



NEW DIRECTIONS

By, for and about consumers of behavioral health services

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WANTED

Get involved with CMH!

Consumers/Family members needed:

Recipient Rights Advisory Committee & Consumer Advocacy Council

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RECOVERY Mini-Grants Available: Deadline Mar. 15, 2011

Just released! Funds are available for assisting in the transformation of the public mental health system to a system based on recovery principles by strengthening consumer choice and enhancing personal recovery. There are up to 10 grants available for a maximum of \$2,000 each, up to \$10,000.

Northern Lakes CMH, along with many other CMHs and the Michigan Department of Community Health (MDCH), is working hard on this transformation. Now is YOUR chance to direct the movement of this change, in a manner you think can help. Anyone recovering from a mental illness living in the NLCMH service area (Crawford, Grand

Join Hope Network Cadillac for a family-friendly fundraiser! **All proceeds will go to directly benefit Hope Network in Cadillac** for programming to increase the independence of individuals they serve.

The Pines Bowling Center
Sunday, February 27, 2011
1:00pm-4:00pm
5992 E M 55, Cadillac

Cost is \$4.75 per person for

Traverse, Leelanau, Missaukee, Roscommon or Wexford Counties) is eligible to apply. The projects and activities must benefit people aged 18+. Funding for this initiative comes from a "Culture Change To Embrace Recovery" block grant through the MDCH.

There are two broad priority areas that may be addressed with these mini-grants:

1) Community Membership, Inclusion and Participation – Projects may promote active involvement in the community (such as book clubs/choirs); and/or promote awareness or understanding through an activity or event (stigma reduction/public education); and/ or promote meaningful

and satisfying work or volunteering or success in the educational setting; and/or promote meaningful relationships (strong circle of support).

2) Wellness – Projects may promote good physical health, mental health, spiritual health or quality of life. For example, the project may address stress management, good nutrition, mindfulness, exercise, smoking cessation, reduction in psychiatric symptoms, etc.

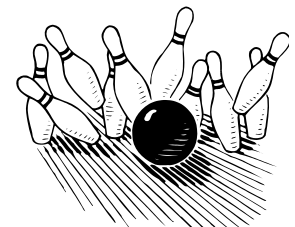
The application packet is at www.northernlakescmh.org under Special Initiatives or you may contact and request a copy from any Northern Lakes Office. Joanie Blamer is the contact person for questions.

BOWL A THON

two games of bowling and shoe rental if needed.

Requesting that teams of four be created. Within that team, it is requested that each person solicit sponsors to receive donations of \$50 per person to be turned in on day of the Bowl A Thon.

Hope Network is a non-profit Christian organization founded in 1963 to empower people with disabilities or disadvantages to achieve their highest level of independence.



Hope Network assists many NLCMH consumers. They provide supported employment, on site and out in the community.

Traveling Art Show II: Creative Minds Changing Minds



A two-year traveling art show featuring work by artists who utilize Community Mental Health services in the State of Michigan is coming to our area soon!

The arts help people break through the stigma surrounding mental health issues. Activities such as acting, writing and creating art help people recover from mental illness & substance use disorders. The arts help

people with developmental disabilities build new skills.

This is the second art show that the Michigan Association of Community Mental Health Boards (MACMHB) and its Public Relations Workgroup have brought forth for Michigan communities to view. Each CMH submitted a piece of artwork from one of their service recipients and ours was by Robert Morey of Traverse City (see picture at

the left). The artist receives \$\$\$ for the artwork and at the end of the show's travel, the pieces are auctioned and the proceeds used to fund the next show.

Northern Lakes will have the show in late February and March. Please watch for announcements of locations and dates. You may also see the artwork at

http://macmh.org/PR_Comm_Ittee/Traveling_Art_Show_Page.html.

WANTED: Consumers and Family Members

Consumer Involvement in Community Mental Health systems, their work groups, councils, boards and committees is vital. It helps ensure that the best services and treatments are offered to the communities they serve.

Your voice counts and is wanted. Presently the NLCMH Board of Directors is seeking applications in all its counties for 3-year terms

on its **Recipient Rights Advisory Committee**. For more information call the Rights Access line 231-935-3873, your local NLCMH office or online at www.northernlakescmh.org choose Services: Recipient Rights.

The **Consumer Advisory Council (CAC)** also has various openings. The council meets monthly on

the 2nd Wednesday of the month at 1:30 in Traverse City, with video options available to other office locations. Contact 231-935-3677 for more information.

The purpose of the CAC is to help create a consumer-driven system of care which gives consumers informed choices and decision-making roles.

Get a Form
1099/1042S -- Social
Security Benefit
Statement -- online at
www.socialsecurity.gov

Replace the lost, damaged, or missing tax summary of your Social Security benefits for 2010. (**Not available for SSI**) The SSA-1099/1042S for Tax Year 2010 will be mailed by January 31, 2011.

You can request a replacement SSA-1099/1042S for Tax Year 2010 on or after February 1, 2011.

\$\$ Tax Time \$\$

Don't put your money in the hands of someone else! Keep your tax refund! **File for free! Don't** pay for "rapid refund" loans, paying interest to get funds sooner. Receive your earned income credit in full!

For most people, tax time -- filing, filling in forms, the IRS-- bring on a bit of anxiety. Most people would prefer not having to ever deal with these forms. Yet there are always exceptions to this

line of thinking. Some people enjoy this type of work; others look forward to a tax return and a few additional dollars.

Tax time is something that must be addressed regardless of how a person feels about it.

There are some places where assistance in preparing tax forms is free and places on the internet that are free as well.

To prepare and eFile your

Federal and State tax forms for free, use the I-CAN! E File website,

<http://michiganeic.org> or www.icanefile.org and click I CAN! E-File. For assistance from an IRS-trained volunteer call 800-552-1183 or 211 if available where you live, to locate the closest VITA site in your county.

More information is also available at all Northern Lakes offices.

Youth with Disabilities Transitioning to Adulthood

The Office of Disability Employment Policy (ODEP), U.S. Department of Labor, through its Youth Technical Assistance Center, recently announced the release of [*Making the Move to Managing Your Own Personal Assistance Services \(PAS\): A Toolkit for Youth Transitioning to Adulthood*](#), a guide designed to help transition-age youth with significant disabilities as well as their family and friends navigate the complex world of PAS.

Transitioning into adulthood can be awkward for nearly every young person. For transition-age youth with disabilities, issues surrounding managing Personal Assistance Services (PAS) can be intensified by normal developmental concerns such as striking out on your own and navigating the road into adulthood. Accessing and maintaining long-term supports, such as PAS, has often been a significant barrier to employment youth and adults with disabilities. This new guide assists youth in strengthening some of the most fundamental skills essential for successfully managing their own PAS: effective communication, time-management, working with others, and establishing professional relationships. Such skills are key to not only enhancing independence, but also thriving in the workplace and growing professionally. Topics covered include:

- Understanding the differences between job-related and personal PAS;



- Evaluating individual readiness to live independently and manage PAS;
- Establishing goals in transitioning to greater independence;
- Identifying individual PAS needs;
- Considering a service dog;
- Advertising for, interviewing, and hiring personal assistants;
- Covering the costs of PAS;
- Managing and training assistants;
- Handling awkward moments with personal assistants;
- Recognizing abusive situations; and
- Firing personal assistants.

Whether moving from school or a home setting to work, college, or living on their own, transition-age youth and their families or friends

would benefit from the information and guidance offered by the toolkit.

Sample worksheets, questions, and charts provide readers clear, helpful examples of things to consider along the path to greater independence. And stories from real youth and their families give practical insight and guidance for youth with disabilities who want to manage their own PAS.

Download the PAS Toolkit, PDF

<http://www.ncwd-youth.info/sites/default/files/pas-toolkit-052610-print-final.pdf>

Related Documents

Other related documents available at the web address are the Toolkit Fact Sheet, Identifying What You Are Looking For in a Personal Assistant, Independent Living Checklist, and Thinking Outside the Box: Service Dogs.

NCWD/Youth is your source for information about employment and youth with disabilities. Our partners — experts in disability, education, employment, and workforce development — strive to ensure you will be provided with the highest quality, most relevant information available.

<http://www.ncwd-youth.info/PAS-Toolkit>

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.

Learning Community & Recovery Council

Northern Lakes Definition of Recovery:

"Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our abilities, strengths and determination."



The Recovery Council will meet **February 25, 2011 from noon to 3:00 in Cadillac**, to go over the results of the Recovery Forum held in December and to talk about the future of the Learning Communities and Recovery Council. The forum was held due to vacancies on the council, learning community attendance and the work/content of the New/Updated Blueprint.

Blueprint Updates



Northern Lakes CMH Board Meetings

Feb. 17, 2011, 6:00pm
Grayling office 204
Meadows Dr.

Mar. 17, 2011, 6:00pm
Traverse City office 105
Hall St.

NORTHERN LAKES CMH
105 HALL ST.
TRAVERSE CITY, MI 49684
www.northernlakescmh.org
This newsletter is funded
by Northern Lakes CMH

The Recovery Leadership Team, which is made up of everyone who is named in the NLCMH Recovery Transformation Blueprint, attended its first quarterly meeting of the year on January 19. At this time the group shared some of the accomplishments made since the newest blueprint was finalized last September.

Presented items included the REE (Michigan to NLCMH) and new results just received on the newest Community Telephone Survey regarding stigma. The group also heard a short presentation on the new consumer Mini-Grant program that NLCMH released February 1 (see article on the front page).

Attendees worked on System Dimension 13: Change Management and were privileged to have one of our consumers present on his use of Self-Determination and how it has positively affected his life.

A few of the key recent accomplishments are:

- The documents used when a person first comes in for an assessment have been streamlined so there's less repetition.
- Hours have been expanded in NLCMH Houghton Lake, Cadillac, and Grayling offices.
- A Consumer Involvement Plan has been developed and presented to the Consumer Advocacy Council (CAC).
- Wellness and Smoking Cessation groups have been held as requested and there is currently a Budget and Finance class going on in Houghton Lake.
- NLCMH contracted with a local agency to be fiscal intermediaries for consumers with self-determination (individualized budget) arrangements.
- NLCMH has a plan to administer the REE survey again, using local consumers as interviewers instead of consumers from downstate.
- Meetings have been held with Traverse Health Clinic focusing on integrating (combining) behavioral and primary health care.
- NLCMH is currently updating contracts with all county jails and has jail liaisons in each NLCMH office as well as a Mental Health Court liaison in Traverse City.
- We are partnering with the Grand Traverse Band of Ottawa and Chippewa Indians and the Inter-Tribal Council of Michigan to offer a clinical training on recovery for Native Americans, tentatively set for June 2011.