



NEW DIRECTIONS

By, for and about consumers of behavioral health services



Have You Smiled Recently?

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* Survey Says . . .

Bigger smiles may mean longer life, says an article in *The Chicago Tribune*. The article explores a study published in the journal *Psychological Science* that looked at the smiles of professional baseball players and how long they lived.

At Wayne State University, researchers used the Baseball Register to evaluate the smiles of professional baseball players who began their

careers before 1950. They looked at 230 photos which were enlarged so they could rate the intensity of the smile. They compared the rated smiles with data from deaths between 2006 and 2009. After accounting for other factors such as career length and body mass index they concluded that players with bigger smiles lived longer.

The study found that among players who had died, those with no smiles lived approximately 72.9

years. Players who had partial smiles, had an average lifespan of 75 years. Finally, players with big smiles had an average lifespan of 79.9 years.

According to the article, the researchers stated that smiles are a sign of “positive emotion” and that can have a positive impact on health.

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Parents & Caregivers:

6th Annual ACMH Parent Leadership Camp on Tuesday & Wednesday, September 28 & 29, 2010 in Lansing. Full information online at:

<http://www.acmh-mi.org/>

Recovery Celebration 2010

Movin' On Up

On September 15, we will be having our 3rd Annual Recovery Celebration – **Movin' On Up** – at the Comfort Suites in Houghton Lake. We're already planning a fun-filled packed agenda and hope it will be a day of celebration and recognition of **People**, their hard work and dedication towards NLCMH's recovery transformation progression.

Recovery Celebration is a phenomenal way for people to be recognized for their

efforts in supporting the recovery movement at NLCMH and/or for assisting in an individual's personal recovery journey. Hearing about these people and their stories energizes all who attend.

NLCMH continues its growth in Recovery Transformation; join the celebration. Fill out a registration form and turn into reception for your office's contact person.

The Soloist

NLCMH is sponsoring a viewing of *The Soloist*, a true story from the book *The Soloist* by Steve Lopez. It is about a Julliard-trained musician who becomes mentally ill and homeless. The film will be on September 27th at the Traverse City State Theatre. More information to come, check the lobby and the calendar at www.northernlakescmh.org

WATCH FOR:

- “Proof” in October
- Call for Art- Art of Recovery Show and Post Card Art

Person Centered Planning

Learning Communities had presentations in July with information regarding the person centered planning process. These are often referred to as your PCP, which is used in the development and writing of your IPOS¹ (Individual Plan of Service).

Your PCP begins with preplanning, some of which happens over time when you are meeting with your worker. Preplanning may be informal and be recorded

in your case notes so they may be referred to when the time comes for you to write a new or revised plan, a reminder for you and your worker. Independent facilitation* may be chosen for the planning process, you will plan where, when, and whom will attend the PCP meeting, and what will and will not be discussed. This is your meeting for you to explore and discuss your hopes, dreams and goals. What do you do well and what do you want or need

to improve on or change? Crisis Planning¹ is available and you may choose to write an Advance Directive for Mental Health Care¹ too. Self Determination¹ can also be an option.

Goals are an important part of planning. The article below is an example of a goal.

¹The IPOS is the legal document about the services you will receive from Community Mental Health (CMH). A contract

that is required for CMH to provide services to you the consumer.

* Information is available on Independent Facilitation, Crisis Planning, Advance Directives and Self Determination. Contact Customer Service or your worker at your local CMH office.



Coping Skills for Stress and Trauma

FREE

September 14th
Great Wolf Lodge,
Traverse City
10:30-2:00pm
(lunch included)

Featured Speakers:
Tim Grabowski, Cynthia Brooks and Colleen Jasper.

Sponsored by: The Michigan Department of Community mental Health & The Michigan Association of Community Mental Health Boards

Registrations forms in the Lobby (TC) or contact NLCMH Customer Services Department or Online:
<http://www.macmhb.org/Description/CopingSkillsforStressandTrauma.html>

Goals & How they Look in your PCP (IPOS)!

Person Center Planning Goals are referred to as The Target Issue. The Goal is then the outcome or result that is wanted in the end. Next is the Objective, the consumer's responsibility, Intervention, the action or work the CMH provider will do, broken down into smaller pieces or steps, Who, client (consumer), therapist, Case Manager... and Service (what that is specifically). The last item is Duration, regarding how many

times, for how long and in what period of time. Clinically that is referred to as "Amount, Scope and Duration."

Confused? Here is a bit of a sample; **Target Issue:** Homeless. **Goal:** Living in a safe place that is of my choosing. **Objective:** I will make calls and fill out forms for apartments, Section 8 application and other relevant forms, on my own and/or with my worker as needed (my support people may assist as well). Schedule appointment

with homeless prevention worker, read classified ads and other areas where apartments and rooms are listed for rent, i.e., Craig's list, bulletin boards... **Intervention:** Provide resources, and assistance in attaining applications, filling out forms or making calls as needed. **Who:** (Client's activity listed in objective) Case Manager or Peer Support Specialist. **Service:** Case management or Peer assistance. Duration: 2 times a month between date A and date B.

Michigan ADA Report Card

STUDENTS: Cities and Towns of Michigan

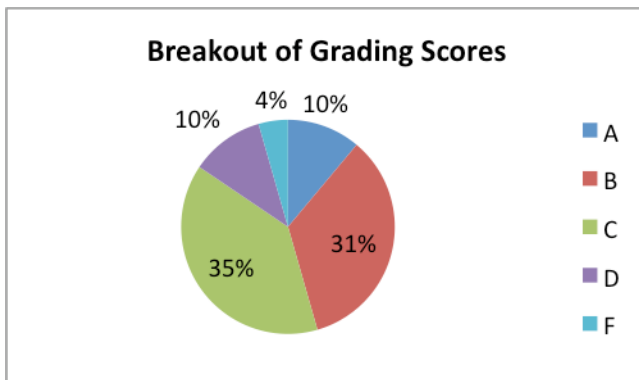
Level: 20th Year

Grade: **C**

Reported by Michigan ADA Steering Committee July 2010

Overall Community Average: C GPA = 2.07

From May 2010 through June 2010, people with disabilities, family members, and advocates in Michigan had the opportunity to report how well they felt their communities were doing in implementing the American with Disabilities Act (ADA). They were asked to “grade” their communities and also to point out areas where there was need for more progress in coming into compliance with the ADA.



Subject Area Grades

Employment opportunities for people with disabilities	D+
Job Accommodations	C-
Access to local government and community programs and services	C+
Removal of physical barriers in buildings	C+
Use of communication supports and alternative formats	C-
Access to accessible transportation	C
Educating people and government officials about the ADA	C-
Educating business people and government officials about ADA	D+
Accessibility requirements for new construction and renovations	C
Education about filing ADA complaints	D+
Website accessibility	C-

Respondent’s rating over the last five years of Overall Community Improvement: Michigan score – 3.07 out of a possible 5.0 (5=Very Good)

Top Priorities for Action:

- ✓ More employment opportunities for people with disabilities
- ✓ Accessible transportation
- ✓ Educating businesses and government officials about their rights and responsibilities under the ADA

Other Areas Needing Attention:

- ✓ Educating people with disabilities about their rights and responsibilities
- ✓ Removal of physical barriers in buildings
- ✓ Providing accommodations for employment
- ✓ Access to local and county government programs

Where People Get Their ADA Information

People are getting most of their information about the ADA from these sources:

- Internet
- Centers for Independent Living
- Service providers
- Michigan Protection and Advocacy Service

Respondents were quite informed about the ADA, 48% of Michigan respondents reported that they have good to excellent knowledge of the law.

457 individuals with disabilities, family members, and advocates participated in this survey. View in full at www.adamich.org

NEW DIRECTIONS

E-Mail:

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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 19th at 105 Hall Street, Traverse City at 6:30 pm. [Map](#)

September 16th at Elmwood Twp. Hall, 100900 Lincoln Road, (Leelanau County) at 6:30 pm. [Map](#)

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

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Learning Community & Recovery Council Schedule

Cadillac – Friday, Aug. 13th & Sept. 10th from 10-12 (noon)

Grayling – Wednesday, 11th & Sept. 8th from 1-3:00 p.m.

Houghton Lake – Thursday, Aug. 10th & Sept. 14th from 12:30-2:30 p.m.

Traverse City – Thursday, Aug. 5th & Sept. 2nd from 10-12 (noon)

Recovery Council Meetings

Friday, Aug. 13th from 1-3:00 p.m. in Traverse City.

Friday, Sept. 24th from 1-3:00 p.m. Cadillac.

"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."



Consumer Involvement

Now is your chance to be involved in providing input, perspective, insight, and to add to the diversity of the NLCMH committees, panels, councils, and workgroups. Various areas need consumers & family members to be involved in creating a consumer-run and consumer-driven agency.

The **Recovery Council** is looking for representatives in Traverse City and Cadillac, the **NLCMH Board** needs a representative for Grand Traverse County. **Child and Family Advisory Committee** has openings for parents of children receiving services or who have received services at NLCMH in the past, and the **CAC (Consumer Advocacy Council)** needs people in all

geographic service areas of NLCMH, representing the diverse population that is being served by the agency for their council.

For more information, contact Customer Services at your local office. Rosemary – 231 876-3246 or toll free 800 337-8598, or Leslie – 231 933-4907.

Opportunities always arise for one-time work groups, conferences, training and events. Fill out a Consumer Involvement Form and check your areas of interest so we can forward relevant information on to you.