

# NEW DIRECTIONS

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

Volume 3, Issue 3

August-September 2006



## Keeping Babies Safe

### Warning!

Babies are dying because they are put to sleep in places that are not safe. Babies always need a safe sleep place.

### Safe Sleep Steps

- 1 Baby sleeps by him or herself in a crib, portable crib or bassinet.
- 2 Always put a baby to sleep on his or her back even when he can roll over.
- 3 Nothing in sleep area. No pillows, blankets, comforters, stuffed animals or other soft things.
- 4 keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
- 5 Don't allow anyone to smoke anything around baby.
- 6 Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
- 7 Use a firm mattress with a tight fitted sheet.

Make sure whoever takes care of you baby has a crib or portable crib for your baby to sleep. Talk to grand parents, babysitters, neighbors, child care and anyone who cares for your baby about the safe way for baby to sleep.

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*This September Marks the 17<sup>th</sup> annual celebration of National Alcohol and Drug Addiction Recovery Month.*

The recovery month effort aims to promote the societal benefits of alcohol and drug use disorder treatment, laud the contributions of providers and promote the message that recovery from alcohol and drug use disorders in all its forms is possible. Check out the web site at: [www.recoverymonth.gov](http://www.recoverymonth.gov)

**Nothing happens unless first a dream. – Carl Sandburg, US biographer & poet (1878 - 1967)**

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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](mailto: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](mailto:Leslie.Sladek@nlcmh.org). Contributing writers: Duane Fox, Ernie Reynolds and Club Cadillac

## Interpreter Legislation Introduced

**Rep. John Gleason** has finally introduced a long-promised bill that would require the courts, police, schools, colleges, hospitals, doctor offices, banks, credit unions, employer and lawyers to provide accommodations to employ qualified sign language interpreters under rules promulgated by the Division on Deaf and Hard of Hearing (DODHH). The Michigan House bill number, HB 6087, introduced on May 18, 2006, may be the most important bill DODHH has been asking for for years. It will have a very positive impact on the interpreters providing effective communication resulting in equal access for Deaf, Hard of Hearing and Deafblind adults and children who use interpreter services as well as the general public.

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...equal access for Deaf, Hard of Hearing and Deafblind adults and children...

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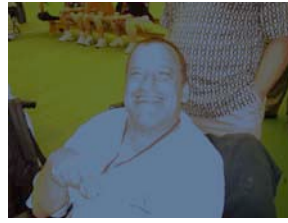
### What does the bill do?

1. It amends the existing Deaf Person's Interpreter Act of 1982 that covers the courts and administrative hearings only.
2. It expands to cover educational institutions, medical providers, financial institutions, legal arenas, employer and state and local governments.
3. It defines "qualified sign language and oral interpreter."
4. It adds Deafblind person to definitions.
5. It authorizes DODHH to promulgate administrative rules covering requirements for certification, testing, application fees, and application and grievance procedures.
6. An interpreter who engages in interpreting without qualifications will be punished by imprisonment for not more than 93 days or a fine not more than \$10,000 and not less than \$1,000, or both.
7. An appointing authority who appoints an unqualified interpreter shall be punished by a fine not more than \$10,000 and not less than \$1,000.

For a copy of bill, go to [www.michiganlegislature.org](http://www.michiganlegislature.org) and enter 6087 in bill search number box.

**Why this bill?** Michigan Deaf, Hard of Hearing and Deafblind adults and children have experienced negative consequences from using non-qualified interpreters provided to them over the years. The state/local governments and public accommodations who provide interpreters as required by state and federal laws must hire qualified interpreters under this proposed law. The legislation will hopefully increase recognition of interpreters as the professional service providers when this bill becomes law. Michigan will join with the growing number of states with interpreter licensure/standards legislation. For list of states, see [www.rid.org/lic.html](http://www.rid.org/lic.html). **Like all bills in the Michigan House and Senate**, the bill will die on December 31, 2006 if there is no action on it. It is important that you express your thoughts to your local representative and senator soon. To find a representative, look up in [www.house.mi.gov](http://www.house.mi.gov) and [www.senate.mi.gov](http://www.senate.mi.gov) by entering your zip code.

**If you have any question**, contact Division on Deaf and Hard of Hearing at toll free number 877-499-6232 voice or TTY or [dodhh@michigan.gov](mailto:dodhh@michigan.gov).



Dan Moran at the 2006 Summer Special Olympics held in Mount Pleasant. He competed in the 25 meter freestyle race. Many of you may Remember Dan from

various conferences that you attended. Please share your stories if you competed in the Special Olympics this year; we would love to hear about your experience.

### Club Cadillac-Summer Frenzy

Members recently went rafting and attended Lake Front Days. They are busy getting ready to go to the fair for the Horse Pull and the Demolition Derby. Wait, that's not all. Heather and Pat are going to the International Clubhouse conference in St. Louis, Jerry and other members are looking forward to going to Canada for the ICCD conference and a group will be attending the 15<sup>th</sup> Annual Michigan Chapter of USPRO (US Psychiatric Rehabilitation Association) formerly IAPRSR, in Frankenmuth in September.

Other News: Chris Anderson is taking a position at Northern Lakes CMH, so will be looking to hire a new job coach in the near future. TEP's are actively being pursued as well.

### Regional Consumer Forum

The Regional Consumer Forum met April 20 in Cadillac with video connection to Ludington. This was an early meeting as the regularly scheduled meeting would have been a conflict with the Consumer Conference. They received updates on the affiliation, local consumer meetings and activities, Customer Service/Grievance and Appeals, the annual conference and the Affiliation Quality Oversight Committee.

Members were asked: **How do you know when you're receiving quality services?**

- Non-judgmental
- Communication
- Feel better about one's self
- Have more treatment options and/or medication options
- Not just marking time
- How they (worker) look or act
- Listen - being heard
- Positive can do attitude
- How you're treated
- Validating statements
- Not talked down to

They then discussed outcomes/improvements and how to measure these. The next meeting is in Ludington on August 17.

"Don't stop thinking about tomorrow" – Fleetwood Mac

## CHAT ROOM UPDATE

The Chat Room took 23 people to the Regional Consumer Conference in Tustin. They all had a good time and look forward to going again next year. Attendance at the Chat Room has increased to 24 daily attendees. The consumers who are attending have referred more to the drop-in.

The Chat Room will be taking 16 members to the State Consumer Conference, it will also be an overnight trip for them. A special all member dinner is also planned.

We look forward to a day trip in August to Mackinac Island. We will be taking the 3-hour tour that is provided.

We are planning a camping trip after all the kids go back to school. The trip will be in the Roscommon area. It will be a lot of fun because not all members have been on a camping trip.



The young crowd is doing a lot, pool and TV movie nights. We are expecting a new air hockey table this July, with plans to start tournaments in Pool and air hockey.

The Chat Room board of directors is getting ready for upcoming contract negotiations with NLCMH. We have been under contract for 2 years now and since the evergreen period is over we need to make some changes. The new minimum wages go into effect this October. We also need to comply with the new state guideline of a NON-SMOKING facility which we already were. These changes, along with the new itemized budget, will need to be finalized before the end of September this year. The board looks forward to making the needed changes.

# Kandu Island

Federal Block Grant Request for Proposals (RFP) season just passed and a collaboration of consumers and Northern Lakes CMH administrators, supervisors, and specialists formed positive measurable outcomes provided the Grant requests are appropriated. The Drop-In Center and CVM, Inc. would like to thank Northern Lakes Community Mental Health for their continued support and guidance.

Members attended the conference, Lives Like Ours Peer in Recovery, on July 27 in East Lansing. We have two outings planned for August: 1) Hands on Art, 2) Bowling and pizza. The daily activities are continuing to grow as we are in development of achieving 501(c)3 nonprofit status and a contract with Northern Lakes CMH.

We found the following entertaining proverb on the internet:

“Before you criticize someone, walk a mile in his shoes. That way, if he gets angry, he'll be a mile away – and barefoot.”

On this note, we have had a productive and enjoyable summer at Kandu. We look forward to Mental Health Illness Awareness Week in October. The Fall and Winter plans are in the process of being determined and all will be notified as the calendar is set. Questions call (231) 932-1590.

Kandu Drop-in hours of operation: 10- 4pm Monday & Tuesday and Thursday-Saturday.

## Recovery Council

The Recovery Council met on July 26 in Lansing. They were privileged to have a guest attend and present, Steve Onken Ph.D. Dr. Onken is the author of Recovery: What Hinders, What Helps. He presented much for us to look at, leading great interaction among the participants as well as bringing information on the R.O.S.I. (Recovery Orientated System Indicators Measure), a Person Centered Elements of recovery: Hope, Sense of Agency, Self-Determination, Meaning and Purpose, and Awareness and Potential. Knowledge: “The sum of what is known.” R.O.S.I. is a Consumer Survey tool with an administrative-Data Profile. The R.O.S.I. measure is moving recovery in a positive way, toward System Transformation. The R.O.S.I. bridges the gap between principles of recovery and self-help – choice, hope, purpose, relationships, self-determination, empowerment, citizenship, resources, opportunities – and the real world application of these principles in everyday work of staff in service systems. He looked at **England's Care for Excellence** and the **Experienced** wisdom in 5 different areas. How they are apart from each other and how they will be communicating with each other, for a Knowledge Base. Knowledge is broad and needs to be learned from all aspects. It is a more holistic view, using the 5 different areas; Policy Experience, Organization Experience, Practitioner Experience, Lived Experience, and Research Evaluation Scholarship.

“Americans fear mental illness more than death... We don't label people; we label canned food.”  
Taken from Patrick Barrie's comments at the 2006 consumer conference.

## Child Abuse and Public Awareness Campaign

WTCM (103.5 and 93.5 FM) and TCCPCAN (Tri-County Coalition for Prevention of Child Abuse & Neglect\*) are collaborating in a 3-day fundraising and public awareness campaign about child abuse prevention for Northwest Michigan.

**When:** September 7-9, Thursday-Saturday

**Time:** 7:00 am -7:00 pm

**Where:** Horizon Outlet Center, US 31 South in Traverse City. (The event will be in a presently vacant store front.)

### Happenings:

**Car Seat Safety Check** on Friday from 2-6:00 pm

**Fire Department Safety Course** on Saturday from 10am-4:00pm. Literature will be available for families

**Ident a Kid** (time still to be determined)

Activities for children inside the store: Mad against Violence, coloring, good touch/bad touch and more. ...free hotdogs and beverages as well as many giveaways.

Speakers for radio broadcast include:

Dr. Stephen Cohle, Spectrum Hospital Forensic Pathologist

Erin Merryn, author and survivor of abuse from Chicago

Barb Cross, sexual abuse counselor

Dr. Cynthia Smith, local pediatrician specializing in abuse

Director of Children's Trust Fund and others!

Continued next column

This is hoped to be the "first annual" of many more to come. We hope you can join us. If you would be interested in **volunteering** or would like more **information** contact your Northern Lakes office and ask for Leslie Sladek and I will put you in touch with the correct person for your request.

\* Contributing Counties: Antrim, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, and Wexford/Missaukee.

## 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 6:00 pm Munson Medical Center-Doctors Dining room.
- **DBSA (Depressive Bipolar Support Alliance)** meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638.
- **Love & Logic Parenting Class** ~ Every **Wednesday**, from 1-2:30pm at the **Houghton Lake** office. **Class is open to all!** CMH clients and the public too: parents, prospective parents, grandparents, foster...Classes run for seven weeks. **For more information** contact Sharon Andre at 989 366-1112.
- **Depression Support Groups** ~ The **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Monday** of the month and the **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Tuesday** of the month from **3-4:00pm** by Julie Weiss and Brenda Preteroti. **Please call prior** to class as occasionally they need to be rescheduled 989-366-8550
- **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)** with 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.
- **Healthy Choices-** This group meets to discuss and share diabetic-friendly recipes. Meeting the fourth Monday of the month, from 11:00 am – 12:00 noon, at 3003 S. Garfield (Kandu Island). Information call Jeremy Wolf at 922-0903, or 645-4884.
- **The Traverse Bay Area ISD**, has a bi-monthly ASD (Autism Spectrum Disorder) newsletter and a Forum that meets once a month from 7- 8:00 pm at the TBAISD Conference Center, 1101 Red Drive, Traverse City, Call for next meeting date or for more information (231) 922-6385.
- The **Wexford/Missaukee ISD** has an **ASD Support Group** (Autism Spectrum Disorder) meeting the third Thursday of each month from 6 - 7:30pm, at the ISD building. For more information contact Tammy Britnell at 231-825-4103.

## Upcoming Events

- **Aug. 17-NLCMH Board meeting** in Traverse City at 6:30p.m.
- **Aug. 17-Regional Consumer Forum** meets in Ludington from 10-noon.(Northwest CMH Affiliation).
- **Sept. 13- CAC (Consumer Advocacy Council)** meets in Traverse City with video connection to Houghton Lake.
- **Sept. 21- NLCMH Board meeting** in Leelanau Co. at the Elmwood Twp Hall at 6:30p.m.
- **Sept 19-20 - PCP Conference in Kalamazoo**, "An Ongoing Process, not a One Time Event"
- **Oct. 10-13 - Recipient Rights Conference** in Grand Rapids. **For additional information** - contact Nancy Bogart, ORR Training Division, at (248) 348-9961 or [bogartnk@michigan.gov](mailto:bogartnk@michigan.gov)

*This Newsletter is produced with support from Northern Lakes Community Mental Health.*