



Our Journey

Meaningful, relevant information for our community, published monthly.

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Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

Two NLCMH Clubhouse Employers Recognized!



Club Cadillac members with Habitat Director, Mike Niebauer, Rep. Darwin Booher and Club Director Andrew Ulrich.

The first **Michigan Employer Recognition Event** for the employment of persons challenged by mental illness was held at the State Capitol on March 2. This event was sponsored by Clubhouse Michigan – a coalition of Clubhouse programs from around the state providing community opportunities for adults challenged by mental illness. Sixteen employers statewide were recognized, and two of them were from the NLCMH service area.

The Wexford County Habitat for Humanity was celebrated for leadership in the community creating jobs and providing housing. At its Habitat ReStore, they have employed Club Cadillac members for 10 years.

Right Brain Brewery in Grand Traverse County, was celebrated for its outstanding partnership with Traverse House Clubhouse for over 7 years.

The award and certificates of recognition signed by Governor Snyder were presented by Representatives, Phil Potvin, Darwin Booher and Club Cadillac members to Director Mike Niebauer of Wexford County Habitat for Humanity; and by Representative Larry Inman and Traverse House members to Russell Springsteen, owner of Right Brain Brewery in Traverse City.



Traverse House members with Right Brain owner Russell Springsteen, Rep. Larry Inman and club director Peter Gembarowski.

The **NLCMH CAC** (Consumer Advocacy Council) will meet on Wednesday, April 13 in the Traverse City Boardroom at 1:30 p.m. Everyone is welcome to attend! Video conferencing is available as requested. Please call three prior to scheduled date. Requests should be made to the Director's office, at 231-935-3677.



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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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Lakes CMH.



Celebrate the 2016
National Autism
Awareness Month!
National Autism
Awareness Month
represents an
excellent
opportunity to
promote autism
awareness, autism
acceptance and to
draw attention to
the tens of
thousands facing an
autism diagnosis
each year.

To learn more
about autism and
the awareness
month, visit their
website at:
<http://www.autism-society.org/>

Moving on Down the Road

Life is always in flux and at times your illness may make it appear difficult. Sometimes it can be hard to think about today, not to mention tomorrow. Goals and setting them are part of your recovery. They also play a part in wellness. These questions may assist you in determining your goals: What interests me? What brings me joy? What are my hopes? What are my dreams? What do I want?

Think about both short-term and long-term goals.

Short-term goals may be: take a shower, go to club, eat breakfast... Long-term goals may be: find a new apartment, go to visit a family member...

Goals need steps. Break them down into little achievable steps and move on to the next step and keep moving down the road to your recovery and wellness.

It Always Seems Too Early, Until It's Too Late

NHDD (National Healthcare Decision Day) is April 16. Advanced care planning is important for you and the ones you love. No one wants to be in the position of making healthcare decisions for another person especially without knowing their wishes. Many have heard of "Five Wishes" which is a document a person fills out to express their wishes for end of life or in a time that they may not be able to speak for themselves.

Every state has some differences in the laws surrounding this area; in the case of mental healthcare, Michigan has a form for Advanced Directive for Mental Healthcare which is located at http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_41752---,00.html.

Munson Health Care has a starter kit for when/how to start the conversation for medical decision that can be helpful. This Starter Kit will help you get your thoughts together and then have the conversation. There is more information on their website; <http://www.munsonhealthcare.org/mmc>, go to Find a Service, select Advanced Care Planning and then the appropriate choice for the level of readiness you are at in completing one. Healthcare decisions are different than mental healthcare decisions. They use different forms and you can have a separate advocate for each type of care if you wish. Numerous questions and answers are found on this site.

At Northern Lakes, we have copies of the Mental Healthcare Advanced Directive available for you. Your worker asks you if you have an Advance Directive annually during your person centered plan meeting. NLCMH has people who can assist you in filling this out if you want help. Interested? Ask your worker next time you meet with them.



International Moment of Laughter Day

Celebrate laughter on April 14. The goal of this day is to get people to laugh, because "laughter is the best medicine". Moment of Laughter Day was created to encourage people to laugh.

Laughing is an involuntary reaction. It is considered an expression of positive emotional states, such as joy, mirth, happiness, relief, etc.

A link between laughter and healthy function of blood vessels was first reported in 2005 by researchers at the University of Maryland Medical Center with the fact that laughter causes the dilatation of the inner lining of blood vessels, the endothelium, and increases blood flow.

Laughter has other benefits. Laughter has been shown to lead to reductions in stress hormones such as cortisol and epinephrine. When laughing, the brain also releases endorphins that can relieve some physical pain.

Dr. Lee Burk from Loma Linda University studied laughter and the ripple effect through your brain and body for three decades. So have a good belly laugh – it is good for you!

Some information taken from www.cutecalendar.com