

# NORTHERN LAKES COMMUNITY MENTAL HEALTH

## CONSUMER ADVOCACY COUNCIL MINUTES

DATE: June 8, 2011  
TIME: 1:30 p.m.  
PLACE: Northern Lakes CMH (105 Hall Street, Traverse City, Michigan)

PRESENT: DL, CP, JN, KS, CR, JM.

GUESTS: RR.

The meeting was called to order at 1:42 p.m.

### I. WELCOME AND INTRODUCTIONS

KS welcomed those in attendance.

### II. PUBLIC COMMENT/ADVOCACY STORIES

- JN identified she spoke with the dietician for Northern Lakes and invited her to attend a CAC meeting.

### III. ACCEPT MEETING MINUTES OF MAY 12, 2011

JN asked that the minutes of May 12 be changed to identify the author Wolf Shank to Wolf Shenk. KS made the motion, supported by JM to approve the minutes of May 12, 2011.

### IV. BRAINSTORMING

- Invite Pamela Webster, NLCMH dietician to attend a meeting. Cindy referenced the handout "Taste the Local Difference" which was handed out at the Mini-Conference. Discussion regarding what constitutes healthy foods. The next Mini-Conference is June 23 in Cadillac. Invite Pamela Webster to discuss new portion material on September 14 and Diane Navarro to speak about what produce is available, how to prepare, storage, preparation for fall (Fresh Food Partnership)
- Show the movie "Food Incorporated"
- Invite Tom Minzel to talk about improvements with BATA – August 10 if DHS cannot attend
- Invite Dawn McLaughlin from DHS – August 10
- Invite someone to discuss legal services
- Invite someone from law enforcement about how to protect yourself, safety, good communication. (JN will call Captain Morgan) – July 13
- Discussion about homelessness
- Invite someone regarding housing
- Find out more information regarding the Bridge Card utilizing the – Double Up Food Bucks Program from the Food & Farming Network – Cindy (July 1)

KS suggested that a note be sent to PJ to identify we missed him at the meeting.

### V. CAC ASSESSMENT

Not discussed.

### VI. OLD BUSINESS

Update on Budget – Information sent in advance in the absence of Greg Paffhouse. It was requested that Greg attend the July meeting.

Freedom to Work Amendment – KS identified that the bill should be confirmed on Friday saying that they are okay and could be moved forward. It must be cost neutral.

RCF Meeting – Distributed minutes from May 19 meeting.

### VII. NEW BUSINESS

Request that Greg attend the next meeting to discuss network providers identifying who they are, the service, etc.

Cindy referenced the Recovery Newsletter and noted the article "Walk a Mile in My Shoes"; referenced dates to remember; Action Groups – June 15 and July 12; request to provide more details on the Mini-Grants. Identified examples of topics for a Mini-Grant that the CAC could request.

#### **VIII. CURRENT LITERATURE, ARTICLES AND MOVIES**

Movie – Food Incorporated; movie out with Mel Gibson and Jodi Foster (called Beaver) - looking at holding in Cadillac

Book – True Crime; Unbroken by Hildebrand

News article – article on anxiety and depression in Grand Rapids Press from this past week-end

You Tube – information about Grand Rapids; was also on ABC News

#### **IX. AGENDA PLANNING**

The next meeting is scheduled for July 13 in Traverse City: Invite Captain Morgan (law enforcement) to speak about protecting yourself, safety and good communication.

#### **X. PUBLIC COMMENT**

- JN shared self-worth thoughts and discussed other alternatives to keep busy/other opportunities

#### **XI. MEETING EVALUATION/ADJOURN**

None.

The meeting adjourned at 3:35 p.m.

Respectfully Submitted,

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Debra Lavender, Recording Secretary

dsl (6/14/2011)