an inner sense of peace and calm by practicing such stress-management and relaxation techniques as yoga, meditation, deep breathing, visualization, imagery, prayer or muscle relaxation.

*The previous is an excerpt from a Mayo clinic article entitled *Resilience: Build skills to endure hardship*, the full article may be viewed at: <http://www.mayoclinic.com/health/resilience/MH00078>

NEW DIRECTIONS

E-Mail:

leslie.sladek@nlcmh.org

We're on the Web!
SEE US AT:

www.northernlakescmh.org

We take submissions for future newsletters. We also can email the newsletter directly to you.



Northern Lakes CMH Board Meetings

Feb. 18, in Grayling at 6:00 p.m.

Mar. 18, in Traverse City at 6:00 p.m.

NORTHERN LAKES CMH
105 HALL ST.
TRAVERSE CITY, MI 49684
www.northernlakescmh.org

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Learning Community & Recovery Council Schedule

Cadillac – Friday
February 12 and March 12, from 10-12(noon)

Grayling – Wednesday
February 10 and March 10, from 1- 3:00 p.m.

Houghton Lake – Tuesday
February 9 and March 9, from 12:30-2:30 p.m.

Traverse City – Thursday
February 4 and March 4, from 10-12(noon)

Recovery Council Meetings

Friday February 26 from 1-3:00 p.m. in Houghton Lake
Friday March 26 from 1-3:00 p.m. Grayling.



American Heart Month

February is American Heart Month. Northern Lakes CMH's website has a new link in the Health Education Answers section (see lower right hand corner of home page).

***Heart Attack Warning Signs**

Some heart attacks are sudden and intense—but most heart attacks start slowly, with mild pain or discomfort. Often people affected wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like

uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness

Stroke Warning Signs

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action.

* Text is taken from the American Heart Association website
http://www.americanheart.org/pr esenter.jhtml?identifier=3053#Heart_Attack