



# Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes  
Community  
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!

## Recipient Rights Advisory Committee



Northern Lakes CMH is looking for an individual interested in joining the Recipient Rights Advisory Committee and who lives in Crawford, Missaukee, Roscommon or Wexford County.

As a member you would receive an education in recipient rights policies and procedures in order to review recipient rights issues as they occur. You would attend bi-monthly meetings, serve up to a three-year term and receive a stipend for each meeting you attend.

If you are interested, contact Deb Lavender, NLCMH Executive Secretary, at 231-935-3677 for an application.

## Suicide Awareness



**Walk** for Awareness  
**Walk** for Prevention  
**Walk** for Remembrance

Gather at the Rotary Pavilion, Saturday at 10:00am, September 9 in CADILLAC. We will walk to the Lakefront Bridge (1/3 Mile). Ribbons of Reflection or Remembrance will be tied to the bridge and remain there until Monday. Closing with a Ceremony Balloon Launch. **For more information** contact Amy Kotulski (231) 876-3212.

The **Recovery Celebration** is coming up. **Registration is open until Monday, Sept 11**. Check the tower for forms. This year the celebration is: **"The Magic of Recovery"**. Wednesday Sept. 27 from 9:30 – 2:30 pm at the Manton Barn Hall. Transportation available for people who sign up.





Please contact  
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to receive  
*Our Journey*  
electronically.  
Submissions may also  
be accepted, space  
permitting.

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## Day of Recovery Education

Friday October  
27 at – Tree  
Tops Resort in  
Gaylord

From 10 am to  
2 pm

This year's  
theme is – **Be  
the Change  
You Want to  
See**

Keynote  
speaker will  
be Dr. Curt  
Cummins on  
recovery.



## National Wellness Week

Wellness is important in all aspect of life. If someone struggles in one dimension, chances are other areas will be affected too. The wellness dimensions according to SAMHSA are:

1. Emotional – Developing skills and strategies to cope with stress.
2. Financial – Satisfaction with current and future financial situations.
3. Social – Developing a sense of connection and a well-developed support system.
4. Spiritual – Searching for meaning and purpose in the human experience.
5. Occupational – Personal satisfaction and

enrichment derived from ones work or volunteering.

6. Physical – Recognizing the need for physical activity, diet, sleep and nutrition.

7. Intellectual – recognizing creative abilities and finding ways to expand knowledge and skills, and

8. Environmental – Good health by occupying pleasant, stimulating environments that support well-being.

By taking action in your life you can help yourself to live longer and healthier and beat the odds of people with a mental illness dying up to 25 years earlier than others.

## F.A.S.T.

Northern Lakes Community Mental Health Authority has received a significant 2017 *Behavioral Health Proactive Grant*, from the Michigan Health Endowment Fund, to provide mobile treatment teams to help children and families in crisis.

Three **Family Assessment & Safety Team (F.A.S.T.)** teams will be created to deploy to assist children and families in crisis in NLCMH area. Previously families would end up in the emergency department. Helping to make this happen are collaborative partners Northern Family Intervention Services, Third Level, Pine Rest, Munson Medical Center, four local Department of Health and Human Services, area Systems of Care and local pediatricians.

Under the F.A.S.T. project, as calls are received, F.A.S.T. team members will be contacted to assess and stabilize the situation at hand. A mobile crisis unit consisting of Family Assessment and Safety Team members will immediately respond with assessment, evaluation, and crisis interventions suitable to the child and family needs.

The team is a rapid-response team and evaluation and intervention begins at the time of contact. These mobile crisis workers (F.A.S.T. members) will go directly to the child and family in crisis, rather than the child being delivered to a local emergency room.