



# Our Journey

Meaningful, relevant information for our community, published monthly.

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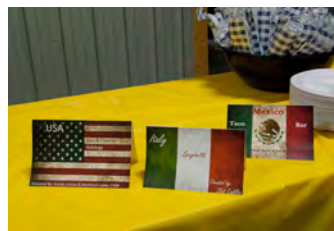
Northern Lakes  
Community  
Mental Health  
northernlakescmh.org

October 2016

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!

## Recovery: We Are The World

At the 10<sup>th</sup> Annual NLCMH Recovery Celebration held in September, consumers and staff received awards recognizing their contributions to recovery and support in "Making a Difference" and "Leading By Example." Bob Pollard (below) received the special "Each One Reach One" award from CEO Karl Kovacs in recognition of his many contributions to the recovery movement and NLCMH, as well as his inspiring support of others. Our Clubs and Drop-in Centers all contributed foods from around the world and New Beginnings made fantastic table decorations. Thanks to all who had a hand in making the day a success!



## National Down Syndrome Awareness Month

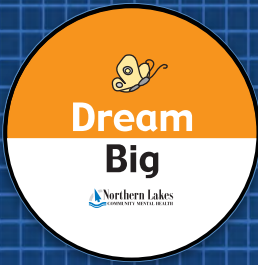


The National Down Syndrome Society (NDSS) wants you to help create a world where diversity is celebrated. Their mission is to be the national advocate for the value, acceptance and inclusion of people with Down syndrome.

October is set aside to make you aware that they are valued, abled and ready to work, #dsworks. People with Down Syndrome are a part of the community (Buddy Walks®). To learn more about the first annual Employment Conference or to listen to an informative webinar got to [www.ndss.org](http://www.ndss.org). The conference will be in Washington DC on April 3, 2017.

There will also be a National Buddy Walks on DC event on April 4-5, 2017. NDSS is working with Soapbox to schedule meetings with your representatives. You need to register with your home address by March 27, 2017. A schedule will be provided to you on March 31. There is also information from the 2016 event to share with your congressmen; no need to wait for the conference in 2017. Take advantage of the advocacy information provided on the website.





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to receive  
*Our Journey*  
electronically.

Submissions may also  
be accepted, space  
permitting.

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#### MENTAL HEALTH BY THE NUMBERS



1 in 25 adults live  
with a serious  
mental illness.

18% People in the US  
affected by an anxiety  
disorder.

44% US adults with  
diagnosable mental  
health problems who  
receive treatment.

6.9% US adults who  
had at least one major  
depressive episode in  
the past year.

2.6% US adults who  
live with bipolar  
disorder.

\$193.2 BILLION  
Cost of serious mental  
illness in lost earnings  
each year in the US.

## Moving Ahead...

...a journey into adulthood. This is a free workshop for communities supporting youth with disabilities. This workshop will be **Saturday, November 5** at 8:00 a.m. to 1:30 p.m. The meeting will be held at the TBAISD Career-Tech Center at 880 Parsons Road in Traverse City. Same day registration is 8:00-8:30 a.m.

There will be informational sessions on:

- Housing
- Benefits planning
- Guardianship and alternatives
- Self determination
- Transition planning
- Work-based learning
- Healthy social and recreational activities and
- Post-secondary pursuits



For more information visit the website at:

<http://movingaheadjourney.wix.com/movingahead> or call Nicole 231 715-1503 or Mimi 231 922-6588.

**NLCMH 10<sup>th</sup> Annual "I Will Heal" Art of Recovery** art show begins November 4. Art entries are being accepted now. Check the tower for complete information.

## What Determines Health

The World Health Organization gives these as the determinants of health:

- Health Care 10%
- Environmental 19%
- Human Biology 20%
- **Lifestyle 51%**



Lifestyle includes smoking, obesity, stress, nutrition, blood pressure and alcohol and drug use. The good news is that YOU have the most impact on your health. Lifestyle is something YOU can control.

### This and That

As the weather gets cooler (northern Hemisphere) the awareness activities increase in the calendar. October the awareness month for: *Spinal Bifida, Healthy Lungs, SIDS, and Breast Cancer.* *Mental Illness Awareness Week* is October 2-8. October awareness days are: *Depression Screening Day* (Oct 6), *World Mental Health Day* (Oct 10), *International Stuttering Day* (Oct 22) and *Bandanna Day* (Oct 31).

### Volunteer Needed

The NLCMH Quality Improvement Committee (QIC) is looking for a volunteer to be a part of this committee. The committee meets monthly (first Wednesday of the month at 10:00am) for two hours. Learn more contact Kari Barker (Quality/Compliance director). Kari is the facilitator for this meeting. Interested persons should contact Kari at 231 935-3679.