

# Northern Lakes Newsletter

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.*



## Important Community Forum!

If you are eligible for both Medicare and Medicaid, you may have received a letter recently from NLCMH about a plan that the state is working on to integrate care in Michigan. The state is making changes to help improve care and simplify the rules and regulations for both Medicare and Medicaid. The proposed plan would include all medical, behavioral health, and long-term care services and supports for people who are eligible for both programs.

With any such major change, there are also many significant questions. We will be having an important community forum on this plan on March 13, in Traverse City and Houghton Lake. This forum will be your opportunity to hear about the plan, ask questions, and express concerns. Come hear about the plan that the state will submit to the federal government in April!

Elizabeth Knisely, Michigan Department of Community Health, and Michael Vizena, Executive Director of the Michigan Association of CMH Boards, will present the plan and answer questions.

**WHEN:** Tuesday, March 13, 2012 • 2:30-4:30 PM

<b>WHERE:</b>	<b>Traverse City</b>	<b>Houghton Lake</b>
	Munson Medical	NLCMH
	1105 6 <sup>th</sup> Street	2715 South Townline Road
	Lower Level	Large Conference Room

Please call us at 231.935.3677 to reserve your spot.

The state has created an e-mail [Integratedcare@michigan.gov](mailto:Integratedcare@michigan.gov) so stakeholders may submit comments about the plan. The plan is posted on the Northern Lakes website at [www.northernlakescmh.org](http://www.northernlakescmh.org) or you can ask Customer Services for a copy if you need help accessing it.

## Save the Dates!

**Medicare/Medicaid Forum** in TC and Houghton Lake – Tuesday, March 13

**Recovery Forum** in TC ~ May 31

### Mini-Conferences:

Traverse City ~ April 19

Cadillac ~ May 17

Houghton Lake ~ June 19

### Action Groups:

March 14 (Grayling, Cadillac, TC)

April 11 (HL, Cadillac, TC)

May (No Action Group)

June 13 (Grayling, Cadillac, TC)

### Photobiography Classes:

Traverse City ~ starts March 1

Cadillac ~ starts March 20

Houghton Lake ~ April 12

Grayling ~ April 25

**Walk-A-Mile In My Shoes Rally** ~

May 9 Lansing State Capitol

**Recovery Celebration** ~

September (date to be announced) in Lake City at the Timber Wolf Lake Lodge



*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. -Maya Angelou*

## Negative Thinking: Not Always Bad!

Colleen Jasper, Consumer & Director of the Office of Consumer Relations at MDCH



As a mental health consumer, I have to admit I never really understood healthy thinking from unhealthy thinking. I just thought. My thoughts were my own and I was arrogant enough to believe that my thinking was correct. And that my thinking reflected reality. I am now 55 and still trying to make sense out of my thinking.

Based on the assumption that positive thinking was better, more accurate, and generated good feelings, I despaired. I tried with limited success to create positive thoughts. Positive thoughts were healthy. But my mind still generated a lot of negativism. I read and educated myself on positive thinking. Why did I still have overwhelmingly negative thoughts?

But there was a breakthrough. I start to learn about Acceptance and Commitment Therapy. This type of therapy is called for short: ACT. It states that it is natural as a species for humans to have negative thoughts. We are genetically hard wired in our brains for negativism. It is what kept our ancestors alive. Prehistorically, our forebears who were wired to look, see, and think negatively survived. They literally lived longer. Those happy, positive ancestors never were cautious or suspicious or negative enough to look out for the future danger, human killers, or natural disasters – and, therefore, they died young. They did not pass on their gene pool. Negative thinkers took precautions and they lived.

So I accept that I have a lot of negative thinking. But they still make me unhappy. Help! According to ACT therapy, accepting negative thoughts without owning them, without buying into them, without becoming fused with them, I can avoid creating feelings of negativism. I now let my negative thoughts simply slide by, to pass by, to notice, to accept, to let go without connecting and bonding to them.

The mind is literally a working machine that will do what minds do. Think, judge, plan, evaluate, plot, worry – this is the nature of the mind. It is easier to add positive thoughts than change negative thoughts to positive ones. Some thoughts are just plain wrong. That is very enlightening. Now I can tell myself: I think that thought is not accurate. Let it pass as a stream flows. It works some of the time.

So, I am happier than I was before. But I will continue to learn about the nature of the brain, the mind, and how our thoughts work. It is an endeavor that is worth time and effort because the reward – an easier, more positive life – is a great outcome. Join the journey of understanding yourself and your thoughts and grow in the rich rewards.

Best to you, Colleen

For more on *Acceptance and Commitment Therapy*, look on [www.amazon.com](http://www.amazon.com) or your local library.

## Subscribe!!!

If you are a regular visitor to our Northern Lakes Virtual Recovery Center Web-Site, make sure to subscribe to the regular posts by following these simple instructions below:

→ Go to [www.northernlakescmh.org/blog](http://www.northernlakescmh.org/blog). On the right-hand side scroll down until you see the word Subscribe then click on it. After clicking on it, click on “feeds” where another screen will pop up saying “subscribe to this feed”. You can select whichever feeds you would like by following this process so that if someone posts a comment or there is an update, you are aware of this automatically. It’s a great way to stay informed and get involved!

→ You can also subscribe to this newsletter by following a few simple steps. Start at the [www.northernlakescmh.org/blog](http://www.northernlakescmh.org/blog) site, go to the right hand side under “More Information” and you will see a place that you can enter your email address to subscribe and receive this newsletter on a quarterly basis.

→ Another important thing on this site is the calendars which are kept up to date and as current as possible (unforeseen circumstances not included). Go to [www.northernlakescmh.org](http://www.northernlakescmh.org) and click on “Support” which is the third tab over in green. There you can see both consumer and community events occurring throughout our six counties. Remember that GR means Grayling, TC means Traverse City, Cad means Cadillac and HL means Houghton Lake so you can know specifically where things are occurring. Information such as the Art Group schedules is located here for your viewing pleasure.

## Walk Rally Coming Soon!

The annual Walk A Mile In My Shoes Rally in Lansing will be May 9 this year. As usual, Northern Lakes CMH will be arranging for official speakers and flag bearers to represent each of our six counties (Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford). Also, we will be taking submissions for possible statements to be read there. Many county representatives do not create their own statements – they ask to be provided with one. We have the opportunity to write statements which would be provided for not only our counties' usage, but other counties around the state as well. Watch for flyers in the lobby tower to sign up as a possible speaker or flag bearer, or to submit a statement!

## Looking forward to the next set of Mini-Conferences!

Our next mini-conference is in Houghton Lake on March 20. Sign up by March 15 using a form you can find in the lobby tower.

The next round of Mini-Conferences, for April, May, and June, is now being planned. Tentatively, the next set of mini-conferences will include:

- \* Cast-Aways – This is a creative project led by guest artist Pam Heany. Pam shows you how to transform objects that have been cast away into objects of value and worth. She'll bring polished glass, wire and beads and show us how to create our own "cast-away" and along the way, rediscover our own value and worth.
- \* People participating in the upcoming Photobiography classes will have a chance to share their story to inspire others at the Mini-Conference.
- \* Conversation Skills practice – This has been a highly requested topic. Annie and Jessie from Disability Network will lead us in practice.
- \* Mindfulness activity – Always a special gift to ourselves, using our new mindfulness bell!
- \* Mini-self-massage – Anyone can do it, anytime and anywhere. Learn how!
- \* Marybeth Novak, Catholic Human Services, will speak on safe prescription medication storage.

**Thursday, April 19 – Traverse City**

**Thursday, May 17 – Cadillac**

**Tuesday, June 19 – Houghton Lake**

**All 10:00 AM to 3:00 PM**

Watch for registration forms in the lobby tower!

## EBP – Evidence Based Practices

Did you know that Northern Lakes Community Mental Health offers several evidence-based practices? Evidence-based practices (EBP) are based upon concrete, scientifically done evidence and are methods that have been proven to work. Sometimes your worker may mention these to you as possibilities for consideration. You may also ask your worker about them if you think an EBP may be helpful for you to try in your recovery. To help people become informed about EBPs, NLCMH made some short videos on the following EBPs last year and they are now playing on the flat screen monitors in the lobbies:

**ACT** – Assertive Community Treatment; A team of professionals offers a full range of services to a relatively small number of people who have serious mental illness and need frequent assistance.

**CBT** – Cognitive Behavioral Therapy; A brief technique to empower people to manage their negative thoughts and cope with situations in healthy ways.

**DBT** – Dialectical Behavioral Therapy; A program where people learn and practice skills to control their emotions. They work in group and individual sessions, with coaching.

**FPE** – Family PsychoEducation (Or Multi-Family Groups); Multi-family groups bring together people with the same diagnosis, their family members, and staff who meet regularly for a couple years or more for education, support and problem solving.

**TFCBT** – Trauma Focused Cognitive Behavior Therapy; Therapy and education for children who have experienced trauma and their parents.

**PMTO** – Parent Management Training (Oregon/Michigan Model); Teaches parents and caregivers skills and techniques to help manage the behavior of their children at home and school.

**IDDT** – Integrated Dual Disorders Treatment; Services for both mental illness and substance use are provided at the same time by the same staff within the same organization to ensure that both disorders are treated effectively.

*“There go the people. I must follow them for I am their leader.”*

*– Alexandre Ledru-Rollin*

We are working on the next version of the Recovery Transformation Blueprint at our **Recovery Forum in Traverse City on May 31.**

This will be considered a Recovery planning day because our Blueprint is considered our roadmap for making sure our agency is Recovery oriented. Please save the date to attend and look for future material regarding this important day!

# Self-Determination

Self-Determination means that you decide what you want to do in your life – such as where you live, how you spend your time, who you spend your time with, and how you earn money – and you control the support you need to get that life. Your support may help you with things like: getting out in the community, working or getting ready for your day.

Self-Determination is not a program; it is a set of principles to enable you to live in and be part of your community. All individuals, regardless of whether or not they have a disability, have the civil right to live the way they want to live. Self-Determination helps people with disabilities to do just that.

The *principles* of self-determination are:

**Freedom** – you plan your life with the support you need.

**Authority** – You control the money for the support you receive.

**Support** – You arrange resources and supports (both informal and formal) so you can live in and connect with your community.

**Responsibility** – You have a valued role in your community and agree to use public dollars wisely. Arrangements that support self-determination build on the choice and control already available within your mental health agency.

Self-Determination promotes community connections, opportunities for real work, and participation in personally-valued life experiences. Self-Determination is the platform for which Person-Centered Planning (PCP) is developed (the PCP process focuses on individual’s strengths and abilities rather than their limitations).

For more information on Self-Determination, please visit [http://www.michigan.gov/documents/mdch/How\\_Self-Determination\\_Works\\_367133\\_7.pdf](http://www.michigan.gov/documents/mdch/How_Self-Determination_Works_367133_7.pdf), speak to your assigned worker(s), or call NLCMH Quality Improvement Director, Kevin Hartley, at (231) 935-4173.

## PHOTOBIOGRAPHY CLASS:

*(Learning To Tell Your Story)*

Those who tell the stories rule the world

~Hopi American Indian Proverb



Photobiographies were first created in 2007 through an anti-stigma block grant. The project has now been transformed to be presented through a group with trained coaches.

Over six two-hour classes, coaches will lead participants through a series of hands-on storytelling activities that will lead to the creation of a Recovery Story.

The activities lead participants to explore their lives in a non-threatening and reflective way that promotes insight and guidance for the development of their final story. The group process is as important as the outcome. Come join the fun and learn how to tell your story!

**TC:**

Started March 1

**Cadillac:**

Starts March 20

**Houghton Lake:**

April 12

**Grayling:**

April 25

**Watch for flyers in the lobby information towers!**