



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!



Walk a Mile in My Shoes Rally 2016

In May there were representatives at the Walk a Mile rally from the six NLCMH counties. Following are their statements. Each ended in: Walk a Mile In My Shoes!
Crawford: One must have passed through the tunnel to understand how black the darkness is...Take the steps toward recovery!

Grand Traverse: Informed attitudes are critical to increasing full community inclusion of those served by our behavioral health system.

Leelanau: I deserve to have a say. Listen to me and value my opinions.

Missaukee: See me. I am intelligent, understanding, compassionate, capable and strong. I am a PERSON, not a label. See me for who I am and who I will become.

Roscommon: Together, we can raise mental health awareness and end stigma.

Wexford: Think before you misuse psychiatric terms. The casual use of mental health terms is hurtful – and it hurts our progress.

Double Your Money

Do you have a SNAP or Bridge card? Now is your chance to get more for your money from local farmers markets. Double up Food Bucks is back in season. Most farmers markets are up and running. Asparagus seems to be one of the earliest products in Michigan and nothing beats it when it is fresh. Grand Traverse, Leelanau and Wexford Counties all have locations that double up your Snap or Bridge card dollars up to a total of twenty a day. You can also check neighboring counties that are close to you for more available locations. Here is the website for locations:

<http://www.doubleupfoodbucks.org/>.





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Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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It is that time
again; nominations
are needed for the
Recovery
Celebration in
September to be
held at the Red
Barn in Manton.

Who has
supported you?
Have you helped
someone move
forward?
Nominate
someone for an
award for their
efforts.

Nomination forms
are in the lobbies
of all NLCMH
offices and are due
by August 1.

Learning to Help: Others and You

The Day of Recovery Education takes place in May and October in Gaylord for the 21 counties of the NMRE (Northern Michigan Regional Entity) service area for Medicaid. Last month many attended from the NLCMH service area including those from Kandu Island, Club Cadillac and Traverse House. Jake Zimmer from Traverse House did a mini-stretching exercise between presenters; it sure helped ease the muscles.

One presentation was on Emotional CPR, presented by Carolyn Pifer, CPSS, from Centra Wellness. It is hoped that eCPR will be presented to the community just as cardiac CPR to train people to know how to respond to an emotional crisis, as they are trained to respond to a cardiac crisis. eCPR is seeing people through the heart, connecting, em-powering and revitalizing. When you encounter a person, friend or family member in crisis you respond with “What happened to you?” rather than “What’s wrong with you?” Communicate with the individual, listen, participate in the planning to help them reconnect and balance out the emotions. What does this person want or need at this time? Listen and be there for them; not all crises can be fixed, such as a death. For more information on eCPR, go to: www.emotional-cpr.org.

CNS (Community Network Services), who presented at the NLCMH 2015 Recovery Celebration, were also presenters for this event. This group is actively out in the greater community dispelling the myths and stereotypes of mental illness and sharing recovery stories in poetry and song and sharing the message that “hope and recovery are possible.” They did a smashing job as expected, sharing about how the effects of stigma are similar to the rumors that are being whispered between folks and rumors travel like wildfire. Later the truth comes out and the rumor wasn’t true but everyone remembers the rumor, not the truth! Recovery from a mental illness is a lifelong journey of managing the conditions and working on your daily problems. All problems will not be solved but they should not be blamed on the illness; everyone has problems. Self-stigma can be one of the most difficult to overcome. Negative comments towards people with a mental illness are often internalized. People need to learn to give themselves permission to be who they are. Write a list of what you like about yourself and things you are thankful for and keep this handy for those times when the negativity returns. The list will be an emotional bank saved up for this moment to help you along on the journey of recovery. Many good questions were posed to presenters and everyone got to feel that sense of belonging and that life has an open door waiting for you to come out and join in on your recovery journey or to help someone along on theirs.

Vicki Holloway, RN, from North Country CMH spoke about technology in the mental health service delivery field is changing to help better serve you. Some of these changes are in electronic records, prescriptions and even telemedicine.



Block the Sun: Not the Fun



June 6-12 is *Sun Awareness Week*. The sun is out there and is shining more often than not and for more hours of the day. It will peak with the longest day on June 20 with 15:26:57 hours of sunlight. June 21 is the Solstice but has 1 second less. You need to protect yourself from the harmful rays of the sun. Too much sun can be dangerous. Overexposure to sun can raise the risk of getting skin cancer. The UV index is highest from 10 am to 4 pm. Remember to use sun screen of SPF 15 or higher. Check the [UV Index forecast](#) to help plan. The UV Index is issued each afternoon by the National Weather Service and EPA. Sun can also be reflected by water, sand and snow, increasing the risk of sunburn and harmful rays.