



NEW DIRECTIONS

Volume 1, Issue 4 "By, for, and about consumers of behavioral health services." October/November 2004

Mental Illness Awareness Week

October 3-9, 2004

Monday October 4

Rights Presentation Day NLCMH Board Room 3rd Floor

Register with Cindy 935-3099

- 11:00a.m. Michigan Mental Health Code & Your Rights
- 12:45p.m. Americans with Disabilities Act and Mental Illness
- 2:00p.m. Vocational Rehab and other Similar Laws
- 3:00p.m. Introduction to Support Services

Tuesday October 5

12 noon-1:00p.m. Avoiding Burnout and Managing Stress

Register with Cindy 935-3099

Wednesday October 6

1:00-2:45p.m. 2nd Consumer Forum for NLCMH Consumers to be held at all NLCMH offices

Thursday October 7 Bipolar Disorder Awareness Day

Friday October 8

12noon-1:00p.m. Erasing Stigma Panel Discussion

8:00p.m. Candle Light Vigil

To be held in front of NLCMH

Sponsored by NAMI of Northwest Michigan

Saturday October 9

10a.m. -12:30p.m. Stigma Stomp

We will be starting at the Senior Center and ending at NLCMH

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Upcoming Events

- **Oct. 13-15** Recipient Rights Conference
- **Oct. 13-17** 19th Annual Alternatives Conference, Denver, Col. Contact Leslie for more information.
- **Oct. 13** Consumer Advocacy Council
- **Oct. 21** Regional Consumer Forum 10-noon
- **Oct. 21** NLCMH Board Meeting
- **Nov 10** Consumer Advocacy Council

August 11, 2004

It rained last night. Did you hear it? I love it when that happens. Singing me to sleep, and the outdoor plants need it too. Did you see the Big Blue Moon two Saturdays ago? They say that this doesn't happen but once in a Blue Moon! Ha. Ha. I missed it too because I live in the woods. It's dark even in the daytime. Eventually we want to cut down some of the trees for more light. Our dogs and cats love to go Choppy Hunting in the woods. If you are at home with them, you play doorman all day. You know, let the dog in, let the dog out. Let the cat in, let the cat out. You get your exercise with them around. More ways to maintain your weight or lose some. If you do dishes in the bathroom. Of course you do dishes more than the bath. This is how I do it. I just keep busy. Walks are good too. I like to walk to Petertyl's when I need more Meds. I can't forget my Me's. They are a friendly bunch of people there. They make me feel better just having them say, "Hi, Cynthia," when I walk in the door. It is truly a "family pharmacy." It's neat to go shopping while I wait. I found the best Ruby Red Grapefruit drink. It's called Everfresh Ruby Red. I'm big on juice as you know. More news: My Volunteer job is going very well. After much trial and error I'm more relaxed and so it's much more fun. Social time to be held immediately after the walk at Traverse House. Learning their names and faces. I listen to them talk about their lives. It is mostly women there in wheelchairs. There is a big swimming pool, for personal therapy, swimming. I help them with bingo on Thursdays. Volunteering makes everybody's day a little brighter. Everybody is a star, no matter who you are. ~ Cynthia

Did you know that you can receive *New Directions* electronically? Send your email to the address below and put *New Directions* in the subject line. Your address will not be shared with anyone else.

If you would like to contribute to *New Directions* please contact The Editor, Leslie Sladek-Sobczak, at 231 933-4907, or email Leslie.Sladek-Sobczak@nlcmh.org. Submissions in this issue: Cynthia, Marty Raaymakers and Leslie.



NAMI NATIONAL CONVENTION

The National Convention was held in Washington D.C. this year. We celebrated our 50th anniversary. The Consumer Council Representatives and Alternates voted on our Executive Committee. Results listed below. It was great to see fellow council members that I had met at the NAMI Michigan Conference held here last spring. Are you a member? If you're not and would like to be contact me at my email listed on the front page. Below is a letter to consumers throughout the Nation. ~ Leslie Sladek-Sobczak NAMI Michigan CC Alternate

Hi everyone,

For those of you who were unable to attend this year's convention, here is an update:

Executive Committee Members:

Marty Raaymakers, Chair NAMI MI

Jim McNulty, Vice-Chair NAMI RI

Howard Trachtman, remaining term, one-year NAMI MA

Ellen Awai, two-year term NAMI HI

Phil Kirschner, two-year term NAMI NY

We had a great meeting. Things went wonderfully well. Things are underway in planning for a fundraiser. We would like this to be in Sturgis, SD during the Sturgis Motorcycle Rally August 8-14, 2005. T-shirts and bumper stickers were distributed until they ran out. Look for more details.

We miss you all very much. Marty Raaymakers

Ongoing Events

- **NAMI Support** second Monday of the month at 6:00pm Munson Medical Center-Doctors Dining room.
- **Schizophrenic's Anonymous** every Friday at 1:00pm Traverse House, 105 Hall St. Traverse City.
- **Support group** for parents of children with ADHD, Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, 947-2255.
- **NAMI-C.A.R.E.** Support group for people with a mental illness. 2nd Monday of the month, 6-7:30pm. Grace Episcopal Church, Corner of Washington and Boardman, TC.
- **DBSA** (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638. Traverse City, Thursdays, 7-8:30pm Central United Methodist Church 222 Cass Street. Contact Roxanne Shafer 264-5315.
- **Our Kids** support group, for parents/caregivers of kids with bipolar disorder, 7:00pm fourth Tuesday, Traverse Area District Library. 941-9128.

News from NAMI Michigan Consumer Council

Plans have been made for the consumer council to begin training for *In Our Own Voice* starting in October. Many of you may have attended the presentation at the conference last spring.

In Our Own Voice (IOOV) is a unique recovery education presentation that offers insight into the hope and recovery now possible for people with severe mental illness. It is a practical tool to educate and increase awareness about the true nature of brain disorders, commonly known as mental illnesses. The presentation covers issues frequently faced by those dealing with a severe mental illness, such as Dark Days, Acceptance, Coping Strategies, and Successes, Hopes and Dreams.

Trained consumers lead a brief presentation about their mental illness. The presentation includes a video, personal testimony, and a discussion between themselves and the audience. The presentation at the National Convention included one individual who had begun presenting in July 2004. He did a fantastic job and truly moved all those who attended.



Fall Recipes

Herb Roasted Vegetables



Preheat oven to 450° F. Toss 5 cups assorted fresh fall vegetables, such as carrots, onions, parsnips, rutabagas and turnips.

Add 1/3 cup Zesty Italian Dressing and 1/3 cup Parmesan Cheese.

Mix well.

Place vegetables mixture in a lightly greased foil lined 15x10x1 in. baking pan.

Bake 40-45 min. stirring occasionally. Makes 6 servings.



Apple Crumble

1 (8 oz.) tub of Honey nut flavored cream cheese.

2 2/3 cup crushed vanilla wafers.

8 small apples peeled and chopped.

1/2 cup sugar.

4 tsp. cinnamon

Preheat oven to 400° F.

Mix cream cheese with vanilla wafers with a fork until mixture resembles coarse crumbs.

Toss apples with sugar and cinnamon until evenly coated.

Spoon into 1-qt. Baking dish, sprinkle with crumb mixture.

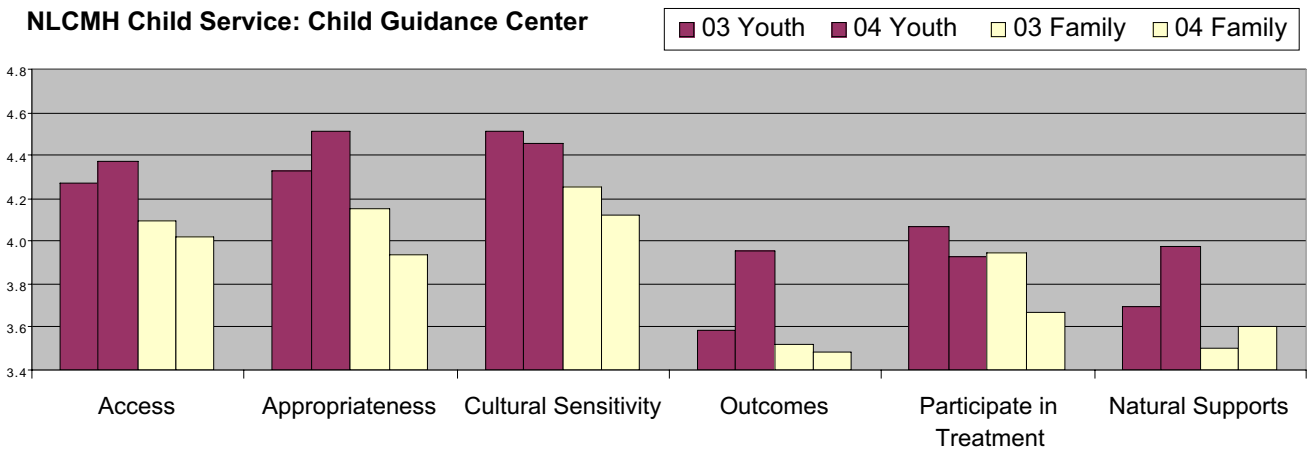
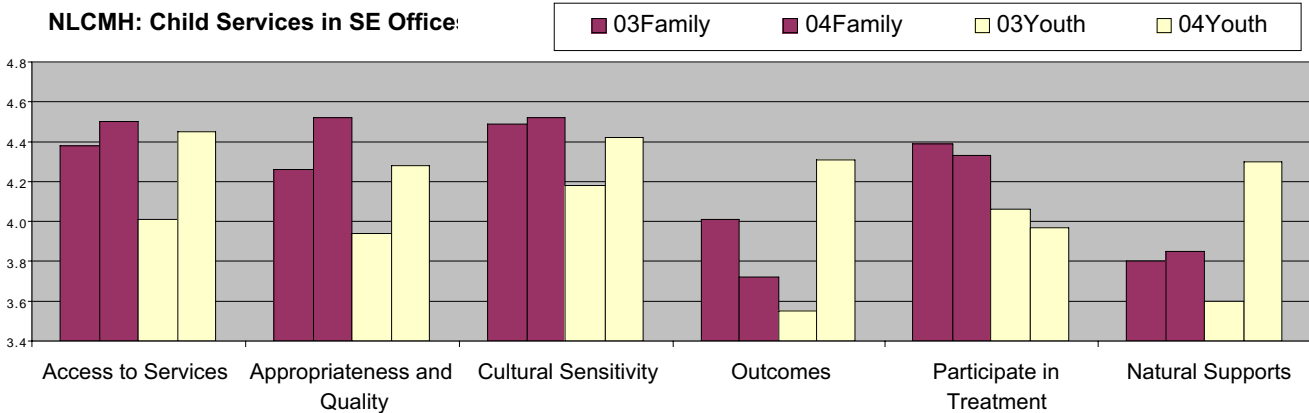
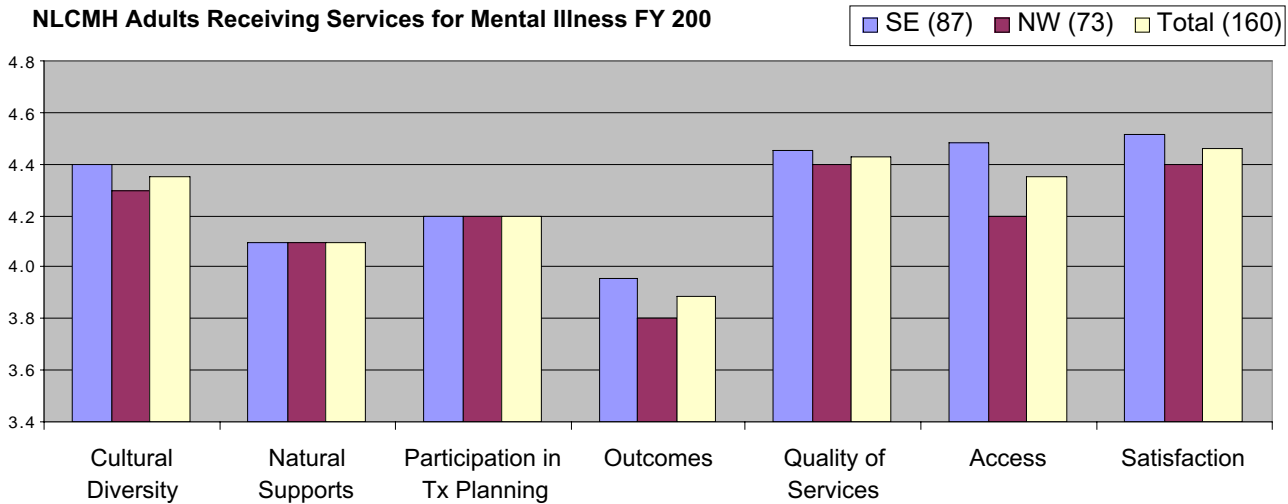
Bake 15-20 min. or until crumb mixture is lightly browned and fruit is tender.

Serve Warm.

Makes 8 servings. May be served with whipped cream or ice cream.

Consumers Give Us Feedback!

NLCMH adult, youth and parent consumers completed 300 surveys this spring!



Northern Lakes CMH thanks all those consumers and family members who participated in the surveys!

Tips for a Better Future Crisis Planning

When you work on your Person Centered Plan, you will be asked if you would like to write a crisis plan. Everyone should have a crisis plan regardless of his or her present situation.

Why should people have a crisis plan? There are several reasons. Each individual will have different needs and issues to be taken care of while they are in the hospital or if for some other reason that they themselves cannot take care of things at home.

- ◆ If you have a pet, who will take care of your pet in your absence? Do they need to know specific instructions on what your pet needs on a regular basis? They might also need to know who the veterinarian is who sees your pet.
- ◆ Do you have child(ren) living with you? Who should be contacted to take care of them? Are they aware that you might need assistance at some time? They will need to know the child(ren)'s schedule, i.e. school, daycare, appointments, and bed times or any other pertinent information. They should also know whom their Doctor and Dentist are, their phone numbers and addresses as well as permission to seek medical care if needed.
- ◆ Do you need someone to pick up your mail, water your plants, or mow your lawn? How often do these tasks need to be taken care of? Do they have a key to your home?
- ◆ Does some one need to pay your bills? They will need to have a way in which to do this. Are they on your bank account so they can write a check or access funds?
- ◆ Your Case Manager or Therapist can help you in developing this plan. Before the crisis is full blown you can set up steps you will take to avoid this situation. You will need to know your warning signs and what to do when you notice them. You might get out and take a walk, watch a special movie or listen to your favorite music. You may be able to talk with your support people, or go and stay with a friend. If the problem persists contact your worker so that they may help you. They may help you through the problem and lessen the degree of need or make arrangements for you to see your Psychiatrist. They will also help you decide if you need to be in respite or to be hospitalized. If they are unavailable you can talk with emergency services.

When a crisis plan is in place you'll know what to do and so will the individuals who will help in your time of need. When your support people are aware of the plan everyone can breath easier. I hope this is of assistance to you. I wish you well until the next issue.

Leslie Sladek-Sobczak

Straight Talk - Off the Record Because your Voice Matters



The Consumer Advocacy Council will be hosting their second consumer forum on October 6. This will be at all of the Northern Lakes offices from 1:00 – 2:45p.m.

Topics to be addressed: Person Centered Planning, Outcomes, and Strengths and Weaknesses. Come share your thoughts, ideas and opinions.

For questions you can call one of the Consumer Advocacy Council Members at one of the following locations:

Traverse City - 231 922-4850 (Kristy)
Cadillac - 231 775-3463 (Merry)
Grayling - 989 345-8522 (Carolyn)
Houghton Lake- 989 366-8550 (Ernie)

You may also email questions to chatroom02@core.com. We hope that you will join us, so mark your calendars and save the date.



Chat Room
Our Tree of Life

Chat Room of Houghton Lake

... On the Move!

Everyone is welcome to drop in at the Chat Room's new temporary location, currently located at the corner of M-55 and Loxley Road on the west side of Houghton Lake in the SAV-A-LOT Plaza, next to the Dollar General store.

Northern Lakes CMH has "launched" a big expansion of its website with lots of new information. Make sure you check it out at www.northernlakescmh.org - You can read about the organization, its mission, mission, service area, and office locations. You can find answers to your questions about mental health and illnesses – how to help yourself or someone else. You can tap into a broad array of information and links online. And more!!! If you don't have a computer check your public library!