



# NEW DIRECTIONS

*“By, for, and about consumers of behavioral health services”*

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## Medicare Modernization Act

## Prescription Drug Plan

The Medicare Modernization is coming. It will be effective January 1, 2006. Presently people are filling out applications to apply for assistance with the drug plans. People who are dual enrolled, having both Medicare and Medicaid, have been notified that they will be automatically enrolled in the Part D plan. They will no longer have prescription drug coverage through Medicaid as of January 1, 2006. They will have the opportunity to choose a drug plan but in the case they do not, they will be auto-enrolled in a plan to ensure continued coverage. Here is a brief look at the time line for upcoming important dates for consumers who will be using Medicare Part D, whether you are on Medicaid as well, or just Medicare.

- Mid-May 2005–CMS Center for Medicare and Medicaid Services mailed notices to dual eligible that they do not need to do anything at this time; they will be automatically enrolled.
- May-August 2005–Social Security will mail a scannable application to those individuals whose income appears to be less than the 150% Federal Poverty Level.
- July 1, 2005 – Subsidy application are available online.

- October 2005 – “Medicare & You” Handbooks mailed out with the Part D plans.
- October 2005 – Plan comparisons will be available online.
- October 27-November 19, 2005 – CMS will notify dual eligibles of what plan they will be enrolled in if they do not choose one.
- November 15-December 31, 2005 – Open enrollment for Part D plans

**There will be more information coming in October as we deal with the choices of plans. We hope to work directly with MMAP (Michigan Medicare/Medicaid Assistance Program), to assist in this process, as we are all different and our health care needs are unique to each of us.**

All successful people should have a goal.  
No one can get anywhere unless he knows where  
he wants to go and what he wants to do.  
–Norman Vincent Peale

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## Email subscriptions!

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## Contributions!

If you would like to contribute to *New Directions* please contact The Editor, Leslie Sladek, at 231 933-4907, or email [Leslie.Sladek@nlcmh.org](mailto:Leslie.Sladek@nlcmh.org). Contributors to this newsletter: Karen E., James B., and Ernie Reynolds



## Ol' Glory Raised to Fanfare

Suttons Bay girl scouts led an inaugural flag raising ceremony at our Traverse City NLCMH office, on Flag Day, June 14. Those in attendance sang patriotic songs and concluded the ceremony with the Pledge of Allegiance. The flag had special significance because it came to us after flying over the capitol building in Lansing. The flag was presented to Traverse House members who attended the Walk a Mile in My Shoes Rally in May.

## Pre-Planning for Your Person Centered Plan

This is the first stage of putting your plan together. Your input into your plan is essential. You need to pre-plan to insure what you want in your plan, is a plan that will bring you along the path of wellness and recovery.

Do you want an independent facilitator? Do you know who an independent facilitator is? An independent facilitator is a person who has been trained in person centered planning and does not work for CMH; they will assist you in the preplanning and the actual plan itself.

### **Items to think about and discuss in your preplanning:**

- ✓ Who do you want to invite?
- ✓ Is there anything you do not want to talk about during your meeting?
- ✓ Where, when and at what time do you want your meeting to take place?
- ✓ Who do you want to run your meeting?
- ✓ Think about you dreams, goals, and desires to put in your plan.
- ✓ Think about your clinical treatment.
- ✓ Are there other issues you wish to discuss?

Good luck with your plan. You and your worker will have an excellent tool to help you on your way to wellness if you put the time into the planning.

## **CONSUMER ADVOCACY COUNCIL**

The Consumer Advocacy Council met July 13. The possibility of a term amendment was discussed and tabled for now. Greg Paffhouse presented information on the Evidence Based Practices, and shared that the agency would be applying for the Block Grant for Co-occurring Disorders and a competitive grant for Parent Management Training. Information was also shared from DCH's (Department of Community Health) exit summary from its review earlier this year. They also discussed the possibility if having a Legislative "tea" in September.

The next meeting will be Wednesday Aug 10 at 1:30pm.

## **TRAVERSE HOUSE**

### *Cherry Festival Fund Raiser*

This year we earned \$11,537 for the Cherry Festival parking lot fundraiser!! We had about 30 members who worked very hard in the parking lot this year. There were four main jobs this year. One is taking the money and directing the cars into one of the two lots that we use, and three positions located in different places of the parking lot to count empty spaces and make sure cars do not get in for free. We also had people bring water, juice and snacks outside to keep everyone hydrated and energized. Everyone worked very hard together. The teamwork and communication was excellent. We used walkie-talkies to help everyone communicate.

When asked what was liked best about the Cherry Festival parking lot, two members said the money!

Besides that though, they liked seeing a lot of different people, earning money for themselves, and showing people where to park. Some people actually gave tips, which members put towards the fund raiser. ~ By Karen E.

### *Beyond Recovery Conference*

The conference in Lansing was exciting and interesting. There were three sessions in the conference. The first session was on dual diagnosis, this is the one that I enjoyed most. The points that were brought out were that people tend to self medicate themselves when there is a loss in their life. The speaker pointed out that people in this situation should not hang out with using (drug) friends because it could cause them to use too. Also, prescriptions medications should be taken only as they are prescribed.

The second session was called "Eat Better for Health." The three E's are eating, exercise, and enjoyment. The points that were brought up in this session are that you have to know your body when it is hungry. These are called hunger signals. A person's calorie intake depends on your daily activities. For women, it is recommended that the daily caloric intake is 2000 and 2500 calories for men. The speaker also said that people need to eat a balance of everything on the food pyramid. These are some of the points of the seminar so we can live a healthier life.

The two sessions were filled with a lot of helpful information. The Dual Diagnosis\* and Healthy Eating\*\* sessions were the ones I enjoyed the most. ~ James B.

\*Leon Jones presented Recovery and Dual Diagnosis

\*\*Diane Golzynski presented Eat Better for Health

THE 8<sup>TH</sup> ANNUAL MICHIGAN CONSUMER  
CONFERENCE  
*Beyond Recovery*

The conference was held at the Kellogg Center in East Lansing. A wonderful location for a conference, with the availability of the University's pool and the beautifully landscaped campus, everyone enjoyed themselves both prior to the beginning of the conference and during the conference as well. I happened to overhear a couple of consumers that had not attended the conference before and they were amazed that the conference was put on completely by consumers.

The Keynote Speaker was Peter Ashden, a consumer/survivor and Executive Director of the Mental Health Empowerment Project. The title of his address was *Recovery: A Personal Journey*. He also did a workshop entitled, *Loving Kindness: Dealing with Negative Self-Talk and Negative Talk*.

There were workshops for drop-ins, clubhouses and just about anything else you were interested in. They also had the drop-in room open all day for those who needed a break from the activity, and this year they added an arts and crafts room.

Oh, yes, and the food was great as always.

### From the Desk of Ernie Reynolds Chair CAC

When I went to the National Protection and Advocacy Annual Conference as a Michigan board member of MPAS, I was asked if I wanted to be on a committee called, "Consumer Education and Self-Advocacy" (CESA). I was notified that I was unanimously accepted and have already started to work in the committee. It will mean a monthly phone conference and 1 or 2 face-to-face meetings in Washington, D.C. I feel privileged to be asked and look forward to helping the committee in any way I can. It is important, as you know, for consumers to become involved to help change the system from the inside and not just complaining from the outside. The system will change faster if we consumers continue to interact within the system.

**"Many of us spend our whole lives running from feeling  
with the mistaken belief that you cannot bear the pain.**

**But you have already borne the pain. What you have not  
done is feel all you are beyond that pain."**

-- Kahlil Gibran



## Medicare Part D Subsidized Benefits

Recently, several consumers attended an educational meeting about how to fill out the subsidy benefit application and had assistance in filling out the application as well. The Social Security Administration provided the education and assistance. The event was hosted by some of our peer specialists.

Social Security shared information on Medicare Part D and how it will affect you. Part D is an optional program for its Medicare clients, just as Part B is optional. There is help for those out there whose income and resources are below 150% of the Federal Poverty level.

If you missed the presentation, there is a list of information you may need in the reception area, for filling out a subsidy benefits application. Your CMH worker may assist you or refer you to Social Security for filling out the application, which you do not need an appointment for this, or the Medicare/Medicaid Assistance Program can assist as well.

### Chat Room

State Rep. Joel Sheltroun (Dist 103) visited the Chat Room earlier this summer at their new location.

The Chat Room hosted a luncheon for Rep. Sheltroun, and he showed quite an interest in the program. They presented a Power point presentation about the program and its funding. Rep. Sheltroun was interested in help them in any way possible. He has committed to an upcoming fundraiser where Rep. Joel Sheltroun will be using his musical talents along with his voice to perform at the CHAT ROOM fundraiser. More information is available in the upcoming events column on page 4. Questions contact the Chat Room at 1-(989) 422-4476.



Chat Room is beginning new contract negotiations with NLCMH and look forward to showing them how well they did in the first year, and how much more they can do with some additional funding. They have been cost efficient and look forward to their next board meeting August 11<sup>th</sup> when a CMH representative will be present.

## Club Cadillac

I had the opportunity to visit Club Cadillac in July and was welcomed by all. The atmosphere is very friendly and the club is very proud of what they are doing in the community and what they are learning at the clubhouse. If you've never been to Club Cadillac you may want to check it out.

This summer has been busy at the clubhouse. Members have attended the MAC meeting this month as well as attending the 2005 8th Annual Michigan Consumer Conference in Lansing.

The club recently hired Heather Harmon as job coach, Shannon relocated due to family issues. Heather is a recent graduate of Ferris State University; she received a bachelor's degree in Social Work and did her apprenticeship at the Big Rapids clubhouse, "New Journey." She is an outdoors enthusiast and recently became engaged. Welcome Heather the next time you stop in.

They are also beginning to reap the benefits from the garden they planted. The lawn mowers are just buzzing along. Teams of 4 along with 1 staff member are working on 14 contracts as well as the lawn maintenance of the CMH office in Cadillac and taking care of their own grounds.



## PEER SPECIALISTS

In July, Peer Specialists from around the state attended a special workshop with their supervisor. This training was offered on several days. Northern Lakes CMH Peers and Staff all attended on the same day.

Larry Fricks and Ike Powell, National Experts from the state of Georgia, presented. They had also helped in the presentation of the training held back in May for the Peer Specialists. It was a day well spent for all as we heard from both the supervisors and the peers about ways that they are making this movement come alive in their respective agencies. We also heard from Pam Werner about changes upcoming in the Medicaid billing regarding peer specialists. Irene Kaziecko stopped by and participated in some of the exercises with the group. Irene is the Director of the Bureau of Community Mental Health Services. It was an honor to have her stop by and participate.

## Ongoing Events

If you know of other ongoing events that could help other consumers, please contact the Editor of New Directions.

- **NAMI Support** second Monday of the month at 6:00pm Munson Medical Center-Doctors Dining room.
- **Quit Smoking Support Group** Wednesdays 11:15-noon NLCMH Traverse City office, 2<sup>nd</sup> floor conference room.
- **Support group** for parents of children with ADHD Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, 947-2255
- **Survivors of Suicide Support Group** third Wednesday of the month, 7-8:30 p.m., at Mercy Hospital 2<sup>nd</sup> floor Wexford Room, Cadillac.
- **NAMI-C.A.R.E.** Support group for people with a mental illness. 2<sup>nd</sup> Monday of the month, 6-7:30pm. Grace Episcopal Church Corner of Washington and Boardman, TC.
- **DBSA** (Depressive Bipolar Support Alliance) meets every Tuesday 7-8:00pm Club Cadillac. Contact Betty Clark at 775-5638.
- **Our Kids** support group, for parents/caregivers of kids with bipolar disorder, 7:00pm fourth Tuesday, Traverse Area District Library. 941-9128.
- **Bereavement Support Group**, available to the public through MMC's Hospice and Palliative Care program. Mondays at Hospice house 6:30pm or Tuesdays at the TC Senior Center 10:00am. For more information 935-8491.

## Upcoming Events

- Aug. 12 Our Clubhouse. Who are we? What do we want to be?
- Aug. 18 Regional Consumer Forum in Traverse City, 10 – noon.
- Aug. 18 Northern Lakes CMH Board meeting in Traverse City at 6:30pm.
- Sept. 6 Recipient Rights Committee in Traverse City from 3-5:00pm
- Sept. 15 Northern Lakes CMH Board meeting in Leelanau Co. Elmwood Twp. Hall at 6:30.
- Sept 20&21 Person Centered Planning Conference, in Lansing.
- Sept. 10 Chat Room Fund Raiser, Dinner and Music at the Prudenville Playhouse at 6:30pm. Cost \$25 individual, \$45 couple. There will be a cash bar hosted by the Chamber.
- Sept. 28 Disability Voice Town Hall Meeting from 11-2:00pm for more information call Renee at 922-0903.