



NEW DIRECTIONS

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

Volume 2, Issue 1

April-May 2005

TRAVERSE HOUSE 2004

The Traverse House had a challenging year but accomplished much. Following is a year end review of Clubhouse activities:

Community Involvement/Volunteer Work

United Way Day of Caring

Adopt-A-Road –Team Traverse cleans a four-mile stretch of Barney Road.

United Way Volunteer Center- Production of greeting cards for area nursing homes.

RIC meeting is attended once a month by a staff and 2-3 members.

Social/Recreational Events:

Ethnic Dinner Night, that included food, music, videos and cultural information. We enjoyed Thai, Greek, Italian, Irish and an American Harvest Dinner on October 14.

Bowling once a month.

Birthday parties at the start of each month.

Two trips on the Tall Ship Madeline.

Club Cadillac Open House on November 3.

Valentine Dance

Fall Color Tour

Halloween Costume Party

Thanksgiving and Christmas Lunch shared with the Senior Program.

Festival of Trees

Training/Conferences:

Two staff and six members attended the First Annual State of Michigan Clubhouse Conference from June 9-11 in Lansing. Two staff and two members visited the Petoskey, Cadillac, Clubhouses for the day.

Northern District MAC meetings were attended in Petoskey, Alpena, Rapid City and we hosted a meeting.

Fundraising Events:

Spaghetti Dinner on May 6th where \$200.00 were raised.

“Art in the Park” on May 29th where \$884.00 were raised.

The Cherry Festival Parking Lot fundraiser during the week of the Festival where \$10,218.06 were raised

Vocational/Educational

Continued development of Transitional Employment Program Series of Speakers on the following topics:

Theresa Carrie from WRC Anger Management

Wanda Joseph from Community Reconciliation on Conflict Resolution

Barb Shain from NLCMH on Sexual Harrassment/ Cultural Competency

Patty Hendricks from MMC on Nutrition

Clarissee Manny from NLCMH provided CPR

Deb Poston from Labor Ready training

Susan McQuade from the Volunteer Center

Art class twice a month.

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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.

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.

Contributors to this newsletter: Kandu Island, Chat Room, Club Cadillac & Traverse House.

BP Children's Newsletter

Welcome! Our mission is to help the bipolar child and people in his/her world to understand more about bipolar disorder. Our books and booklets provide knowledge to the mind, courage to the heart and hope to the spirit. Please join us in erasing the stigma and easing the burden one child at a time.

Children's Tips & Topics:

Taking medicine, tricks to make it easier.

Keeping your cool, how to calm down before a blow out.

Going to school, what helps you to be successful.

Family members, tips on getting along.

Negative thoughts, how to fight them.

Staying healthy, your tips.

Going to support groups or therapy, how has it helped you.

Scary thoughts or feelings, ways to make speaking out easier.

I'm excited to present this feature on my website. If you are a bipolar child who wants to share your thoughts or advice with other bipolar kids then this is the right place. First get permission from your parents! Next, email me and tell me your advice on any of the suggested topics below or one of your very own. Then check back to see if your comments were posted. I will be adding a page on each of these topics as I receive your emails. You may say something that will help another kid just like you! Please include your first name only (or pretend first name) and your age. Do not give out any private information.

Attn Parents: Your child's personal info such as last name, location, or email address will never be posted on this web site or distributed in any way. Please discuss with your children the importance of keeping this information private while on the Internet. If you wish total anonymity please have your child use a pretend first name. If possible I would like their age, however, this is optional too. ~ *Taken from the bpchildren.com website. Further information on the topics mentioned above are on the website as well.*

Traverse House Hosts Annual Tax Day

Tax day is April 6th this year. It will run from 10:00am - 200pm. This is open to all consumers. Last year this event helped consumers save over \$13,000.00, assisting over 35 people. Please bring your Social Security Number, W-2 forms, 1099 Forms, Social Security Statements, 2004 rent paid, your address/addresses for months lived there, and landlord's name and address. If you have the Home Heating form bring that as well.

Foster Care Filers; name and address of AFC Home, months lived there, how many beds home is licensed for, and total amount of taxes paid on AFC Home for 2004.

If you need to use a long form or cannot make it on April 6, the Northwest Michigan Tax Coalition is offering help as well. Contact the following Department of Human Services (Family Independence Agencies) for more information:

Grand Traverse/Leelanau 929-3900
Roscommon 275-6841
Wexford 779-4500

Also, Northwest Human Service Agency, Inc. will offer assistance in the Cadillac and Traverse City offices. Please call for an appointment.

If you can't make it to the tax day event you have until April 15 to file. Don't forget!

Online Courses Sponsored by CABF

2005 Spring Course Schedule

FOR PARENTS:

Parent Educational Advocacy 101 (7-week course)

May 12 - June 7

Parents learn about their child's educational rights and how to become an advocate for their child with bipolar disorder. Parents learn how to obtain appropriate accommodations and services for their child, as well as information about the *No Child Left Behind Act* and the *Individuals with Disabilities Education Act*. Course materials are available 24 hours per day with a new module opening each week. "Live" teleconference sessions are scheduled during the course to enhance taught curriculum and focus on weekly homework assignments. This course requires weekly participation.

<http://www.bpkids.org/learning/reference/articles/onlineclasses.htm>

NAMI ART SHOW 2005

Any and all artwork created in the last two years by people with a mental illness and/or their families is welcome. Applications are being mailed to past participants and will also be available at NLCMH offices, clubhouses and drop-ins, or by calling Tom at (231) 357-2610 or Nancy at (231) 922-4801.

The Art Work will be on display the month of May at the Traverse City District Library.

The Chat Room Is On The Move...

The new address is 9103 W. Houghton Lake (old M-27). We will again have cooking facilities and a lot more room to do things. We will have pool table, large screen television and a large area for the Chat Room activities. The chat room will be open 5 days a week (Monday thru Friday). The hours of operation will be the same, 9:30 am until 2:30 pm. We will have a movie night a couple of times a month. We have also signed our new contract with CMH and we are loving the independence and the bill paying. The new board of directors has started to work in unison. They are planning several outings this summer. We look forward to visitors to our new center and will have an OPEN HOUSE in the near future when we get all unpacked and set up. We will be online and will be teaching the members how to use the computers we have received from grants. We will also have cable TV for our enjoyment. So come along everyone and visit us soon.

KANDU ISLAND

Club Cadillac

Spring is here and with spring comes new happenings at Club Cadillac. They will be sending four people to the 2nd Annual Clubhouse Conference, April 28 & 29 in Midland. Job Club is looking for work for the members. Presently they are filling out applications for the new WalMart due to open in May. They are looking for other possibilities as well. They are also looking into funding for attending the Clubhouse conference in Finland later this year. Regular happenings include Game Night the 2nd Friday of the month.

Consumer Advocacy Council

The Consumer Advocacy Council met on March 9 in Traverse City with a video connection to Houghton Lake. It is nice to note that at both locations we have had people outside the council attend the meetings. Items discussed at this meeting included, but were not limited to, some of the following: The Northern Lakes CMH Governance Policy Manual (Draft). The section of discussion was on Ends (outcomes). There were some suggestions made for this policy. Consumer Surveys done by MDCH (Michigan Department of Community Health) were discussed including past questions asked and whether we might be able to see these questions prior to the next site visit.

The upcoming consumer conference will have a spot for the CAC to hold another Consumer Forum. Chairperson Ernie Reynolds also informed attendees of a good website for a form on Advanced Psychiatric Directives, www.bazelon.org. The next meeting will be April 13 at the Traverse City office; you are welcome to attend.

CVM, Inc. (Council of Volunteers and Mentors) recently celebrated the second anniversary since forming as a board in February, 2003. Kandu Island will soon celebrate the completion of their first year of operation. Kandu Island members, (Udnaks), are all looking forward to Spring. There is quite a bit to plan for, and to do, so all can keep busy or just Drop-In. We were proud to hear of Chat Room's contract completion with Northern Lakes. Way to go Ernie and crew!!!



THIRD MEAL PANTRY

The Third Meal Food Pantry is really starting to take on a life of its own. Our friends at The Food Coalition will be co-hosting a bowls and bread fundraiser on April 17, at the Park Place Dome. Please help if you can.

For more information or to order tickets,
<http://www.freshfoodpartnership.org/>



Someone to Talk to 24 -7

Ever need to just get it all out and there is no one around to talk to? Or the people who are around are the last people you want to talk with? You're not alone; there is someone to talk with. Who, you ask? Third Level. If you ever call CMH after hours, whom do you get? That's right, Third Level. They have been taking calls for 30 years; actually, over a quarter of a million calls from people who have reached out – people from all walks of life – anytime, day or night.

Third Level is there to reach out to. They listen to your crisis, help you express how you feel or help find resources. They are there for your mental health emergency and can connect you with an Emergency Services Worker. They are trained professionals who won't discriminate. They accept who you are, respect your decisions, and honor your rights. Need to call? (231) 922-4800 or 1 (800) 442-7315. For more information on what Third Level offers, visit them at www.thirdlevel.org.

I'll Quit Smoking *If not now, when?*

Join the Quit Smoking Support Group. They meet every Wednesday at NLCMH in Traverse City in the 2nd floor conference room. The meeting is facilitated by Darlene Buchner, Social Worker, Intern. If this doesn't work in your schedule or are not from Traverse City you might try the information below.

From AARP Magazine, March/April 2005, page 18...

"In one study, a whopping 43 percent of smokers 65 and older who called Quitline were still smoke-free nine months later...for do-it-yourself quitters, the success rate at nine months is 5 percent..." **Quitline's number is 800-QUITNOW**

“Tips” for a Better Future

Recovery

Recovery is a process that we enter into and is a lifelong attitude. Recovery is unique to each individual and can truly only be defined by the individual themselves.

In the past we have discussed many ways to help you work for a better future. I hope these ideas have helped you in feeling better about yourself, in connecting with others, and finding new supports and friendships.

Recovery may also be defined as wellness. Often you may hear the phrase “a wellness lifestyle.” What is a wellness lifestyle? Wellness will be defined differently for each of us as we all have different life situations, diagnoses, physical health concerns, safety issues, financial needs, housing concerns. When you look at your own wellness you may be accomplishing goals, being symptom free, sleeping well, enjoying outings or volunteer work. You might also be making major steps in returning to school or actively seeking employment. I hope that wellness for you also means you are trying to eat better, exercising, walking, seeking support when needed, speaking out for yourself or having a support person assist you with this.

Some things to ask yourself:

What does recovery mean to you?

How do you work at wellness in your daily life?

Does having a crisis plan help you recognize early warning signs and avoid a major crisis?

Are you able to look ahead as a crisis is ending and see a good future?

Many people who claim to be in recovery may also have a relapse. This is not a failure to them nor should it be to you. People diagnosed with cancers that come out of remission do not view this as a failure. It is a challenge put in front of us and if we prepare ourselves and use what we have learned we will overcome and come out a stronger person. It takes time and that is why recovery is a process.

This is the last entry in Tips for a Better Future. I hope that you were able to learn from them as much as I did in the research and creation of them. I wish you a wonderful future that holds days of pleasure and the energy to persevere through the trials of life.

Leslie Sladek

May is Mental Health Month Children’s Mental Health Week, May 1-7

Mind your Health... Mental Health & Physical Health go hand in hand. Mental Health problems are real, common and treatable.

Ongoing Events

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

- **NAMI Support** second Monday of the month at 6:00pm Munson Medical Center-Doctors Dining room.
- **Quit Smoking Support Group** Wednesdays 11:15-noon NLCMH Traverse City office, 2nd floor conference room.
- **Support group** for parents of children with ADHD Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, 947-2255
- **Survivors of Suicide Support Group** third Wednesday of the month, 7-8:30 p.m., at Mercy Hospital 2nd floor Wexford Room, Cadillac.
- **NAMI-C.A.R.E.** Support group for people with a mental illness. 2nd Monday of the month, 6-7:30pm. Grace Episcopal Church Corner of Washington and Boardman, TC.
- **DBSA (Depressive Bipolar Support Alliance)** meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638.
- **Our Kids** support group, for parents/caregivers of kids with bipolar disorder, 7:00pm fourth Tuesday, Traverse Area District Library. 941-9128.

Upcoming Events

April 13, Consumer Advocacy Council, 1:30-3:30pm. Traverse City, video to Houghton Lake.

April 21, Regional Consumer Forum in Traverse City 10-noon.

April 21, NLCMH Board Meeting, 6:30pm Elmwood Township Hall, Traverse City

April 23-24, NAMI State Conference. Kalamazoo. Info contact Mike Kenny at (269) 343-6952 or Leslie at (231) 326-7671

April 28-29, 2nd Annual Clubhouse Conference Valley Plaza Resort, Midland

May, NAMI Annual Art Show Work will be on display at The Traverse City District Library for the entire month. Artist reception will be May 8th from 3-4:30pm.

May 18, 4th Annual Regional Consumer Conference, “Recovery: Taking Charge of Your Life,” at the Waterfront Conference Center in Traverse City 10-3:00pm.

May 19, NLCMH Board Meeting, 6:30pm at NLCMH in Houghton Lake

May 26, Walk a Mile in my Shoes Rally for Mental Health Awareness – Lansing – 10:00-11:30am. If you’re interested in adding your name to the list to go in an NLCMH van (leaving at 5:00 or 6:00 a.m. depending on location), tell one of the office receptionists. Spaces are limited...a lottery will be drawn of names received.

June 20 & 21, 8th Annual Self-Determination Conference Holiday Inn South, Lansing