

Expect Recovery (Make It Happen)

Published Quarterly

For consumers and staff interested in Recovery

Northern Lakes CMH Recovery 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."



Blueprint Transformation

The Recovery Blueprint continues to develop based on 124 potential action items as identified and prioritized separately across our four office sites by our Learning Communities (LC). The LC "voting" process resulted in these top four priority action steps:

- Start talking recovery from the very first contact with consumers so that they have the expectation of recovery, including contacts with the access center as well as initial assessments and intakes. Use peers at point of first access (including emergency access).
- Seek out more grants – provide grant writing training and build grant writing expertise of staff and peers.
- Explore the feasibility of increasing the amount of time psychiatrists spend as consultants to primary care providers and the changes needed to support that with other providers. Provide continuing education and/or ongoing communication with primary care physicians and other healthcare providers, sharing information. Family doctor and psychiatrist need to communicate regarding progress/medications – coordination with healthcare providers.
- Improve housing opportunities for consumers.

We consolidated some action steps, cleaned up the wording of some to make it easier to read, removed any duplicates, and moved some actions to different dimensions. Through this we ended up with 82 potential actions, which are being presented to the LCs this month. We will have Boston University Center for Psychiatric Rehabilitation come for consultation and training sometime this Spring. We are encouraging EVERYONE to attend your local LC meetings to make your voices known with NLCMH's continuing positive change efforts.

*~Mary Beth Evans, CPSS
NLCMH Recovery Coordinator*

What is the Application for Renewal and Recommitment (ARR)?

The ARR stresses the importance of the Prepaid Inpatient Health Plans (PIHPs) supporting greater personal autonomy, control and direction of the course of people's lives that require assistance from the public mental health system. The ARR asks PIHPs to further recommit to finding the best ways to assure that those with the greatest vulnerabilities and the least capacity to advocate for themselves are supported in ways that celebrate their humanity and recognize their right to a life with meaning and personal dignity. MDCH expects that PIHPs will join us in moving toward zero tolerance for poor care and for supports that do not recognize and celebrate personal dignity and self-worth.



"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." ~Unknown

Colleen's Recovery Corner:

Recovery from Trauma and Mental Illness: A Consumer Perspective

(Colleen is the Director of the Office of Consumer Relations at the Michigan Department of Community Health in Lansing)

We are now realizing that trauma affects many of us with a mental health disorder. In fact, statistics show that as high as 97% of mental health consumers currently suffer from or have a history of trauma. In other words, trauma is part of our lives. The public mental health system is beginning to address this reality.

As consumers, we can also help ourselves. By giving thought to our childhoods and backgrounds, we can self-identify our symptoms of trauma and mental illness and recognize how the two areas are connected. You can take action on your own.

Doing physical exercise is an action that can lower weight, cholesterol, and high blood pressure. Studies also show that it has an excellent effect as an anti-depressant. Exercise not only provides positive effects on your physiology but also heals one's feeling of hopelessness and helplessness. Moving your body has many positive results. Practicing breathing and relaxation techniques can also help calm you when you're feeling overwhelmed with symptoms.

Having a positive support system of family, friends, community or church can buffer the affects of trauma. Avoiding long periods of alone time by scheduling activities and people in your life ahead of time, say a long weekend, will help structure your time and give you something to look forward to and plan for.

There are self-soothing activities such as listening to music, writing in a journal, cooking your favorite food, or calling a friend. You can start by simply listing all the soothing activities that you like, the ones that are unique to you. Keep your list close by and remember to do one of these activities often.

Learn what your triggers of trauma memories are. Note when they occur, time of day, type of weather, TV show, certain people, etc. Counteract these triggers by going to your soothing comfort list and move into a more positive mood by utilizing a comforting activity.

Support groups are also great. It is great education to learn how others deal with their trauma symptoms, and what the differences are between your trauma symptoms and your symptoms of your mental illness. Realizing those differences empowers you to gain control over both your trauma and your mental illness. Note that it is important for a person to choose a group that matches their gender and type of trauma.

Emotional safety is important when one is dealing with their trauma. Avoid people who are negative, non-supportive or abusive. It is a great step when a person with trauma can act courageously in dealing with non-supportive people, and seek out people who are caring, kind and reliable.

If you are having a lot of difficulties, please take action and contact and set up a meeting with a mental health professional. You do not need to suffer needlessly. Seek help, and remember it is OK to ask for help – this is an empowering way out of the pain.

Mental health centers are in the process of becoming "trauma informed." With this knowledge, centers will create treatment and care environments that accept trauma as part of consumers' lives and address trauma symptoms correctly. The questions when consumers present themselves to a CMH for services now would be: "What happened to you?" rather than "What is wrong with you?"

Recovery from trauma is possible. Learn as much yourself as you can and then learn about the nature of trauma itself. There are a lot of good books on the market which address trauma. One of my favorites is Mary Ellen Copeland's (the author of WRAP) book entitled: *Healing the Trauma of Abuse*.

Best to you,
Colleen Jasper



Social Security Facts



- In 2009, more than 51 million Americans received \$672 billion in Social Security benefits
- Social Security is the major source of income for most of the elderly.
- Social Security provides more than just retirement benefits.
- An estimated 159 million workers, 94% of all workers, are covered under Social Security.
- In 1935, the life expectancy of a 65-year-old was about 12 ½ years. Today it's 18 years.
- By 2034, there will be almost twice as many older Americans as today – from 39.9 million today to 74.6 million.

(www.ssa.gov)

Person Centered Plan (PCP)

Person Centered Planning (PCP) is the process you use to develop your Plan of Service. It ensures that you help plan your care, you help make the decision on the services you want and need, and you set the goals you have for yourself. It also means that you can have a say in who your worker will be, and have whoever else you want as a member of your team. You can also choose an independent facilitator to help develop your person centered plan (someone to run your PCP meeting). You can choose to involve your parents, other family members, friends, or anyone important in your life. It is totally up to YOU.

How to Get Started with Person Centered Planning

You will need to think about some things ahead of time such as:

- What are my hopes, dreams and desires for the future?
- How do I want to spend time each day?
- Who do I want to spend time with?
- What are some things I would like to learn?
- What new things would I like to do?
- What are some great things my worker should know about me?
- What supports do I need right now and in the future?

What The Planning Meeting Will Be Like

You will need to decide who you would like to help you to make a plan for achieving your goals. These people will be invited to a meeting. The meeting may begin with everyone introducing themselves and sharing why they are at your meeting.

You will share your hopes, dreams and desires for the future. The people you've invited will also share their dreams for you. This way, everyone will get to know you better.

You will talk about what could get in the way of your plans. It may be a physical or mental health issue, or maybe there is a skill you need to learn first.

After all the issues are discussed, you and your group will work together to decide who can help you work on your plans for the future.

If you are unhappy with your plan, be sure to let your assigned worker know. He or she can arrange for a new planning process to take place. Your worker will also tell you about your right to appeal if you continue to be unhappy with your plan.

We are committed to making Person Centered Planning work for YOU!

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Statewide Art Contest Winner Named!

We extend congratulations to Robert J. Morey, whose artwork has been selected to represent Northern Lakes Community Mental Health (CMH) in the second statewide traveling art show sponsored by the Michigan Association of Community Mental Health Boards (MACMHB).

Mr. Morey will receive a prize of \$100 from the MACMHB in addition to the honor of being selected. His piece will travel around the state for the next two years, beginning this spring, and will ultimately be auctioned to support state anti-stigma initiatives.

The goals of the two-year show, called “Creative Minds Changing Minds,” are to help destigmatize mental illness, developmental disabilities and addictive disorders by showcasing the multidimensionality of the artists and to highlight the recovery potential of art. Each CMH was able to submit one work of art to represent their area.

Three representatives from the Cadillac Arts Council served as judges in choosing the Northern Lakes CMH artwork. They were Phyllis Olson, member of the Cadillac Area Artists Association who is a lifelong artist and has been one of the major organizers of the annual Cadillac Art Fair for most of 40 years; Dean Sandell, a member of the Northern Michigan Artists Guild who has education, training and work experience as a landscape architect and is also a painter; and Jim Smith, Vice-President of the Cadillac Area Artists Association, who works in oils, acrylics, watercolor, and pencil.

The judges indicated that they found Morey’s work “emotion-filled” and “profound.” They indicated that it reflected “a state of mind looking for a focus, disturbing and alluring at the same time. The inquiring eyes draw the viewer in – seeing, searching looking back... fascinating.”

Morey says, “Drawing is my most practiced medium. My goal is to be able to draw a noise or a mood without anyone focusing on specific objects. Social functions are my favorite theme. Art, for me, is an expression of what life, death, relation, isolation, and stagnation is and/or means to me in a variety of instances.”



Free art groups meet every other week in each NLCMH office. No experience is needed! Join in any time you'd like to learn about using painting as a stress-management technique.

Another Art Opportunity: VSA and ArtPrize

VSA of Michigan is calling for artwork from adult artists with disabilities for the Legacy Trust Award Collection. The top three winners in this VSA contest will each win a \$500 prize and their work will be entered into ArtPrize 2010, with entry fees paid by VSA. They will also receive hotel accommodations for three days during ArtPrize 2010 in Grand Rapids. The registration form is available at <http://vsagr.blogspot.com>. For questions, contact Michele at 616-885-5866 or vsagr@iserv.net. VSA must receive forms by May 3 and artwork in Grand Rapids by May 13. ArtPrize is a radically open art competition, giving away the world’s largest art prize, based solely on a public vote. More info on ArtPrize is at www.artprize.org.

What are the Program Policy Guidelines (PPGs)?



The PPGs focus on five areas that Michigan Department of Community Health believes are critical in improving Community Mental Health Service Provider supports and services:

- Building a system of care for children with serious emotional disturbance
- Building a system of care for children with developmental disabilities
- Improving outcomes for people with developmental disabilities
- Implementing the Recovery Enhancing Environment (REE) Measure for adults with serious mental illness
- Enhancing access to, and improving the implementation of, self-determination arrangements