

Northern Lakes Newsletter

Published Quarterly

For consumers and staff interested in Recovery

Northern Lakes CMH 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.



The Never Ending Meaning of Recovery

When I started at Northern Lakes Community Mental Health almost ten years ago, I had no idea that the term Recovery would mean so many things. Not that long ago, Northern Lakes CMH adopted their own definition of what it means to us; the consumers and staff combined. Through this work, the state has now adopted a recovery definition along with other community mental healths across the state; generally using NLCMH's definition as a guiding point. What an honor!

Northern Lakes has done some remarkable things throughout the years to enhance and motivate others to want to get well. When we walk in the doors at CMH, it's not an easy task to ask for help. Northern Lakes has always made it as easy as possible to ensure that we are expected to embrace recovery the moment we walk in those doors for help. Because of a positive attitude and the never ending meaning of recovery, we have our Recovery Blueprint in place, wellness activities such as the mini-conferences, action group meetings, anti-stigma events, art groups, pathways to recovery groups, various therapy groups, and most of all, peer support specialists who help make a difference daily in the lives of others.

Throughout our lives we do not take the time to stop and thank others for their help. When you see someone that has helped you in one form or another, remember to take a minute out of your day and tell them how much they are appreciated. Onward we go!

~Mary Beth Evans, CPSS and NLCMH Recovery Coordinator

Future Action Group Meeting Dates 10am – 12pm:

For people who want to “do” things at Northern Lakes CMH – Consumers and Staff come together to offer opinions and assistance on Recovery and Anti-Stigma. **EVERYONE IS WELCOME!**

September 9th

(video between Grayling, Cadillac, and Traverse City)

October 12th

(video between Houghton Lake, Cadillac, and Traverse City)

November 8th

(video between Grayling, Cadillac and Traverse City)

December 13th

(video between Houghton Lake, Cadillac, and Traverse City)

TC meets in room 219

"The past ought to be a milestone to help us measure the distance we have come; it ought never to be a millstone holding back the adventures that are yet to be." ~ Dr. Gardner

Look Closer: See me for who I am

Northern Lakes CMH announces its 3rd Postcard Art Exhibition!

The idea is simple – communicate something to someone on a postcard. Make it fun, visual, verbal, creative, artistic, unpredictable. Then send it to us through the mail – snail mail, stamps and all.

We receive it and post it to our Virtual Recovery Center on our website. We will also hang it on the wall at our Art of Recovery: The Human Journey Show at the InsideOut Gallery in Traverse City. We may share it in other ways too.

Each piece you enter (enter as many times as you would like) should communicate something about you. It can be funny or serious. You can tell a story, make a statement, and express your feelings, thoughts, hopes, and dreams. Use collage, rubber stamps, painting photography, drawing, or writing. Use your imagination!

- All entries must be created on a **4-inch x 6-inch** surface.
- All entries must be addressed and mailed first class through the U.S. Postal Service.
- All entries must be labeled with your name (first name and last initial accepted) and complete address.
- **No entry fee.** Blank postcards are available for those who need them in NLCMH lobbies and during our free art groups.
- All entries received will be shared EXCEPT we will not display anything with profanity or violence.
- Open call for everyone: artists, writers, and poets in recovery from a mental illness or living with a developmental illness in Northern Michigan.
- Postcards must be received through the mail by **October 1, 2011**
- Exhibition Dates: November 2 – 30, 2011
 - Exhibition Public Opening & Reception:
 - **Wednesday, November 2, 2011, 3-7 PM**
 - InsideOut Art Gallery
229 Garland Street
Traverse City, MI 49684

Special thanks go out to the InsideOut Art Gallery for their generous donation of space and time for us to hold this event at no charge. Please remember to thank them for helping us stomp out stigma and continue our paths towards Recovery!



Call for work An Exhibition of Postcard Art

The project is designed to provide a public celebration of those who use verbal and visual expression as a means to heal the soul and increase their quality of life. The postcards may be used in a variety of ways to provide tangible evidence that recovery from a mental illness is possible, and that life with a developmental disability has purpose and meaning – to be used as mailers, in community events, as inspiration in CMH offices, or in a recovery book.



Colleen's Recovery Corner

The differences between self-esteem and self-compassion

In trying to cope with my negative feelings toward myself, I have studied and worked on my self-esteem for many years. I read techniques and strategies in how to improve my esteem and I thought that would help me in many other areas. And it did. It helped improve my public speaking skills, assertiveness, deserving, empowerment, risk-taking, making friends, participating in meetings and groups, and other areas of living skills.

However, even though I worked and read about esteem and did affirmations religiously (and affirmations did help), I still would hurt inside. So I kept up working on my esteem by doing all sorts of techniques, readings, tapes, and research. Then I looked into what self-esteem meant: one's perceived worth, value and deserving. That made sense. But even after all that I still hurt, and I wanted to stop hurting.

Then one day, walking through the library looking for materials on trauma (and understanding that 98% of mental health consumers have a history of childhood trauma), I discovered a book on self-compassion. It was the missing link. I had a very painful history of childhood verbal abuse and I could never comfort myself. To say comforting things to myself, use sensory sensations, and be kind to myself when I was hurting was something I never learned and I had never been comforted by my caregiver. But it is never too late to learn. So at 55 I am learning to be kind to myself, and have compassion not only for other consumers but for myself. I still hurt sometimes, but it is a lot easier now that I understand self-compassion. Good luck and be kind to yourself.

Colleen Jasper, *Consumer & Director of the Office of Consumer Relations at MDCH in Lansing*



Application for Renewal and Recommitment

The Northwest CMH Affiliation remains firmly committed to the principles in the Application for Participation submitted back in 2002. This Application for Renewal and Recommitment to Quality and Community in the Michigan Public Mental Health System reflects upgrades implemented and planned in our quality efforts to ensure people are provided options that best fit their preferences and support to achieve true community membership. We welcomed this invitation to set a course to improve a statewide equity of service opportunities and quality of service outcomes. Secondly, but of particular importance at a time of funding reductions, we also looked to achieve administrative efficiencies and clinical efficacies.

Northern Lakes CMH submitted 11 Quality Improvement (QI) Plans to respond to the Application for Renewal and Recommitment (ARR) which was released by the Michigan Department of Community Health on February 10, 2009. This "application" is a follow up to the Application for Participation (AFP) that NLCMH submitted for our Northwest CMH Affiliation in 2002.

At the **Action Group Meeting** to be held on **September 9, 2011 from 10 – 12 (via video between Grayling, Cadillac, and Traverse City)**, *David Branding (Chief Managed Care Officer)*, will be present to discuss the undertaking of this application as well as the improvements that have been made based on the feedback from forums that were held to address each of the 11 focus areas presented; which can be viewed on our website at:

<http://www.northernlakescmh.org/about-us/organizational-planning/application-for-renewal-and-recommitment-arr/>

At the Action Group Meeting, everyone will have an opportunity to hear about ways we have been improving and provide more input. If you are unable to make the September Action Group Meeting and would like to provide your thoughts and/or input, please feel free to call David at: 231.935.3645. We hope to see you all there!

Mini-Grants for Recovery-Oriented Projects

The Northern Lakes CMH Mini-Grant Program is designed to provide the means and structure to harness the energy of localized groups of people recovering from a mental illness who have motivation and passion to work together on recovery projects. Our intent with the mini-grant program is to help transform the public mental health system to one based on recovery principles by **strengthening consumer choice and enhancing personal recovery**. We hope that offering mini-grants will generate excitement and energy and provide resources for people to connect and work on innovative, localized projects of common interest!

Who may apply for a Mini-Grant:

Any individual or groups of individuals who are recovering from a mental illness who reside in the Northern Lakes CMH six-county service area; OR any formalized group or organization with members who are recovering from a mental illness in Northern Lakes CMH's six-county service area. The projects and activities funded through the mini-grant program must benefit people aged 18+. While individuals may apply for funds through this program, funds may not be released to individuals. Funds must be released to an existing agency or organization which agrees to act as the fiduciary agent for the applying individuals.

Underserved Populations:

Mini-Grants may be used to reach out to underserved groups of people. These might be people who have mild to moderate symptoms who are not eligible to receive Northern Lakes CMH services and supports or people of a particular ethnic or age group.

Funds:

Northern Lakes CMH has received a block grant through the Department of Community Health. We are devoting a total of \$10,000 from this grant for mini-grants across Northern Lakes CMH's six-county service area. NLCMH is seeking to fund up to 10 grants, at a maximum of \$2,000, each, up to the total of \$10,000, limited to one grant per applicant group.

Reporting:

There will be an opportunity to present information about your project at various meetings at Northern Lakes CMH. Reporting requirements are: monthly expenditure reports, quarterly progress reports which will be due on the dates below, and one final report at the end of the project due by October 14, 2012.

Important Dates:

August 8, 2011 – Mini-Grant Toolkit Released
 November 1, 2011 – Mini-Grant Application Submission Deadline (NO exceptions)
 December 1, 2011 – Mini-Grants Awarded
 April 14, 2012 – Progress Reports Due
 July 14, 2012 – Progress Reports Due
 September 30, 2012 – End of Grant Period / Projects Completed
 October 14, 2012 – Year End Summary Report Due. Any unspent grant balances must be returned by this date.

Application packets are available and have more details at www.northernlakescmh.org. **Deadline for applications to be submitted are November 1, 2011.** Contact Joanie Blamer with questions at 231.876.3309.

CALL FOR ART SUBMISSIONS!!

Northern Lakes CMH will again be hosting the Art Of Recovery: The Human Journey Show from November 2 – 30, 2011 at the InsideOut Art Gallery in Traverse City. Please note that registered NLCMH consumers may submit their work without it being ready to hang if finances to prepare the work are an issue.

Eligibility: You must be a resident of northwest lower Michigan who is recovering from something, i.e., mental illness, substance use, grief/loss, physical illness, violence, divorce, etc.

Deadlines: Entry forms (which can be found in the lobby area towers) and artwork must be submitted by **October 17, 2011** during normal business hours to any of our Northern Lakes CMH offices. No art will be accepted after this deadline.

Reception: An artist's reception will be held on **Wednesday, November 2, 2011** from 3 to 7:00 p.m.

After the Show: The InsideOut Gallery will be handling sales of art work. Please indicate on the form provided in the towers, the price you would like to receive for your work. The prices will be marked up from your amount by the Gallery to include a commission for the Gallery for handling use. Unsold artwork must be picked up at your local NLCMH offices on **Friday, December 2, 2011.**

For questions, please feel free to contact Cindy Petersen at 231.935.3099 or Deb Freed at 231.271.6177 or you can email your questions directly to info@northernlakescmh.org