



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!

NLCMH Believes in Recovery



The results of the Northern Michigan Regional Entity (NMRE) Recovery survey from February/March 2015 indicate that NLCMH staff, people in recovery and family members believe in 'Recovery'. Staff participated in an on-line survey in February. People In Recovery (PIR - adults with a mental illness) and family members, who had a Person Centered Planning (PCP) meeting, participated in March with a paper survey provided at their PCP. Both groups had 32 recovery-oriented statements to respond to with a five-point Likert rating scale from strongly disagree (1) to strongly agree (5). The minimum desired response score was a 4 (agree). The Recovery Self-Assessment (RSA) survey was the survey that the NMRE chose to determine if the principles of recovery have been translated into meaningful goals and practices. The survey was done across the NMRE. Results differed some from the NMRE and NLCMH. Both the NMRE and NLCMH scored highest in areas of 'Individually Tailored Services'. The NMRE scored lowest in 'Life Goals vs. Symptom Management' and NLCMH scored lowest in 'Diversity of Treatment Options'. People In Recovery rated statements higher than staff; family members rated responses even higher.

The results of the RSA survey are being shared broadly across NLCMH and the NMRE. Of 154 NLCMH staff invited to participate in the survey, 83 did. Of 85 consumers invited to participate in the survey, 77 did. Of 9 family members/significant others invited to participate in the survey, 6 did. See the attached graphs for more information on the five highest and lowest ranking areas asked of respondents.

In August, the second part of the RSA survey will occur with staff who did not participate in February. People In Recovery (and family members) who have a PCP meeting scheduled in September will be asked to participate at the time of their PCP. The results from the first RSA will be the baseline and future results may be compared to the baseline.

The survey was a NMRE project headed up by Rosemary Rokita, Customer Specialist for the NMRE and NLCMH. To get a copy of the full report, please call her at 800-337-8598.

Reaping Recovery: Harvesting Hope



Registrations for the 9th Annual Recovery Celebration are in progress. Please fill out a registration form and turn into your local receptionist by September 11.

This year the Celebration will be held once again at the Manton Barn Hall on Wednesday, September 23, from 10-2:00pm. Check in begins at 9:30 a.m. The event has only so much space; therefore, register early to reserve your spot and transportation as needed. Come help us celebrate!



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to receive

Our Journey

electronically.

Submissions may also

be accepted, space

permitting.

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Hope is Alive ; The Semi-Colon Project

Project Semicolon: The semicolon (;) represents a sentence the author could have ended, but chose not to. The sentence is your life and the author is you.

Project Semicolon is a nonprofit, faith-based movement dedicated to presenting hope and love to those who are struggling with depression, suicide, addiction and self-injury. This project started in 2013 and is gaining recognition through social media. Originally people made tattoos of semi-colons using '*sharpie*' non-permanent markers, but people are getting inked now too. *Project Semicolon exists to encourage, love and inspire.* Do you need a reminder to keep going? Maybe you can try a temporary reminder - ;



Quick Connect

Traverse City is hosting the first '**Quick Connect**' on Tues., Aug. 18, 1-3:00 pm.

Quick Connect is about making connections – info on health, tips to use at home, things to do in the community, and living with a purpose.

Come learn something new! Quick Connect is open to anyone in the community. No registration required.

IMAGINE

Imagine the times that you were ashamed or hurt or not loved.

Imagine as if you were a person that was stuck in a butterfly's cocoon
And could not get out due to other problems such as love or due to Mental Illness or Disability.

Imagine if we could all live in these shoes for just one moment or a day
And how we all would feel as if we were not able to leave that cocoon because we were not loved or hurt.

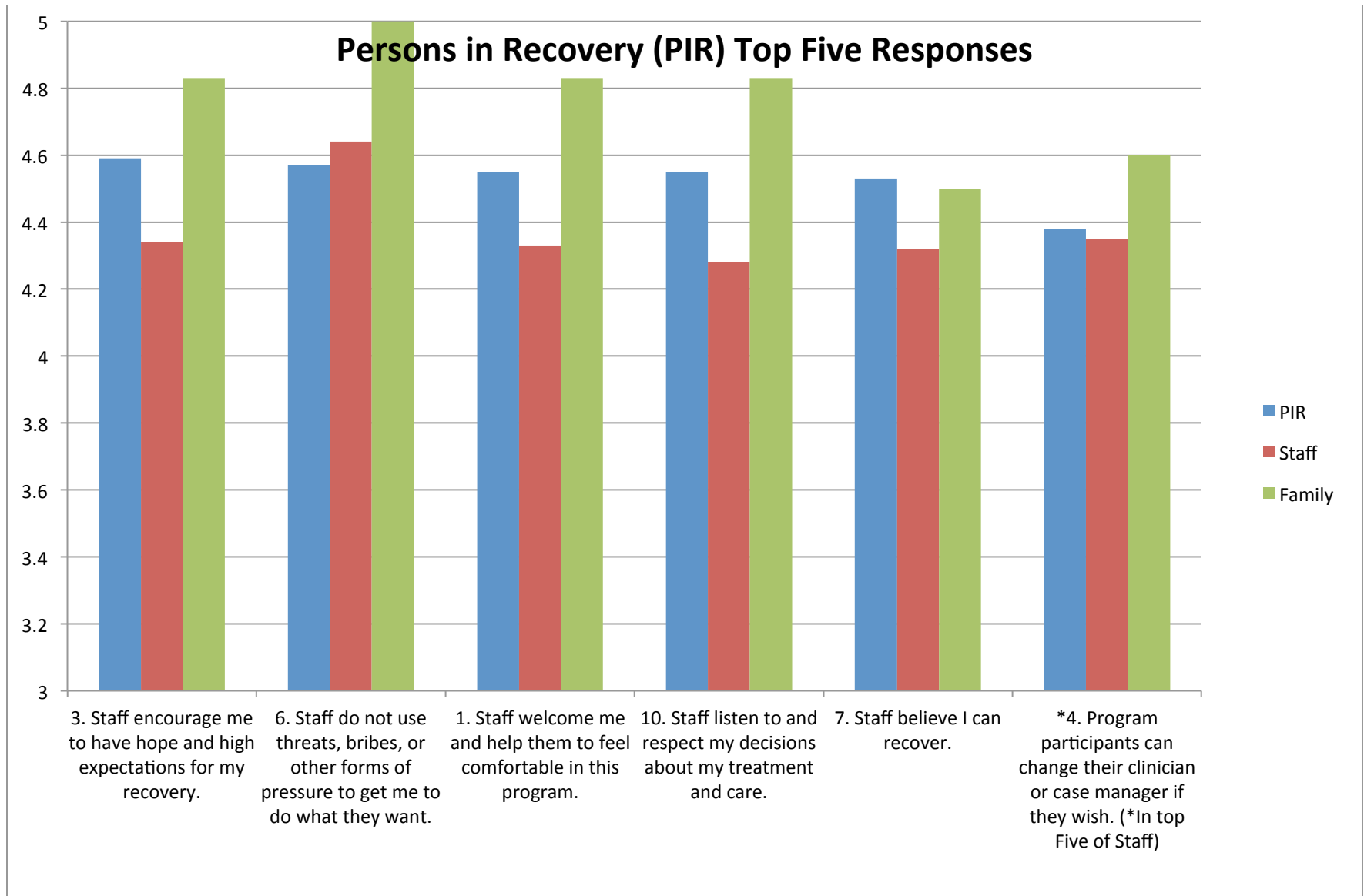
Imagine the Bible verse in 1st Corinthians 13:4.
Love is Patient. Love is Kind.

I hope this poem will inspire you or help you in the future.

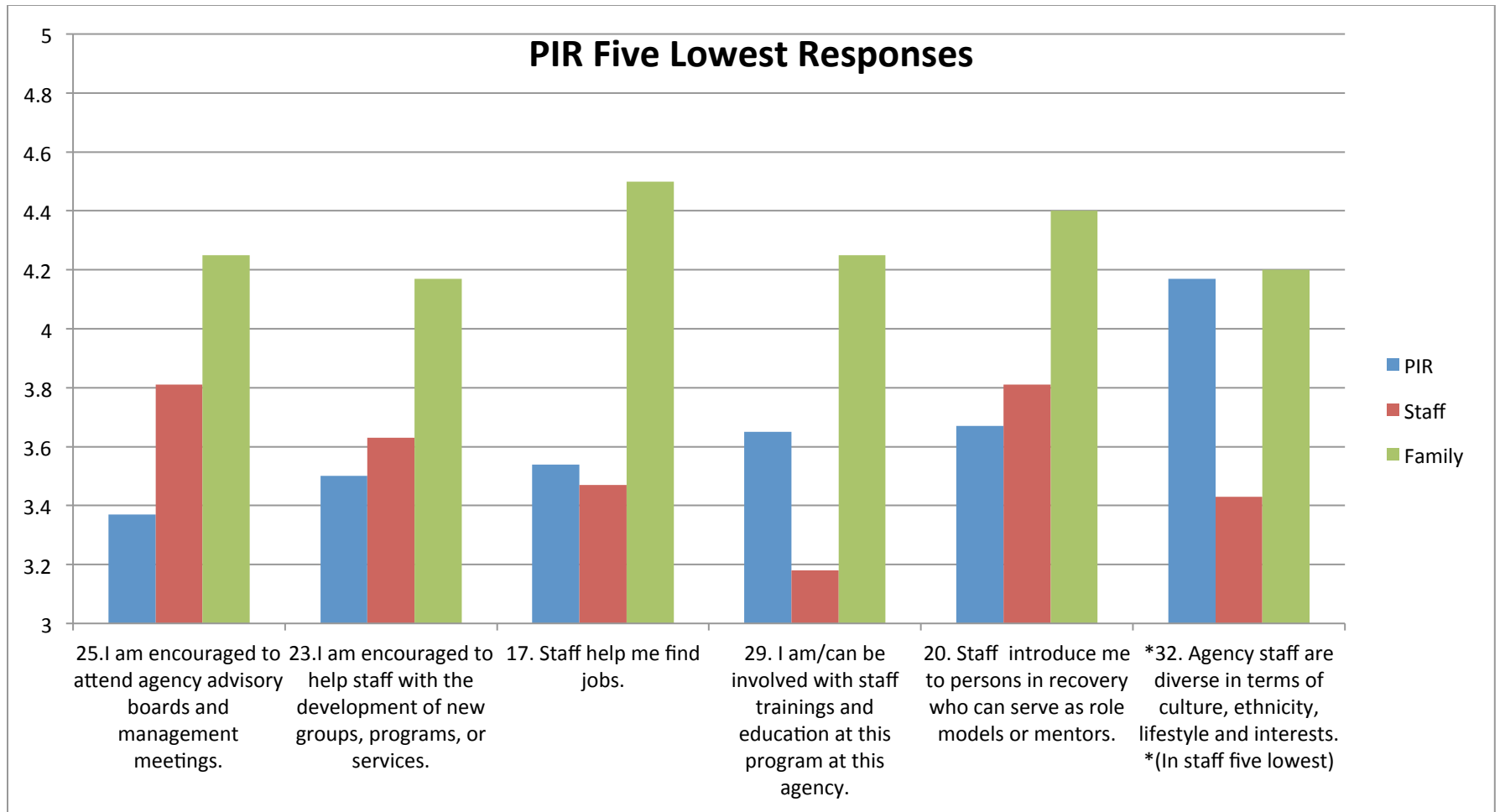
By Krystina Chimoski

Krystina read her poem at the Culture of Gentleness Annual Celebration in May. There was a nice showing of artwork at the offices as well. We asked, 'What does it feel like to be loved?' Here are a few of the answers:
Feeling sure that there are people that only want what is best for you and who will never hurt you.
Feeling honored, respected, tolerated, understood, forgiven, protected and desired.
It arises from repeated acts of love.
That someone will watch over you, think about what you need and do things that make you happy.
What does it feel like to be loved for you?

Recovery Self-Assessment (RSA)



Recovery Self-Assessment (RSA)



Questions were worded slightly different for participants. The graphs here contain the language used from the Person in Recovery version except for the * **response, which is from the staff version.**