



NEW DIRECTIONS

By, for and about consumers of behavioral health services

Annual Art Show

Entries are now being accepted for the **5th Annual Art of Recovery: The Human Journey Show** through October 17, 2011.

Please turn them in to any of the Northern Lakes office locations. Submission forms and guidelines are available at the offices (check the tower in the lobby) or online at:

<http://www.northernlakesmh.org/latest-news/special-initiatives/art-of-recovery-the-human-journey-show/>.

The Show is open to the public Nov. 2-30, 2011 with the Open House on November 2 at the InsideOut Gallery, 229 Garland Street in the Warehouse District of Traverse City, within walking distance of the CMH office.

Anyone recovering or recovered from anything, (such as substance use, mental illness, abuse, grief, loss) may show their work at this exhibit.

There is no entry fee. Attending the exhibit and open house is free too. Come help celebrate the recovery and resilience of people healing!

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Home Sweet Home

Home is a term used with some affection. A house, apartment, dorm, or condominium is not always home but the place where people go for shelter from the night. Shelter meets the needs of a person or family to be out of the elements of weather, gather for meals and accumulate belongings. For many their shelter is not home and like most people, we all long for a “home.”

Recently the staff and residents of the “Elmwood Home” were concerned that

they may have to move. This is a home for people who need assistance to live their life in the community. They are a diverse group of people who have become “family” to each other.

Residents and staff are breathing easier these days. NLCMH recently purchased the property due to circumstances that arose for the previous owner. This purchase was not anticipated nor looked for yet when events happened and the possibility of people losing their “home” and others their employment happened, it became a day to celebrate when NLCMH assumed the mortgage from the previous lender. The process stretched over months with staff and residents waiting, hoping, that life would continue on the present path and they would not have to move or find new employment.

Now that the financial issues are in order, the residents are looking forward

to a new roofed porch on the back of the home to be outside and yet enjoy the shelter from the sun or rain. There are no large shade trees on the property and this will be a nice place to get outside and yet be protected from the elements of nature that can make being outside uncomfortable.

Other work will be ongoing at that home as all homes are continually in need of small and sometimes large repairs or fix-ups. This “maintenance” is part of caring for a “home.”

The people also make up the “home,” working together, sharing conversations, hopes and dreams. It is a simple yet complex mixture and one that many people are pleased with at this home. Life will still have its difficulties but all can continue with one less worry in their day, knowing that they can come home after their work, play or a visit with their biological family, and return to their family at the “Elmwood Home.” “Home Sweet Home!”

National Native American Heritage



Mini-Conferences are held monthly, rotating office locations. You're invited to sign up and attend! Look for registration fliers in the Recovery Tower of your local CMH office.

Oct. 27 – Cadillac

Nov. 15 – Houghton Lake

Dec. – Enjoy the Holiday season, January's date is still to be determined.

Conferences held from 10:00am – 3:00pm.

November is recognized nationally as Native American Heritage month. Northern Michigan is home to the Ojibwa (Ottawa and Chippewa) tribes. Earlier this year, Northern Lakes CMH collaborated with Native Americans to sponsor a conference for providers in order to share some of the ways in which they are reaching out to their people to assist them in recovery from mental illness and/or substance use and to help providers learn how best to provide treatment and support that is effective for a Native American person.

Many indigenous people need to heal from the forced assimilation into the melting pot of America.

Boarding schools, leaving behind cultural ceremonies, their language and so much more affected not only the individual forced to change their life, but also their families and communities, ripping away the supports and ties that had made them who they are.

To heal from the resulting intergenerational trauma, the people are working to reestablish their traditional values and traditions, along with using evidence based practices and treatment, to promote healing from substance abuse and/or mental illness. Present treatments available through an "Access To Recovery" grant program of the Inter-Tribal Council of Michigan incorporate culture, ceremonies, traditional healers, cleansing/smudging, sweat lodge and more.

At the recent conference, the seven Grandfather teachings were shared:

Respect
Honesty
Love
Bravery
Truth
Wisdom &
Humility

When Native Americans meet new people they introduce themselves with more than a

handshake and their name; connections are made. They open the door for you to walk the journey with them and to get to know their community. One needs to connect the circle: Who do you know that I know? Even with a provider, once the circle is complete, it is safe to talk with you and healing and treatment can reach levels that two strangers cannot achieve. It is a blessing to be a part of someone's life and they are sharing their "sacred space" in allowing you to walk with them.

"Listening to the Heartbeat": the importance of stories, listening, respect, honesty, humor, hope, resiliency and spirituality. Reconnecting with their community where the true spirit of community is the spirit of peace. Learn more about the Native Americans and their Heritage at

<http://nativeamericanheritagemonth.gov/>.

Medicare/Medicaid RFI: Input Needed

Speak out!
Your Voice
Matters!

THE STATE IS
ASKING FOR INPUT
UNTIL OCT. 7.

Michigan is one of 15 states that have received a grant to develop a Health Plan or other ways in which to best support and provide care for "Dual Eligible" people (Medicare and Medicaid recipients). The hope is for better coordination of care for these individuals. Presently many of these individuals have some of the most complex health needs, and coordinating care and benefits of Medicare and Medicaid can be challenging to the providers and the recipients.

People who receive just Medicaid have a choice of at least two health plans (these vary in counties across the state). Belonging to a health plan should allow people better access to providers within the health plan.

Presently Dual Eligibles cannot join a health plan as their insurances (Medicare and Medicaid) offer different services, screenings, preventive care and supports. These people fall into a category known as Fee for Service. For some people it can be challenging to locate a provider to care for them. If they are in a health plan, they will have providers to choose from, much like Medicaid-only participants.

The state is asking for input (Request For Input, or RFI) from recipients on a list of specific items. To provide input the website is: http://www.michigan.gov/mdch/0,4612,7-132-2939_2939_2939-259203-,00.html. You may also

contact Customer Services for this information if you do not have computer access. The state would like your input through email or in writing. **Your input needs to be received by October 7, 2011.**

The state has had several forums across the state and will have a work group to assist in the planning. Once a plan is developed, the state will submit it to CMS (Centers for Medicare/Medicaid Services) and hope to begin this new service in October of 2012.

Mental Health and Developmental Disabilities and the special services in these areas of life are quite different from medical services and treatments. Help the state plan for all areas of care.

Staying Afloat Recovery Celebration

Many consumers gathered at the Hagerty Center in Traverse City to celebrate those who are beginning the recovery process, are in the recovery process, or have helped someone in their recovery.



Staying Afloat was the theme for this year's celebration. Awards were: Pearl of the Sea, Poseidon Warrior, All Hands on Deck, Port Master (Community Awards), Lighthouse (Staff Awards), Stowaway, Special Mention, Catch the Wave, and Buoy Awards. Each area focused on different ways in which award recipients have assisted a person, many people, the CMH organization or fellow staff members move towards recovery. This was the first year that community members were recognized for

their support in the recovery movement.

Amy Long presented the Keynote speech. She spoke of the need for buy in from the top (Administrators) for recovery transformation to happen. It takes a team to make changes and there is no "I" in team! The dislike for the term consumer but as a word that is commonly used, there are times when yes, even she will use the word. As a person with the lived experience she shared the importance of the shared story but the need for advocacy at the political level for social issues and challenges recipients face, food, housing, finances...the voice of those who have lived the life know firsthand how these obstacles can hinder a person in their journey of wellness and recovery.

Amy takes inspiration from Pat Deegan, a consumer with a PhD, and her writing and insight into the barriers. There is a need for a change in

attitude; providers and recipients need to impart knowledge and create heat. Those with the lived experience can keep them on their toes, to work collaboratively; our differences can unite us, i.e. thinking outside the box.

Helping someone in their journey needs to look at all the different barriers for the individual and what point of recovery they can achieve or aspire to. Consumers have different social, economic, cultural, geographical, and spiritual differences.

Transforming the system, everyone is talking about it, there is a seat at the table, consumers must participate with a full voice, and they need to be the drivers not riders!

Peers need to do more than tell their stories, they need to challenge each other, remind each other, question, keep others reaching for what it is

they want in life, that dream/goal, be the hope for others when hope seems to be lost, sometimes just a word. The importance of just being there, listening, listening!

The spiritual path; physical, emotional and spiritual, regardless of your faith, denomination or practice, everyone needs to forgive. Not forget, but to forgive, to let go and walk away.

Technology! Healing needs to be face to face, not a text message, email, or voice message, but a relationship formed through eye-to-eye contact. The text message states that life is good; the face shows that this is not true. Relationships are a part of a healing experience and take place when you can look in each other's eyes.

The celebration also included a panel discussion, the Recovery Band and a special session with Gail Robinson on laughter.

Traverse House

ICCD: International Center for Clubhouse Development.

A global resource for communities creating solutions for people with mental illness.

The members of Traverse House have been working hard lately to become certified.

The members look at the ICCD standards and discuss them, the strengths and weaknesses and how they can change them together.

Working on the self-study has brought members together and made the club a better place for all. There is a lot of communication going on

between members through this ongoing process and all deserve to be congratulated for the time and effort of their participation.

Club Cadillac is already certified and Traverse House is looking to Club Director Andy Ulrich to visit them and go through a mock process of what they can expect in the certification process. A little help from a friendly outsider who can look at Traverse

House from that other perspective. Andy will also be able to empathize with Traverse House members and staff, as it was not that long ago that they went through the process themselves.

Northern Lakes CMH working together across the miles and county boundaries, yet still united as an agency working to bring change and recovery to the consumers of CMH services.

Action Groups/ Local Networks

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.



The Action Groups began their meeting in September with information from the ARR (Application for Renewal and Recommitment) updates. The application summaries that were submitted to the Michigan Department of Community Mental Health can be viewed on the Northern Lakes website at www.northernlakescmh.org under the About Us tab, select Organizational Planning, ARR.

The group also worked on the awards for the upcoming Recovery Celebration. Sharing these celebrations and the small accomplishments that can often turn into large accomplishments, networking and talking with

other people from different communities and what they are working at are inspiring for all.

In August a member asked about Dual Recovery Anonymous (DRA) meetings and information, by our meeting in September he had already held two meetings that have been a great success.

This month a member inquired about starting a spiritual group similar to one in Traverse City. She will be speaking with staff that has the answers and maybe Cadillac will have a spiritual group in the future as well.

Please join us in making a difference, looking at recovery and how you can help change Northern Lakes.

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."

Meeting Schedule:

Wednesday October 12

Tuesday November 8

Tuesday December 13

All meetings are from 10:00am – noon

Underlined meetings are with Cadillac, Houghton Lake and Traverse City, meetings with no underline are with Cadillac, Grayling and Traverse City.

Michigan Department of Community Health

Northern Lakes CMH Board Meetings

Oct. 20, 2011, 6:00pm
Elmwood Twp Hall
10090 E Lincoln Rd.
Traverse City

Nov. 17, 2011, 6:00pm
Northern Lakes CMH
527 Cobb St. Cadillac

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

On September 12, 2011, the Michigan Department of Community Mental Health (MDCH) review team held their "entrance conference" the beginning of an in-depth look at the Northwest Affiliation (Northern Lakes and West Michigan CMHs). MDCH went over its schedule for the two weeks that they will be in the Northern Lakes and West Michigan offices.

Dave Branding, Chief Managed Care Officer, and Lisa Hotovy, facilitator of the Northwest Affiliation Quality Oversight Committee, gave a brief presentation, highlighting changes and partnerships (teamwork) of the Affiliation. There is new leadership; both Dave and Lisa in new positions since MDCH last visited, Quality Improvement committees at Northern Lakes, Kevin Hartley, West MI Michelle Condit, and Katie Deller

assisting for all affiliation wide efforts.

The two CMHs have partnered on several items recently; the new Member Handbook for the affiliation replacing NLCMH's Blue and Yellow handbooks (soon to be in use), a training for all staff regarding the eligibility and level of care guidelines, as well as several data reports and forms for submission to MDCH.

The Regional Consumer Forum is a group of consumers and/or family members and staff that looks at affiliation materials and offers input (they meet quarterly). There are also consumers and/or family members on the Quality Oversight Committee. Membership on these committees is from both CMHs. (Consumers are on local CMH committees in their respective agencies also).

MDCH began reviewing Northern Lakes, which included New Beginnings and Kandu Island Drop-Ins and Traverse House and Club Cadillac. They met and interviewed consumers representing Northern Lakes CMH and West Michigan CMH and also spent time reviewing the records of programs and services, at CMH and providers contracted by CMH. The exit interview was on September 23.

The agencies will need to wait for the final results of the review before Plans of Correction may be written and implemented. The Quality Oversight Committee works to oversee this joint plan submitted from the respective agencies' Quality Committees or jointly from the affiliation as needed.