



Recovery Council Meeting Minutes
Friday, January 25, 2008 / 1:00 PM – 3:00 PM

Attendees: Mary Beth Evans (Chairperson), Joan, Julie Weiss, Todd, Vikki Roofe, Barb McNitt, Jean Wistinghausen, Catherine Bergum, Liz MacCord, Michelle Fisher, Ashley Blackfoot, Brian Cook.

Absent: Kathy Meyer with notice

Partners: Dave Branding, Deb Freed and Nan Marvin

Staff support (minutes): Val Bishop

Welcome and Introductions

Mary Beth Evans welcomed everyone to the 1st Northern Lakes CMH Recovery Council Meeting. Everyone introduced themselves and identified the area they represent.

Standard Meeting Format

Mary Beth reviewed the length of meetings and locations. A schedule of meetings was provided to all. She reviewed transportation options. A brief discussion occurred on needing someone to chair the meetings when she is off on her leave which is likely to begin in March. No decision was made on a stand-in chair.

Mary Beth reviewed that this is a formal meeting and that minutes will be taken. Val Bishop will take the minutes. Mary Beth asks that everyone speak up and speak clearly.

Mary Beth reviewed that each council member will receive the agenda and materials in advance via an avenue of their choice (e-mail, regular US mail or office mail). Everyone gave Mary Beth their preference. Minutes will not be posted on the website until the council has approved them at their next meeting.

Mary Beth reviewed the content and format of meetings, including guest speakers and always starting with celebrations so we begin each meeting on a positive note. Mary Beth reviewed the items that were copied for the current meeting and the tasks that the group will hopefully accomplish today.

Celebrations, Stigma Busters and Recovery Stories

SOAR –Julie discussed the training that several council members attended to assist people to get disability. This is for first time applicants. Social Security is on board with this process. This was a good training – very positive. Catherine – mentioned she must have been unusual – she got hers very quickly. This will help lots of people.

Michelle – To See What I See video – played for her kids. They think they're movie stars as their picture is on there because of her story. They want to share with their friends. Vikki pointed out that if kids aren't taught to judge they won't.

Nan (partner) – has been running a Pathways to Recovery group – celebrating 22 weeks. Right now just females in the group, but some males have come. The group is diverse – everyone has come a long way.

Todd – indicated that he has been working at Club and has started work as a Peer at CMH. He is starting to share his story and sees that he is planting hope. “I haven't worked in 7 years, and it's so enlightening.” Liz mentioned that she has seen growth in Todd with him working. “It's fun. There have been lots of positive comments.” Todd – to keep it we have to share it.

Jean – catchy statements are important to remember. Example: Up and over was mentioned and she has applied this to neighbors saying hurtful things. Catherine – to be able to say don't let the negative statements hurt us. Joan – If people want to get nasty – she can now let things go in one ear and out the other.

Nan – art groups – Tom (art instructor) has indicated he thinks our groups are great. Cadillac group – support each other. The art therapy has grown. Ideas for promoting the Grayling art group were discussed. Julie – Ernie does a calendar for HL. Maybe we could do that for Grayling.

Deb F (partner)– Is trying to do an electronic calendar on the website. Support – consumer events. Deb had two stops – 1) To See What I See video sent off to a company that will link on our website to purchase. 2) Stopped at the Video company – our training video will be done by next Monday. 6 people (consumers) shared their stories in this video. Get To See What I See video to all members who don't already have a copy (distributed before the end of the meeting). Deb asked about “rating” that was required for the video. Discussed – probably 6th grade – 11-12.

Liz mentioned the possibility of sharing with counselors – Suicide Prevention.

Julie – could we do something like this with kids? Michelle mentioned her daughter being a Peer Support in school. Discussed the What A Difference a Friend Makes campaign – Deb Freed described.

Recovery Council Blueprint Tasks

Mary Beth referred everyone to their handout. She described how we will use these. The ones due by 2-1-08 are on this agenda or on the February agenda. We will need the definition and policy to complete these.

Blueprint Task: Definition of Recovery

Mary Beth described that there are the definitions and comments from each Learning Community. The other Definition document contains some examples and feedback on national statements. We'll start with the one developed in LC meetings. At this point, we moved to the

flip charts to brainstorm ideas. The group developed a possible definition. This will be worked on before the next meeting and options sent to council members to look at. Discussion will occur at the February Meeting and a recommendation made to the CEO for consideration.

Public Comment (from Recovery Council Partners)

Dave talked about the REE as the state tool that was decided to be used. Dave did a great intro and overview with suggestion about how the tool should be used. It is a very big instrument. Recovery is a complex thing. The State Recovery Council is working on this; required to be done this year some time. This council will have some decisions about how it will make sense to use it across NLCMH.

Next steps, review of assignments, questions, thoughts, opinions, comments, challenges

Deb Freed discussed the need for the council to decide how to publicize its activities. The group all gave Deb feedback on how they would like their name to be used. The group picture was taken before the group disbanded.

Learning Community progress

Jean - we're being heard. Liz wonders about printing stories – not story boards. She asked about consumers that are functioning outside of the mental health system. Michelle – one consumer enjoyed and wants to write her story; another person didn't want to return-it wasn't what they thought it would be.

February Agenda Planning

Mary Beth reviewed the following items will be on the February agenda:

Finalize Recovery Definition/Policy; R.E.E. (Recovery Enhancing Environment): Review Learning Community progress (will do this at every meeting).

Adjournment

The meeting adjourned at 4:00 PM.

Next Meeting is February 22, 1-3 at the Houghton Lake Office.