



# Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes  
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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 Authority (NLCMHA) 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!

## iPads Help in Crisis in the Community



Are you having a mental health crisis, in the community, with police on the scene? A new grant is being implemented to create a virtual-mobile crisis intervention program where police can use iPads to connect people who are experiencing a mental health crisis with a NLCMHA mental health crisis worker in real time out in the community. The program is up and running now in Grand Traverse and Wexford Counties. This is a new program to help and possibly keep you from going to the emergency department, inpatient psychiatric hospital, or jail. The iPads are encrypted and safe for officers to use with you in the community, to speak with a crisis or ACT worker right away. Presently iPads are in the hands of Traverse City police, Cadillac City police, Michigan State police, and the Wexford County Sheriff's department. At NLCMHA there are iPads with crisis workers, ACT teams and supervisors. Staff and officers were trained on protocols and device usage, May 31 and June 7. Although this is a new method of providing help, it can help in real time, to make all the difference for you and the response you receive out in the community. Feel safe and assured that your privacy is guarded with these secure iPads.

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## Call for Entries: Art of Recovery Show

September is **National Recovery Month** and as we all are recovering from something, it is time to submit your artwork for the ***Art of Recovery: The Human Journey*** art show that will be on display at the Traverse Area District Library this fall. The meet-the-artist night will be Wednesday, October 24 from 3-6:30 p.m. Art submissions need to be in by Friday, October 5. Look for the entry form in the Recovery Tower in the lobby.

Recovery is different for each individual but here at NLCMHA it has been defined by those served as: *"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."*



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

This newsletter is  
funded by Northern  
Lakes CMH.



*Vote Nov. 6*

***You must be  
registered  
by Oct. 7***

*Need help  
registering to  
vote? Contact  
Customer  
Service at  
NLCMHA or  
your worker  
for assistance.*



## FAST

*Mobile Crisis Team for Children and Families*

FAST is the mobile mental health crisis response program for children and young adults aged 0 through 20 in crisis. The FAST (Family Assessment & Safety Team) program launched in Wexford and Missaukee in August. FAST is also in Grand Traverse and Leelanau Counties, and will come to Crawford and Roscommon Counties beginning in early 2019.

### Call FAST if:

- An individual is experiencing out of control behaviors that place him/her at risk of harming self or others.
- An individual is expressing thoughts of suicide.
- An individual is experiencing severe stress that is resulting in a significant decline in daily and/or family functioning.
- You just don't know what else to do.

### Call 911 if:

- If an individual has attempted or is in immediate risk of attempting suicide or completing suicide
- An individual is in immediate risk of aggression, violence or has committed a crime
- An individual is in need of medical attention.

People may call **1-833-295-0616**  
24 hours a day, 7 days a week for a **FAST response**

## Suicide Prevention

September 9 – 15 is Suicide Prevention Week. Prevention efforts are happening in your community and around the nation.

This year the **Suicide Prevention Walk** in Cadillac will be held at the Cadillac Rotary Pavilion on Sunday, September 9 from 9-12:00. Green ribbons will be tied to the bridge and displayed all week.

In Traverse City, **Out of The Darkness Walk** will be held at the Traverse City Civic Center on Saturday, September 15. This event will be hosted by Janeen Wardie and the American Foundation for Suicide Prevention. To register for this event go to:

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5647>.

Also during this week, **"Suicide: The Ripple Effect,"** will be shown at the Cherry Blossom Theater in Traverse City on September 27 at 7:30 p.m. This is a feature-length documentary film focusing on the devastating effects of suicide and tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal and stay alive. The cost is \$12.00.

*SafeTALK* will be offered September 29 in Traverse City. *SafeTALK* is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. For more information, contact Mickie Jannazzo, (231) 946-8975 ext. 1049, at Child and Family Services/Third Level.

