



NEW DIRECTIONS

By, for and about consumers of behavioral health services

Regional Consumer Conference

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Law, Advocacy 101 and Time Management.
The regional conference changes location for ease and accessibility for all consumers, parents and/or guardians of the nine counties served by the NWA.
The conference is open to all populations served at no charge and transportation assistance is available. Registration forms are available at all Northern Lakes

offices; the deadline is April 15, 2011. For questions, you may contact Rosemary at 800-337-8598 or Cindy at 231-935-3099.



May is Mental Health Month

Tax Day April 18, 2011

Three extra days to file, thanks to Emancipation Day, which falls on Saturday, April 16 but is observed in Washington, D.C. on Friday, April 15. Emancipation Day celebrates the freeing of slaves in the district.

May 1-7
National Children’s Mental Health Awareness Week
May 3
Children’s Mental Health Awareness Day

May is National Mental Health Awareness Month.
It started out as a weeklong event recognized by The National Mental Health Association. In the 1960’s it was expanded to the entire month, bringing education on the importance of mental health care. In the 90’s a group of families began to raise awareness and reduce the stigma around children’s mental health.
Fast forward a few years.

In 2004, the National Federation of Families for Children’s Mental Health declared the first full week of

May as Children’s Mental Health Awareness Week.
In 2006, the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Center for Mental Health Services launched an annual national initiative for one day to be recognized nationally, during Children’s Mental Health Awareness Week.

In 2007, the National Federation of Families for Children’s Mental Health launched the Annual Green Ribbon Campaign.

In the 1800s, the color green was used to brand people who were labeled “insane”. The children’s mental health community decided to continue using the color green, but with a completely different focus.

Green signifies:

- new life
- new growth &
- new beginnings



Green Ribbons to:

Raise public awareness
Better the lives of children and youth with serious emotional disorders &
Show our support of these children and their families

Information for this article taken from the National Federation of Families for Children’s Mental Health website.

Your Input

Your Community

Only 10 Minutes
of your time!

Community Needs Assessment Survey

Northern Michigan Disability Network, based in Traverse City since 2002, serves people with disabilities, families of people with disabilities and the community. The staff provides information, referrals and support to people with a wide variety of disabilities. Their mission is:

To promote personal empowerment and positive social change for persons with disabilities.

Disability Network also assists governments, businesses and other organizations to make changes to improve life for all

people in the community.

Presently the Disability Network is conducting an inclusive survey about the issues affecting Manistee, Wexford, Missaukee, Benzie, Grand Traverse, Leelanau, Kalkaska, Crawford, Oscoda, Alpena, Montmorency, Otsego, Antrim, Charlevoix, Emmet, Cheboygan, and Presque Isle County residents.

Disability Network is hoping to get a better understanding of the community issues that are important to Northern Michigan. Disability Network/ Northern Michigan plans to share these results

with any interested parties. They hope to get a lot of participation that well represents the residents. The survey takes about ten minutes to complete, the link to the survey is located below and will be available through the end of April.

Disability Network / Northern Michigan
<http://www.disabilitynetwork-nmi.org>

Community Needs Assessment

Accessible survey link:
http://survey.aacil.org/html/dnm/dnmsurvey_acc.htm



Walk A Mile in My Shoes Rally May 11, 2011

Let your voice be heard, May 11, 2011! The 6th Annual Walk a Mile in My Shoes Rally will take place at the Capitol, rain or shine, officially beginning at 1:30.

Northern Lakes CMH will be transporting a (1) county representative and a (1) flag bearer from each of the six counties it serves to the rally held each year at the state capitol in Lansing. The county representatives will read a statement on the capitol steps. If you are interested in being your county representative or flag bearer, fill out the application form in your CMH office. Application deadline is April 15, 2011.

If you are interested in participating but are unable to attend in person, you may submit a statement or two for possible use by other counties. Submit these by April 15, 2011. You may also write a letter to your lawmaker and send with the NLCMH group. There will be a collection box for lawmaker letters and they will be delivered as part of a group. You can make your voice count!

Consumers from all 83 counties in Michigan will walk a "symbolic mile" (up the block) at the capitol to promote May is Mental Health Month and to promote Mental illness and developmental disability issues.

There is often an opportunity to speak with state representatives at the capitol. Many representatives make an effort to meet attendees on the capitol lawn.

A good time will be had by all but prepare for the weather as it has ranged from warm and sunny to rainy and cool. Sunscreen and umbrellas, short sleeves and sweatshirts – this is Michigan!

Past Statements: "In Roscommon County, I say take the cuts from the top. Developmentally Disabled people can't live with any more cuts. Roll a Mile in My Chair." "In Wexford County we believe an ounce of prevention is worth a pound of cure. How can we cut the mental health budget at a time when more people are needing help? People will be forced to go to Hospital emergency rooms and psychiatric units instead of getting the help they need. Walk A Mile in My Shoes!"

Recovery Updates: Local & State Opportunities

LOCAL

Times and interests continue to change. Goals are achieved, new goals are added. The NLCMH Recovery Council and Recovery Transformation Planning Team have met and reviewed input from the Open Forum last December. After much discussion, NLCMH is revamping its Recovery Council and Learning Communities structure to expand the number of people involved in recovery, and increase the opportunities to harness the energy of people. Now there will be 3 types of groups available:

1) Action Group: April 12, 2011 will be the first meeting of those interested in being involved in a variety of activities, i.e. Stigma Busters, conference planning, advocacy, Recovery Blueprint projects... This group is an expansion of the NLCMH Recovery Council and will be open to all. It will focus on doing things to further the recovery and anti-stigma movements. The group will meet monthly with videoconference to Traverse City and Cadillac, with the Houghton Lake and Grayling locations rotating.

2) Mini-Conferences: Mini-conferences will be longer than Learning Communities, with lunch provided, and will be quarterly in each office instead of monthly. The first mini-conference (learning) will be May 24 in Traverse City. The same mini-conference, for a different geographic audience, will be in Cadillac on June 23, and in Houghton Lake on July 19. The time is 10:00 AM to 3:00 PM, with one-hour segments and presentations on topics such as employment, volunteering, stigma busting, wellness, finances, cooking on a budget, and more.

3) Local Networks: These groups will be specific to each CMH office location. Those involved in their local network will drive the direction and frequency of meeting according to the interest of those who are involved. Maybe your group wants to volunteer in the community together, or form a walking group, or whatever the group comes up with.

LOCAL/STATE (virtual)

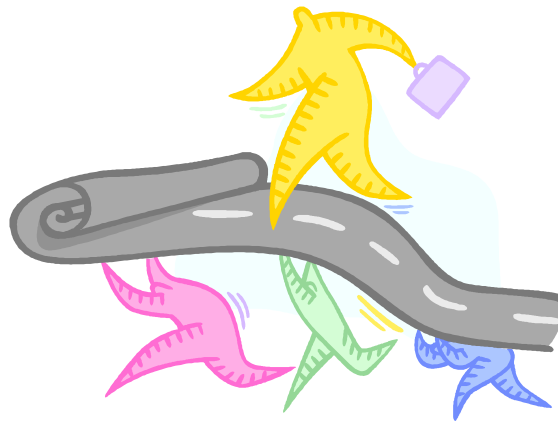
In March, NLCMH offered access to "The Power of Peer Support" a townhall meeting focused on peer support in Michigan. Access to the meeting was through the internet and/or phone for most. A few living in certain areas of the state were able to attend live gatherings in their community. Northern Lakes supplied video connections at each office so interested individuals had access to attend.

The townhall panel had representatives from Michigan Department of Health, the state Recovery Council, Peer support trainer Ike Powell and others.

Items of interest: 798 peers have received certification in Michigan, it is anticipated there will be around 900 by the end of 2011. These peers work between 10 and 40 hours a week.

Michigan is a state where certified peers can provide Medicaid services. Some of the unique services peers provide are **MI-PATH**, (Michigan-Personal Action Towards Health), **WRAP** (Wellness Recovery Action Plan) groups and newly added **smoking cessation** groups. Peers also provide hope, are role models and are

"RECOVERY: THE ROAD TO FREEDOM"



compassionate (sharing the "lived" experience of mental illness).

Ike Powell briefly discussed Pillars of Peer Support, a summit of peers and other stakeholders brought together from across the United States to help identify factors that facilitate the use of Certified Peer Support. Available online at www.pillarsofpeersupport.org.

Some of the other presentations were Michigan Peer Specialists United, and Michigan Recovery Network. To see all the presentations and/or view slides from the townhall meeting go to www.mirecovery.org.

UPCOMING

The 14th Annual Consumer Conference in Lansing will be on July 28, 2011 at the Kellogg Center, Michigan State University from 7:30 am – 4:00 pm. The conference theme is "Recovery: The Road to Freedom." With a red, white and blue theme, the keynote speaker will be a Veteran and there will also be several workshops presented by veterans.

Not a vet? Don't let that stop you; there will be more topics to choose from than you will have time to attend. The conference always brings out a variety of speakers on various subjects, "something for everyone."

WRAP author Mary Ellen Copeland was keynote speaker several years ago. Many consumers have since written a WRAP with a Certified Peer or by using her books and writing the plan by themselves.

Speakers provide a wealth of knowledge that encompasses more than what is available close to home: an opportunity to dream, plan and renew hope and goals for your recovery journey.

Looking ahead...

September 20 will be the annual recovery celebration at the Hagerty Center. This is a beautiful venue, right on the Bay in Traverse City. Mark your calendar and plan to attend!

**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**

April 21, 2011, 6:00pm
Elmwood Township Hall
10090 E Lincoln Rd. TC

May 19, 2011, 6:00pm
NLCMH
2715 S. Townline Rd. HL

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Let Your Voice Be Heard:

Survey on Education for People with Developmental Disabilities and Family Members



The Michigan Developmental Disabilities Council (MDDC) is conducting a survey to improve how it serves individuals with intellectual and developmental disabilities in the state of Michigan in the area of postsecondary education (PSE). They asked for our help in spreading the word and the online survey link to individuals with disabilities who are age 14 years and older and their family members. Completing the survey is absolutely voluntary. All individuals who complete the survey will have the opportunity to enter a drawing for one of many \$25 Target store gift cards. The survey link is below.

MDDC Survey on Postsecondary Education Survey Link:
<https://www.surveymonkey.com/s/PSEandDisabilities>

The Real World Is...

The following poem was read by the author at the Art of Recovery Open House last November. People thought it would be nice to share it with others here.

Recently, I bought a car. When people learned of the payments I would have to make, some said, "Welcome to the real world."

Well one night, as I lay awake thinking, it occurred to me that they were wrong. As the real world goes, I'm a goldfish in a bowl. I'm stifled but sheltered. The real world is in front of me, but little gets in.

So as my mind pondered what that means, I decided that the real world isn't payments or rent, owning a house or anything else like that.

The real world is:

losing a child to death, divorce or removal

losing all you own through misfortune or mismanagement.

fighting your way through addiction.

fighting for your life in a struggle with disease, violence, nature...

fighting for your sanity in a world that wants to rob it.

being totally alone, even in the middle of a crowd.

being paralyzed, or blind, or mentally challenged in a world that sees imperfection as undesirable.

being overweight, through any means, in a Barbie world.

being a child. It used to be carefree, but now they seem to experience all the negatives more harshly. And there are a lot of them, including death, divorce, homelessness, unemployment, sexual abuse, social pressure to conform to a present pattern, social inequality, etc.

These things are the real world. I'm content to be a fish.

Author: Brian