



NEW DIRECTIONS

"By, for, and about consumers of behavioral health services."

Volume 5, Issue 4

Oct. - Nov. 2008

Living Well Conference Oct 14!

Northern Lakes is proud to present Larry Fricks and Ike Powell as our featured speakers at the Living Well Conference Oct. 14. Where? Cadillac at the Wexford Civic Arena, from 10-3:00pm. Registration begins at 9:30am. Ike and Larry will bring information on the Peer-Led Self-Help Management program that was recently piloted in Michigan (see the DBSA article page 3). Other topics will be:

- o **Anti-stigma updates**
- o **Recovery and Living Well activities**
- o **Coming next year...**
- o **Celebrations of consumer accomplishments**
- o **Photobiographies**
- o **The Recovery Band (with Gerald Butler CPSS) straight from Motown**

Registration forms are in lobbies (Recovery Towers) or contact Val Bishop, Cindy Petersen, Mary Beth Evans or Barb Quinn. **Registration has been extended to Oct 7, 5:00pm.**

The Conference is Free of Charge and there is assistance with transportation per request. **Time is running out to register – only limited space is left!**

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Don't Forget to Vote! It's your right!

There are options to voting, you can vote absentee if you do not have transportation, or will be out of town the last date to absentee vote is October 6. You may also go to your county clerk's office and vote before the election once the ballots have been determined. The polls are open from 7:00am to 8:00pm.

CANDIDATE FORUMS



These forums are by the Northern Lakes Community Mental Health Consumer Advocacy Council (CAC). Candidates from the six counties within Northern Lakes service area have been invited, along with other state and national candidates. Please come and participate, and listen to the candidates' stands on the following issues:

- ✓ **Affordable Housing**
- ✓ **Employment**
- ✓ **Health Care**
- ✓ **Public Transportation**

This is a community event; all are welcome. Please RSVP to Deb Lavender by calling your local Northern Lakes office.

October 10, 2008 12:00 to 2:00 p.m. - Northern Lakes CMH Building, 3rd Floor Board Room, 105 Hall Street, Traverse City.

October 15, 2008 12:00 to 2:00 p.m. - Northern Lakes CMH, Multipurpose Room, 527 Cobbs Street, Cadillac.

October 17, 2008 12:00 to 2:00 p.m. - Days Inn, 2556 Business Loop South, Grayling.

October 28, 2008 12:00 to 2:00 p.m. - Northern Lakes CMH, 2715 Townline Road, Houghton Lake.

How you can receive your Social Security!

I know Social Security has Direct Deposit, but what if I don't have an existing bank account?

Answer: You can sign up for the new Direct Express card. The Direct Express card is a debit card you can use to access your benefits. With the Direct Express card program, Social Security deposits your federal benefit payment directly onto your card. Your monthly benefits will be available on your payment day – on time, every time. You can use the card to make purchases, pay bills or get cash at thousands of locations. And most transactions are free. The Direct Express card is both safer and more convenient than paper checks. For more information, visit www.socialsecurity.gov/deposit. Or, call the toll-free Direct Express card hotline at 1-877-212-9991.

From Puddles to Pride

By: Janice Fialka

(For all those who marched at the Disability Pride Parade)
When they first gave me the news my child had a disability and would forever have a label glued to his name
I discovered sounds in my throat I never knew existed:

Howls
screeches
chokes
wails
hisses
snarls
groans
sobs

Even silent screams
erupted from my throat,
shattered the windows
in my once-called **normal** home.
After my body emptied
of all sounds
the tears came
madly,
streaming down my cheeks, my chest,
sliding down the arms that clutched my baby
down my belly,
over my faltering legs
raining over my heart.
Into puddles,
Puddles all around me
Puddles everywhere
Puddles I thought I would drown in.
That was 19 years ago.
Today, July 18, 2004, on a balmy summer day
in the city of Chicago
I stand
on this street where there are no puddles.
On this street where there are feet
of every size, shape, age, and color marching, shuffling,
rolling
in the first-ever Disability Pride Parade.

(Yes, I said: Disability Pride Parade!)
On this street there are wheels rolling
lovely legs limping
clenched fists raised high
in the cloud-studded blue sky,
beautiful bent smiles exploding with joy.
On this street there are blue, purple, and green banners
blowing
in the Lake Michigan breeze
crying out: We will not be silent.”
On this street there are voices, mumbles, grunts, spit,
hands

moving in the air,
shouting out, signing out, singing out:

“**What do we want?**”

“Accessibility.”

“**When do we want it?**”

“Now.”

On this street are people who will
no longer be shunned, excluded,
no longer be overlooked, segregated,
no longer be avoided, pitied
no longer be tolerated only on holidays and at charity balls.
On this street there is Naomi with her flashing dark eyes
and her 60's take-to-the-street attitude
hollering out,

“This is my community and we are getting on your agenda.”

On this street is Marlin, regal in his body and chair

singing James Brown with a twist:

“Say it LOUD, I'm Disabled and Proud”

Rallying all young disabled activists to say it, shout it, sign it
and Braille it . . . “in all caps” he adds.

On this street is Sarah who simply said,

“We need a parade!”

and one year later made it happen—on this street.”

On this street is my undaunted husband who in 1968

marched for justice on these same streets,

and who continues to march

on streets

all over this country.

On this street is our son, Micah

whose label is not a source of shame to him

Who says-in his own words—“I meet the best people in the
world.”

On this street, I look around,

turn to another mother who knows about puddles

and say: “This is how life should look every day, on every
street.”

On this street there are no puddles

no puddles of shame.

The glorious sunlight has dried them up.

On this street there are no puddles,

there are no puddles,

There is only Pride

There is only Pride.

There is only Pride.

For more submissions go to:

<http://www.copower.org/leader/pandp.htm>

Janice is the mother of (Micah) who lives with a cognitive impairments. Ms. Fialka has worked professionally in the field of adolescent health care as a social worker, educator, consultant, administrator, grant writer, and trainer. Ms. Fialka has provided the keynote address at numerous conferences. She addresses the unique dimensions which challenge the partnership between professionals and parents of children with special needs. Her son Micah is a self-advocate and is on the board of KASA (Kids As Self Advocates) (www.fvkasa.org) “I wanted to go to college and my dream came true. With the help of many people, I am currently on the campus of Oakland University in partnership with Rochester Community Schools.” Read more about Micah at

<http://www.danceofpartnership.com/micah.htm>

WRAP & Peer Support Specialist (Wellness Recovery Action Plan)

WRAP will now be in each Northern Lakes office!

Congratulations to **Susan** (Traverse City), **Todd** (Cadillac), **Nan** (Cadillac), **Ernie** (Houghton Lake), and **Terri** (Houghton Lake/Grayling), who have all completed requirements and are Certified WRAP facilitators. This was not an easy task to complete, so kudos to them for continuing to make the NLCMH Recovery Movement come alive!

Each person who was recently certified will be doing three individual WRAP plans with folks and then will begin WRAP groups at each NLCMH location.

Shannon (Grayling), and **Rhonda** (Traverse City), have been providing WRAP and will continue to do so.

WRAP stands for Wellness, Recovery, Action Planning and these individuals will be providing WRAP groups in each of our four offices to benefit adults with mental illness interested in continuing with their recovery journeys. Mary Ellen Copeland, MS, MA (who authored the WRAP program) stated that WRAP is: "A system for monitoring, reducing, and eliminating uncomfortable or dangerous physical symptoms and emotional feelings."

More information on WRAP visit the NLCMH website at <http://www.northernlakescmh.org/blog/> Posted September 13, or <http://www.mentalhealthrecovery.com>.

DBSA Rolls Out First U.S. Whole Health Peer Training

This May, in Battle Creek, 35 participants took part in a pilot training course in peer support whole health recovery. Once the course is finalized, DBSA will roll out this training, the first of its kind in the nation. Funded by Michigan's Mental Health and Substance Abuse Administration, the pilot training included peer-supported exercise, nutrition and smoking cessation.

Along with exercise, nutrition and smoking cessation, the pilot training also addressed a practice called the relaxation response. This practice helps reduce stress and the release of a stress hormone called cortisol. Cortisol is shown to increase belly fat, considered the most dangerous fat of all.

This new training program was developed by Georgia's Appalachian Consulting Group and DBSA, working with Michigan and the Benson-Henry Institute for Mind-Body Medicine. Some of the training is adapted from the research of Dr. Benjamin Druss, the Rosalynn Carter Chair of Mental Health at Emory University's Rollins School of Public Health. Druss is working to adapt a peer support chronic disease program—one developed by Kate Lorig, RN, DrPH, at Stanford University—for use in the public mental health system. His project is funded by the National Institute of Mental Health (NIMH).

DBSA is honored to collaborate with such outstanding organizations and researchers and plans to bring this new peer support whole health training to many other communities and organizations in the future.

To learn more about DBSA's new whole health training for peers, contact DBSA at (800) 826-3632, ext. 155, or at PeerSupport@DBSAAlliance.org. Full article may be viewed at: <http://www.dbsalliance.org/site/R?i=z36v3dSSmxXIV7qBVkua1A>. Northern Lakes plans to include whole health recovery classes and activities in the coming year using new recovery grant block funds. Attend a Learning Community to learn more as news breaks!

Learning Communities

The Recovery Learning Communities continue to share recovery and learn about mental health diagnoses to better understand their peers. Many symptoms may be similar and with greater knowledge we better understand what others are experiencing. With this knowledge comes compassion and empathy toward each other. Information contained on food nutrition fact labels has been reviewed and discussed (including fast food restaurant choices). Continuing with the food and nutrition theme, attendees were asked to bring in a recipe for a recovery cookbook project. Nutrition information will be computed for the recipes thanks to a staff member's computer program. If you're interested in sharing a recipe, you may submit them through reception to Mary Beth or Customer Services. Or better yet, attend the October Learning Community meeting at your local Northern Lakes CMH office (schedule on page 4) and share personal recovery events with others.

NLCMH Recovery Council

The Recovery Council is discussing the Five Stages of the Recovery Process training video that was produced through recovery grant funds from the Michigan Department of Community Mental Health and how this may be used regarding trainings and team discussions. The council has also been reviewing the REE (Recovery Enhancing Environment Scale) and the implementation of it at NLCMH. 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). If you have questions contact Mary Beth at 989 366-2950.

Art Groups Coming Soon to Traverse City!

Art Group with Tom McClellan is starting in Traverse City on Monday October 13th from 10-12:00pm. These will continue the 2nd and 4th Mondays of the month in Traverse City.



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!

It's never too late to join in the art classes with Tom. No

...the art groups are open to anyone in the community;

experience is necessary. Learn a dynamic process for expressing your feelings and ideas through the arts. Try your hand at using acrylic paints and pastel chalks. A great way to get your thoughts out of the way and your emotions out and expressed, rather than stuffed or suppressed inside. Develop new habits to help you live a less stressful life. Thomas McClellan is an experienced process painting instructor with a Master of Arts degree in Counseling Psychology and a certificate in Holistic Health. Art groups are happening in each Northern Lakes office. Check with your local office for the schedule in your area and give it a try!

Also, Northern Lakes is again sponsoring the Art of Recovery: The Human Journey Show at Inside Out Gallery. Submission forms will be available at Learning Communities and Art Groups. The deadline to submit is November 3.

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: **Janice Fialka from CoPower, DBSA**

Upcoming Events

- Oct 16 - NLCMH Board meeting in Roscommon at ROOC Inc. at 6:30 p.m.
- **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 14 - "Living Well"** Consumer Conference Wexford Civic Center in Cadillac. The focus will be on healthy lifestyle choices. Watch for bulletins.
- **Oct. 29 – Nov. 3 Alternatives, Creating Community Through Active Citizenship** in Buffalo, NY
- **Nov 12 - CAC (Consumer Advocacy Council)** 1:30 pm meets in Traverse City with Video to Houghton Lake
- **Nov 2 - Daylight Savings time ends,** turn back your clock one hour. 
- **Nov 4 - ELECTION DAY! Don't Forget to Vote!**
- **Nov 5-7 MARO Conference** Grand Traverse Resort
- **Nov 11 - Recipient Rights Advisory Committee** 2:30-5:00 pm in Traverse City with Video conferencing available to Cadillac or Houghton Lake upon request.
- **Nov 11 – Veterans Day** (NLCMH Closed)
- **Nov 12 - CAC (Consumer Advocacy Council)** 1:30 pm meets in Traverse City with Video to Houghton Lake
- **Nov 13 – Open House Reception** at the Inside Out Gallery in Traverse City for the Northern Lakes Art of Recovery: The Human Journey show, 3-7:00 pm.
- **Nov 20 - NLCMH Board** meeting in Cadillac from 6:00pm

LEARNING COMMUNITIES

- 2nd Tuesday – CHANGE (Thursday, Oct. 9' 12:00-2:00pm, October Only)** & Nov. 14 from 12:30-2:30 pm in Houghton Lake
- 2nd Wednesday** – Oct. 8 & Nov. 12 from 1-3:00 pm in Grayling
- 2nd Friday** – Oct. 10 & Nov. 14 from 1-3:00 pm in Cadillac
- 3rd Tuesday** – Oct. 21 and Nov. 18 from 1-3:00 pm in Traverse City

NLCMH Recovery Council

- Oct. 24 - 1-3:00 pm in Houghton Lake
- Nov. 21 - 1-3:00 pm in Grayling

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 (Oct 2, 16, and 30) 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.
- **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: gafrankfort@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