



NEW DIRECTIONS

By, for and about consumers of behavioral health services

Walk a Mile in My Shoes



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On May 11, 2010, NLCMH, staff, consumers and advocates attended the Walk a Mile Rally in Lansing at the State Capitol. They remained despite the unrelenting rain and cold temperatures, advocating for people with

mental illness and/or developmental disabilities and making sure their voice is being heard.

More than 1,500 hundred people endured the weather from all around the state to attend the 6th annual rally.

Statements for counties in the Northern Lakes service area are as follows:

In **Crawford County** we are very afraid about more budget cuts. We are afraid that there will be longer waiting lists for mental health services in Michigan. We are afraid that people

won't be able to recover and get their lives back. We are afraid that more people will end up in the emergency room or on the streets instead of getting treatment. We are valuable people -- and treatment and support should be a right, not a privilege.

Grand Traverse County

I have a mental illness and my recovery was to take my medications and it changed my life. I started to go to clubhouse and they helped me a lot with my illness. I want to keep going to
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Benefits to Work Calculator

Resource for Helping Persons Get Back to Work

Many of the persons served in the public mental health system wonder what will happen to their income, benefits and health coverage if they go to work.

You can use the "Benefits to Work Calculator" to find out how a job may affect your total income and your health coverage.

This Calculator is funded under the Michigan

Medicaid Infrastructure Grant (MIG).

For several years now, the **MiJob** Coalition has worked with the MIG to bring a site similar to California's <http://www.db101.org> to Michigan.

Michigan Disability Benefits 101 Online Benefits to Work calculator has finally arrived!! Check it out at <http://www.mi.db101.org>.

This tool can help an individual considering work understand how employment will affect their federal and state benefit programs.

See page 3 for more information.

REE

Recovery Enhancing Environment

Draft result
information page 2

Traverse House – Update



Traverse House underwent remodeling this winter and now has their personal entrance off Hall Street. This entrance is separate from the NLCMH agency entrance which is on the west side of the building facing the parking lot.

The members held an Open House and Spaghetti Dinner in April,

which was a huge success; members from the community attended and all enjoyed the bright atmosphere and music provided by West Senior High School students.

Traverse House is modeled after Fountain House in New York, NY and is working towards accreditation by the ICCD (International Center for

Clubhouse Development.

The clubhouse has a Kitchen unit, a clerical unit, a café unit and TEP (Transitional Employment Program). For more information visit the NLCMH Web site at www.northernlakescmh.org or click here for direct connection [Traverse House](#).

REE participants have the identified service for six months or longer. NLCMH was the first agency to pilot the REE and assist the state in working out the bugs of implementing this research.

The REE (Recovery Enhancing Environment) survey tool was chosen by the State Recovery Council as the tool to be used across Michigan and Northern Lakes CMH was among the first to pilot its use. The goal of the project is to educate consumers and providers about recovery, encourage recovery in consumers and the system and access the present elements regarding recovery.

This is a research project and part of the state contract (all CMHs had to have this survey on their services). The services were identified by the state for all.

We are still waiting the final report, but of interest are the following data results:

- Over 15% of respondents work part time, full time or attend school.

- 72% of respondents are committed to recovery, in recovery or making plans for their recovery.
- 90% have goals and are learning new things.
- Respondents also rate high on program's support; personal identity, hopefulness and empowerment.

Post Card Art Display

In May (Mental Health Month), two Cadillac storefronts displayed art from NLCMH consumers and our ***“Look Closer: See Me For Who I Am”*** postcard art was on display at the Cadillac Library. The display moves in June to the **Devereaux Memorial Library**, Grayling. Stop by and see the work of the artists!



You may also go to the NLCMH Recovery Center blog to view the post cards.

<http://northernlakescmh.org/blog/2009/10/29/look-closer-postcards-see-me-for-who-i-am/>



Benefits to Work Calculator: <http://www.mi.db101.org>

What will happen to your income, benefits and health coverage if you go to work?

You can use the Benefits to Work Calculator to find out how a job may affect your total income and your health coverage.

The Calculator provides estimates only. If you're considering taking a job, use the Calculator and then contact a [Benefits Planner](#) to discuss the results.

Who is it for?

The Benefits to Work Calculator is for people aged 18-64 using public disability benefits.

What will I need?

Gather your bank statements and information on benefits you receive from Social Security or the state.

How long will it take?

It will take about 20-30 minutes to complete the Calculator. You can save your session and come back to it later.

Will my information be kept private?

Yes. Any information you enter or store in the Calculator is completely confidential. It will NOT be shared with any government agencies or outside organizations.

This Calculator is funded under the Michigan Medicaid Infrastructure Grant Award Number: 1QACMS030532/01 from the U.S. Department of Health and Human Services Centers for Medicare and Medicaid Services received by the Michigan Department of Community Health. However, the information provided does not necessarily represent the policy of the U.S. Department of Health and Human Services and the Michigan Department of Community Health.

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clubhouse and continue to see my doctor. I thank the CMH people for helping me with my illness.

Leelanau County

Last year we lost our day program for senior citizens. We are afraid we will lose more if the budget keeps getting cut. We are afraid that some of us may not be able to recover as a result. Mental health matters!

In **Missaukee County**, we feel that Advance Directives are very important. Where would we be without caring individuals, friends, and family? Without my sister where would I be today?

In **Roscommon County**, I'm afraid to meet people or be around groups of people because of my mental illness. It's bad when someone like me is even afraid to see my regular doctor because they know I have a mental illness and automatically

start to stigmatize me and the problems I have, saying it's because of my mental illness.

Wexford County

I have a 7-year-old daughter who is not with me because the judge says I have a mental illness and supposedly not capable to raise her. I also lost my fiancé the first of this year which is still very traumatic for me. I look at life this way – God won't give you what you can't handle. If life gives you lemons, make lemonade.

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 can also email the newsletter directly to you.

Cadillac – Friday

June 11 and July 9, from 10-12(noon)

Grayling – Wednesday, June 9 and July 14, from 1-3:00 p.m.

Houghton Lake – Tuesday, June 8 and July 13 (Thur.), from 12:30-2:30 p.m.

Traverse City – Thursday, June 3 and July 1, from 10-12(noon)

Recovery Council Meetings

Friday, June 25 from 1-3:00 p.m. in Houghton Lake.

Friday July 23 from 1-3:00 p.m. in Grayling.

"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."



"Creating Intentional Communities"

Staff from various departments of NLCMH and Benzie Manistee CMH attended trainings on Recovery with Amy Long, RN, consumer presenter.

Amy is a Psychiatric Nurse and a consumer of mental health services. Amy works in a crisis center and speaks across the country on issues regarding recovery orientation, systems change (transformation) and how to work with consumers and assist them in recovery; treating them with respect and guiding them towards recovery and community integration. Michigan is well on its way to a recovery oriented system. Staff needs to be reminded of recovery

principles and have a commitment to the change if it is to benefit all: staff, consumers, peer providers and the community.

Many of the issues Amy discussed during the training are in Michigan's Person Centered Plan and use Self-determination, respect for consumer choice and staff who provide it. She also went over boundaries, working with Peers in all areas of work not just Peer Support Specialists.

She shared a method to write a Value statement, which included input from all who shared at the training. Other topics were: language, consumer choice, interventions, and personal limits.

"Learn & Lead to Succeed"

CONSUMER CONFERENCE

June 16 brings the Annual Regional Consumer Conference at the NLCMH Traverse City Office. Registration starts at 10:30, and the conference adjourns at 3:00 p.m. Transportation assistance for out-of-town consumers will be provided. Conference topics: The Art of Leadership, Selective Sharing presentation by Shawn Semelsberger, and a Consumer Panel discussing volunteerism and employment. To register, call Rosemary Rokita at 800-337-8598 or Cindy Petersen at 935-3099.

Northern Lakes CMH Board Meetings

June 17 at 6:30 at the Cadillac office.

July 15 at 6:30 the Gravlina office.

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