



NEW DIRECTIONS

By, for and about consumers of behavioral health services



The annual “Recovery Celebration” has the theme **Staying Afloat** for this year. It will be held in Traverse City on **September 20, 2011** at the Hagerty Center. Registration information is available at your local NLCMH office, or you may contact Mary Beth Evans or Cindy Petersen by calling your local CMH and having your call

Staying Afloat

directed to them. **Register by September 2.**

Nominations are also being sought for people or groups of people who have supported you or someone you know in their recovery. If you have someone you would like to nominate, forms are available at all office locations with special

envelopes (so the nomination is received by the correct people in each office) for the nomination. The form indicates to whom the envelope should be delivered.

Move recovery forward for yourself, enjoy a day with other peers and staff and celebrate recovery as it happens!

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Mini-Conferences are being held monthly, rotating among offices. We invite you to sign up to attend! Watch for flyers and sign up sheets in the CMH lobby.

All 10 AM to 3 PM:
Aug 23 – Traverse City
Oct 27 – Cadillac
Nov 15 – Houghton Lake
Dec – Break

Recovery is Alive and Happening

In June, the NLCMH Recovery Leadership Team for the Blueprint met to share updates of accomplishments, where we are going and learn from consumers about recovery happening here (today) at the agency and within the community.

Stories from consumers and staff regarding recovery in the making: what is happening and where, as well what has happened, is what many attendees will remember most from this meeting. Recovery is alive and happening (more on these stories can be found on page 3).

Items continue to be completed and crossed off from the Recovery Blueprint. The current blueprint is updated periodically to add new goals when others are achieved and implemented within the agency and its providers. The blueprint goals to work toward a system based on recovery are developed

through collaboration of consumer wants and input, staff input and from the ARR (Application for Recombitment and Renewal) which is part of NLCMH’s contract with the Michigan Department of Community Health.

Dimension accomplishments:

1. Design - actively working on teaching employability skills to help those interested in employment and/or volunteering opportunities; and the Electronic Medical Records is in place reducing paperwork and promoting compliance of reporting requirements.
2. Evaluation – the REE (Recovery Enhancing Environment) survey will be readministered this month by consumers from NLCMH.
3. Leadership – continues to connect consumers with recovery education and is developing a “tool-kit” to

assist people in their recovery.

4. Management –the Five Stages video is now part of employee orientation and a Peer Support Specialist Brochure is in the final stages of development.

5. Integration – meeting with health clinics to work towards integration of health care.

6. Comprehensiveness – joined community in employment/volunteer fairs and offering opportunities in local communities with art shows and movies.

7. Consumer Involvement – Action Group meets monthly to work on learning opportunities and education events. Mini-Conferences have also been added (see sidebar).

8. Cultural Relevance – working with the Grand Traverse Tribe, education was offered to a large audience including staff from NLCMH. *continued on page 4*

Relatively Speaking



A conference for children with special needs and their siblings and other family members.

WITH FUNDING FROM THE CHILDREN WITH SPECIAL NEEDS FUND.....SPONSORED BY THE FAMILY CENTER, CHILDREN'S SPECIAL HEALTH CARE SERVICES DIVISION (CSHCS) 800/359-3722

“Out Of This World,” a conference for family members and siblings of children with special needs, is Friday, October 7 to Sunday, October 9, 2011 at the Crowne Plaza, Grand Rapids, MI.

On the agenda is:

Children with special needs participate in their own fun, ability-appropriate activities.

Siblings age six through teens share their unique concerns in fun, recreational groups led by specially trained adults.

Mothers, fathers and other caregivers hear “in-the-know” speakers:

Emily Holl & Tom Holl
Emily is a Senior Manager at YAI/National Institute for People with Disabilities, a

New York City based not-for-profit organization. A loving sibling to a brother with developmental disabilities, she has presented nationally to academic and non-academic audiences on sibling issues.

Nora Fox Handler & Bruce Handler

Nora is one of the founding members of SIBS Supporting Illinois Brothers and Sisters, a nonprofit support and advocacy organization for Illinois siblings. Along with her sister Margaret, Nora helped organize the first and second annual Adult Sibling Conference in McHenry, IL.

Don Meyer

Don is the director of the Sibling Support Project, a national effort dedicated to the interests of millions of brothers and sisters of people with special health,

developmental, and mental health concerns. He is also the senior author and/or editor of numerous articles and six books for professionals, family members and young readers.

Questions? Phone: 800-359-3722

Registration: \$35.00
Lodging: \$106.02 per night
Child care (under 6): \$30.00

Families may apply for a stipend to cover most costs. Please call the Family Phone Line at (800) 359-3722 to request an application.

For a copy of the registration form, contact NLCMH Customer Services at 231 933-4907 or 800 337-8598.

2011 OESP Parent Survey



Parent Opportunity!

Share your feedback to assist in evaluating and improving Michigan for all children.

The website address is <http://www.michiganallianceforfamilies.org/survey.htm>.

The Office of Special Education Programs (OSEP) at the United States Department of Education is coming to Michigan later this year to examine the delivery of special education services in our state.

The Michigan Alliance Parent Training and Information Center is responsible for providing feedback to OSEP from parents in Michigan. Please fill out this survey so that your voice can be heard and share it with any other parents/parent groups. If you have any questions, please call 1-800-552-4821.

Online Surveys in English...

Access survey Part-B (age 3 to 26)

<http://www.zoomerang.com/Survey/WEB22CQFJPT5PX/>

Access survey Part –C (Early On – birth to 3)

<http://www.zoomerang.com/Survey/WEB22CQP7DXT4N/>

The surveys may also be filled out on paper and sent in. If you do not have internet access and would like to fill out a survey, contact NLCMH Customer Services and we will be happy to print a survey so you can. Your CMH worker may also access this survey for you.

Questions? Call us at (800) 552-4821
Sherri Boyd, Michigan Alliance, 1325 S. Washington Ave., Lansing, MI 48910

Recovery “Mini Grants”

Lasting impressions of the Transformation Leadership meeting held in June (see Recovery is Alive and Happening page 1) will certainly be the presentation from mini-grant recipients.

At Club Cadillac, wellness programs, gardening, exercise and physical health are all interwoven with each other for members of Club Cadillac and their visitors. Eating fresh food from their garden (30' x 50') and the exercise one can get from assisting in the garden is a welcome addition to members' health. They even built a shed to store tools for gardening. Tools were bought as well as compost to enrich the garden. If gardening does not appeal to members, they can work out at the local YMCA. Club worked out a deal with the Y for four memberships that are shared between all Club Cadillac members. Members sign the membership card out when they wish to go to the YMCA and return it to the club for someone else to attend. The YMCA offers options for members like free exercise classes, pool access, yoga, and

zumba classes and more.

Working with Ely Lilly on Solutions for Wellness has also motivated many members in their recovery. They have a book with questions and answers, can ask questions of a nutritionist, receive a pedometer and work weekly on their physical health. They are walking everyday and are offering smoking cessation classes.

Working to change national statistics concerning the early death of many who suffer from mental illness, members are choosing to take charge and make changes in their personal life, for the better. Kudos to all members involved.

Consumers at Traverse House are health minded as well. Four members were chosen to receive help from a personal trainer at FAST. These members are sharing with other members as they do their exercises at club and the changes this is making in their life. “If I can do it, so can you!” They go to the gym one week and the trainer comes to the

clubhouse the opposite week to meet for their one-on-one personal training. They weigh in weekly and keep a food/water journal, all to aid in their healthy lifestyle changes. Their trainer helps them adjust their diet looking at what they are eating and how they can make healthier choices as they progress through the program. “It’s great to do together and encourage each other. We have time to discuss healthy possibilities at Club. We look at social recreation activities that are physical and the weeks menus (lunch) so we can choose what we will eat and the how much, like we may not have the bread or pasta that is offered one day to eat healthier.”

Traverse House has bought three bicycles for members to use and the wellness committee is looking to have at least one physical activity for social recreation each month.

One other member received a mini-grant to promote clubhouse members recovery. His book is taking member

contributions of growth and recovery, entitled “Recipes of Recovery”. This is an opportunity, sharing with others, communicating with people and assisting him with public speaking.

Exploring new things, some people had never gardened before and are learning about it firsthand. Others are enriching their own lives by sharing growth in other people’s lives for all to benefit.

Stepping outside of the box or taking a new route to a place that is not new... Changing, it is often for the better!

NLCMH will again be offering mini-grants for recovery-oriented projects! The deadline to apply is November 1.

Look for information in the towers in Northern Lakes CMH lobbies.

Social Security and Electronic Payments

Are you getting Social Security, VA or other Federal benefits by paper check?
GET Direct Deposit or a Direct Express® card NOW!

Many people already receive their SS payment electronically through their bank account with automatic deposits. Social Security has offered this for many years. If you have a bank account and receive your check this way each month you know how convenient this can be. No waiting for the mail carrier to arrive, the money is there even if you’re visiting someone in another city and no lost check to worry about.

Social Security has begun offering direct payments with a Direct Express® Debit MasterCard® account.

If you are new to Social Security payments (recently approved), you can only receive them electronically as of May 2011. For those who are currently receiving paper checks you may switch to the new deposit methods now. For the Debit card it is important to withdraw cash at an ATM or bank that does

not charge a fee. You may also get cash back with a purchase at many retail locations. To locate an ATM there is the following website:

<http://www.usdirectexpress.com/edcfdtclient/atmLocator.jsp>.

You may also find more information from your Social Security office or go to www.GoDirect.org or call the GoDirect Helpline (800) 333-1795, Mon. – Fri. 8 a.m. – 8 p.m. ET.

Action Groups/ Local Networks

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

August 18, 2011, 6:00pm
105 Hall St. Traverse City

September 15, 2011,
6:00pm ROOC, Inc.
11051 N. Cut Road,
Pioneer Hills,
Roscommon

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

Action Groups continue to meet each month with a three-way video connection. Recently the Action Group has been working together with staff in planning the Annual Recovery Celebration.

There is a great deal of discussion happening at local networks (one in each of the NLCMH office locations) about the conference. Ideas are voiced, discussed and often brainstorming of other ideas or items fill the meeting with wonderful ideas to bring to the Action Group to assist in decisions for the Recovery Celebration.

Everyone is becoming familiar with sharing in an interactive video connection, which can have its challenges in how people communicate and the flow of conversation.

The Theme of the conference was decided at these meetings as well as several choice speakers were discussed and music to be provided. The final deciding factor of these items will be the availability of the speaker and provider of music as well as the cost.

The group will continue to meet and decide on a menu and other items as they continue to gather. They will also work on the Recovery Celebration Awards from the submitted nominations. You are welcome to join in these meetings at your local office.

Meeting Schedule:

Monday August 8

Friday September 9

Wednesday October 12

Tuesday November 8

Tuesday December 13

All meetings are from 10:00am – noon

Underlined meetings are with Cadillac, Houghton Lake and Traverse City. meetings with

no underline are with Cadillac, Grayling and Traverse City.

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.”

Recovery continued

continued from page 1

9. Advocacy – working with the Michigan Prison Re-entry Initiative to advocate for those reentering the community and have had presentation as requested from community members, by consumers about recovery.

10. Training – The Five Stages video is used now with each new employee during orientation, it also has other versions and opportunities for training within unit meetings. Budgeting groups are being provided and frontline staff have attended seminars on recovery and providing a welcoming atmosphere.

11. Funding – Recovery mini grants were offered and 8 approved for consumers and local needs.

12. Access – Choice at Northern Lakes and in the community are being

provided. Potential consumers are being educated about timelines for services and their expectations of treatment and timelines

13. Change Management – Is always in the works. Action Groups Meet monthly (consumers and staff) to work on recovery-oriented events and the content of the events.

The work continues moving forward in the slow process of change. Change is hard for people even when change is good. Have you ever tried to quit something that is bad for you or tried to do something good for yourself, as in exercise or eating healthier, quitting smoking or eating a low fat diet? Was it easy to do or did it take time and then begin to really work? Or did it slowly erode as you returned to old habits? Yet if you really want to change and keep plugging away at your goal

slowly and with support, you are able to change over time. Transforming an agency or a state is also a slow process. There are leaps at times and items that are now quite normal for all. There are always new employees and ideas that need to be taught, explained, reinforced and put into place, changing the way people think, react and instinctively respond within their job. Everyone has to pull together to raise a barn at a barn raising; it cannot be done alone. Before the walls are raised, a lot of work goes into building the walls so they are ready to be raised when all the neighbors arrive. Changing a CMH is similar: a lot of building is being done so the walls can be raised and the roof put on for all to have shelter inside. Transformation working!