



**Recovery Council Meeting Minutes**  
Friday, April 25, 2008 / 1:00 PM – 3:00 PM

Attendees: Attendance: Todd (Acting Chair), Ashley, Kathy Meyer, Catherine Bergum, Bob Houghton, Vikki Roofe, Michelle Fisher, Barb McNitt, Jean Wistinghausen, Joan.  
Absent: Liz MacCord (with notice) and Julie Weiss (with notice) and Mary Beth Evans (on leave)  
Partners: Jim E. and Deb Freed (partner)

Staff support: Val Bishop

**Introductions and Review of Agenda Items**

The meeting began at 1:00 PM. Todd introduced himself as the Acting Chair of the meeting. Everyone introduced themselves and identified the area they represent.

Meeting Minutes: Kathy motioned to approve the March minutes and Vikki seconded the motion. Minutes were approved as written.

**Celebrations, Stigma Busters and Recovery Stories**

Lots of positive recovery stories were shared by group members. Todd talked about his CPSS Ceremony and shared pictures. He is part of the first group who will get Community College credit from Lansing Community College. A discussion on Chantix (stop smoking medication) and its dangers followed. A newspaper article was copied for all members. Recovery Towers, signs and art frames are in.

**Standing Agenda Items**

**Blueprint Tasks** – no discussion on current list. Will need to get new copies of these to the Council.

**Learning Community Meetings** – Discussed the need to start doing those things-making changes? Let's be innovative and be sure things are getting done.

**Blueprint Task: Review NLCMH Recovery Center of Excellence**

Deb Freed did an update of the NLCMH website. Current information from the Recovery Center was reviewed. We did a test on searching the site using the search box. You can locate a story by typing in a person's name and then will get a list of everywhere that person's name shows up on the site. Discussion occurred on how we could make the site better. Suggested adding more pictures – services, support. Add the New Beginnings signage. Also need to add a spot for The Gathering Place – the new drop-in program in development in Grayling. Catherine mentioned that the Grayling library cut her off of our website.

## FINAL

### **Blueprint Task: Create a strategy to regularly collect via current consumer venues the gaps in community resources needed to support consumers.**

The group talked about gaps in community resources, i.e., food pantries – not being able to access them except at certain times. Discussed the possibility of having some access to donations or gift cards, vouchers, etc. Need areas include: clothing, food, medication co-pays. The group talked about how to gather current information (lists). The group also talked about the possibility of using volunteers to help extend services. Jim (partner) asked if people were aware of the Angel Food Network in the Traverse City area. He described that they do care packages. The group also talked about possible fund raisers – garage sales/rummage sales, car washes, bake sales. Are these possible?

Discuss key questions – What would the council collect (information? It was decided to develop questions to do a survey and make a chart. What are the gaps in service? Get ideas to Val or Todd. When complete the list would be published for all to use.

### **Blueprint Task: Identify what is needed to address holistic wellness and propose change to improve performance.**

The group talked about ideas that were important to them – self-esteem, spirituality. Focus on items that are connected to “Mind, Body, Spirit”. Preliminary list: coping skills, yoga, tai chi, walking, health education, coping with symptoms, exercising, nutrition, eating healthy on a budget, stress management, relaxation. The group talked about “sampling” classes to gain interest. Will be looking at mini classes at Learning Communities.

The group talked about ways that council members and others might help consumers. One idea was setting up a visitor’s network for consumers who don’t have family members – visiting consumers in hospitals, afc homes, etc. “Helping Hands” volunteer group.

**Public Comment (from Recovery Council Partners)** – none. Note: Partner Jim E. was active in discussion throughout the meeting.

**Next steps, review of assignments, questions, thoughts, opinions, comments, challenges**  
**Homework** - Get ideas to Val and Todd for survey to determine gaps in community resources needed to support consumers.

### **May Agenda Planning**

- Prioritize contractual community partners who are necessary to support recovery within our communities.
- Prioritize our community partners with coordination agreements who are necessary to support recovery within our communities.
- Identify and prioritize other community partners who are necessary to support recovery within our communities.

It was discussed that these items would likely be changed to reflect current issues.

### **Adjournment**

The meeting adjourned at 3:00 PM.

Next Meeting is May 23, 2008 in the Cadillac Office.