



NEW DIRECTIONS

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

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Club Cadillac Invited to Participate in ICCD 13th Seminar in Helsinki, Finland

Betty Clark, Club Cadillac Director, traveled abroad this summer to present at the International Center for Clubhouse Development (ICCD) 13th International Seminar on behalf of Club Cadillac. This year's event was in Helsinki, Finland.

ICCD is a certification organization with 37 standards proven to be “best practice,” or the most effective methods of recovery. Of the 400 clubhouses operating in 30 countries around the world, 317 belong to the ICCD, involving 55,000 active clubhouse members. Every two years the ICCD has an international seminar at one of ten approved, strategically located training sites in seven countries. More than 100 clubhouses attended from around the world.

Clark was invited to present in the following three sessions in recognition of Club Cadillac's outstanding record in these areas: Increasing Community Awareness; Decreasing Stigma; and Dual Diagnosis and Recovery. Club Cadillac has a very active schedule of presentations. Nearly 2,000 people a year hear Club Cadillac members and staff tell their stories and the benefits of this psychosocial rehabilitation program.

Clark said, “It was a pleasure to renew acquaintances with club members that we met two years ago at the 12th international seminar in Minneapolis, Minnesota. It was a fantastic opportunity to network with other clubhouses and discuss mutual concerns.”

At the seminar, Clark learned that clubhouses worldwide face similar challenges, including incorporating the unique challenges and opportunities that young members bring to an intergenerational membership; engaging members in the

responsibilities and functions necessary to clubhouse operations; having sufficient numbers of staff to effectively administer the program while allowing the members sufficient leeway to participate meaningfully in the program; developing and keeping strong advisory/executive boards; transportation; and developing strong state and national coalitions to increase governmental awareness and support.

Also at the seminar, the ICCD standards were reviewed with consideration of how they might be changed to be more relevant and understandable. An example of one type of change suggested at this year's seminar was an amendment to Standard. #4 The committee on Translation and Cultural Sensitivity recommended amending the standard to read: “All members have equal access to every clubhouse opportunity,” dropping the ending language, “with no differentiation based on diagnosis or level of functioning.”

The committee considered the words “level of functioning” to be too clinical and, in the opinion of many, stigmatizing. One committee member noted cultural discomfort in the implied comparison with others in achievements or intelligence. Although the committee generally felt that in many instances a concept of the standards may be underscored by repeating it in the negative to add clarity, in this instance it was felt that the perceived stigmatizing nature of this particular phrase outweighed that consideration.

Clark indicated that it was a privilege to meet and work with ICCD executive board members to get a global perspective of the clubhouse community and hear about current trends and goals. “It is Club Cadillac's plan to attain ICCD certification and continue to facilitate profound changes in our members' lives and in those with mental illness throughout the community, state, region, and world.”

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Betty Clark in Finland

Regional Consumer Forum

Who are they? What do they do? They are a group of primary and secondary consumers representing the Northwest Community Mental Health Affiliation*. The Regional Consumer Forum, (RCF) reviews new documents, receives affiliation updates, regional Customer Services updates, regional Quality Oversight updates, and they report on local consumer meetings, complaints, trends, and suggestions for improvement.

The Regional Consumer Forum's most recent meeting was in August. Members gathered in Cadillac with a video connection to Ludington, (West Michigan CMH System). There was information on the budget and what we might expect it to look like with the Medicaid rebasing. The budget is by no means finalized at this time. They also looked at new documents that will be in the *new* intake and annual PCP review packets as a result of the External Quality Review that was done at all CMHs this year. Intake packets should appear in your CMH office in October. These documents will be offered to you during your next Person Centered Planning meeting. The next Regional Consumer Forum will be in Ludington, Thursday, November 17, weather permitting.

*The Northwest CMH Affiliation is one of 18 "Prepaid Inpatient Health Plans" – also called PIHPs – in Michigan that manage the funds for mental health, developmental disability and substance abuse services for people with Medicaid. Our affiliation is made up of NLCMH and WCMHMS and serves 9 counties. Depending on the number of Medicaid enrollees in the counties it services, a CMH may be a "stand alone PIHP" (as in urban areas). If there are less than 20,000 persons with Medicaid in a geographic area, CMHs may join together in an affiliation.

NLCMH Consumer Advocacy Council

The NLCMH Consumer Advocacy Council held its last meeting on September 14, with video connections between Houghton Lake and Traverse City. Two members were reappointed for a second term. Much of the meeting was about the upcoming Consumer Forum (Straight Talk Off the Record). Which will be held the week of October 10th. Watch for announcements!

Other information that was included in the meeting: Medicare Part D (prescription coverage), Evidenced Based Practices (EBP), and Legislative Issues. These meetings are open to the public. The next regular meeting of the CAC will be November 9th from 1:30 pm – 3:00 pm.

Traverse House News

On September 20 and 21 I went to Lansing to attend a conference on Person-Centered Planning. With one staff and one consumer. The first day I attended a workshop on Social Security benefits – if we went to work how it would affect our SSDI (Social Security Disability Insurance) and SSI (Supplemental Security Income). We were informed on how to use the PASS program (Plan for achieving Self-Support). The new year will bring some changes about Medicare Part D; the speakers (Karen Larsen and Joe Longcor) said that we need to take care of this as soon as possible.*

On Wednesday, the second day, I attended *Recovering Dignity: From Institutionalization to Self-Determination*. The speaker was Larry Fricks. He shared many experiences. With a mental illness, I know that support from your family, Social Worker, Doctors, and your local clubhouse is needed. With the PCP plan you are in the driver's seat. Your plan reflects what YOU want to happen to you. Next was *The Consumer Guide to Hiring and Employing Workers*, with speaker Sherri Boyd. This was very interesting. You can hire someone from the clubhouse. Both parties need to sit down and ask a lot of questions about expectations, what of you and from your employer. The final session was on *Getting Ready to Dream*, with speakers Jackie Heller and Sheri Rushman. This workshop helped to change your negative thoughts into positive ideas. They also divided up the room into negative and positive teams. The Negative team listed what they think are negative thoughts and the Positive team turned them around into positive thinking.

I had a good time! Some Laughs. ~ Sandra

* For more information on Medicare Part D see page 3.



Club Cadillac



*Summer was Good!
Fall Looks even Better!*

Club Cadillac has been busy this summer, but summer has gone its own way and left fall in its wake. This summer several members were able to attend events such as the 2005 Michigan Annual Consumer Conference, the IAPRS Conference (International Association of Psychosocial Rehabilitation Services), and MAC (Michigan Association of Clubhouses) Meeting. They have also been hosting the 2006 Consumer Conference planning sessions at the clubhouse and plan to continue throughout the coming year.

Fall Happenings: Club members will be attending Power Day in Lansing on October 5, participating in the Greater Cadillac Business Expo October 7, and holding their Annual Talent Show, Saturday October 8.

Community Service club members have also been volunteering time to Habitat for Humanity.



Medicare Part D and You!!!

October is here, that time we have all been told to wait for. You will soon or have already received your “Medicare & You” 2006 handbook. It’s time to think about prescription drug plans.

For those of you who receive Medicare and Medicaid with prescription drug coverage you need to compile a list of your medications and compare plans. Need help? Call the Medicare/Medicaid Assistance Program (MMAP) at (800) 803-7174 for assistance on choosing a plan. Schedule an appointment with MMAP for the day they will be at CMH, check with your worker for dates and times. Beginning October 13 there will be Internet sites where you can compare plans on your own.

You applied for a subsidy benefit and will receive assistance? You too will need to compile a list of your medications and compare plans. If you haven’t applied for assistance with Medicare Part D there is still time to do so, online at www.ssa.gov, or pick up a paper application at your Social Security Office or at a NLCMH office.

November will arrive and starting on the 15th you can enroll on the plan of your choosing. You have until December 31 to choose a plan, or one will be assigned to you. When receiving assistance you will have to enroll as well. When you enroll, your plan’s program will send you further information about the plan as well as a list of the drugs that are covered. The Part D service will begin January 1, 2006.

Confused?

October - Receive your “Medicare & You” 2006 handbook.

Medicare Prescription Drug plans are announced.

Dual eligibles will receive a letter telling you that you will be automatically enrolled in a plan if you do not choose one.

October 13 – Begin to compare prescription drug plans.

November 15 – Enroll in your plan of choice.

January 1, 2006 – Your new coverage begins.

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NAMI is a partner with other leading mental health organizations in sponsoring a new web site for the latest information on Medicare's new prescription drug benefit, especially for consumers without coverage or who currently receive prescriptions through Medicaid.

Visit www.mentalhealthpartd.org

Kandu Island

Kandu hint for fall: get out your long sleeves, your jackets, and your boots. The calendar is moving into the "-er" season; Septemb'-er', Octob'-er', Novemb'-er', and Decemebrrrr!

We are looking forward to the change of seasons as additional computers will be arriving soon. We will be hosting parties for the upcoming Holidays too. There will be a regional Drop-In Directors meeting held in November at the Drop-In.

There is a craft group being held every other Monday from 2:30-4:30, the October dates are Oct 3, 17, 31. All are welcome.

Look for our brochure on the second floor of the administrative offices of Northern Lakes CMH in Traverse City or feel free to contact us at (231) 932-1590.

P.S. Stay tuned for Vampochicken II; Fowl, The Farmers Garlic or; Cluck, Cluck Goose! Monday, Oct 31, 1pm-4pm.

New Board Members

The Council of Volunteers and Mentors, Inc., which operates Kandu Island Drop-In Center and the Third Meal Food Pantry, has announced the names of its Board of Directors for the Fiscal Years 2005-2006 and 2006-2007.

Officers are: President Bob E., Vice President Carol C., Treasurer Renee L., Secretary Barb B., and President Emeritus Greg I. Members at Large are Gene F., Armandina Z., Elenor R., and Jeanine L. Operations Manager is Duane F. and Operations Assistant is Angela C.

Kandu Island and the Third Meal Food Pantry are located at 3003 Garfield Rd., Suite B, Traverse City, MI, 49686-4007. For more information, you may call 932-1590.

Hours of Operation:

Monday:	10:00 am – 4:00 pm
Tuesday:	10:00 am – 4:00 pm
Wednesday:	Closed
Thursday:	10:00 am – 4:00 pm
Friday:	10- 00 am – 4:00 pm
Saturday:	10:00 am – 4:00pm
Sunday:	Closed

"Pathways to Choice



Avenues for Control"

le of the 8th annual Person-Centered Planning conference held in Lansing. Choice is such a key word as well as Control. Who chooses for you? Do you have control of your future? These are key questions to think about in issues such as Guardians vs. Self-Determination.

Pathways and Avenues can be found on a map. One of the consumers who spoke about her roadmap to success used this image to share her person-centered plan and recovery. A plan is like a map, and if where you want to go isn't on your map (PCP) then you need to make a new map, or maybe that place isn't a good place to go (in reference to substance abuse). Make sure when you sit down to do your plan that it has where you want to go on it.

Another consumer shared about:

PCP = Choice = Change

How she used her PCP and self-determination to leave foster care, get an education, work and to get involved. Some key life lessons she's learned:

BILLS... you have to pay them if you want lights, TVs and Internet access.

GETTING UP... Takes going to bed on time.

MONEY... Never let your phone company or others talk you into something you can't afford.

EMAIL... Get people's addresses and write.

CELEBRATE and be PROUD... We are somebodies. We have power.

Email subscriptions!

Receive *New Directions* through the email. If you would like to receive *New Directions* electronically please submit your email address to Leslie.Sladek@nlcmh.org writing "New Directions" in the subject line. Your address will be used solely for distribution of *New Directions*. It will not be shared or used for any other purpose.

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. Contributors to this newsletter: Kandu Island, Chat Room, Club Cadillac & Traverse House.

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 (TC).
- **Support Group** for parents of children with ADHD Third Thursday of the month 6:00-7:30pm. Child Guidance Inc, Traverse City, 947-2255.
- **Survivors of Suicide Support Group** third Wednesday of the month, 7-8:30 p.m., at Mercy Hospital 2nd floor Wexford Room, Cadillac.
- **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 Munson Medical Center'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

October 5 – Power Day in Lansing

Week of October 12... NLCMH's Consumer Advocacy Council's Straight Talk Off The Record Consumer Forums in a variety of locations.

October 20 – NLCMH Board meeting in Roscommon 6:30 pm

November 1 - Recipient Rights Meeting 3:00 - 5:00 pm

November 9 – Consumer Advocacy Council 1:30- 3:00 pm

November 17 – Regional Consumer Forum will be in Ludington

November 17 – NLCMH Board Meeting in Cadillac at 6:30 pm

Save the Dates... A Look Ahead

Next year's Regional Consumer Conference will be on Wednesday, May 17, 2006.

Next year's Walk A Mile In My Shoes Rally in Lansing will be on Thursday, May 25, 2006.

Looking ahead to your own Person Centered Plan? Have you ever considered using an Independent Facilitator? They may have new ideas. How much time do you put into planning your PCP? Your plan is about you and your recovery; take charge and be active in your choices, goals and dreams. They are only limited by you! You can only get out of a plan what you put into it. Remember to use your plan during the next year and to amend it if needed.

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