



# NEW DIRECTIONS

By, for and about consumers of behavioral health services

## Congratulations To Traverse House

### INSIDE THIS ISSUE:

Holidays at Club Cadillac	2
Autism Spectrim Disorder	2
Action Group	2
Gentle Teaching	3
Mini-Conferences	4
National Nutrition Month	4

December brought a celebration to Traverse House for hard work toward ICCD (International Center for Clubhouse Development) accreditation.

Andy Ulrich, Club Director for Club Cadillac, helped the club prepare by reviewing areas with Traverse House members and staff prior to the actual visit by ICCD. His experience of having gone through the accreditation was beneficial to all. The club will continue to work to better serve members like increasing TEs (Transitional Employment).

Members were so excited when they received the letter from the ICCD that everyone was grabbing for the envelope to read the results. The member with the letter was nearly tackled in the process. Exciting times at the clubhouse!

**From the ICCD website:** *Our vision is that there will one day be ICCD Clubhouses in the cities and towns of every country in the world. It is our hope that all people with mental illness will have access to the support of an ICCD Clubhouse, which can provide them with the*

*encouragement and assistance they need to lead successful lives, and be fully engaged as citizens of their communities.*

Clubhouses are a great place to grow, meet others, connect with the community, learn and/or practice skills to return to work and much more. Interested in Clubs? Talk to your worker or Customer Services, go on a tour and see if it is a good place for you.

Congratulations, Traverse House!

Get a Form 1099/1042S -- Social Security Benefit Statement -- online at [www.socialsecurity.gov](http://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 2011 will be mailed by January 31, 2012.

## Tax Time

It is that time once again, Tax Time! I used ICAN!® E-File last year and will again this year! Easy and Free! Why should I pay? – Leslie Sladek

**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 – brings 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 E-File your Federal and State tax forms



for free, use the I-CAN!® E-File website, <http://michiganeic.org> or [www.icanefile.org](http://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.

## Autism Spectrum Disorder (ASD)

Autism is in the news often today and Intermediate School Districts (ISD) and Community Mental Health Agencies are stepping up to the plate to better serve people who have needs in this area. ISD Collaboratives have developed throughout the state to enhance training and efforts with ASD. Our local collaborative, "Northern Autism Network" includes all 3 ISDs in the NLCMH

service area. NLCMH staff is invited to attend trainings held by the local ISD in the coming year. Modules will cover: Overview of Autism, Behavior Module, Education Strategies, Peer to Peer Supports and Transition Planning. NLCMH staff will continue to research Evidenced Based Practices (EBP) and share eligibility information to the group. EBP and Promising practices include:

- ☑ "Applied Behavioral Analysis"
- ☑ "More Than Words" (a training for speech therapists which uses in-home training with video review and follow up with parental group)
- ☑ Brook Ingersoll at MSU has developed a parenting coaching program
- ☑ The TBAISD uses an "I-Team" approach including the parents. (The behavior is discussed and broken down, an action plan developed with the

team with follow through in the classroom and at home by parents.)

NLCMH is also looking for staff to be a part of the "Northern Autism Network". They will also be looking to plan an area visioning meeting for Autism Spectrum Disorder. This meeting would bring together ISDs, CMH, Autism Resource Network, Michigan Rehabilitation Services and Pine Rest.



Club Cadillac is a certified clubhouse through the ICCD (International Center for Clubhouse Development) and we use their standards in our Clubhouse.

## Holidays at Club Cadillac

Standard Number 31 states, "The clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed."

Being open on holidays means a lot to our club members who have nowhere else to go. Transportation is provided, and Club is normally open from 10 am to 2 pm. The dining room is decorated, and tables are set in the holiday theme. A delicious meal is prepared and served by staff and our celebrations. *Preparing for the holidays!*



## Action Group Schedule

**February 8, 2012 from 10-noon**, via video from Cadillac, Grayling & Traverse City

**March 14, 2012 from 10-noon**, via video from Cadillac, Grayling & Traverse City

For more information, contact Mary Beth Evans, Recovery Coordinator. Call your local office to be connected or dial Mary Beth direct at (989) 366-2950.

## Gentle Teaching

NLCMH has been using gentle teaching in its homes and elsewhere for several years now. Gentle teaching continues to grow and that is a “good thing.”

Gentle teaching came to Michigan to address the needs of individuals that need care and a home, not just a place to live. It is a cultural change. As the state moves towards more people living in small homes rather than in institutions and large care homes, caregivers need to learn skills to help these individuals. Gentle Teaching can be used in all circumstances and is being embraced as such.

What is gentle teaching? It is based on a psychology of human interdependence. It asks caregivers to look at themselves and their spirit of gentleness to find ways to express warmth and unconditional love toward those who are the most disenfranchised from family and community life.

It views the caregivers' role as critical and requires a deep commitment to personal and social change. Gentle Teaching focuses on four essential feelings that need to be taught to those who are served – *safe, loved, loving, and engaged*. Caregivers not only need to ensure that

those whom are served are safe, but more importantly feel safe and loved.

Gentle Teaching is about unconditional love.

*Safe means...*feeling comfortable and at peace. It is not an absence of fear.

*Loved means...*feeling sure that there are people that only want what is best for you and will never hurt you. When people feel loved, they learn they are somebody. This gift is a gift from caregivers who give unconditional love.

*Loving means...*wanting to do good things for others, to bring them joy and happiness A loving person feels warm towards others and wants them to feel safe and comfortable.

*Engagement means...*preferring to be with others, looking for activities to share with loved ones, being an active participant in one's own life. Engagement is the opposite of loneliness.

A caregiver who provides care in a gentle way is a presence in a person's life. Giving time and attention, in the person's space where they are at, not where the caregiver wants, avoiding provocation of any form of violence or any feeling of violence, entering the situation with faith and a burning hope

that goodness begets goodness, being relaxed with no fear, calming, supportive, compassionate and generous.

Listening actively with the person. Letting them express themselves and just listening to their frustrations and struggles. Using eye contact in a warm, slow, soft and loving manner.

Touch can be good if used in the appropriate manner and if the person receiving care is comfortable with it. A warm embrace is used in the community and can be comforting to the person.

A caregiver needs to teach several lessons; the troubled person feels loved by them, being with them and in contact with them is good, and doing things with them is good.

A hallmark of gentle teaching is that it goes for each person's heart. It does not make any difference what a person knows if the individual does not feel safe and loved.

If a caregiver's focus is on a strong and deep feeling of companionship with those who are troubled, most violence can and will be prevented.

People need to learn to be engaged. Offering them ways to be involved to

Gentle Teaching recognizes human suffering, aloneness, choicelessness and oppression.

It asks caregivers to give marginalized people unconditional love.

their abilities is important in meaningful engagement.

*Information for this article is from A Gentle Teaching Primer by John J. McGee, Ph.D. Gentle Teaching Institute, a non-profit affiliate of the Macomb-Oakland Regional Center.*

## NEW DIRECTIONS

E-Mail:

[leslie.sladek@nlcmh.org](mailto:leslie.sladek@nlcmh.org)

We're on the Web!  
*SEE US AT:*

[www.northernlakescmh.org](http://www.northernlakescmh.org)

We take submissions for future newsletters. We also can email the newsletter directly to you.



### Action Groups

Feb. 8, 2012  
Grayling, Cadillac &  
Traverse City  
Mar. 14, 2012  
Grayling, Cadillac &  
Traverse City

(All meetings via video  
10-noon)

NORTHERN LAKES CMH  
105 HALL ST.  
TRAVERSE CITY, MI 49684  
[www.northernlakescmh.org](http://www.northernlakescmh.org)  
This newsletter is funded  
by Northern Lakes CMH

## NLCMH Mini-Conferences

Traverse City had its first mini-conference of 2012 in January. Cadillac's will be in February (16) and Houghton Lake's will be in March (20). The conference was well attended and the topics were: Learning to Deal with Conflict, Mindfulness Practice, Communication Skills, Peer Updates, and Storytelling.

Sign up for your local mini-conference; look for registration forms in

the lobby towers. If you missed the mini-conference in Traverse City, do not fret. There will be a new one in April, with new areas of interest suggested by attendees.

Amy and Jessie from Disability Network of Northern Michigan did a great job once again. An attendee led the mindfulness practice, she spoke on joy and helped everyone relax, take a deep breath... Join in the experience.

Don't wait for a mini-conference. Join consumers at Action Group meetings to share, request information and give input, learn about volunteer opportunities, Anti-Stigma efforts and leadership. Join in the movement and work on your journey in life.



## Community Forums Being Planned for “Dual Eligibles”

Northern Lakes CMH is organizing a community forum open to all stakeholders on behalf of the Michigan Association of CMH Boards. The forum will be on the State's new plan for funding services for people who have both Medicare and Medicaid (also known as “dual eligibles”).

The date will be Tuesday, March 13, 2012, from 2:30 to 4:30 p.m. The location will be Munson Medical Center (1105 6<sup>th</sup> Street, Traverse City) lower level conference room (go to information desk and they'll direct you), and also

through videoconference to the Northern Lakes CMH office in Houghton Lake (2715 S. Townline Road) and other participating CMHs.

Elizabeth Knisely, Director, MDCH Bureau of CMH Services, will be on hand to present the key points of the proposed plan and answer questions.

We have not yet seen the plan as it was not final as of this writing. What we do know is that the state wants to make changes to help improve care and simplify the rules and regulations for persons

with dual eligibility. However, with any major change there are also concerns.

Come hear about the plan that the state will submit to the federal government in April. If you are interested in attending, please contact the NLCMH Director's Office at 231-935-3677.

More information will be available as we get closer to March 13. Watch the lobby tower for information, and if you are eligible for Medicaid and Medicare, watch your mail!