



NEW DIRECTIONS

By, for and about consumers of behavioral health services

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Recovery Award Nominations Needed

We need you!

The annual Recovery Celebration will be September 20, 2011. That may sound like a long way off to you but for the people who put it together there is a lot of work and planning to be done for the Celebration to be enjoyed by all.

Each year nominations are sought so we can recognize those people who have made a difference in your recovery or the recovery of others. Staff, consumers, peers, others...Who have you seen in the past year that should be recognized for the work they do for the recovery of

individuals, groups or the transformation of the system here at Northern lakes? Nomination forms will be in reception areas soon and we need you to fill one out.



Walk A Mile Rally

It was a beautiful day to be at the capitol. There were around 2000 people at the rally this year on May 11. Our own Mary Beth Evans, Recovery co-coordinator at NLCMH, was the emcee of the event. Justin from Houghton Lake, of Just in Time Productions was DJ, getting people in the mood and the Patriot Choir from Cadillac performed. The Northern Lakes area of Michigan was well represented!

services are our safety net. I hope our lawmakers hear me when I say that protecting our safety net services is not only the right thing to do but is good business – and will save the state money in the long run. No more cuts! Walk A Mile In My Shoes!



The Patriots Choir from Cadillac sang at the rally!



Mary Beth Evans, NLCMH Recovery Coordinator, was the Rally emcee!

Here are the statements made by people from our 6 counties:

Roscommon County - Christine with Flag Bearer David: "We are easily forgotten to some people, but we won't go away. We will put a voice to our needs. We'll shout until we are heard. We don't ask for much, we just ask for respect and understanding. Walk a Mile In My Shoes!"

Crawford County - Kim with Flag Bearer Heather: "CMH

Wexford County - Frank with Flag Bearer Malinda: "I am more than my illness. Don't put labels on me. Walk A Mile In My Shoes!"

Missaukee County - Kelly with Flag Bearer Deanna: "We believe that every single person in the world has value. We also believe it is right and good to help people who are less fortunate. The poor, the lost, and the wounded all need our support. Walk A Mile In My Shoes!"

Grand Traverse County - Richard with Flag Bearers Lee and Brandalyn: "In Grand Traverse County there is not

enough affordable housing for people with mental health issues or low income families. We need more housing options to support people's recovery. Walk A Mile in My Shoes!"

Leelanau County - Toni with Flag Bearer Susan: "Times of stress are NOT times to cut mental health funding. If anything, mental health funding should be INCREASED to help people even more. Walk A Mile in My Shoes!"

Recovery Mini-Grant Update

Consumers and Consumer Groups receive grant funds to move recovery forward.

Ten mini-grant applications were received, offered through NLCMH. These grants are for consumers to have the opportunity to help change the community mental health system to one based on recovery principles. These grants are available with funds from the Michigan Department of Community Health (MDCH) block grant- Culture Change to Embrace Recovery. This is a grant to be used for adults with mental illness. There were two broad priority areas to be addressed with the grants:

Community Membership, Inclusion and Participation – *Projects may promote active involvement in the community; and/or promote awareness or understanding through an activity or event; and/or promote meaningful and satisfying work or volunteering or success in the*

educational setting; and/or promote meaningful relationships.

Wellness – *Projects may promote good physical health, mental health, spiritual health, or quality of life.*

Seven grants were awarded. Congratulations to the successful applicants! Below is a list of the grants awarded. More information will be forthcoming when recipients have their first reporting date in July.

- A book celebrating the recovery of Traverse House members.

- Personalized physical evaluations and individualized exercise programs for Traverse House members.

- Purchase of tools and supplies to create a garden producing healthy food and exercise for Club Cadillac members.

- Purchase of four YMCA Memberships to be shared among Club Cadillac members.

- Learned Optimism and Resilience Training Workshops for community members in several northern Michigan communities.

- An educational mailing to employers promoting the employment of people with psychiatric disabilities.

- Art of Recovery sessions in the Cadillac area open to community members.

Regional Consumer Forum

The Regional Consumer Forum (RCF) met in May through video and phone connection. Technology can have its moments of “non-compliance” but that doesn’t stop meetings from taking place.

Information on the two quality projects mandated by Michigan Department of Community Health (MDCH) for this year were explained and many questions around these were answered. One of the Affiliation projects is to increase the number of consumers who receive peer support specialist services (by 20%) throughout our respective CMHs. This project was given to all CMHs in Michigan. Coming up with a research plan that is validated

by EQRO (an agency assigned to this task) can be difficult. So this is a celebration of being on the right track immediately. The other project is to improve integration of primary care services with behavioral health services. This project has begun collecting data for a baseline. The baseline (i.e., where we are now) needs to be known, so that improvement is measurable when the project is complete.

The two CMHs have been working hard to develop an eligibility and level of care guideline for the agencies. It is important to be on the same page within each agency and as our reports are combined for the state it only makes sense to be on the same page

in this area as well. It is a “guideline,” which means there can be exceptions, as considerations are needed when working with individuals.

The group reviewed the Customer Service report, discussed the regional consumer conference, and shared stories about the Walk a Mile in My Shoes Rally and other local happenings. The 2011 Consumer Involvement Plan and the final joint Guide to Services (member handbook) were both shared with all. Next meeting will be in person in Ludington on August 19. This is a once-a-year opportunity for the members to network and meet face to face.



Northwest
COMMUNITY
MENTAL HEALTH
Affiliation

Mental Health and You!

By Leslie Sladek, Editor

Recently I have read a few articles about Mental Health treatment for adults and children. There is always new research and findings from research, which are often interpreted differently by different organizations.

May being Mental Health Month, there was a lot of information out there if you are interested:

The Michigan Department of Community Health (MDCH) has been working toward a system of recovery-based treatment, and the area of "Trauma Informed Care" is an area clinicians need to receive training in now. The "Culture of Gentleness" is being taught in homes and to clinicians and is the choice method when working with people. People who have behavioral problems, people with developmental disabilities and people with communication difficulties all benefit from this form of treatment, but the whole "gentle culture" can benefit all human beings and how we treat other people.

Recovery is possible and the definitions of recovery vary with each organization and really with each individual.

One article I recently read spoke of a child in an abusive home (trauma). This became known when the child entered school. Later it noted that the child was re-diagnosed and received the correct type of medications and the appropriate care; also, she was connected to the local Intermediate School District. Since that time, much has changed and many issues have diminished; and, although there are bad days, progress is really starting to show.¹ This article may be read at <http://www.cadillacnews.com>

[/news_story/?story_id=179333&year=2011&issue=20110505](#). With children, the terminology is "resilience" in the Community Mental Healths, yet is this not her journey of recovery too? One difference for children is that parents still make many choices for their children, such as where they live, if they move, and much more. Treatment for a child is treatment for the whole family unit. An adult consumer makes decisions in most situations, yet most benefit when they involve their family in their treatment plans.

I also listened to a story about a woman who had become suicidal. After receiving treatment that included Cognitive Behavioral Therapy (CBT), she improved and is back out in the community, on her journey of recovery. There are many other examples out there of what people receive for treatment and much of the treatment is Evidence-Based Practice (EBP). Your local Library or the Substance Abuse and Mental Health Services Administration at www.samhsa.gov online are both good places to learn more about these treatments. MDCH also has a list of all the EBP that are being used in Michigan at various CMHs. Some of the EBPs used at Northern Lakes CMH are: ACT (Assertive Community Treatment) CBT, DBT (Dialectical Behavioral Treatment), Family Psycho-social Education (Multi-Family Groups), Integrated Dual Diagnosis Treatment (IDDT), Parent Family Management Training-Oregon and other. (Note: NLCMH is making videos about these EBPs so people can learn more about them. Watch for them on the lobby monitors next fall.)

Often the treatment someone receives is just treatment and they (the consumer and/or family members) do not realize that they are receiving an EBP. As with all treatment received at a CMH, it must be approved and medically necessary for their personal needs.

Treatment planning is done throughout the year but is specifically addressed during pre-planning and when a consumer and their supports people gather for their Person Centered Planning (PCP) process, so an Individual Plan of Service (IPOS) may be written. This is an ongoing process – as goals are accomplished and life's circumstances change, amendments may be added to the plan or everyone may need to sit down again to relook at the services needed.

Not all treatment is medication or therapy. For children and those who are unable to live independently, there are many people involved in the support and care of consumers.

Planning and communicating among all of these individuals is what can make the journey successful. Schools, home, work, clubhouse and others all are working as a team with the consumer and their family (for many) can all work together for the same results. Having everyone on the same page can make a huge difference in the success of the consumer for many.

There are also many new thoughts and some EBPs that look at a much more holistic approach to care. This can be crucial for an individual who needs multiple caregivers in the medical field. Managing all of the medical needs and communication between the doctors is crucial and you are a crucial part of that. Asking questions and bringing a

support person with you to help you remember to ask specific questions or just to remember what the physician told you, can be very helpful. It is often helpful to bring a list of concerns, problems, side effects or the benefits that something has helped for your physician.

In my reading I have also looked at recent research, new medications and/or up and coming treatments. There are choices for all and what is best for one may not be best for you or your family member.

The more you know about your condition the more you can assist in driving your journey on a successful road and you may even be able to avoid a few potholes along the way or benefit from a detour that wasn't originally planned. There are new items and news everyday that may be beneficial for you.

What I heard about years ago that was at a research level I heard about again later as it became FDA approved and upon more reading we (my supports and I) decided to take a detour. There has been a time of waiting and the journey has gone slower than anticipated, with a pothole or two that turned up, but it is also a journey we had not anticipated when we did my PCP nor when I first heard about it years ago. The journey continues, moving forward, crossing off goals that are accomplished, and adding new goals that best address "me today" in my journey. Make your PCP be for "you today".

Recovery Council, Evolving into Action Groups

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 also can email the newsletter directly to you.

Northern Lakes Definition of Recovery:

"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."

Action Groups are for those people who wish to take an active role in transforming Northern Lakes and working on specific work group areas;

i.e., the Recovery Conference and other items in the blueprint. These are video meetings between three Northern Lakes office at a time. Everyone is welcome!

Next meetings are scheduled for:

June 15, 2011,

Wednesday 10:00 – noon, Cadillac, Houghton Lake and Traverse City

July 12, 2011, Tuesday 10:00 – noon, Cadillac, Grayling and Traverse City

The most current Blueprint can be found on the Northern Lakes website at northernlakescmh.org. Click on the tab entitled Latest News and drop down to Special Initiatives. The Newest blueprint is available as well as the originals.

For more information contact Recovery Coordinator Mary Beth Evans at 989 366-2950 or by calling your local office and having them connect you with her.



Celebrating Changes

Do you remember hearing about or attending a learning group? Many people do and have not heard what has happened to these.

Northern Lakes is evolving with the changes that are needed to grow and grow well in an ever-changing environment.

Rather than Learning Communities and Recovery Council, there are now Mini-Conferences, Action Groups and Local Networking groups all beginning to help transform mental health recovery in a more efficient and beneficial way, for you who attend these meetings.

More information about the Action Groups are in the article preceding this article. In April or May there were Local Network meetings gathering in each office to look at some of what the Action Groups is doing and to assist this group if attendees want to. These Local networks are doing more than that. They are

looking into the wants and needs of consumers who live in their area, locally.

Arts and Crafts, walking, spiritual groups or what is in the community that someone wants to share with others so they too can benefit are all things a Local Network might do. Each of these can be unique unto themselves and yet they will have some similar aspects as they keep in touch with the Action Group for news and input to the whole Northern Lakes Community Mental Health communities.

For more information on attending these meetings call Recovery Coordinator Mary Beth Evans for information.

Northern Lakes is working to offer a variety of recovery activities, Art Groups, Pathways to Health, Journaling and more. Not all things can be in all places at the same time but where there are people who want to participate in a specific

experience, we can work together to bring these to your office location. Speak out, attend and let the agency know. Check the consumer calendars on northernlakescmh.org (under Support tab) or ask your worker to help you check there for information.

The end of May brought the first Mini-Conference to Traverse City. This conference will be in Cadillac on Thursday, June 23, 2011. Sign up now. On Tuesday, July 19, 2011 the Mini-Conference will be in Houghton Lake.

All of these Mini-Conferences have the same or very close to the same agenda and information. A fun-filled day for you to learn, share, network and plan how you will continue your personal journey of recovery. Yes, we are always planning and looking to the future so the future can be what you want and are working for!

Northern Lakes CMH Board Meetings

June 16, 2011, 6:00pm
527 Cobb Street, Cadillac

July 21, 2011, 6:00pm
204 Meadows Drive,
Grayling

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