



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!

Reaping Recovery: Harvesting Hope

Register to attend the annual Recovery Celebration. Forms are in the Recovery Towers. Registration deadline is Friday, September 11, 2015. This year's Celebration is taking place at the Manton Barn Hall, Wednesday, September 23, from 10:00 a.m. to 2:00 p.m. Check in begins at 9:30 a.m.



Whether you are well along in your 'recovery' journey or just beginning, this event is for you! Please join us.

"Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our abilities, strengths and determination."

~ NLCMH Recovery Definition

Mental illness is nothing to be ashamed of, but stigma and bias shame us all.

– BILL CLINTON

Visible, Vocal, Valuable!

National Recovery Month is a national observance held every September to educate Americans that **substance use treatment and mental health services** can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

You can **Join the Voices for Recovery: Visible, Vocal, Valuable**; [share your story](#) or [read/watch](#) stories others have shared about their personal recovery (www.recoverymonth.gov).

They also have *The Road to Recovery* series that can be viewed online with different topics for each month; have a look at the website listed above.



Please contact
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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.

New

Peer Groups

Cadillac will begin
Hi, My Name is...
on Wednesdays
beginning on the
September 16
from 10:30 to
noon. For more
information
contact Alicia at
(231) 876-3252
or Kelly at (231)
876-3316.

Also

Grayling will
begin
Get Creative!
on Wednesdays
from 10:00 to
noon. For more
information
contact Laura at
(989) 344-3002.

Call for Art

Planning is underway for the 9th annual NLCMH *Art of Recovery: The Human Journey* show, as well as the statewide traveling art show, *Creative Minds Changing Minds*, which is sponsored by the Michigan Association of Community Mental Health Boards and travels around the state for two years. Submission forms for both these opportunities will soon be available in the recovery towers.



Now is the time to start getting your art ready for these shows.

If you have questions, please call Deb at 231-271-6177.

Suicide Prevention Week



Cadillac will have its walk on Saturday, Sept. 19. Meet at the Cadillac City Park at the corner of Harris and Lake Street at 10:00 a.m. Ribbons of Reflection or Remembrance will be tied to the Lakefront Bridge and remain there until Monday. Closing Ceremony Balloon Launch. For more information contact Leilani Kitler at (231) 876-3280. This is sponsored by the Wexford Missaukee Suicide Prevention Coalition.

Traverse City will have a walk on Saturday, Sept. 12. Registration begins at 10:00 a.m. and the walk starts at 11:00 a.m. Meet at the Civic Center Pavilion. This walk is brought to you by the Grand Traverse, Leelanau Suicide Prevention Coalition. Lunch is available for all walkers.

Free Film at the State Theater in Traverse City on Tuesday, Sept. 8 at 5:30 p.m. This documentary, **Crisis Hotline: Veterans Press 1**, was received well at the Traverse City Film Festival. A panel discussion will be held after the film.

"You should sit in meditation for twenty minutes every day – unless you're too busy. Then you should sit for an hour." – Zen proverb

Quality Life: A Balancing Act



This month National Wellness Week is recognized. Wellness has eight dimensions (Emotional, Social, Environmental, Intellectual, Financial, Spiritual, Physical and Occupational) and can be altered when one or more of these dimensions are affected by their connectedness. For example, a person can lose their health (major illness/accident), leading to a loss of employment, which can lead to financial difficulties (no pay check/savings) – everything begins to cascade (snowball effect). Yet a person can also have an illness and still be well with all of the other areas in good shape. Balancing life and receiving assistance/support that allows you to manage everything else can be essential to a life of quality.

How is your wellness and quality of life? Do you have a good balance of the eight dimensions? Take a look at your strengths and weaknesses and evaluate where you could use some support or new skills/habits. Recording what you do can help in evaluating. Setting goals in areas of weakness can enhance the quality of your life when goals are achieved. Maybe your home Environment is weak. Fresh paint, clean air, clutter removed, new home... or possibly the Physical aspects of your life are weaker; better sleep, more water, balanced meals. The balancing act can be challenging yet rewarding when achieved.