



Our Journey

Meaningful, relevant information for our community, published quarterly.

Volume 7 • Issue 1

Northern Lakes
Community
Mental Health
Authority

northernlakescmh.org

June 2019



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 CMHA website, the lobby flat screen monitor, and the information tower for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

Walk A Mile In My Shoes RALLY

On May 9, the rain cleared just in time for the 15th Annual Walk A Mile In My Shoes Rally at the State Capitol. Here are the statements that people from our counties made on the Capitol steps:

- **Crawford** – The opioid epidemic is here. Many people who are just like you and me are fighting addiction. It's a complicated problem with no easy solutions, but remember, recovery is possible. Be kind to one another, and please don't judge.



*Thank you to **Club Cadillac, Traverse House, New Connections Drop-In Center** and others for helping to make this happen!*

- **Roscommon** – We know that many people are just one crisis or trauma away from needing mental health services and coverage on Medicaid. Please help protect the safety net in Michigan! It is the right thing to do.
- **Grand Traverse** – Our hearts go out to all those who have fallen victim to suicide – those we have lost and those who are left behind. PLEASE, if you are worried about a friend or family member, just ask them straight out if they have ever thought about suicide. When you ask, you can make a difference. And if you are struggling, please seek help. Truly, help is available for you.
- **Leelanau** – Affordable housing and jobs have always been big concerns. It's much easier to focus on feeling better when we have safe homes and jobs.
- **Missaukee** – By standing together here today in unity, we can break down the dark walls of stigma and shine a light on recovery.
- **Wexford** – Suicide has become an epidemic. My name is Lori Yazbeck and I am a voice for Wexford County and my son. My son Daniel took his life August 9, 2018. We need more readily available mental health services. Our brains are as important as our hearts. We need to stop this epidemic of suicide.



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

SAVE THE DATE!
September 18,
2019

**13th Annual
Recovery
Celebration**

*Celebrate
Good Times!*

Planning is underway
for what is looking to
be a very fun recovery
celebration this fall!
Mark your calendar
for September 18!

AWARDS: It will soon
be time to nominate
someone for a
Recovery Award to be
presented at the
celebration.

If you would like to
nominate someone,
watch for the forms
and drop-off envelope
in NLCMHA lobbies
over the coming
weeks. The
nomination deadline
will be August 2.

Congratulations!

Winner of the Annual Ernie Reynolds Essay Contest Recognized

Congratulations to Traverse House member **Betsy Zeeryp**, who won third place in the 2019 Ernie Reynolds Essay Contest sponsored by Michigan Protection & Advocacy Service (MPAS).

Betsy's essay was about how she and the other residents in her building used advocacy resources and skills to protect their housing environment. Betsy feels inspired by her accomplishment.

She says, "We all have a story to be told. A story is never complete unless it is told. There is one person out there who is struggling and telling your story uplifts them and can save that person's life."

Ernie Reynolds was one of the first peer support specialists in Michigan. He worked for Northern Lakes and was a trailblazer in the recovery movement. Ernie's motto was, "If you can help just one person each day, it has been a great day."

We are sure that Betsy has helped many people by sharing her story in this statewide contest.



Betsy on the steps of the State Capitol with her award.



Celebrating Nature's Bounty

With summertime comes fresh fruits and vegetables. It's a good time to visit farm markets and farm stands. See if you can put some more color into your diet this summer. Your body will thank you! Some Farmer's Markets have *Double Up Food Bucks* programs and many accept SNAP cards.

Summertime Fun

There are many things you can do for free over the summer months to keep busy and have fun while doing them. There is always time for fun in your life and if not, take some time. Below are some suggestions that cost little or no money that you can either do by yourself or with friends/family members:

- **Star gaze** – Have you taken the time to just sit and look at the beauty in the stars? – *The library or internet has star charts if you want to do more than gaze.*
- **Create a treasure hunt** with things that you have around the house – i.e., insert a piece of paper in a book with a clue to the next location, use something as simple as a chair to hide the next clue, and so on. Whoever finds the treasure first gets a surprise. – *A prize doesn't need to be money or big to be enjoyed.*
- **Play a game of Bingo** with your family (you can get blank templates all over the internet and individualize them according to your family, favorite foods, etc.). – *Again, a prize doesn't need to be money or big to be enjoyed.*
- **Spend some time with a friend.** – *Putt-putt golf, watch a movie, or simply have a picnic.*
- **Have a water balloon fight.**
- **Play with sidewalk chalk.** – *Create a mural in front of your home.*
- **Find a new place to take a walk.** Listen to the sounds and notice the little details you see along the way.