

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.



Save the Date for our Recovery Celebration!!!

September 15th we will be holding our 3rd annual Recovery Celebration to recognize people for their efforts in supporting the recovery movement at Northern Lakes CMH and/or for assisting in an individual's personal recovery. This year's event will be held at the Comfort Suites in Houghton Lake. National speaker Marty Raaymakers will be the keynote speaker. We will focus on the recovery movement at NLCMH, what we have accomplished so far, and how we are moving forward with more changes. The charge for the event is free. Registration forms are located in the Recovery Towers in each office. If you have any questions or need help registering for this event, please feel free to contact Stef (Cadillac) 231.876.3307, Michele (Grayling) 989.348.0000, Mary Beth (Houghton Lake) 989.366.2950, or Cindy (TC) 231.935.3099. We hope to see you there!

~Mary Beth Evans, CPSS, NLCMH Recovery Coordinator



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 use their head.

~Anna Marie Lawrence



*"Take the first step, no more, no less, and
the next will be revealed."*

– Ken Roberts

“LOOK CLOSER: SEE ME FOR WHO I AM” POSTCARD PROJECT

(This project is funded through a federal block grant through the Michigan Department of Community Health)

Open call for everyone: Artists, Writers, and Poets in recovery from a mental illness or living with a developmental illness in Northern Michigan. Work must be mailed on a 4" X 6" surface. Postcards must be received through the mail by: **October 1, 2010.**

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.

The idea is simple – communicate something to someone on a postcard. Make it fun, visual, 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: www.northernlakescmh.org. 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 like) should communicate something about you. It can be funny or serious. You can tell a story, make a statement, 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 and last initial accepted) and complete address.
- ~ **No entry fee.** Blank postcards will be available for those who need them in Northern Lakes CMH lobbies, during our free art groups, or at a local Learning Community Meeting (for a schedule of our classes/groups, check the Community Calendar under “Support” on our web site.).
- ~ All entries received will be shared EXCEPT we will not display anything with profanity or violence.



Anti-Stigma: Do You Know The Facts? © SAMHSA

DO'S

- Do use** respectful language.
- Do emphasize** abilities, not limitations.
- Do tell** someone if they express a stigmatizing attitude.

DONT'S

- Don't portray** successful persons with disabilities as super human.
- Don't use** generic labels such as retarded, or the mentally ill.
- Don't use** terms like crazy, lunatic, manic depressive, or slow functioning. © SAMHSA

Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma, and the resulting discrimination, discourages individuals and their families from getting the help they need. An estimated 22 to 23 percent of the U.S. population experience a mental disorder in any given year, but almost half of these individuals do not seek treatment (U.S. Department of Health and Human Services, 2002; U.S. Surgeon General, 2001).

*Know me as a
person not by my
mental illness!*

Colleen's Recovery Corner

Overcoming Anxiety: With Or Without A Mental Illness

I and many other individuals with mental health problems suffer under the controlling burden of anxiety. As a child, I was extremely shy, but by 5 years old, it was a full-blown anxiety. Without social skills to converse with my classmates, I was often left out of activities and play. My anxiety/shyness in high school led me to be called the greatest snub in the school; I did not feel superior, I just had the pathological disorder of anxiety.

As my mental illness progressed, my anxiety increased. It was the worst in the morning and getting out of bed was a great struggle. Then several car accidents made driving to and from work a pure torture. I cried during rush hour in Lansing.

Then came the biggest hurdle. My boss (head of Justice in Mental Health Organization, a consumer-run agency) said I had to learn to do public speaking. I was to give a speech on mental wellness, recovery, empowerment and leadership. I was scared that if I did not learn how to do public speaking I would be fired. At first, all I could do was read my speeches, never, ever, looking up at the audience.

What made the big change? How did I learn to give speeches in front of as many as 500 to 1,000 people? I persevered. I kept trying and trying. My throwing up in the morning (anticipatory anxiety) before audiences gradually lessened. I did not avoid situations that caused me to feel

anxiety. Instead I did the exact opposite: I purposely looked for activities I could do that caused the anxiety. I joined the Jaycees, joined Toastmasters, took improvisational acting classes, and taught assertiveness at the community college, all in an attempt to get my anxiety under control.

The wisdom that I gained through my anxiety situations is the real secret – and for me that is to never, never, give into the anxiety. It will hold you captive forever. My father had agoraphobia, a severe anxiety disorder where one does not ever leave the house. He was a “shut-in” for 25 years. Your anxiety in particular situations is simply a signal alerting you to the fact that a particular situation is asking you to solve it, conquer it, overcome it. You are stronger than any situation, so let your self-talk coach you on. Listen to how you talk to yourself – changing your self-talk to courageous and empowering. Victory talk is half the battle in overcoming your anxiety.

The other secret is to match your behavior with your positive self-talk. Force your behavior to do the very thing you fear the most. Is it driving? Job interviewing? Speaking in public? Making new friends? Family gatherings? Match positive self-coaching with positive behaviors and then they start a chain reaction: feeding positively on each other so that both become easier and easier as the anxiety lessens.

Good luck and happy new experiences for each of you,

Colleen Jasper

(Director of the Office of Consumer Relations at the Michigan Department of Community Health in Lansing)

Upcoming Chances To Step Out Of Your Comfort Zone:

Learning Community Meetings: Mixed group of consumers, family members, staff and general public coming together to learn about recovery for adults with mental illness in order to help transform the mental health system.

Cadillac – (2nd Fridays 10am-12pm) 9/2, 10/8, 11/12, and 12/10

Grayling – (2nd Wednesdays 1pm-3pm) 9/8, 10/13, 11/10, and 12/8

Houghton Lake – (2nd Tuesdays 12:30pm-2:30pm) 9/14, 10/12, 11/9, and 12/14

Traverse City – (1st Fridays 10am-12pm) 9/2, 10/7, 11/4, and 12/2

Art Groups: Learn a dynamic process for expressing your feelings and ideas through the arts. Try your hand at using acrylic paints and pastel chalks. A great way to get your thoughts out of the way and your emotions out and expressed, rather than stuffed or suppressed inside. FREE to attend.

Cadillac – (2pm-4pm) 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 12/21

Grayling – (10am-12pm) 9/9, 9/25, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16

Houghton Lake – (2pm-4pm) 9/9, 9/25, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16

Traverse City – (2pm-4pm) 9/13, 9/27, 10/11, 10/25, 11/8, 11/22, 12/6, 12/20

Upcoming Events Sponsored by Northern Lakes CMH:

Monday September 27th – FREE Movie (“The Soloist”) at the State Theatre in TC.

Wednesday October 27th – Movie (“Proof”) at the Bay Theatre in Suttons Bay.

Sweet Dreams!

Getting the right amount of sleep has the potential to impact your life in so many ways – including the health of your cardiovascular system, learning and memory, metabolism and weight, your immune system, your rate of accidents, and your mood. Consistently poor sleep results in irritability, impatience, inability to concentrate and overall moodiness.

Here's an excerpt from the December 2009 issue of Psychiatric Times written by Dr. Rajnish Mago with information on Sleep Hygiene. If you like it, maybe we'll include more tips next issue! Sweet Dreams!

~Barbara Lane, R.N.



Sleep Hygiene

By Rajnish Mago, MD

December 11, 2009 © Psychiatric Times

The suggestions given below are simple but powerful. They can work as well as or better than using a sleeping pill (although they can be used with or without a sleeping pill). Also, the improvement in sleep that can come from following these suggestions can be long-lasting.

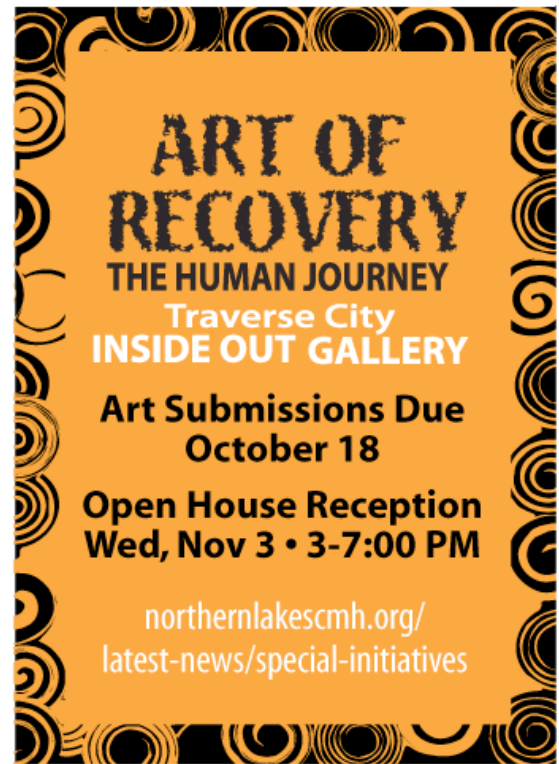
In following these suggestions, you may need to keep doing them for some time before you see their full benefit. Also, be consistent: try to follow these suggestions as regularly as possible.

GOAL: To train the brain to feel sleepy and to feel awake at regular times

- Stick to approximately the same times to wake up and go to bed. Don't vary this schedule much on weekends either.
- Wake up at a fixed time every day – regardless of how long you slept during the night. This is hard to do but will be really helpful by making you sleep better and better over the next few days.
- If you haven't slept well and are tired, the temptation to nap is understandable. BUT – if you nap during the day, your sleep at night will be worse. This cycle will continue. Rest as much as you need to during the day, but do not lie down or nap.

GOAL: To develop a strong mental association between your bedroom (or bed) and sleep

- Use the bedroom only for sleep and sex. Don't read or watch TV in bed.
- Get into bed only when you are sleepy.
- If you are unable to fall asleep, get up and go into another room.
- Restrict the time spent in bed to the time you were able to actually sleep. Thus, you won't be lying awake in bed. Then gradually increase the time you spend in bed if you are able to sleep for slightly longer periods.



CALL FOR ENTRIES!

Art of Recovery: The Human Journey Show

The 4th Annual ART OF RECOVERY: The Human Journey show at the InsideOut Gallery will be held throughout the month of November, 2010 at 229 Garland Street (in the “warehouse district”) in Traverse City.

This Northern Lakes CMH event showcases the journey of recovery through art. Whether it's mental illness, substance abuse, grief, loss, domestic violence, divorce, physical illness, we all have struggles sometimes.

Many thanks to Mike Curths at the Gallery for graciously hosting the show and providing space in the gallery for a whole month!

Please join us for the Opening Reception on Wednesday, November 3, 2010 from 3:00 p.m. to 7:00 p.m. We will have music and refreshments. There is no charge to attend and it's a fun gathering.

****Artists may submit work through 5:00 p.m. on Monday, October 18, 2010 at any NLCMH office. Submission forms are located in the recovery towers in each office lobby. There is no charge to enter – you may submit up to three pieces.

See the entry form for more details. ****