



NEW DIRECTIONS

By, for and about consumers of behavioral health services



A Light In The Window

INSIDE THIS ISSUE:

- Medicare Part D 2
- Regional Consumer Forum 2
- Children and Adolescent Bipolar FoundationSM 3
- New Year's Resolutions 4

November Learning Communities welcomed Becky Gomez, Homeless Prevention Coordinator, to the meetings across the Northern Lakes offices. Her presentation on Homeless prevention was very informative and kept attendees involved through the interactive presentation. Topics covered with questions in the presentation were:

- Housing
- Opportunities
- Money
- Empty Feelings
- Leases
- Eviction Prevention
- Support
- Solution

After presenting on each area she questioned, "What did it spell?" In color, each topic started with the first letter of the word, HOMELESS, in Red.

In summary, her presentation spoke to the importance of having a home in one's life, physical, mental and basic needs being met.

Homelessness can often be prevented for many. Prevention works best when people are honest and address the situation as soon as possible. There are various resources to assist in

preventing homelessness and it is less expensive to keep someone in housing over finding housing when they become homeless.

Do you need help in keeping your home? Are you homeless and in need of a home? Talk with your worker; connect with the prevention worker at your NLCMH office. There is help. Be proactive and address the situation today.

A solution is closer if addressed now rather than waiting to address it next week, next month...

Recovery Forum

Northern Lakes CMH Recipient Rights Advisory Committee

Tuesday,
December 7,
2010
2:30 p.m. – 5:00
p.m.
Traverse City
Office

December will be an opportunity for Learning Community members to come together December 10, from 10-12:00 (noon), through a video connection from Cadillac, Houghton Lake, and Traverse City. Please take note that the normal Learning Community schedule for December is changed for this event.

Three years have passed since the Recovery Learning Communities began meeting. Now is a good time to step back and assess if the Learning Communities should continue, or if there is a

different avenue that should be taken to assist in the continuing transformation of NLCMH into a system of care based on recovery.

With vacancies on the Recovery Council and lower attendance at Learning Communities, along with a new Blueprint to guide NLCMH, are there ways to better accomplish this goal or additional manners that should be put into practice?

Please join the meeting and share your thoughts. If you are unable to attend, you may still offer input to Mary Beth

Evans, Recovery Coordinator, that can be shared at the meeting with those attending.



Step up to the plate and offer your thoughts and ideas for the continued improvements of a system based on Recovery at NLCMH and to the community they serve.

Medicare Part D

Contact MMAP at
1-800-803-7174
or
<http://www.mmapinc.org/>.

November 15, 2010 began the enrollment time available to change your Part D provider. If you **only** receive Medicare and do **not** receive Medicaid as well (Dual Enrollment), this is your only time to change plans. You have until December 31, 2010.

It is an excellent opportunity to review your provider to determine if they are still your best choice for the medications you receive.

In Michigan, the Michigan Medicare/Medicaid Assistance

Program (MMAP) can assist you in these choices. The volunteers with MMAP are trained to assist people in looking at these options and can help explain your insurance statements and more.

These volunteers have helped many Northern Lakes consumers in the past and have been a great resource.

If you have both Medicare and Medicaid, you may change your plan at other times of the year, but this is still a good

time to review as many plans change their formularies beginning the new year.

What is MMAP?

MMAP (pronounced "map") is a free counseling service for Medicare/Medicaid beneficiaries and their caregivers. Since 1984, MMAP has provided education and counseling assistance to Michigan's Medicare and Medicaid beneficiaries and their families or representatives.¹

¹quoted from www.mmapinc.org

Video Monitors



Video monitors will be arriving soon at your local CMH office. You've seen the wires in the walls, or maybe you haven't, but if you look in the lobby there are wires, all set for an information system to be available to all in the lobby.

The monitors will have information for you regarding resources, special events, trainings or meetings. There will be information on recovery, evidence based

practices, person centered planning, survey results and more.

These monitors are being installed for you, what do you think? Is there information you would like to see on them? Are there resources that you know about that we should add for others?

Much of this information may be available on the Northern Lakes website at www.northernlakescmh.org.

Comments and suggestions are welcomed; please share with Customer Services. Help make this a tool that will provide information for you and all people who come to Northern Lakes.

The monitors were purchased as part of a grant from MDCH (Michigan Department of Community Mental Health).

Regional Consumer Forum

The members met in November for a training session in Cadillac. Other NLCMH committee members were invited to attend the training too. The training went over several areas that can help consumers, family members and stakeholders who participate on committees: Team building exercises, The Northwest CMH Affiliation, Northern Michigan Substance Abuse Services, Inc. (NMSAS),

Listening, Presenting Reports, Graphs, Charts and Reports.

The morning started with team building exercises which allowed people to get to know each other. Attendees shared three things about themselves with one item not being true. Others attempted to guess the item that was false; this was often a process of elimination. All learned some

interesting facts.

News articles were passed out for everyone to use with a Committee Report form. The form asked specific questions to assist in making your report short and to the point. This is a helpful tool as many meetings have a great deal to cover in a short time.

The time flew by with all the topics and hands on activities. A great success!



Children and Adolescent Bipolar FoundationSM

The Children and Adolescent Bipolar Foundation (CABF) is a place online for parents of a child who is diagnosed Bipolar or you suspect may have Bipolar. The introduction on the website suggests, "Take a breath, you're not alone."

Some items that you will find helpful:

- Get support for yourself.
- Build the proper treatment team for your child.
- Expand your knowledge of bipolar disorder.
- Look at how your child's illness affects his or her education.

The pages online are filled with advice from CABF parents. There is information from other parents who have already walked this path, references to other websites, books and more that will help you and your child.

Getting support for yourself can be found at <http://www.bpkids.org/learn/getting-started>

The Mission of CABF is to improve the lives of families raising children and teens living with bipolar disorder and related conditions.

They have goals regarding public health;

- Increased funding for research on the causes, nature, and best

treatment for early-onset bipolar disorder.

- Public service announcements to inform the public about mood disorders in the young.
- Access to appropriate evaluation and treatment for all children and adolescents with mood disorders.
- Epidemiological studies on mood disorders in children and adolescents.
- Education for school children about brain disorders such as depression and bipolar disorder, and screening for emerging brain disorders in children.
- Non-discriminatory insurance coverage for bipolar and other brain disorders equal to coverage for other medical conditions.
- Mandatory reporting by hospital and public safety personnel of anonymous statistical data on suicide attempts by children and adolescents.
- Adherence by researchers to the highest ethical standards for drug trials of psychiatric medications in children and adolescents.

For more information, online support groups, blogs, and much more check them out at www.bpkids.org, and for the younger kids <http://www.bpchildren.org/index.html>.

FLIP SWITCH

Check out the series on the rising phenomenon of video game addiction. There are interviews with experts, psychiatrists, game designers, parents, gamers...it's all here! Click and find out about the ins and outs of healthy gaming versus dangerous gaming. Get clued in to this new media that is fast outpacing television as one of the favorite pastimes of teens everywhere! Get in the game!

Flip Switch Takes On Video Game Addiction: A Guide for Parents and Teens.

COMING SOON!

A comprehensive show on the ins and outs of video gaming and possible pitfalls. CABF talks to a number of experts in the field of addiction and game design as well as a number of gamers themselves. They tackle issues like: What is video game addiction? Are games good or bad for you? Who's responsible for problem gaming, the individual or the game developer? Just a boy phenomenon? And much, much, more!

**Online Support
Groups
Forums
Blogs
Resources
Learn
Chat
Newsletter
& much more**

Our Crash Course In Gamer Terminology: A little gamer glossary for all you noobs (that is gamerspeak for "new person to the game").

Find more information on the website at <http://www.bpkids.org/>

NEW; A teen and transition years section of our site, called **Flipswitch**, which integrates www.depressedteens.com with www.bpkids.org;

Remember the younger children's site at: <http://www.bpchildren.org/index.html>

Learning Community & Recovery Council Schedule

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

Dec. 16, 2010, 6:00pm
Traverse City office 105
Hall St. [map](#)

Jan. 20, 2010, 6:00 p.m.
in Cadillac at NLCMH,
527 Cobbs Street. [map](#)

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

This month, Learning Communities and Recovery Council are canceled and instead there will be an **Open Forum in Cadillac, Houghton Lake and Traverse City** with videoconference **Friday, Dec. 10 from 10:00 -12:00 (noon)**
For more information, see the Recovery Forum article on page 1.

Northern Lakes CMH 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."



New Year's Resolutions

With 2011 just around the corner many people are thinking about making a New Year's Resolution.

Changing your life for the better is a positive. Trying to change your lifestyle and/or habits, without preparation and support, more often than not fail.

So, what is it you want to change? Think about that item as a goal that you can accomplish over time. Are there steps to accomplishing this that will make it more possible and less daunting?

Who can support you as you move forward? Are there things you can do now to prepare yourself for the big day? What will get in the way of your goal (barriers or hurdles)?

Taking Something Out of your Life:

When a change is made, it is often helpful to have something to do when you would normally be (for example) smoking or eating. I read about a woman who knitted instead of getting a snack to eat. This helped her

to both not eat when it was not mealtime (losing weight) and she accomplished something that she would not have accomplished in the past. It ended up being a win-win situation for her. Smoking could be something different or similar, but replacing the time spent smoking a cigarette with a pleasurable/healthy activity can help.

In both of the previous situations, there can be rewards for doing well, such as saving all the money that would normally buy the cigarettes and buying something with these funds, for dieting, the reward of better health and smaller (new) clothes is a needed benefit with success.

Remember to keep working on the goal, as habits take time to change. Support can really be helpful and provided encouragement.

Adding Something New in your Life:

Adding a new habit or lifestyle change needs support and encouragement as well, as rewards for this additional task, especially if

it is not enjoyable. There may be hidden rewards in the development of this new task that others may help you see when you address this as a goal.

Exercise or paying bills at a certain time are good examples. They both have benefits in the end, although they may not be as apparent at the onset.

Paying the bills at a certain time can lead to budgeting and no longer receiving shut off notices or past due fees. Exercise may allow you to play with your children or grandchildren at the park or allow you to lower your blood pressure or aid other health concerns.

Having someone sit down with you when you have your check to pay the bills may make the task easier to accomplish and remove the stress from notices for late fees or overdrafts. A walking partner could support you in exercise and allow you to make friends that you otherwise may not have.

Good luck with your resolutions!