



Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes
Community
Mental Health
northernlakescmh.org

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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!

Report Earnings Online *Working While on Disability*

Social Security has expanded its online services to allow people who receive Social Security Disability Insurance (SSDI) benefits and their representative payees to report wages securely online. This service is available through our existing my Social Security portal.

It's faster and easier than ever before for SSDI beneficiaries and their representative payees to report wages; they can avoid visiting a field office to report their wages in person and they can print or save a receipt of their report. When you sign up or log in to your my Social Security account, you'll have access to this application on your desktop, laptop, and mobile device. After you report the wages online, you can save or print a copy of your receipt.

This service will be available for Supplemental Security Income (SSI) recipients in the future. SSI recipients should continue to report wages through SSI Mobile Wage Reporting, SSI Telephone Wage Reporting, or by visiting a local field office. We're constantly expanding and improving our services to put you in control of your time by providing them when, where, and how you need them.

You and your clients can visit www.socialsecurity.gov today to learn more about this new online service.

Call for Art



Your creative art work is needed. The Community Mental Health Association of Michigan (CMHAM, formerly known as MACMHB) statewide traveling art show, *Creative Minds Changing Minds* is calling for entries for the next art show. NLCMH may submit one entry for the six counties they serve. The show travels around Michigan for two years and the art is then auctioned off. The winning entry for our area will receive a purchase award of \$100 in exchange for their art piece. The **deadline is February 5, 2018**. Please see the tower in the lobby for entry forms.



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to receive
Our Journey
electronically.
Submissions may also
be accepted, space
permitting.

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Lakes CMH.



**Club Cadillac
gains
accreditation
from
Clubhouse
International**

They have
received the
highest level of
objective
performance in
clubhouse
functioning.
Only 10-15% of
clubhouses get
an uncon-
ditional 3 year
accreditation
and maybe only
2 or 3 Michigan
clubhouses
have been able
to do this.

National Soup Month



It is national soup month and who doesn't enjoy a bowl of hot soup on a cold winter day. Campbell's isn't just recommending you open a can of tomato soup this month. They have a wide selection of soups that you can make with easy recipes. Below is a link to them and more.
How about Chinese Hot and Sour Soup or Salsa Chicken Soup? These recipes can be found in the Recovery Tower or at:
<https://www.campbells.com/kitchen/recipe-collections/its-national-soup-month/>

Shatter the Myths: Drug Facts Week Jan 22-28

Is marijuana addictive?

Yes. The chances of becoming addicted to marijuana or any drug are different for each person. For marijuana, around **1 in 11** people who use it become addicted. Could **you** be *that* one?

Fact – IF YOU SMOKE MARIJUANA A LOT IN YOUR TEENS, YOU COULD LOSE IQ POINTS THAT YOU MIGHT NEVER GET BACK.

Why do people Smoke when they know it's so bad for them?

Maybe they smoke because they can't stop. People start smoking for different reasons ,but most keep doing it because of one reason—they are addicted to nicotine.

Fact - MOST PEOPLE WHO SMOKE STARTED BEFORE AGE 18.

Drinking and driving can add up to tragic endings. In the U.S., about 4,300 people under age 21 die each year from injuries caused by underage drinking, more than 35 percent in car crashes.

Fact - About 4 in 10 people who begin drinking before age 15 eventually become alcoholics.

A lot of you have asked: how can prescription (Rx) drugs be harmful when they're prescribed by doctors?

Prescription drugs aren't bad— they totally help a lot of people. It really depends on the who, how, and why of it.

Who were they prescribed for (you or someone else)?

How are you taking them (as prescribed or not)?

Why (to get well or to get high)?

Some teens abuse stimulants thinking it will improve their grades; in fact, it may do just the opposite!

Fact - RX DRUG ABUSE IS DRUG ABUSE.

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week/order-free-materials>