



**Recovery Council Meeting Minutes**

Friday, June 27, 2008 / 1:00 PM – 3:00 PM

**HOUGHTON LAKE OFFICE**

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

Absent: Kathy Meyer (excused)

Partners: Dave Branding, Ed, Cindy Petersen

Staff support: Val Bishop (minute taker)

**Introductions, Celebrations, and Review of Agenda Items**

**Standing Agenda Items**

Updated Version of Recovery Council Blueprint Tasks – Copy of tasks, timeline and status report distributed.

Learning Community Meetings – Liz working on how to get your driver’s license. She stated she is going to continue to address this until she gets answers to report back to the group with. “Stop cards”: It was agreed upon by all four learning community office sites that an art project should be included on the July Learning Community agenda’s. The idea was brought up at the Houghton Lake June Learning Community meeting to create something like a stop sign (or something that make you happy) to be able to pull out of your pocket/purse/car, etc when you are experiencing negative thoughts so that you can change the negative thoughts into positive ones and/or stop the negative thoughts from occurring. Project plans are underway and will be developed and put on agenda for July’s meetings.

Approval of May meeting minutes - 2 changes (*1- change regarding consumer success story that was shared by Julie: sentence was not completed and now reads: “– One of her consumers just got SSI and she was too busy to meet with her because she was spending time relaxing at a hotel for the night” (see amendments)*); 2 – Rosemary Rokita was introduced as a partner) Todd motioned to accept minutes with recommended amendments. Vikki 2<sup>nd</sup> – all approved.

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

Review drafted surveys – New suggestions are as follows:

Question one should remain the same (all approved)

Question two should be changed to read: “Please prioritize the top three resources that you are lacking that were mentioned above” and “Please prioritize the top three resources that consumers are lacking that were mentioned above.”

Question three should be changed to read: What would you like to see offered in your community to help you or other consumers in their personal journey toward recovery (i.e.: specific support groups, diagnosis specific groups, education against stigma, family groups)?”

Change opening of clinical survey: get rid of the needing help filling out this form part

Compile suggestions and comments to finalize for next meeting

## FINAL

### **Evaluation of a Recovery Resource: 5 stages in the Recovery Process Training Video**

Discussion of homework assignment – watching the video – everyone had a chance to watch the video. Discussion of how and where to use this video and what materials should be used in conjunction with this video – Great, interesting – good to stop and talk because it reinforced the material. Historical part – it alternated between ” he and she”. Good editing. Long, but where would you cut anything.

Discussed short version for community presentations. .

Materials (suggestions/comments) – Good materials. It was suggested that folks watch the video only without having any materials. Use the materials in small groups afterward. We need to be open to looking at different people and their learning styles. May need multiple sessions. 10 minutes video would be great for consumers. Would give to them or lend to them. Send packets of information before viewing video is another possibility.

Need to create a video for family members. Val gave an update on video use – our training video is now being shown as training material in both Georgia and Hawaii.

### **Blueprint Task: Develop a policy which defines recovery, building upon the recovery blueprint to present to the CEO**

Discussion of how to combine ideas and begin to form policy – it was recommended that small groups meet by office and come back to combine all ideas and comments together to begin to structure policy. Meetings will be scheduled around the LC meetings in each office. Start with NLCMH definition of Recovery and build upon that.

Examples of how other NLCMH policies are written (housing policy given) – shared beginning format for Recovery policy and what was legally required to be in policy. Val stated that Council needed to get their ideas in for July’s meeting so that their ideas could be put together and formatted – the council would not have to worry about formatting policy but would approve upon completion.

**Blueprint Task: Recovery Enhancing Environment (REE) Update-**Dave Branding attended as a partner and presented that no new information was given per the state on when or how the REE would be implemented in the state of Michigan. Dave recommended that he be put back on the agenda for July’s meeting, however, would only need 10 minutes or so to give another update until the state decides upon a firm action of how they would like the REE to be used.

**Public Comment** (*from Recovery Council Partners*) Dave – discussed the SAMHSA web-site and the toolkit. Said that the toolkit located on their web-site targeted materials to consumers, providers, and family members and was a wonderful resource to use. Dave recommended that the NLCMH training video be used and/or tailored for different groups around the world to use (like Val stated that Georgia and Hawaii are doing).

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

Discussed new October, November and December RC meeting dates. They are as follows from 1 PM - 3 PM:

October: 24<sup>th</sup> Recovery Council Meeting in Houghton Lake

November: 21<sup>st</sup> Recovery Council Meeting in Grayling

December: 19<sup>th</sup> Recovery Council Meeting in Traverse City

- Assignment – get ideas for recovery policy – meet in small groups.
- Consumer Conference – attendance.

### **July Agenda Planning**

- Recovery Enhancing Environment Updates
- NLCMH Recovery Policy Continuation

**Adjournment @ 3:00 PM.**

FINAL

Next meeting is July 25, 2008, 1-3 at the Grayling Office.