



# 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!

## Walk a Mile Rally

On Wednesday, May 14, representatives from the six counties NLCMH serves went to the state capitol for the 10<sup>th</sup> Annual Walk a Mile Rally.

Statements from these counties are as follows **Crawford:** *A kind word builds a person up, but an insult tears them down.* **Grand Traverse:** *In Grand Traverse County, all across the whole country, our veterans need help. Help with mental health treatment, affordable housing, and support.*

*Let's remember to support our veterans.* **Leelanau:** *In Leelanau County CMH services are our safety net. I hope our lawmakers hear me when I say that protecting our safety net services is not only the right thing to do but is good business and will save the state money in the long run. No cuts to general fund!* **Missaukee:** *Hi, I'm from Missaukee County. Sometimes the biggest hills we climb aren't always ones that we can see. For some people, life's obstacles can seem more like mountains. People with mental illness need support and compassion. Understanding is everything!*

**Roscommon:** *One in five people have mental illness that can keep us from the quality of life we deserve. Family, friends, counselors, psychiatrists and peer support specialists are a part of the solution!* **Wexford:** *Four years ago I was homeless, jobless, and very deep in alcohol addiction. Today, thanks to Club Cadillac and receiving help for my mental illness, I live independently, have a steady income, and enjoy over 2½ years of sobriety. All statements were followed with "Walk a Mile in My Shoes!"*



Rep. Phil Potvin and Wexford County attendees.





**Dream  
Big**

Northern Lakes  
COMMUNITY HEALTH

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

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**NEW TIME!**

The Action Group will meet Wednesday June 11 at its new time, 11:00am – 1:00pm. Video conferencing between Cadillac, Houghton Lake and Traverse City. The CAC (Consumer Advocacy Council) meets in Traverse City at 1:30pm. Please join us!

## Up and Coming Artists



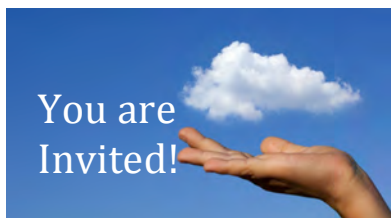
Angie McLellan and Anthony McKean with their art pieces.

Club Cadillac has a couple of members who have been in the news for their art work. Angie and Anthony submitted art work in the Legacy Trust Award Collection. Their pieces titled “Acrylics” and “Winter Bliss” respectively were showcased on May 22 in Grand Rapids. Angie was able to attend a private reception with NLCMH’s Liz McCord on May 21. Four pieces of art will be chosen by Legacy Trust Award Collection to be entered in Art Prize art show in Grand Rapids in September. We wish Anthony and Angie good luck and congratulations.



## Mini-Conference

Learn more about housing resources, the power of positive perspectives, meditation and more. In Cadillac on Wednesday, June 18, register by June 13.



You are  
Invited!

Public Forums will be held in each of the NLCMH offices in June to discuss improving the health quality of the people we serve.

NLCMH is moving towards a tobacco-free campus because tobacco use is the number one cause of preventable diseases in our community and a tobacco-free campus promotes a healthy community.

## Public Forums

Everyone who uses our offices and parking lots is invited to attend the public forum at your location. Forums are as follows:

- |                   |               |
|-------------------|---------------|
| Friday June 6     |               |
| Houghton Lake     | 10:30-11:30am |
| Grayling          | 1:30-2:30pm   |
| Thursday June 12  |               |
| Cadillac          | 9-10:00am     |
|                   | 11-noon       |
|                   | 2-3:00pm      |
| Wednesday June 18 |               |
| Traverse City     | 10-11:00am    |
|                   | 3-4:00pm      |

## Double Up Food Bucks

The weather has warmed up and farmers markets are beginning to have a bit of produce – asparagus and greens and soon strawberries! Things start slow up north but once fruit and vegetables start they seem to just keep coming. Use your Bridges card to get double the money to spend on local produce. Eat fresh and buy locally. In the NLCMH area these are the communities that have double up food buck locations: Cadillac, Interlochen, Lake Leelanau, Suttons Bay and Traverse City. For more information on location day and time please check the towers or visit the website: <http://doubleupfoodbucks.org/locations>.

