



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!



The weather was perfect for the Rally. Representatives from Northern Lakes enjoyed a picnic on the capital lawn, were able to join in an advocacy walk and this year wore t-shirts of blue. Walk A Mile statements from the counties served by Northern Lakes are shown below. Each ended with "Walk A Mile In My Shoes!"

- **Crawford** - Everyday people with mental illness and developmental disabilities go to work and succeed at what they do.
- **Grand Traverse** - Stigma is the wall that people must walk through in order to reach for recovery. End stigma, stereotypes and discrimination.
- **Leelanau** - In Leelanau County, affordable housing, public transportation, and jobs are all major concerns.
- **Missaukee** - I think there should be more money for mental health services and transportation. This would give us more opportunities to network with others and build friendships.
- **Roscommon** - Stress has a huge impact on our lives and can make day-to-day life difficult. In these stressful times, let's celebrate and embrace our determination as we participate in our recovery.
- **Wexford** - I am more than my diagnosis. Don't put labels on me.





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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.



Hep C Screening

The Integrated
Health Clinic
will have Hep C
screenings in
our offices as
listed below:

Cadillac –
morning

June 6 & 20

Traverse City -

afternoon

June 6 & 20

Grayling –

morning

June 13 & 27

Houghton Lake

– afternoon

June 13 & 27

For more
information call
your local office.

Recovery Celebration Nominations Needed

A Pathway to Recovery: The Magic of Change is this year's theme for the Recovery Celebration, September 19 in Manton. (Save the date!) Presently nominations are being accepted from all offices for recovery recognition in the following areas:

- supporting the recovery movement at Northern Lakes CMH and/or
- assisting in a group's or an individual's recovery, and/or
- inspiring others by their example.

Nominations for the **Each One Reach One** award are being accepted too. Check the recovery tower for nomination forms and further information.

Advocacy Happenings



Are you an advocate for change? Changing the manner in which people talk about and view mental health is an ongoing problem/issue. Speaking up and letting others know how inappropriate language or graphics is a good start. Recently others have gone a bit farther in advocacy with Electronic Arts and "the Sims".

If you currently play "The Sims," or have nostalgic memories of playing when you were younger, you know part of the game's fun is choosing traits for your Sims that influence how they act. Those who have updated their game over the past week might have noticed a controversial trait missing. Last week, Electronic Arts quietly renamed the "Insane" trait "Erratic" in a batch of updates for "The Sims 4."

According to Newspress, the "Insane" trait first became available in 2009 when "The Sims 3" launched. Gita Jackson, a writer for the gaming site Kotaku, explained what it meant for a Sim to be insane, calling the option, "a lazy joke about mental illness":

Sims who have the Insane trait don't have any rationality—their lives are ruled by randomness. In 3, Insane sims would reply randomly to marriage proposals, rather than it being based on their relationship to other sims. If they were broken up with, they'd also take it out on another sim at random, rather than the sim who hurt them. In 4, Insane sims mutter to themselves. When you select the Insane trait on the Create A Sim screen, they shout at the screen and make a deranged face.

According to Jackson, while the character trait has a new name, the trait itself hasn't changed — and the icon used to indicate the trait is still a straight jacket.

When asked about the name change, a representative from Electronic Arts told The Mighty:*

*Our game celebrates life and the people in it. As language evolves, we want to take the steps needed to ensure players feel they can have a great time without distracting language that is not always current or appropriate. We made the change to better reflect the design of that Trait.**

Change has begun but many continue to advocate for more to change. You can be an advocate too. When you see something that offends you let the person/company know by a phone call or sometimes it is easier to do this through the mail or email. Your efforts are noticed and we need to continue to eliminate stigmatizing language and portrayals.

*<https://themighty.com/2018/04/sims-insane-trait-erratic-mental-illness/>