



NEW DIRECTIONS

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

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BATA to Raise Rate Beginning August 1st

The BATA board of directors voted Wednesday June 25 to raise fares by 50 percent, the first fare increase in more than 10 years. Depending on the service, riders will pay between 25 cents and \$1 more per ride. This is a 50% increase. With the rising cost of gasoline BATA needed to come up with more funds to cover the rising gasoline cost. For more information: 941-2324 or www.bata.net.

KASA*

Kids As Self Advocates (KASA) is a national, grassroots project created by youth with disabilities for youth. We are teens and young adults with disabilities speaking out. KASA knows youth can make choices and advocate for themselves if they have the information and support they need.

We are leaders in our communities, and we help spread helpful, positive information among our peers to increase knowledge around various issues. We also help health care professionals, policymakers and other adults in our communities understand what it is like to live our lives and we participate in discussions about how to help each other succeed.

We want you to join us! Visit our web site for more information at <http://www.fvkasa.org/index.php>.

*KASA is a [Family Voices](#) project funded by the [U.S. Maternal and Child Health Bureau](#) and the [Administration on Developmental Disabilities](#)

\$\$\$ Successful Fund Raiser \$\$\$

Another successful year managing and selling parking spaces for Traverse House during the Cherry Festival. Workers were in the parking lot each day (in their florescent green t-shirts) to monitor who came into the Northern Lakes parking area, ensuring a space for employees and those who had business there. Employees had their red tags that were issued several weeks before so that they were easily identified. Parking spots were easier to find that week than previously (no overflow from neighboring businesses).

Register to Vote - It's Your Right



October 6 is the last day to register before the November election. Your CMH worker can help you register, or you have several other options: Online form (see address below), Secretary of State offices, your county clerk, or any human service agency can assist you as well.

Check out the on-line site for a variety of information and a whole array of Questions & Answers including disability rights and absentee voting.

http://www.michigan.gov/sos/0,1607,7-127-1633_8716---00.html

Michigan's Election System Structure Overview

Of the eight states that administer elections on the local level, Michigan is the largest state both in terms of its population and geography to do so. Involving 83 county clerks, 274 city clerks and 1,242 township clerks, Michigan's election system is administered by 1,599 county and local election officials, making it the most decentralized election systems in the nation.

Consumers Speak at MCOLES Training

*(Michigan Commission on
Law Enforcement Standards)*

MCOLES held training in Traverse City and several other Michigan communities in June regarding *Law Enforcement/Mental Health Services: A Community Crisis Intervention Training response*. These were instructed by Kenneth Wolf, Ph. D and Marilyn Knight, MSW, both who have done a variety of trainings for Michigan State Police and others.

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Changing Stigma into Self-Esteem & Psychiatric Advanced Directives

Many consumers and staff from Northern Lakes CMH and various other agencies, clubhouses and drop-ins from Northern Michigan had the opportunity to attend a workshop presented by Colleen Jasper, Tim Grabowski and Cynthia Brooks, all who are consumers employed by the Michigan Department of Community Health. Each of them shared a short summary of their story and how they arrived at their present position at the Department. The presentation was at The Great Wolf Lodge in Traverse City in early June and has been to various other communities in Michigan; it is still to be offered in Grand Rapids and Marquette in August.

The morning was focused on Psychiatric Advanced Directives and assisting consumers who were present in filling out their advanced directive as thoroughly as they could while at the workshop.

The role of writing an Advance Directive for one's recovery was discussed, including issues such as: accepting your mental illness, taking responsibility for your care acknowledging life has its ups and downs, empowering yourself by taking the authority and participating in decisions, and realizing there are many components for your wellness.

The importance of having an Advance Directive allows you to have your choices known, by preparing when you are well for a time when you might not be and will be dependent upon others to help you. Only you know what treatment you prefer or dislike, what has been successful and what has failed in the past. You choose your own patient advocate and they will follow your wishes and desires. For more information talk with your worker or contact Customer Services at your NLCMH office.

The morning was quiet, and quite like a classroom, so the afternoon on stigma was a welcome change in pace. Colleen kept everyone on their toes with a few surprises to her activities.

What is stigma and how does it affect your self esteem?

***Stigma** – 1 **a:** archaic: a scar left by a hot iron; **b:** a mark of shame or discredit; **c:** an identifying mark or characteristic; specifically: a specific diagnostic sign of a disease.

In regards to mental illness; Stigma means the negative attitudes toward and rejection or the mentally ill.

Self-Esteem is: the experience of being worthy of happiness and capable of managing life's challenges.

These negative feeling and outward comments and actions toward an individual leave one feeling unworthy, unneeded or appreciated.

The group shared times that they have been stigmatized by their mental illness. How this affected them and changes that have happened over time for internalized self-stigma.

By changing one's thoughts from negative to positive statements and using person-first language, one can begin to see themselves in a more positive way. By accepting one's self as they are, being responsible and reminding themselves of positive attributes, a person begins to increase their self-esteem. Believing in yourself, having a positive attitude and outlook on the future, appreciating life and wanting to set and achieve goals; these, in essence, are wellness and recovery in the making.

The Northern Lakes CMH Recovery Council's definition of recovery for NLCMH mentions a personal journey of hope, purpose and growth:

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.

*Merriam Webster

Consumers Speak at MCOLES Training (Michigan Commission on Law Enforcement Standards)

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For this training they brought together officers, jail personnel, probation/parole officers, mental health workers, social service representatives and others.

Part of the presentation was a consumer forum. NAMI of Northwest Michigan was asked to assist in this, Jennifer (Kandu Island's Director) and Wayne, a NAMI Connection facilitator, both shared their stories. Jennifer shared her experiences as an adoptive mom and foster mom and what this is like when dealing with agencies, school and the justice system with children who have a variety of behavioral health issues. Attendees were able to ask questions of the presenters and learn from their willingness to share these very personal experiences.

This is just a sampling of what consumers and family members are doing in many communities in the area of CIT (crisis intervention teams) trainings. A full office training is normally 40 hours with one day spent with consumers and family with role playing events. These offices then become the first responders if a mental health intervention is suspected to be needed. Dispatch and others all have to work together. This training cannot come close to teaching officers all about mental health, although it assists them in having heard what it is like for those experiencing symptoms of their mental illness. More information can be found on CIT training at the NAMI National web site, www.nami.org, and the Memphis Police web site, www.cit.memphis.edu, where this training began.

continued on next column

CAC

The Consumer Advocacy Council (CAC) continues to host speakers and learn a wealth of information which they are putting together for all consumers. July was voting and registering to vote presented by Tom Masseur from MP&A, (Michigan Protection and Advocacy Service). Tom also presented some of the issues MP&A is working on from the governors' mental health commission's recommendations for the Recipient Rights office. These items have not yet been introduced into legislature but should be soon. For voting information see "Register to Vote - It's your Right" on page one.



NLCMH Recovery Council

The Recovery Council continues to meet and discuss the recovery blueprint as this is NLCMH's guide to transforming itself into an agency that is recovery-based.

One task that they are looking into is the gaps in community resources. A survey has been developed to help identify some of these areas, such as no public transportation in Missaukee County.

They also looked at the agenda for future Learning Community topics, using the Recovery 101 classes to determine their future agendas.

In May, Dave Branding presented information on the REE (Recovery Enhancing Environment) survey that is to be used statewide. This survey was chosen by the State Recovery Council to measure the recovery environment of providers as well as the recovery markers (questions regarding your personal recovery). Northern Lakes is awaiting more information/direction from MDCH (Michigan Department of Community Health) regarding the implementation of the REE.

Also in May, the Council continued with the evaluation of a recovery resource: 5 Stages in the Recovery Process Training Video. This video was produced this past year and features Larry Fricks and Ike Powell of the Appalachian Consulting Group, Inc., as well as several Northern Lakes consumers who have shared their personal experiences of recovery in order to help others. The main purpose of the video will be to train new consumers and Northern Lakes staff about recovery and to bring a message of hope and opportunity. Viewers will learn that mental health recovery is a very individual and personal journey and believe in recovery is essential. A training manual to accompany the video is under development now.

To learn more of what the Council is doing, visit www.northernlakescmh.org, enter the virtual recovery center, and choose Recovery Council on the side bar (right hand side). The virtual recovery center has several new posts each week, including inspirational quotes, Learning Communities, recovery classes, and more. For further information you may also contact Recovery Coordinator Mary Beth Evans at 989 366-2950.

Learning Communities

Northern Lakes Learning Communities have added some interactive items and craft opportunities to their last few meetings.

In July, effective listening skills were not only discussed but the group had an opportunity to listen to information about a peer and practice together to listen for and discover the needs of the consumer. The role playing was very informative!

Not all of the peers that we work with attend club or visit the drop-in, and not everyone is clear in explaining what is bothering them. We can all become better investigators to better understand our friends and coworkers.

Yes, we as peers are peers to each other whether we are employed or just socially interacting with each other. We all want to be listened to from time to time. Becoming a good listener can be learned. The greatest barrier to being a good listener for many of us is keep one's mouth shut, bite your tongue and hear them out, don't jump in to fix the problem, help them to fix their own problem. We often have the answer to our problems if we just listen to ourselves and at times this is easiest with the guidance of open-ended questions from our peers. When you listen without interrupting, quite often all the information is given to you, but it may need sorting out a bit. Ask questions to clarify, and use open-ended questions that need more than a yes or no answer.

The July meeting rounded itself out with a project to make stop signs or visual images to stop a negative thought and change it to a positive thought. There was a great deal of creativity using words, sayings, drawings, names, colors and a variety of fun fillers to make these visuals.

The project gave attendees an opportunity to network and talk about a variety of interest while they worked. Creating a circle of support...what a bonus! Join us in August at your local CMH office. See the Learning Community schedule on page 4.

Art Groups Coming Soon to Traverse City!

Art Group with Tom McClellan is starting in Traverse City in October. Watch for notices! Tom has assisted with an art group in Houghton Lake, Grayling, and Cadillac and has been working with Traverse House members for several years. Tom is a therapist and has volunteered with NAMI of Northwest Michigan and NAMI Michigan and he is also involved with the local art community.



The Traverse City art groups will meet on the second and fourth Monday of the month beginning in October (10/13 and 10/27, 11/10 and 11/24, 12/8 and 12/22) from 10:00 a.m. to noon in the first floor senior room.

Check the consumer events calendar on the Northern Lakes web site (under the Support button) for the schedule of art classes in the other three offices.

As with the other Northern Lakes recovery initiatives, the art groups are open to anyone in the community; you do not need to be a current Northern Lakes consumer to attend. Come check it out! No experience needed!

Electronic Distribution!

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.
Contributing writers:

Upcoming Events

- **Aug. 5 - Recipient Rights Advisory Committee 2:30-5:00 pm** in Traverse City with Video conferencing available to Cadillac or Houghton Lake upon request.
- **Aug. 7-8 Association for Children's Mental Health (ACMH) Parent Leadership Camp**, Lansing
<http://www.acmh-mi.org/plc3-08.pdf>
- **Aug. 13 - CAC (Consumer Advocacy Council) 1:30 pm meets** in Traverse City with video connection to Houghton Lake.
- **Aug. 21 - NLCMH Board meeting** in Traverse City at 6:30 p.m.
- **Sept. 10 - CAC (Consumer Advocacy Council) 1:30 pm meets** in Traverse City with Video to Houghton Lake
- **Sept. 10-14 - DBSA Convention, The Power of Peers** in Norfolk, VA
- **Sept. 18 - NLCMH Board meeting** in Leelanau County at the (New) Government Center in Suttons Bay at 6:30 p.m.
- **Person Centered Planning Conference –**
- **Oct 13-14- Association for Children's Mental Health (ACMH) Annual Conference - *The Family Express: Turn Your Passion Into Action*** Scholarships available Holiday Inn West, Lansing <http://www.acmh-mi.org>
- **Oct. 29 – Nov. 3 Alternatives, Creating Community Through Active Citizenship** in Buffalo, NY

LEARNING COMMUNITIES

- 2nd Tuesday** – Aug. 12 & Sept. 9 from 12:30-2:30 pm in Houghton Lake
- 2nd Wednesday** – Aug. 13 & Sept. 10 from 1-3:00 pm in Grayling
- 2nd Friday** – Aug. 8 & Sept. 12 from 1-3:00 pm in Cadillac
- 3rd Tuesday** – Aug. 19 and Sept. 16 from 1-3:00 pm in Traverse City

NLCMH Recovery Council

- Aug. 22 - 1-3:00 pm in Traverse City
- Sept. 26 - 1-3:00 pm in Cadillac

Ongoing Events

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

- **DBSA (Depressive Bipolar Support Alliance)** meets every Tuesday 7-8:00 pm Club Cadillac. Contact 775-5638.
- **Connections Recovery Support Group**, Traverse City, Fridays 1:30-3:00 pm Kandu Island (open to all with a mental illness). More information 932-1590.
- **Connections Recovery Support Group**, Houghton Lake CMH, every other Thursday starting June 12 (June 26...) 2:00pm Contact Ernie for more information 989 366-9420.
- **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 10:00 am. For more information 935-8491.
- **Support Group for Teens (13-19)**, for Bipolar disorder and Depression. This peer-led group meets every Thursday from 3:15-5:00 pm. at the First Presbyterian Church, 221 East Harris St., Cadillac.
- **NAMI of Northwest MI** support meeting 2nd Monday of the month 7-8:30 pm, Munson Medical Center in Traverse City, doctors dining room.
- **Gamblers Anonymous – *NEW TIMES!*** Friday from 6-7 p.m. at the Frankfort United Methodist Church, 537 Crystal Ave., (M-22), Frankfort; the e-mail address is: gaf Frankfort@yahoo.com Online support GambleNoMore2007@yahoogroups.com
- **Parent Support/Education group** - meeting the 2nd and 4th Mondays of each month at 1:00 at Pine Rest, Traverse City Clinic. This group is a collaboration between Pine Rest and the Association for Children's Mental Health (Jane Shank).

This Newsletter is produced with support from Northern Lakes Community Mental Health