

FINAL



Recovery Council Meeting Minutes

Friday, January 23, 2009 / 1:00 PM – 3:00 PM

Attendees: Mary Beth Evans (Chair), Joan, Julie Weiss, Vikki Roofe, Barb McNitt, Jean Wistinghausen, Liz MacCord, Kathy Meyer, Bob Houghton, Ashley, Michelle Fisher
Absent: Todd Davis (without notice)
Partners/Guests: Dave Branding, Rosemary Rokita, Bob Pollard, Jason Wing

Staff support: Val Bishop

Introductions, Celebrations and Review of Agenda Items

Liz discussed a funeral (using appropriate confidentiality) of someone active in our recovery groups. She relayed about the tremendous impact on family and others in attendance. The message is that it works – we do make a difference.

Other group members shared happenings. Julie shared an article from AARP magazine about Glen Close who is a mental health advocate and who also has a campaign against the stigma of mental illness. It was handed out via Julie but can be viewed at:

www.aarpmagazine.org/inspire

Standing Agenda Items

Learning Community Meetings: Had a couple of cancellations the past few months due to inclement weather conditions. Groups are going well as reported by all members.

Meeting Minutes: Reviewed October 2008 minutes- Vikki approved and Joan seconded. All approved.

Updated Version of Recovery Council Blueprint Tasks: Will be on next month's agenda

2009 Recovery Council and Learning Community Schedules: In our packet today for each office.

Evaluation of a Recovery Resource: *Develop a policy which defines recovery, building upon the recovery blueprint to present to the CEO*

Review of draft policy – Val reviewed the status. Today the council will need to give final input to Greg.

Drafted policy using 10 components – Julie handed out definitions/descriptions of each component via the national consensus statement

FINAL

Jean commented that she likes the way it's written because it's more like a job description and tells the CMH worker how to treat the consumers, however, noted that the very end (the part with Pricilla Ridgeway's name) should include her credentials (MSW). Barb 1st Vikki 2nd all approved for this change.

Bob commented that whatever is used should involve the individual. Motivation should be used.

Julie commented that Greg has included this in the draft policy using terms like self-esteem.

Barb commented that the definition should be included at the beginning of the policy. Val said that we can make note of that but we [Northern Lakes CMH] don't include that in a lot of things (definitions) because it would take up a lot of room. We have a format for addressing that. Overall the council thinks it's good. Include definitions of components in some way (consistent with practice).

Approved – Vikki moved, Julie 2nded.

New Programs

MIPATH (Personal Action Towards Health) – Val and Mary Beth gave an overview and shared the book used in the class.

Recovery Article Review from Behavioral Healthcare magazine. Dr. Ashcraft and Dr. Anthony do a regular column on recovery. Article is focused on wellness and fits the direction we're headed.

BREAK

Evaluation of a Recovery Resource: 5 stages in the Recovery Process Training Video
Implementation – Discussed other uses of video – all locations, for new staff, etc.

Pilot Group in TC – Info – Barb gave an overview of the roll-out for their group (18 people). They spent 2-3 hours to go over maybe half of the video. This was a very positive activity for this group. They will complete the tape in February. We will be looking for feedback following completion. Barb was given the assignment to email Mary Beth the names of all the participants in her MI Team that attended so that feedback forms and/or evaluations can be sent for improvement or comments to be made.

Jean brought up motivational tapes. She would like the council to figure out how to get these and/or create them so that they can be used for motivation and inspiration for not only mental illness diagnoses but other things as well.

Blueprint Task: Recovery Enhancing Environment (REE) – Dave Branding gave an update. We are looking at March implementation. Dave passed a draft implementation plan but indicated that the plan changed after a phone conference this AM. Dave gave an overview. Discussion was held after overview was given. Surveyor training will occur on 2-11-09. After

FINAL

that the surveys can be scheduled. Looking at 5 surveyors vs. 3 that were proposed in the beginning.

Additional items:

- 1) Membership – we are short one consumer member in Grayling. Vikki will be looking.
- 2) Also discussed attendance for both Learning Communities and Recovery Council. It is **required** that if you are a Recovery Council member you **MUST** attend the Learning Community meetings in your office location each month. If you cannot attend, please call Mary Beth and let her know so that your absence can be excused.
- 3) Discussed the terms of recovery council members. Likely will come back with recommendations for a rotation of terms.

Public Comment (from Recovery Council Partners) – Suitcases in the Attic – Liz and Greg gave background and discussed. Cathy mentioned about a contact she made with the Faith Reform Church and an opportunity to talk about recovery. Rosemary Rokita also discussed this and noted that there is a web-site available to view this project for those that were unable to attend.

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

Rosemary will e-mail Mary Beth the website for suitcase project.

MaryBeth and Val will develop a feedback form for the Recovery Training Video.

Barb will give MB names of attendees for the TC pilot.

Val will supply new notebooks and tabs for all council members.

Jason mentioned the suicide walk and things that might be tied together.

We will begin and end all LC and RC meetings with the Recovery Definition being read aloud.

February Agenda Planning

REE Update

Blueprint Tasks Update

Adjournment

Moved by Kathy, 2nded by Michelle. Approved – adjourned 3:01.