

FINAL



Recovery Council Meeting Minutes

Friday, March 28, 2008 / 1:00 PM – 3:00 PM

Attendees: Mary Beth Evans (Chairperson), Michelle Fisher, Joan, Julie Weiss, Todd, Vikki Roofe, Barb McNitt, Jean Wistinghausen, Catherine Bergum, Liz MacCord, Kathy Meyer, Bob Houghton.

Absent: Ashley (without advance notice)

Partners: Dave Branding, Shannon Secord

Staff support: Val Bishop

Introductions and Review of Agenda Items

The meeting began at 1:00 PM. Mary Beth Evans welcomed everyone to the 3rd Northern Lakes CMH Recovery Council Meeting. Everyone introduced themselves and identified the area they represent.

Meeting Minutes: Mary Beth asked if everyone had received their packet. Kathy indicated that she didn't get it. We will check Kathy's mailing address.

February minutes – Approved as written.

Celebrations, Stigma Busters and Recovery Stories

Lots of positive recovery stories were shared by group members. Included were increasing interest in the art groups, opportunities to challenge negative statements within CMH and working in the schools with youth.

Standing Agenda Items

Mary Beth referred to the Blueprint tasks list. The Blueprint was recently revised and an updated task list should be available soon.

Learning Community Meetings – Liz indicated that we have gathered information, but what are we doing with it? Should people who volunteer for things start doing those things? Let's be innovative and be sure things are getting done.

Blueprint Task: Definition of Recovery

Mary Beth indicated that there are actually 4 options even though the agenda indicated there were 3. Discussion. Voted – no one likes #1; votes for 2, 3, 4. Discussion continued. Val and Vikki facilitated adjustments in the definition. 3 possibilities were given. There was an additional vote.

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The group decided on the following 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.** Todd asked what the process was now. Val indicated that this would be given to Greg Paffhouse, CEO for action.

Blueprint Task: Recovery Enhancing Environment (REE)

Mary Beth reminded members that the task was to take the REE and be prepared to discuss and give feedback. Mary Beth then welcomed Dave Branding to the group to discuss the REE. She asked Dave to give an overview of his role with NLCMH. Dave gave an overview of his role as Quality Improvement Director at NLCMH. Council members asked for legislators' addresses and phone numbers.

Dave reviewed the charge. He talked about things that will need to be decided about implementation. Dave asked if anyone had been able to take the REE? Some members had and others had reviewed but not taken it. He asked if anyone had feedback from taking the REE. Bob offered that he had taken it and didn't have concerns except with a couple of items. Other feedback included that it took a while to take. There was nothing in the survey that was of concern to anyone i.e. stigmatizing. Recovery is important in the survey. Some were concerned with some of the demographic information.

The Workgroup was discussed. Julie agreed to be added to this group. Members are: Todd, Barb, Kathy, Catherine, Ed (partner), and Julie. Dave asked that workgroup members stay after to set up meetings.

Ideas for surveys: Suggest mailing with a payment (\$5); self-addressed stamped envelope; mailing may exclude individuals who would need assistance in completing. REE day – have helpers, lunch, incentives. Discussion. The group would like this put back on the May agenda so the workgroup has time to do their work.

Public Comment (from Recovery Council Partners)

- FY 2008/09 Mental Health Block Grant Request for Proposals

Mary Beth asked members to look at the tan handout that had some initial ideas from the Learning Communities for block grants.

The group brainstormed the following ideas – Create a banner that could be put up across Mitchell Street in Cadillac – for mental health; this could be used in other communities. Visiting psychiatric units – meeting with them – give recovery ideas – tips, etc. Booths at the fairs-consumers monitor the booth – talk with individuals. Toastmasters classes; develop programs for psychology, social work classes at colleges, etc. Community education opportunities; ads, theatre-shorts, radio show – recovery talk show.

Next steps, review of assignments, questions, thoughts, opinions, comments, challenges

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Homework-look at the packet you were sent (Recovery 101) and bring additional information to next meeting. If you're willing to volunteer, make note of that and bring to the next meeting.

Announcements: Canvas – there are groups traveling from Cadillac and Grayling.

Mary Beth reminded the group that she is on maternity leave at the end of today. She reminded the group that **Todd will facilitate the April meeting. Liz is willing to take minutes. Val will field questions during Mary Beth's absence.**

April Agenda Planning

- Review NLCMH virtual recovery center
- Identify what is needed to address holistic wellness and propose changes to improve performance-Mary Beth explained what we'll be doing with this.
- Report on next agenda on block grants.

Adjournment

The meeting adjourned at 3:00 PM.

Next Meeting is April 25, 2008 in the Traverse City Office.