



Northern Lakes

COMMUNITY MENTAL HEALTH

Learning Community

GRAYLING

Wednesday, May 13, 2009 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Recovery Definition**
- 1:01 **Introductions and celebrations**
- Quick overview of agenda**
- 1:10 **Balance Through Motion Demonstration** ~ Sharon Studinger, OTR
- 1:40 **Anti-Stigma Updates** ~ *Cindy Petersen*
- 2:00 **Break**
- 2:10 **Customer Services Presentation : Helping in Navigating the CMH System** ~ *Rosemary Rokita and Leslie Sladek*
- 2:55 **Next steps**
- *Review of homework assignments*
 - *Questions*
 - *June Agenda Planning*
- 3:00 **Adjournment**
- *Read Recovery Definition*

Next Grayling Learning Community Meeting:
WEDNESDAY, June 10, 2009 1:00 PM – 3:00 PM

EXPECT RECOVERY:

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 own abilities, strengths and determination.

~NLCMH Recovery Definition



Learning Community

TRAVERSE CITY

Tuesday, May 19, 2009 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Recovery Definition**
- 1:01 **Introductions and celebrations**
- 1:10 **Quick overview of agenda**
- 1:15 **Customer Services Presentation : Helping in Navigating the CMH System ~ Rosemary Rokita and Leslie Sladek**
- 2:15 **Break**
- 2:25 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Attention Deficit/Hyperactivity Disorder - ADHD)*
- 2:50 **Next steps**
- *Review of Homework Assignments*
 - *Questions*
 - *June Agenda Planning*
- 3:00 **Adjournment**
- *Read Recovery Definition*

Next Traverse City Learning Community Meeting:
TUESDAY, June 16, 2009 1:00 PM – 3:00 PM

EXPECT RECOVERY:

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 own abilities, strengths and determination. ~*NLCMH Recovery Definition*



Learning Community

HOUGHTON LAKE

Thursday, May 14, 2009 / 10:00 AM – 12:00 PM

AGENDA

- 10:00 **Recovery Definition**
- 10:01 **Introductions and Celebrations**
- 10:10 **Quick Overview of Agenda**
- 10:15 **Customer Services Presentation: Helping in Navigating the CMH System ~ Rosemary Rokita and Leslie Sladek**
- 11:15 **Break**
- 11:25 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Attention Deficit/Hyperactivity Disorder - ADHD)*
- 11:50 **Next steps**
- *Review of Homework Assignments*
 - *Questions*
 - *June Agenda Planning*
- 12:00 **Adjournment**
- *Read Recovery Definition*

Next Houghton Lake Learning Community Meeting:
TUESDAY, June 9, 2009 12:30 PM – 2:30 PM

EXPECT RECOVERY:

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 own abilities, strengths and determination. ~*NLCMH Recovery Definition*



Learning Community

CADILLAC

Friday, May 8, 2009 / 10:00 AM – 12:00 PM

AGENDA

- 10:00 **Recovery Definition**
- 10:01 **Introductions and Celebrations**
- 10:10 **Quick Overview of Agenda**
- 10:15 **Customer Services Presentation: Helping in Navigating the CMH System ~ Rosemary Rokita and Leslie Sladek**
- 11:15 **Break**
- 11:25 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Attention Deficit/Hyperactivity Disorder - ADHD)*
- 11:50 **Next steps**
- *Review of Homework Assignments*
 - *Questions*
 - *June Agenda Planning*
- 12:00 **Adjournment**
- *Read Recovery Definition*

Next Cadillac Learning Community Meeting:
FRIDAY, June 12, 2009 10:00 AM – 12:00 PM

EXPECT RECOVERY:

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 own abilities, strengths and determination. ~*NLCMH Recovery Definition*