



# Our Journey

Meaningful, relevant information for our community, published monthly.

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Mental Health  
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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!

## Art of Recovery Open House

You're invited! Friday, November 4 is the 10<sup>th</sup> Annual Art of Recovery: The Human Journey show's open house. The reception is from 3 to 7:00 p.m. and artists will be present for you to meet. Music

will again be provided by Hammer'd. Note the art show has changed its venue to Grand Traverse Circuit at 225 West 14th Street in Traverse City. There is parking behind the building, also on Pine Street, and across the street at Thirby Field.



## Under the Jacket



Northern Lakes CMH is embarking upon a new project this month. It is *Under the Jacket: Seeing the Person Inside*. The *Under the Jacket* project is a commitment to change for the better, to create a culture of mutual respect and value for all.

Leslie Sladek, Certified Peer Support Specialist and Customer Service Specialist has presented *Under the Jacket* to the Quick Connect attendees over this year. If you have attended you'll be happy to know that it is moving forward and no longer just a dream. In October, *Under the Jacket* was presented to the Executive Team and to the Northern Lakes Board of Directors.

Presently there are six months of information already created – we are hoping to reduce stigma without using the word stigma; research shows that the use of the word stigma actually increases stigma. The topics for upcoming months are: It Starts with Me; Value – How it Feels; Language is Important; Acceptance; To End the Word (the “R” word); and The Elixir of Hope.

Look for the Pledge signed by Karl Kovacs, Director of NLCMH, and the NLCMH board members which will be posted in your local office soon. Staff will have a discussion of the monthly topic which they will receive prior to their unit/team meetings. NLCMH hopes to concentrate on what we want the change to be rather than what it is that needs changing (focusing on the positive!). It is hoped that more topics will be added to this project to assist all in creating a culture of mutual respect and value for all. The people we serve are part of the community that we all share together; together we make it a great community.

# Clutter, Clutter Everywhere



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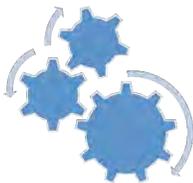
to receive

*Our Journey*

electronically.

Submissions may also  
be accepted, space  
permitting.

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funded by Northern  
Lakes CMH.



## Quick Connect

Come join the  
Quick Connect  
meeting in  
Cadillac on  
Tuesday,  
**November 30**  
from 10-2pm.

We will watch a  
movie about  
veterans issues  
followed by a  
panel  
discussion.  
Health and  
safety  
information will  
also be  
presented.  
Popcorn and  
beverages will  
be provided.

I feel like a massive hypocrite writing this piece, because substantial messes are found in virtually every square foot of my home. In fact, the last time I broached the topic of clutter in a blog, I posted a photo of my book piles and nut collection and was immediately contacted by a hoarding show to be “fixed” by an expert.

Even though I fail miserably at decluttering my home, I do know it’s an important piece of mental health — that our environments affect us more than we’d like to believe. And it’s not even the Post-its all over your desk, the plastic dog toys strewn about the floor, or the homework on the table: It can be the 99 files on your computer desktop, or the 28,000 emails you haven’t deleted.

In our modern society, when we get lambasted with information — dozens of pieces of junk mail in our physical mailbox and more in our email, not to mention social media — it’s an awesome task to stay on top of the clutter, and most of us don’t.<sup>1</sup> How cluttered is your life? Want to organize before the holidays? Teresa Borchard also writes more in her blog on clutter in areas like: Refrigerator, magnet clutter, clutter leads to distress, the hoarding brain, and how to clear clutter. See the handout on how to clear clutter in the tower or read the rest of the blog at address below.

<sup>1</sup> <http://www.everydayhealth.com/columns/therese-borchard-sanity-break/why-we-collect-clutter-and-how-to-clear-it/>

## Day of Recovery Education

It was a beautiful October day in Gaylord once again. The drive to the Day of Recovery Education was very colorful for all of those coming from the various counties scattered across the tip of the mitt.

Stacey Chipman, Chief Clinical officer from North Country CMH, informed all about the benefits of Integrated Care. The fact that people with a mental health diagnosis often live up to 25 years less than others due to co-occurring chronic conditions such as: high blood pressure, smoking, heart disease, diabetes, obesity and asthma. These are largely preventable conditions. Integrated care is the coordination of mental health, substance use and primary care services that are coordinate. The most important aspect is clear, consistent care that includes YOU! Examples may be shared records, shared location, shared practice and care managers. Benefits of Integrated Care: your providers are a team working for you and your recovery, everyone knows your medications, you get the right care, at the right time, in the right place; there is less waste and redundancy, i.e. (lab work), a care manager can help you navigate the system all for a healthier you. But remember it takes you to take charge and work on your recovery.

Joanne Rackow spoke about Independent Facilitation and how an independent facilitator can help in the planning and preparing for your person centered planning meeting. The facilitator will need to know: who you want to attend your meeting, the date, time and place you want for your meeting to take place, what topics you want to discuss and those that you don’t want to discuss too, and the hopes, interest, dreams and desires you want to discuss. Ask your worker or Customer Services for more information.

Laurie Ames, a Certified Substance Abuse Prevention Specialist, spoke about Prescription Drug Abuse. Four important things to do with your prescriptions: monitor, secure, dispose (destroy) and don’t share. Securing the medications in a safe place (not your kitchen counter or your bathroom medicine cabinet. She also spoke about Naloxone and has trained the state police in our area for the use of this life saving overdose drug. Next Day of recovery Education will be in May 2017. Hope to see you there.