



Our Journey

Meaningful, relevant information for our community, published quarterly.

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Northern Lakes
Community
Mental Health
Authority
northernlakescmh.org

Winter 2020



Please join us!

Virtual Public Forum at Northern Lakes Thursday, February 6, 2020

4:00 PM – Meet at NLCMHA for a chance to learn and ask questions
5-6:30 PM – The State's Virtual Forum will be broadcast

TRAVERSE CITY • GRAYLING • CADILLAC • HOUGHTON LAKE

Questions call Customer Services (800) 337-8598

State Looking to 'Redesign' Mental Health System

The Michigan Department of Health and Human Services (MDHHS) has a "new vision" to restructure the state's public mental health system. If you or your family member receive services from a Community Mental Health service program such as Northern Lakes, these changes will affect you.

To receive public input, MDHHS has scheduled **public forums**, with a "virtual forum" on Thursday, February 6. Recently MDHHS has scheduled a **public forum** for northern Michigan at Kirtland Community College in Grayling on Friday, February 21 at 2:30 – 4:00 PM. The event is free but registration is encouraged. <https://www.eventbrite.com/e/mdhhs-future-of-behavioral-health-public-forum-6-grayling-tickets-91348105643>.

At Northern Lakes we will broadcast the virtual public forum on February 6 in each of our offices in order to help you to participate. If you wish to participate

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**Dream
Big**

Northern Lakes
COMMUNITY MENTAL HEALTH

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

2020 Census Coming

Every ten years, the government tries to count each person in the United States. This is called the U.S. Census and 2020 is a census year.

Why is this important?

Getting an accurate count is very important as it helps distribute money and power in our country. Every person counted in Michigan represents about \$1,800 in services. These funds are used for Section 8 Vouchers, Special Education, Head Start and Early Start, SNAP/School lunch, Medicare, Medicaid and more.

Your responses are safe!

By law, your census responses cannot be used against you by any government agency or court in **any way**.

Watch for it in Mid-March and be counted!

State 'Redesign' of Mental Health System *(continued)*

at home or another community location with Internet access, you can sign up to receive the link at www.Michigan.gov/FutureOfBehavioralHealth.

Members of our Leadership Team will be on hand in each Northern Lakes office starting at 4:00 PM on February 6 to give everyone a chance to hear an overview of the state's plan and to ask questions in a small group. The state's broadcast will be from 5:00 to 6:30 PM.

Some of the questions people have been asking at the forums are:

- Will this increase benefits?
- Will it improve services?
- Will patients have choice?
- Will the new system cut red tape? Save money?
- Who is behind these changes? Are advocates for or against?
- What state are you modeling Michigan after? How has it gone there? Have things gotten better or worse?
- Will you regulate providers more effectively, and how will you handle appeals?
- Why is this happening now? Why is it happening quickly?

We have serious concerns about the state's plans. We invite you to come on Thursday, February 6 and learn more.

Community Connects

The next Community Connects will be on Monday, March 16 from 10:00 a.m. to 2:00 p.m. at the Leelanau Studios at 10781 E Cherry Bend Rd, Traverse City. Open to anyone in the community, this is a learning opportunity about "Broadening Your Connections." Traverse House will bring food and will also give a presentation. No registration is needed, just come and discover something new!



What can you do with an extra day?

This is a leap year! Every four years, we add an "extra day" to the calendar in February, giving us 29 days instead of the usual 28. This makes February 2020 a special month. Some other special days in February are:

Feb 2 – Groundhog Day – How long will winter last? Superstition says if the ground emerges from its burrow on this day and sees its shadow, winter will persist for six more weeks. If it doesn't see its shadow, spring will arrive early.

Feb 9 – February's Full Moon, also called the Snow Moon, will reach its peak fullness at 2:34 AM on Sunday, February 9. It will rise in the east and reach its highest point in the sky around midnight.

Feb 17 – Random Acts of Kindness Day - Sometimes it's the smallest act that makes the biggest impact, something as simple as saying please or thank you can turn a day around, and make a life seem that much better. Join in, it's fun!

Feb 29 – An "extra" day for Leap Year! Some thoughts: Visit a place you have been meaning to go, clean out a messy drawer, call someone you haven't talked to in a while, take some time to just look out the window and just be!