



Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 5 • Issue 1

Northern Lakes
Community
Mental Health
northernlakescmh.org

January 2017



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!

Independent Facilitation

An independent facilitator is a person who is not employed by NLCMH, although they are trained by the agency to help in the person centered planning (PCP) process. An independent facilitator does not approve services but helps to guide you through the process. They also help ensure everyone is heard at the PCP meeting. The facilitator will speak with you before the PCP to find out who you would want to attend and who you would not want to attend, and what topics, if any, are not to be discussed. Together you will decide who needs to be contacted and the facilitator will help make arrangements with them for the PCP.

Some things you and your facilitator should go over (even if you choose your case manager to facilitate):

- Who do you want at the meeting?
- What day and time do you want the meeting to take place?
- Where do you want it to take place?
- What topic(s) do you want discussed: housing, DHHS, legal issue, etc.?
- What are your hopes, dreams, interests and concerns?

Reasons why an independent facilitator is a good choice for you:

You want your dreams, needs and desires supported and heard by someone other than your workers. You are concerned that your wishes may be not heard. You want to be sure you understand what your workers are telling you. Your plan needs a fresh approach. You want changes in your life and you want to control the planning for your future.

What is National Drug & Alcohol Facts Week?

National Drug & Alcohol Facts WeekSM – Monday January 23 to Sunday January 29 – links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends.

The special week was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA)* to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute on Alcohol Abuse and Alcoholism (NIAAA)* became a partner starting 2016, and alcohol has been added as a topic area for the week.

There is a quiz to try. There are 10 questions and 2 Brainiac questions. The quiz will take approximately 10 minutes – check the link below or in the tower in the NLCMH lobby for hard copies. On January 26 there will be a live chat. You can register to participate at <https://www.nidachat.org/register.aspx>.

*NIDA and NIAAA are part of the National Institutes of Health.

<https://www.drugabuse.gov/news-events/public-education-projects/national-drug-alcohol-facts-week>

Hunt for Happiness Week



This January 15 – 21 celebrate by finding a little more happiness in your week. The Secret Society of Happy People (yes, there is one) identifies 31 types of happiness. Here is the rundown of their list to help you recognize how often you are happy with a different word/definition: Amused, anticipation, awestruck, balanced, blessed, celebrate, cheerful, confident, enthusiasm, giving, helpful, honorable, hopeful, humor, inspired, joyful, kindness, lively, love, mellow, motivated, nostalgic, optimistic, peaceful, playful, relieved, satisfaction, social, spiritual and thankful. Can you think of any they missed?

Find a friend and tell stories about a time you felt *amused* and continue down the list. This is sure to lift your spirits. No one is happy all the time but by looking at different types of happiness you may find you are happier than you thought. Share a smile and be *satisfied* by the smile you receive in return. Hope you enjoy your *Hunt for Happiness*. Check the tower for a count off list of the 31 types of Happiness.



5 Ways to Take it Outside

How can you spend more time outdoors even as the weather turns chilly? Try these simple tips:

1. **Do everyday activities outdoors.** Sorting mail? Catching up on emails? Sipping your morning coffee? Reading a good book? Take it outside! If you don't have a porch or deck to step out on, simply find a sunny spot in your home and let the sun shine in.
2. **Take a walk.** You can reap the benefits of being outdoors without going to a forest. Simply take an easy stroll around the block after dinner. Not only do you get the benefits of being outdoors, but going for a walk after dinner [has been shown](#) to lower the glycemic impact of the meal you just consumed.
3. **Mark your calendar.** Planning the week ahead? Schedule your outdoor time just like any important appointment that can't be canceled or rescheduled.
4. **Socialize al fresco.** The next time you make plans with a friend, suggest connecting outdoors: Explore parks or walking trails in an area that you may not have visited.
5. **Bundle up.** With winter around the corner, there's no use waiting for better weather. Dress for the occasion and head out. And if hot or cold temperatures are an obstacle, sit in a sunlit room. Research shows that a sunny room can deliver benefits similar to being outside. Be sure to spend time in the sunniest part of your home.

You can reap the benefits of the outdoors just by being exposed to nature — even indoors. (More houseplants, anyone?) And you don't necessarily have to be active. The key is to expose yourself to nature however you can.

Another thought – Tell me if any of these phrases sound familiar: “The sun feels so good on my face,” “I love all the windows in this room,” “These birds sound like music to my ears,” “That breeze feels wonderful,” or “I could use some fresh air.” Chances are they do. Being outdoors is good for you. What are you waiting for?

See you in the sunshine!



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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

This newsletter is
funded by Northern
Lakes CMH.



National Puzzle Day is January 29

Whether it is
crossword,
sudoku, jigsaw
or any other
puzzle, it puts
our brain to
work.

Jigsaw puzzles
use both sides
of our brain.
Crossword and
word search
increase our
vocabulary.

Sudoku
increases
memory and
logic thinking.
Try a puzzle
today!