



Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 5 • Issue 10

Northern Lakes
Community
Mental Health
northernlakescmh.org

October 2017

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!

Meaningful Work



All summer Traverse House has employed members to monitor the parking lot at the Traverse City NLCMH office. Parking is at a premium in Traverse City during the summer, with festivals and beach goers looking for convenience. This summer parking has been easier for staff and those coming in for appointments. Spaces have been available even after the lunch hour.

Justin, one of the clubhouse members is working a TE (Transitional Employment). Justin mentioned a few perks of the position: staff will bring you a coke or a pastry and everyone thanks us. The biggest challenge was with a woman who wanted to park in a NLCMH handicapped spot but was going to a neighboring business. She even brought up that she used to be an attorney. In the end Jake (Traverse House staff) told her that if she parked there she would be towed as this was private parking. A good job was done by all.

Here are a few comments from NLCMH staff:

- They did a wonderful job, enjoyed their smiling faces every day!
- They were fantastic, a smile and a wave every day! I'm going to miss them!
- They have done an outstanding job!! Thank you!
- I just wanted to validate what a good job the guys in the parking lot are doing.
- Thanks for what's going on out there this year! It's been a big help!

Traverse House will be offering TE positions for eight more weeks beginning September 11.

Recovery Celebration



Story on back page





Please contact
Leslie Sladek
leslie.sladek@nlcmh.org
231 933-4907
to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

This newsletter is
funded by Northern
Lakes CMH.

**Bullying
Prevention
Awareness
Month**

Effects: Bullying affects all youth, including those who are bullied, those who bully others, and those who see bullying going on. Some effects may last into adulthood.

Disconnect Between Adults and Youth: There is often a disconnect between young people's experience of bullying and what the adults see. Also, adults often don't know how to respond when they do recognize bullying.

See more on the effects of bullying:
<https://www.stopbullying.gov/>

The Magic of Recovery

The annual Recovery Celebration in Manton was well attended. The day was a beautiful fall day for outside activities. This year there were various activities and yard games that people could participate in. They were awarded tickets for baskets that would be raffled off at the end of the day. Beautiful baskets were provided by employees of the four Northern Lakes offices. One of the main events was provided by 'Cirque Movement' doing a variety of acts that tied in with life skills: trusting yourself and your partner, balance, perseverance, keeping your eye on the goal, and with practice anything is possible. Their performance also included juggling and acroyoga (a combination of yoga and acrobatics). Leslie Sladek was awarded the Each One Reach One Award and many others received recognition for leading by example, and making a difference in others' lives. CEO Karl Kovacs ended the day with some great quotes.



Positive Attitude Month

"You are what you think" is a tough thought to swallow, especially if your mood could use a boost. Positive affirmations can help, keeping an affirmation journal each day... Most of us have heard this numerous times and it is hard to change. Many of us can come up with some positive aspects on even the worst day: the hug from your child/grandchild, the sunrise or sunset, a good cup of coffee or tea, the smell of your soap or shampoo... They won't change your life but they can bring a bit of good into it, if you look for it.

How about surrounding yourself with positive energy? Turn off the news and listen to some upbeat music, walk by a playground or schoolyard and listen to the children playing. Where can you find positive energy to boost your attitude this month? Try for a bit of positivity today!

Call for Art: 11th Annual Show

We are once again looking for your art work for the **11th Annual Art of Recovery: The Human Journey** show. Artwork is accepted from anyone in the NLCMH service area who is in recovery from anything. The deadline to submit art is Friday, October 27. Submission forms are in the towers in the lobby.

Art of Recovery Art Show has a new venue this year. The show will be at the Traverse Area District Library – McGuire Room (near the entrance) at 601 Woodmere Ave in Traverse City. The show will be on display November 8-29. The open house reception will be Wednesday, November 8, from 3-6:30 with refreshments. Everyone is invited to come see the wonderful artwork and meet the artists!

NLCMH consumers may also consider submitting their pieces for the next MACMHB (Michigan Association of Community Mental Health Boards) art show. The current state show will be auctioned at the fall conference of the MACMHB, at the Grand Traverse Resort and call for new entries will happen after the first of the year.