

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.”



Events Support NLCMH Vision and Mission

This fall, Northern Lakes CMH packed the State Theatre in Traverse City, the Bay Theatre in Suttons Bay and the Cadillac Wexford Public Library for free movies and community discussions afterwards on mental health issues. The movies, “The Soloist,” and “Proof,” were shown to promote homeless prevention and family connections with mental-health related issues. More Movie nights and TV shows are being planned for this winter. Watch for details!

We also held the 4th annual month-long Art of Recovery: The Human Journey show at the InsideOut Art Gallery in Traverse City which celebrates the healing power of people. Included in the art show was the “Look Closer: See me for who I am” postcard art project in which submissions from all over Northern Michigan were displayed.

In addition to these great events, people gathered for Suicide Awareness Walks in Cadillac, Grayling, and Roscommon. These free public events reached hundreds of people and have opened up wonderful dialogue in the community about mental illness, mental health, recovery, being supportive, and more.

Continuing our hard work and dedication towards the Recovery Movement at NLCMH, we are working toward achieving the vision of being a community of informed, caring people living and working together, as well as our mission, which is to promote the behavioral health of our individuals, families, and communities through programs that promote recovery, build resilience, create opportunity, and improve quality of life. Well done, everyone!

~ **Mary Beth Evans, NLCMH Recovery Coordinator**



Pictured here are Ernie Reynolds and his son Kelly Reynolds who both attended the Soloist free movie night at the State Theatre in Traverse City. Ernie participated in the group panel discussion after the movie about homeless prevention. Kudos for your hard work on this successful event!

*“Achieve What Is Ahead Of You.”
— Anna Marie Lawrence*



Colleen's Recovery Corner:



Moving Beyond Recovery to Flourishing

As consumers, many of us have been around the block more than once; the "block" being episodes of our illness that led us into hospitalizations. In fact, for some of us, it took many hospitalizations before the right medication was found and worked well for us. What was also a factor was that we, ourselves, had to do something differently than before in order to achieve and maintain our wellness and mental health.

Recovery is a goal we all have, but we also need to transform our views of recovery. We need to make this change in order to transcend beyond our earlier achievements – to go beyond recovery and what it meant to us at an earlier point in time. Going beyond recovery is important to create the stronger foundation we need to avoid backsliding into hospitalizations in the future.

This type of change is important in order not to regress backwards into our illnesses and episodes again. For some of us, recovering into an earlier state was not all that great, especially if trauma and its effects were involved. This change of going beyond our past is also critical in moving beyond a life overshadowed by trauma. We want to move to higher levels of knowledge, learning and understanding, not only of our illnesses and wellness, but what it takes to move into a life of flourishing – the life beyond recovery. We all want a life where our dreams come true. We do not want a half-lived life. To live life to its fullest, we must move through recovery into making our dreams, aspirations, and goals come true. Sometimes the illness has a way of stealing our hopes, dreams and aspirations. Moving into flourishing re-captures our

passion and inspires us to change in order to make our dreams come true. It means making impossibilities possible.

This type of change to grow into flourishing includes taking risks. It means changing our attitudes, self-talk, understanding and determination. This type of change can be scary for many of us. For some of us, we are afraid to change anything about ourselves because we are vulnerable to moving in the wrong direction. That means going backward into a hospitalization and episodes. This fear keeps us stuck in a middle ground. However, the risk of changing our thoughts, emotions, and behaviors is exactly what can keep us out of the hospital and on the pathway to recovery and flourishing.

So, I urge you all to take risks. My biggest risk is moving into positive thinking and self-talk. I also I need to learn to be mindful about my thoughts and their impact on my feelings and behaviors.

Changing and growing can also move us into wisdom and peace. And with these changes in ourselves, we can also move into greater effectiveness in helping other consumers as they move along their pathway of recovery and into a life filled with flourishing goals, achievements, and well-being. Accepting change makes our pathway to our dreams more accessible.

Good luck and start today. Make greater change possible by taking small risks and steps which will add up to achieving our big goals, dreams, and aspirations.

Colleen Jasper

Consumer & Director of the Office of Consumer Relations at MDCH in Lansing

How to exercise while watching TV

By Alison Johnson - Daily Press (Newport News, VA) © The Seattle Times



Americans watch an average of five hours of television every day, according to a July 19, 2010 article in *The Seattle Times*. The article gives a few tips on how to stay healthy by exercising while you watch TV!

- ✧ *Keep small weights and other exercise equipment near the TV so you can exercise during a show.*
- ✧ *Get up and move during commercial breaks. Clean your house or do sit-ups to pass the time.*
- ✧ *Sit on a stability ball. This helps improve your balance and posture, and it works your abdominal muscles.*
- ✧ *Find a good music channel to dance to.*
- ✧ *Move around while you watch TV. Even something simple like shaking your legs or stretching your arms burns calories.*

Medications:

Tips for Safe Use, Storage and Disposal

By Cheryl Sherman, RN

Let's face it – most of us either have had, currently have or will have medication prescribed for us at some point in our lives to treat a condition or illness that a healthcare provider has diagnosed. It is important for us to be smart about using prescription medications so that we obtain the most benefit from them and minimize the risk that they could pose to someone else or to the environment. Here are a few tips to help you safely use your medication. Many of these tips apply to both prescription and over the counter medications.

Want to read more? Check out: www.talkaboutrx.org, www.consumermedsafety.org, www.bemedwise.org

do this every 6 months (maybe when you check your smoke detector batteries) but at least once per year.

- Check expiration dates and get rid of medications that may be discolored, crumbling, dried out, etc. Be sure to check eye drops and ear drops too as they may no longer be effective and may be breeding grounds for bacteria.
- Look for prescription medications from a previous condition or illness that you are no longer treating. You want to discard these medications also. If the condition returns, you need to see your healthcare provider for a new prescription. This year's ear infection may not respond to the left over antibiotic from last year's abscessed tooth!

Now that you've identified what you need to discard from your medicine cabinet, let's talk about **HOW** to properly get rid of these medications.

- To avoid accidental or intentional misuse of drugs, destroy medications (liquids and pills) by adding a small amount of water and then salt, ashes, dirt, cat litter, coffee grounds, or another undesirable substance. Then, hide that concoction in an outer container, such as a sealable bag, box or plastic tub to prevent discovery and removal from the trash.
- Dispose of drugs as close to your trash collection days as possible to avoid misuse and/or misdirection.
- Lots of community pharmacies are starting "take-back" or "yellow jug" programs which is an easy way for you to quickly discard of your unwanted medications. Check with your pharmacy! **HINT:** *If you have controlled substances, check with the pharmacy before taking them to a take-back program to be sure that the pharmacy can accept them.*



Now that we've got that done, let's talk about how to **store your medications:**

- The ideal location for storing your medication is somewhere that is cool and dry since heat and humidity can damage medications. Bathrooms are not the ideal location unless they are well ventilated. Also, that pretty amber, blue or green bottle is not just decorative; it helps protect your medication from light that may damage it so keep your medications in the bottle in which they come from the pharmacy.
- Keep your medications separate from those of other family members. This will minimize the chances of you taking someone else's medication. Also, keep your oral medications separate from ointments, drops or other topical medication.
- NEVER mix different medications in one bottle. It is important to keep each medication in its own, labeled bottle.
- Good lighting is important to make sure you are reading the labels correctly and taking the correct medication and dose.
- Keep the lids tightly on the containers. If you have children around, you need to find a place to keep your medication where the children cannot get to it: even "childproof" lids have been opened by curious kids! Consider locking your medications up if children are around.
- Also consider locking up any controlled substances prescribed for you. Theft and abuse of prescription medications is a serious problem and these meds in particular are often targeted. You have a responsibility and a big role to play in keeping these medications out of the hands of those who shouldn't have them.

There you have it. A few simple steps you can take to get the most out of your medication while keeping yourself and others in your home and your environment safe and healthy.

DID YOU KNOW?

Flushed medications can get into our lakes, rivers and streams?

Medications can enter our waters from a variety of sources including the flushing of unused medications. A nationwide study done in 1999 and 2000 by the United States Geological Survey (USGS) found low levels of drugs such as antibiotics, hormones, contraceptives and steroids in 80% of the rivers and streams tested.

YUCK!

****Don't flush those medications or pour them down the sink or drain****

Helping You Meet Your Recovery Goals: Smoking Cessation and MI-PATH Groups

By Barbara Lane, RN

When the Recovery Enhancing Environment (REE) Survey was completed across NLCMH in March 2009, we discovered what is important to you in your journey towards recovery. I am pleased to inform you that there are groups that address exactly what you want. Smoking cessation and the MI-PATH (Michigan's Personal Action Toward Health) groups both address ways to meet your desires to have help with having enough income, good physical health and dealing with stress by teaching you stress management techniques that you can use everyday.

Smoking Cessation

One of the most important things you can do for yourself is to quit smoking. Smoking has a multitude of negative implications on your life. The cost of a pack of cigarettes is now up to \$6.00 or more per pack. At that rate, if you smoke a pack per day, that is \$42.00 per week, \$168.00 per month and \$2,016.00 over one year. Smoking also creates significant health issues. For every five deaths per year in this country, at least one is due to smoking. Smoking causes nine out of ten cases of lung cancer. Smoking causes nearly all cases of chronic obstructive pulmonary disease (COPD), chronic asthma, bronchitis or emphysema. Smokers are twice as likely to die from stroke or heart attack, compared to non-smokers. Smoking is also a risk factor for cancer of the mouth, throat, stomach, pancreas, kidney, bladder, cervix, liver, esophagus, uterus, colon and leukemia. Tobacco addiction is the most common addiction in the United States. The smoking cessation group provides you with support, guidance and information that can change the way you think about smoking.

MI-PATH (Personal Action Toward Health)

The MI-PATH group teaches ways for you to self manage any chronic illness symptoms. The focus of the group is to provide you with tools to manage your illness and breaking symptom cycles. The group brainstorms ideas, problem solves for solutions and shares ideas and resources. You soon find out that you are not alone in managing a chronic illness and the support you receive from the group helps to propel you forward on your journey toward wellness.

***** If you are interested in joining one of these groups, give your name and number to the front desk support staff so that you can be notified of the next groups. *****

The Good, Bad and the Downright Ugly!

By Dayna Davis © The Riot

Some states are doing a good job of getting rid of public institutions. But some states still have a lot of people living in them. It's time to tell them that we want institutions closed and to move people into the community.

States with NO institutions:

- HAWAII
- MAINE
- MICHIGAN
- NEW HAMPSHIRE
- NEW MEXICO
- OREGON
- RHODE ISLAND
- VERMONT
- WEST VIRGINIA
- DISTRICT OF COLUMBIA

These states had more than 1,000 people living in institutions in 2008:

- | | |
|----------------|--------------|
| • ARKANSAS | 1,082 people |
| • CALIFORNIA | 2,530 |
| • FLORIDA | 1,109 |
| • ILLINOIS | 2,403 |
| • LOUISIANA | 1,197 |
| • MISSISSIPPI | 1,314 |
| • NEW JERSEY | 2,897 |
| • NEW YORK | 2,119 |
| • N. CAROLINA | 1,666 |
| • OHIO | 1,521 |
| • PENNSYLVANIA | 1,275 |
| • TEXAS | 4,789 |
| • VIRGINIA | 1,304 |

Considering their state population, what are they doing with so many people living in institutions?

*Source: Lakin, K.C. et al.
University of Minnesota (2006)*

~Taking Learning Another Step~

⇒ Save the Date : Walk-A-Mile in my Shoes Rally ~ May 11, 2011. If you are interested in being your county's representatives, watch for flyers in mid-winter.

⇒ Check out our NLCMH Health Education Answers web-site to learn more about smoking, addictions, medication safety and many more things at: <http://northernlakescmh.com/aamental-health-information/interactive-health-education-answers/>