



# Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 2 • Issue 7

Northern Lakes  
Community  
Mental Health  
northernlakescmh.org

July 2014



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!

## Nothing About Me, Without Me!



Nothing about me, without me, is not a new concept. In Michigan, we have been hearing it since the 1990s when *person centered planning process (PCP)* was implemented throughout the state. "Nothing about me, without me," is often said in self-determination arrangements as well. After all, the plan is about you and your life and that does not change when you decide to use a self-determined arrangement.

Self-Determination is for people with developmental disabilities AND adults with mental illness who receive Medicaid services. Michigan has it in the Policy and Practice Guideline.

So what is self-determination? It is the opportunity to control and direct specialty mental health services and supports arrangements (services CMH provides for you) and to develop an individual budget in conjunction with the PCP. Self-determination is about having a good quality of life. The principles of self-determination are: Freedom, Authority, Support, Responsibility and Confirmation.

Here is a video that describes Freedom for some people in Michigan who have used self-determination in their lives: <https://www.youtube.com/watch?v=pt2e-4pSEP8>.

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## 7<sup>th</sup> Annual Recovery Celebration



'*Treasure your Happiness*' is the theme for this year's *Celebration*. Much work and preparation must happen before the day of the event and you are needed to help. How, you ask?

**First**, we need people to nominate others for an award, look for nomination forms in the recovery tower and in the NLCMH website. There are two types of awards: **1)** an award for staff, consumers and/or others that you would like to recognize for their supporting efforts in the recovery movement; assisting you, a fellow consumer or their own recovery and **2) *Each One Reach One***, which has more specific criteria and only one is awarded; this is in honor of Ernie Reynolds. Learn more on the nomination form in the recovery towers.

**Second**, you need to register to attend.

**Third**, volunteer if you want.

The '*Treasure your Happiness*' Celebration will be Sept. 30, 2014 in Manton. Transportation will be provided but you need to register! Hope to see you there.



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to receive  
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electronically.

Submissions may also  
be accepted, space  
permitting.

This newsletter is  
funded by Northern  
Lakes CMH.



### Action Group!

The Next Action Group will be working more on the Recovery Celebration. Join in the fun on Wednesday, July 9, 11am to 1pm with video conferencing between Cadillac, Grayling and Traverse City.

**Get involved and be a part of the action!**

*Continued from front...*  
More on the guiding principles:

**Freedom-** to craft a meaningful life, liberty and the pursuit of happiness.

**Authority-** you decide how your money is spent.

**Support-** you control the support you need to have a meaningful life- it can be different and creative!

**Responsibility-** just like everybody else. You are the expert! No one knows better about you and your life. You have the same responsibilities as everyone else.

**Confirmation-** people honor and recognize the leadership that you and your families must hold in designing and directing support.

With these principles you get a life, not a program!

Self-determination can let you determine who works/supports you, how and when! It puts you in the driver's seat. It is good to remember that even drivers have to follow rules and so will you if you choose self-determination.

It is good to know your individual budget for services even if you choose not to have a self-determined arrangement. How much do you CMH services cost? Much of this article comes from information found at [www.mifreedom.org](http://www.mifreedom.org).

You can ask you worker or customer service for more information.

## Shop Fresh and Celebrate National Food Months

Strawberries, raspberries and soon blueberries will be in season and shopping for foods that are locally in season can save on the budget. Did you know July is National Berry Month and National Blueberry Month?

There are a few other food celebrations in July and they can be good eatin'! How about cooking up some baked beans on July 3, National Bean Eating Day, so they are ready for July 4<sup>th</sup> and National Picnic month? It is also National Hamburger month, Hotdog month, Grilling month and Ice Cream month.

How about those beans? Here is a recipe: **Baked Beans**

1½ cups dry navy or other dried bean, sorted and rinsed	2 T. molasses
2 cups <b>each</b> water and apple juice	½cup ketchup
1 t. salt	2 t. vinegar
	1 t dried mustard

1. Combine juice and water and bring to boil. 2. Add beans and simmer for 2½ hours until beans are tender. 3. Drain beans and reserve liquid. 4. Put beans and other ingredients in a greased baking dish. 5. Cover and bake at 250° for 3-4 hours. 6. Uncover the last hour of baking and add some reserved liquid if beans become dry. Makes 6 servings. See more in the towers and at: <http://snap.nal.usda.gov/nutrition-through-seasons/seasonal-produce>.

## Tobacco Free Campus and You

In creating a healthier environment for all who visit or work at a NLCMH office the agency is in the process of becoming a tobacco free campus. What

does that mean for you? In June NLCMH held seven public forums to have a conversation regarding this desired change. A draft policy was shared with attendees, comments and concerns were listened to and discussed. As written the draft policy would create tobacco or e-cigarette free campuses no later than October 1, 2014. The agency intends to have a final draft policy out for review by August 1st.

