



Recovery Council Meeting Minutes

Friday, July 25, 2008 / 1:00 PM – 3:00 PM

Grayling CMH Office

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

Absent: Ashley (without notice)

Partners: Deb Freed and Dave Lawrence

Staff Support: Val Bishop (minute taker)

Introductions, Celebrations, and Review of Agenda Items

Standing Agenda Items:

1. *Updated Version of Recovery Council Blueprint Tasks were distributed*

2. *Learning Community Meetings:*

- Art projects were very useful and helpful. Various people who attended stated that they use their signs and some have given theirs away as gifts to other people who were having a bad day. It was suggested that this be done again during the Learning Community Meetings because of the positive response and change of pace with being able to do something “hand’s on”.
- NLCMH will again be advertising outside to bring in new people through the newspapers around our areas. It was suggested to redistribute the concept paper on what a Learning Community is so that it can be handed out to people who would like more information (mail and e-mail). Kathryn mentioned that she’d like to see more people start to attend the meetings. A challenge was brought up via the Cadillac Learning Community members to all people who attend regularly to bring new people in. This was also agreed upon by the council.

3. *June meeting minutes – Kathy moved, Todd 2nd, all approved.*

From May minutes - Jean had some feedback that was offered after receiving the June meeting minutes about the client that “was too busy” to see her worker. Julie clarified the issue. May minutes to be amended to state: **This consumer was taking time for herself because she’d never been able to afford to do so before. She was relaxing at a hotel for the night and the comment was made about her being too busy to see her case worker because of her spending time alone and “splurging” on a hotel for the night to relax since she finally had the funds to do so. It did NOT mean that she no longer needed CMH or that her case worker was too busy for her**; Agreed upon that the minutes would be amended however, not re-distributed. Michelle moved, Kathy 2nd, all approved.

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

2nd draft corrections – both of them: change the words “is” to “are”. Need a larger response area or have a sentence saying to attach additional paper and/or use the back of

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the paper if needed. Make the font smaller for the questions. Approved to distribute with these suggestions – Liz motioned, Michelle 2nd. All were approved.

Distribution – Clinical: put in all clinicians mailboxes, however, need to add something to state where to return survey to. Consumers: put in waiting rooms, route through clinicians (will ask for their help and give them multiple copies to distribute to consumers they serve), Pathways to Recovery groups, women’s support groups, men’s support groups, drop-ins, clubhouses, NAMI Support Groups, etc. We plan to use all avenues available. Front desk support staff can also post. Start the survey in August or September and continue for the whole month.

Return – have a drop box available to put them in for all office sites. Will evaluate and combine ideas and provide feedback for change efforts to begin. Do this survey at least bi-annually if not more to get accurate results.

Deadline – We will use the last day of August/September as a deadline to have them in by, however, will continue to take straggling surveys as they come in and adjust the results as needed.

Break 2:00

Agenda Amendment:

Due to running over on time, it was suggested that the blueprint task of creating a Recovery Policy would put on next month’s agenda and taken off of this months agenda. Also suggested that the Quilting project be put on next months agenda as well. Julie moved, Michelle 2nd. All Approved.

Blueprint Task: *5 Stages in the Recovery Process Training Video*

Val did presentation: we need to get this started in using this video at NLCMH. Pilot with staff as idea but have a group facilitator for groups getting trained. Need to have a color copy of five stages chart available to those getting trained. Michelle suggested having the five stages color chart in a nice frame and make it attractive so that both clinicians and consumers want to look at it and use it more often. Important to get something scheduled before long. Last training we did with Ike and Larry was in June of 2007 so we need to get this moving. Thought per Val was to pilot something, get feedback from that group to improve then tweak it as needed. Val stated that when we did the training with Ike and Larry from the Appalachian Consulting Group of GA, we had the philosophy we would not just train staff and then consumers. We would have consumers and staff together to train. Not sure if we could always do that because of timing, but it would be more effective. Julie suggested we needed to make it mandatory because people are spread so thin they need to be expected to attend to prioritize things. Val said that the four clinical staff members on the council (Barb McNitt, Julie Weiss, Liz MacCord, and Vikki Roofe) have to be the sales people within the units and tell the units why this is so important they stand behind it because it builds connections within units and connects new staff with old staff to force dialogue within groups. Val said that we have to help staff figure out how to write recovery focused plans, etc. and how to use the language to meet Medicaid regulations because they [NLCMH staff] definitely need help. Val repeated what she thought she heard members say. . . .Use this within the units, new and old staff and to figure out how to do it within units. Does anyone have an

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objection to group coming up with an implementation plan? Kathy motioned, Todd 2nd All approved. Liz asked if we could we put the 5 stages handout in the intake packet. Val said it would be nice if we could test some things out. She suggested that maybe Liz, Todd and Michelle (Cadillac RC Representatives) could start playing with some info to see what would be receptive at first appointment and to see what it is they would like to have at their first appointment, etc. Then they'd come back to council and report how this process went. RC members approved. Todd, Michelle, and Liz agreed to pilot this.

Late introduction:

Mary Beth introduced Dave Lawrence as a partner. Council members welcomed him to the meeting.

Blueprint Task: REE Update

Dave Branding was unable to attend so Val Bishop gave an update. Irene Kazieczko from the Michigan Department of Community Health gave an update at the consumer conference that the state is working on a roll out plan to implement the REE statewide. NLCMH has offered us up as being a pilot site to start using and implementing this. Money to roll this out will be available via the state. Not sure what this will entail, but they are looking at various options. Also not sure if they will be hiring a group of people to go around the state to get the REE done or contracting with specific individuals. It is clear, however, that it will NOT be a staff or agency hired peer driven thing. NO ONE who is employed by a community mental health board can do this. Feedback at the State Recovery Council was given; however, state is not sure at this time how to do this to make it accurate. The State Recovery Council doesn't meet again until September so we have to possibly wait until then to find out the official roll out plan. There was an agreement to use the short form version of the REE at the State level. Background information was tweaked and so was the individual part to say how consumers feel about their recovery. Bob stated that different doesn't necessarily mean bad, it could mean better.

Public Comment:

Mary Beth announced that the Houghton Lake Learning Community meeting in November has been changed due to the holiday. The new date is now November 13th at the same scheduled time (12:30-2:30).

Kathryn: What are we going to do about the assignment from last month?

Val said to send to MB if they have that info already. It will be put back on agenda for next month

August Agenda Planning:

Recovery policy and quilt to be put back on the agenda for next month because of being out of time this meeting. REE put back on for next month as well for an update.

Assignments repeated to bring someone new to Learning Community Meetings each month.

Meeting adjourned at 2:56 pm