



NEW DIRECTIONS

By, for and about consumers of behavioral health services

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Community Conversation on Healthcare

You are invited to a **FREE** Community Conversation: *'The Affordable Care Act – Get the Facts. What does it mean for you?'*

Focusing on American Indians and People with Disabilities

Thursday, April 19, 2012
2:00 - 4:00pm

At The Medicine Lodge, Grand Traverse Band of Ottawa and Chippewa Indians, 2300 N Stallman Road, Peshawbestown (in Leelanau County).

Speakers: Eli Isaguirre, Michigan Consumer for Healthcare, and Glenn Ashley, United Cerebral Palsy of Michigan.

Please RSVP today as seating is limited. Contact UCP Michigan at (517) 203-1200 or email: ucp@ucpmichigan.org

Sponsored in part by United Cerebral Palsy of Michigan. *Life without limits for people with disabilities.*

Involvement with Disabilities

Childrens Mental Health Awareness Week is May 6-12, 2012



The March Action Group had a presentation from Lisa Woodcox from Disability Network, Northern Michigan. Disability Network is located in Traverse City but serves 13 counties.

Lisa presented on opportunities in volunteering, of which Disability Networks has many: County Advocates, Peer Mentoring, Information and Referral Aide, Office Assistant, Marketing and Public Relations Assistant, Events Coordinator, Technical Assistance, Access Team Member, Guest Speaker, Board member and Bowling League Volunteer.

Lisa also shared about the Disability Network Advocacy Council. The council is involved in doing many things, including recreation and education events. Look for their April calendar in the Recovery Towers. Interested in being a member? The application will be on the back of the calendar. You can also contact Lisa at Disability Network (231) 922-0903.

Lisa also presented on GT RICC (Grand Traverse Regional Interagency Consumer Committee). RICC is a grassroots group of people with developmental disabilities, their

friends and families. The RICC group has several work groups that focus on specific areas. The main functions of RICC are:

- To provide a forum for addressing local issues;
- To outreach to diverse populations of people with developmental disabilities and their families;
- To advocate for needed changes in the community;
- To inform the DD Council about local conditions for persons with developmental disabilities.

Autism Awareness Month is APRIL & MAY is Mental Health Month

April is Alcohol Awareness Month

April 6-8 Alcohol Free Weekend

During **Alcohol-Free Weekend**, NCADD extends an open invitation to all Americans to engage in three alcohol-free days.

Any individual or family member who finds it difficult to get through the 72-hour experiment is urged to contact local [NCADD Affiliates](#).

Alcoholics Anonymous (AA) and Al-Anon Family Groups to learn more about alcoholism and its early symptoms.

The theme for 2012 is: **“Healthy Choices, Healthy Communities: Prevent Underage Drinking.”** Annually, over **6,500 people** under the age of 21 die from alcohol-related injuries involving underage drinking and thousands more are injured!

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and to encourage local communities to focus on alcoholism and alcohol-related issues.

This April, NCADD is highlighting the important public health issue of underage drinking, a

problem with devastating individual, family and community consequences. Alcohol use by young people is extremely dangerous – both to themselves and to society, and it is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, alcohol overdose and other problem behaviors.

For people who are dealing with Alcoholism personally or with a family member, there are AA and Al-Anon/Al-Ateen groups. There are also groups that support people who have a mental illness and a substance use issue. These groups are called “Dual Recovery Anonymous” and also follow a 12-step program.

AA has both “open” and “closed” meetings. Open

meetings are for family and friends as well as the person attending AA for themselves.

For more information, you can call Alcoholics Anonymous listed in your local phone book or go online to www.aa.org and search for local groups. For Al-Anon groups call 1-888-4AL-ANON (1-888-425-2666) Monday thru Friday, 8 am – 6 pm ET; or go online <http://www.al-anon.org/meetings/meeting.html>.

Both groups have online or electronic groups for people who do not have a group in their area or are homebound.

Dual Recovery Anonymous meeting times & places on page 4.

Those who tell the stories rule the world.

Hopi American Indian Proverb

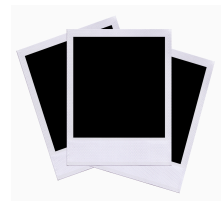
Learning to tell your story. Traverse City and Cadillac began classes in March and Houghton Lake will start on April 12 from 10-noon and Grayling will begin on April 25 from 1-3:00 pm. Fliers are located in the respective offices in the Recovery Towers.

Coaches lead participants through really fun, hands-

on activities that help in creating their Recovery Story. The class discussions are great in helping to look at your life in a different way than you may be accustomed. Creativity abounds in this class, resulting in gaining new insights and guidance for the development of your story.

Working in a group in this

step-by-step process may be just what you need to take a leap in your own recovery journey, and help others along the way!



My Color Blind

*A world where people all look the same to me
We all share a common thread of individuality
The sky, the earth and the air we breathe
Was given to us all ~ not just you and me.*

*When I grow up I hope that I will realize
That a person's worth is buried deep inside
These outer shells we did not choose
But what we learn are the thoughts we use*

*For me I'll be just one link in this chain
A chain of uniqueness where no link is the same
Together we are strong and no task is too great
Divided we are weak, let's not make that mistake.*

*A quilt is many pieces not all uniform in size
A quilt is many colors not all soothing to the eyes
But when it's time for me to rest
And warmth is what I need
Give me that quilt that was lovingly~
~Made for I am color blinded indeed.*

Alan Brown CPSS 3/22/12

To Modify The Bully*

It's hard to know if the abuse in our family started with my grandma and my husband's grandfather, or quite possibly began when Adam and Eve blamed everyone but themselves. I wonder if that's all Cain and Abel heard was their mom and dad blaming each other that caused Cain to be ashamed enough of his offering to make him kill his brother. But it wouldn't be the last time someone was killed because the other person didn't want to be shamed.

Blame and shame are a big part of abuse. Sometimes if you're in the problem or around the problem long enough, one might be able to come up with a more effective method of curbing abuse and violence in families. And at the same time, possibly stop the bad cycle of abuse that is in your family.

I'd like to change the wording 'cycle of abuse' to 'pattern of abuse', because patterns are something you follow. If you can see the pattern of behavior you use is wrong for you and your loved ones, then you are more willing to change. This would create a breaking of the cycle that could have started with your great, great grandfather, or more likely, Adam and Eve.

We know children usually think in black and white, while adults think in various shades of gray. This may be a critical clue to understanding why our children are losing hope. We sometimes give simple answers to difficult questions like, "He killed himself because his girlfriend ended their relationship." It is very hard to believe a sixteen-year-old child would kill himself over 'puppy love' when it is a transitional stage from puberty to a serious relationship, leading to marriage in adulthood.

What are we making our children think? How are we making them feel? Corrective counseling may very well help us understand what we do to each other, and why we do what we do to each other, which in turn, may lead to the answers as to why we had Columbine. ~ Anna Marie Lawrence

PEACE*

*Sometimes in our
garden of life,
We have to pick the
weeds of anger
and hurt;
Plant the seed of
forgiveness to get the
Fruit of love.*

*We have to pick the
weeds of gossip and
intolerance;
Plant the seed of
equality to get the
fruit of justice.*

*And when we pick the
weeds of abuse and
violence;
Plant the seed of
understanding,
We have the
fruit of peace.*

April is

Poetry

Month

No More*

*She yelled,
Pointed at me
"Nobody talk to her."*

*They all did
What she said,
Cause she was
Popular.*

*I just kept on walking
And dreaming
Thoughts instead.*

*Of a sweet smile,
Nice words,
And friends that
Used their head.*

*All items are from a mini-grant titled "To Modify The Bully" from Michigan Dept. of Community Health through NLCMH

SAVE THE DATE

Recovery Forum

May 31, 2012 NLCMH will again look at the Recovery Transformation Blueprint. This will take place in Traverse City; transportation will be provided from the other office locations. Watch for more information in the Lobbies or on the web www.northernlakescmh.org.



Action Group – April 11

10-noon video conference between Cadillac, Houghton Lake and Traverse City.

Walk-A-Mile Rally

May 9, 2012 on the Capitol Lawn. Northern Lakes will once again sponsor two people to represent each of our six counties. One representative will carry the county flag and one will read a statement. The agency attempts to send new representatives each year. This is a wonderful opportunity to experience. The rally is open to the public.



Mini Conferences

Traverse City ~ April 19; Cadillac ~ May 17; Houghton Lake ~ June 19
Watch the Recovery Tower for registration information at your local CMH office

Dual Recovery Anonymous

Traverse City meets at Central United Methodist Church
Mondays and Thursdays 6:30-7:30 pm.
Cadillac meets at Club Cadillac on Thursdays 4-5:00 pm.

Northern Lakes CMH Board Meetings

April 19 ~ at Elmwood Township Hall, 10090 E Lincoln Rd, Traverse City
May 17 ~ at the Houghton Lake NLCMH office, 2715 S. Townline Rd, Houghton Lake

NEW DIRECTIONS
Receive New Directions
Electronically or send
submissions to:

leslie.sladek@nlcmh.org

We're on the Web!
SEE US AT:

www.northernlakescmh.org

Moment of Laughter Day!

April 14 – A Moment of Laughter Day – Who can resist such a wonderful day? The intention is to get someone to laugh. Bring a smile to someone's face. 'Laughter is the Best Medicine!'

A daily dose of laughter may be good for the heart because, like exercise, it makes blood vessels work more efficiently, U.S. researchers reported at a meeting of the American College of Cardiology in Orlando, Florida in 2010. The average blood flow increased 22 percent during laughter but researchers warned that laughter cannot take the place of aerobic exercise. So laugh and make someone else laugh when you're out exercising!

NLCMH Recovery Definition

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 own abilities, strengths and determination.