



NEW DIRECTIONS

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

Volume 6, Issue 3

Aug.-Sept. 2009

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Consumer Conference and
Celebration, “Make It Happen!”
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Transforming Northern Lakes
*Anti-Stigma and Recovery
happenings – get involved!*

Ongoing and Upcoming Events

‘Make it Happen’ Conference & Celebration!

Save the date for Thursday, September 3, 2009, to attend the annual NLCMH Recovery Conference and Celebration, which will be held this year at a brand new conference center in Cadillac called Fox Hill.



Many interactive demonstrations and activities are planned, which should make it a very fun day of learning and networking. Through fun activities, you will learn about Recovery Transformation at NLCMH, learn ways to be a part of the recovery movement, learn something new, enjoy some music, meet new people, and have fun. There will be awards to recognize the efforts of peers, non-peer staff, and non-paid consumers who “Walk The Talk” of recovery.

You’ll be able to sign up soon with Val Bishop, Mary Beth Evans, Cindy Petersen and Barb Quinn. Registration forms will also be in the recovery towers in each lobby soon. Continental Breakfast, lunch, and transportation will be available and the event will be FREE!

Crisis Plans & Psychiatric Advance Directives

The Learning Community featured information on Crisis Planning and Psychiatric Advance Directives in June and July. They plan to cover the “5 Wishes” in August. Wishes covers the medical advance directive most commonly used in Michigan.

Crisis plans are a part of everyone’s life: fire drills, emergency preparedness, medical treatment authorization for school children, every time you fly, the airline ensures that everyone is instructed on what to do in an emergency...

Mental Health Crisis. Are you prepared? Does your treatment team, family and others close to you know what to do if you should have an emergency?

A Crisis Plan will have information on what you are like when you are well, signs and symptoms of when you are not well, who your supporters are and their role as well as people you do not want involved...

A Psychiatric Advance Directive is a legal document were you write out your desires regarding care, treatment, medication or specifics that you don’t want and why. You designate a Patient Advocate to work on your behalf if you are unable to give informed consent. Your inability to give informed consent is determined by a physician and a mental health worker.

If you would like more information on a Crisis Plan or an Advance Directive, contact your worker, Customer Service or Mary Beth Evans, Recovery Coordinator.

Parent to Parent

Parent to Parent Trainer Catherine King works closely with the Child and Family Service team. Catharine is a parent of children with SED (Serious Emotional Disturbance) and her lived experience offers a unique perspective. When a parent is identified as someone who could benefit from her specialized training, that is included in the ISP (Individual Service Plan). What type of work Catherine will actually be doing with the parent varies from family to family. Bonding may be the issue or it could be basic parenting skills.

The Youth Guided, Family Driven System of Care trainings that Catherine is involved with helps families with children with Serious Emotional Disturbance (SED) and community professionals come together to form partnerships that benefit the family and help children succeed. In the trainings, she works with a professional counterpart and Catherine is the Parent piece of that team. We bring equal numbers of professionals and parents together for the training. The trainings ask questions and have activities designed to help bridge partnership and collaboration. Catherine is honored to have been chosen for this grant because she believes so strongly in a Youth Guided Family Driven System of Care. Catherine states, "I love my job. I work with great people (the Child and Family Service team) and for great people (the wonderful families)."

Catherine King works out of the Cadillac office of NLCMH.

Regional Consumer Forum

The Regional Consumer Forum, (RCF) met in May along with the MCAC (Managed Care Advisory Committee) and other stakeholders in Baldwin to review and provide feedback on the ARR (Application for Recommitment and Renewal) submissions. Members also had the opportunity to meet and talk with board members from both the Northern Lakes Board and the West Michigan Board. Northern Lakes and West Michigan are part of our PIHP (Prepaid Inpatient Health Plan), Northwest CMH Affiliation. Summaries of the submissions are posted on the website www.nwcmha.org.

The RCF will meet on August 27 from 10 to noon with video conferencing to Ludington and Cadillac. West MI has two new members on the committee from their CAP (Consumer Advisory Panel). The meeting will be back to the regular agenda after the deviation of last month's special meeting: finalizing bylaws, updates from the affiliation and MI Dept. of Community Health (MDCH) as well as information on the Quality Oversight Committee, upcoming MDCH site review and Customer Services.



Interesting Reading

Magazines having to do with mental health have recently been added to the lobbies in all NLCMH offices. These magazines were made possible through the recovery grant. The magazines available are: Anchor, esperanza, SZ Digest and bp magazine. Below are excerpts from their home web sites as well as the web addresses. The web sites have or will soon have communities regarding several topics for visitors to read and share if they like. Some of the magazines offer opportunities for people to contribute their recovery story or an essay on a particular issue. The magazines have a variety of information relevant to daily life, new and breaking research, stories of well-known individuals and subjects not often discussed regarding symptoms and signs of some mental health diagnosis. Please look at the magazines and leave them in the lobby for others to enjoy.

Our hope is that **Anchor: "Conquering Depression"** will become North America's most widely recognized and trusted provider of depression information. Our aim is to offer help, hope, and happiness to an audience of readers suffering from depressive disorders, their families, caregivers, health care professionals, and anyone interested in sound mental health. Statistics indicate that nearly 10% of adults are affected by clinical or major depression in any given year. These statistics don't even include the ever-increasing number of adolescents, many of whom are never even diagnosed as having depressive disorders. And unlike normal emotional experiences of sadness or moodiness, serious depression is persistent and significantly interferes with people's thoughts, behavior, mood, activities, and health. Web address <http://www.anchormag.com/>

esperanza Magazine dedicated to your *Hope to Cope* with anxiety and depression. **esperanza** is filled with articles by and about personalities who share the issues of living with anxiety and depression. Each magazine contains hints on thriving, enjoying life and eating well, plus pages of news, research and how to get better care. Columnists speak to young men and women living with anxiety and depression and to parents of children who are also living with anxiety and depression. It reaches out to adults and to caregivers. Web address <http://www.hopetocope.com/>

SZ Magazine provides readers with up-to-date, informative, and inspirational content about schizophrenia. It addresses medical symptoms, treatments, therapy side effects, pharmaceutical information, and lifestyle issues. **SZ** Magazine provides tools to help overcome barriers and promote behavioral changes. It empowers and motivates readers to become invested in their OWN continued on next page

Consumer Advocacy Council

Recently the council invited the new CEO of BATA Transportation Services, (Tom Menzel and staff) to join the CAC meeting. The meeting was well attended. There were far more questions than time would permit to be answered and people were informed of the monthly Friends of BATA meeting at the Traverse District Library on the first Monday of the month.

Two council members have recently resigned and their vacant seats will hopefully be filled soon. Consumers and family members who are interested are invited to attend and submit an application of interest to Greg Paffhouse. Members serve terms and also have term limits. The membership is meant to be diverse just as the people Northern Lakes serves. Many members serve on other committees as well.

Traverse House Fundraiser

Once again Traverse House keeps the Northern Lakes parking lot available for employees and people coming to the office during the week of Cherry Festival. They also earn money by selling parking spots on the property next door and in the CMH parking lot after hours. This year the club is earmarking funds to send as many members as possible to the 15th annual International Center for Club House Development. The conference will be in St. Petersburg, Fl. in October. They wish to thank all who assisted.

Traverse House is seriously looking at a property in Traverse City, so they may be on a site independent of Northern Lakes per the clubhouse model. Negotiations are in process in hopes of securing a site.

NEW Narcotics Anonymous

Meeting at New Beginnings Drop-In

Every Tuesday night from 7pm-8pm there is an open Narcotics Anonymous group being held at the New Beginnings Drop-In Center. For more information Contact the Drop-In Center at 989 366-4476. The Center is located at 404 W. Houghton Lake Drive, Prudenville. Mike Kuhn, the Drop-In Director, is available for more information as well.

Second Annual Self- Help Conference

This conference is free and being presented by JIMHO, (Justice in Mental Health Organization, Project Doors), Tuesday **Aug. 25**, in Lansing. Registration starts at 9:00 a.m. They will serve breakfast and lunch and these are a few of the offerings: Schizophrenics Anonymous, Self Esteem, Poetry, ECHOES, PATH and more. Registration is limited; brochures are available in the recovery towers or contact Customer Services. You may also direct questions to Project Doors at 800-831-8035.

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recovery and adherence. Web address <http://www.szmagazine.com/>

bp Magazine's primary purpose is to create community among and empower people living with bipolar disorder. The only way this can truly be accomplished is through your active involvement and input. Whether you are living with bipolar symptoms and/or a family member or caregiver—we want to hear from you! It is our readers who have given us the inspiration and many of their personal stories for popular articles about having a successful marriage when one partner has bipolar; the decision whether or not to have children when there is a history of bipolar disorder or bipolar symptoms; or how to seek support from loved ones when you're living with bipolar. As a part of this community, we encourage you to share your thoughts, stories and suggestions. Web address is <http://www.bphope.com/>

Enjoy reading while you wait for your appointment and learn a bit about how others share your concerns and experiences. Get empowered – write a recovery story and submit it, or get involved locally with recovery happenings.

Recovery is your path to wellness and should be directed by you, daily, in your PCP and the goals you have written. Join others working on their recovery in groups that meet at NLCMH. Check the posting on the bulletin boards, check the calendar at www.northernlakescmh.org or call Mary Beth Evans, Recovery Coordinator, through your local office (989-366-2950).

Facing Us (DBSA) online clubhouse

<https://www.facingus.org/creativity/courses>

Creative outlets – music, scrapbooking, photography, etc. – are personal wellness tools anyone can use. Learn how through this new, self-paced course. A collaboration between DBSA and Lana Castle, author of Finding Your Bipolar Muse, the course discusses how to handle creative barriers, create the time and space you need for your activity, find focus, deal with criticism, and much more.

Launch "Tapping Your Creative Flow," a self-paced course on creative expression. DBSA expresses its sincere thanks to Lana Castle for her collaboration on this course. Lana is the author of Finding Your Bipolar Muse and Bipolar Disorder Demystified, as well as a speaker and mental health advocate with a passion for the creative arts.

Mi-PATH Self-Management Class updates:

Mary Beth Evans and Val Bishop shared that they will be attending Train the Trainer for Mi-Path, which should provide more facilitators for this program in each office. Presently many people have to wait for a class as the facilitators can only offer so many sessions and maintain their contact with those that they serve in their basic job positions.

New Anti-stigma messages in the community. *"We can't change what comes at us, but we can change the way we react to it. If you can find good ways to respond to stress you can deal with the challenges better."*

Many people are dealing with more stress in their life as the economy affects their life. It is important to teach people to help themselves and self-manage their own condition to the extent they are able. NLCMH has created flyers based on much-requested info in the latest NLCMH annual report (extra copies available in NLCMH offices or under "About Us" at www.northernlakescmh.org). Many consumers attending Learning Communities have volunteered to post flyers with this anti-stigma message in places in their communities where lots of people can see them, such as grocery stores, Laundromats, etc.

Recovery and Anti-Stigma Grants: Projects are being worked on presently, many of which you can be directly involved in: postcard art, recovery cookbook, recovery calendar, upcoming *The Soloist* movie events, Music Groups starting in September, and Exercise without Exertion and Art Groups. Information on how to submit postcard art and recipes may be found in the recovery towers of each CMH office or by contacting Recovery Coordinator Mary Beth Evans at (989) 366-2950. Over a dozen people have volunteered to participate in a video project called LOOK CLOSER: See Me For Who I Am. Their videos will be shared on the NLCMH Virtual Recovery Center and on YouTube. Watch for more on these fabulous stories coming this fall.

Breaking Barriers Essay Contest: 13-Year-Old With Bipolar Finishes Second

While looking for information on the Scholastic website, a young girl named Madeline, age 13, came across the "2009 Breaking Barriers: In Sports, In Life" essay contest sponsored by Scholastic publishers and Major League Baseball. Madeline chose to write about her struggle with bipolar disorder, winning 2nd place among 8000 entries. Her essay concluded with the statement, **"...I will never, ever let bipolar beat me."** To view more about her essay or the breaking barriers contest please follow the BP Children Newsletter link below:

<http://viewpage.benchmarkemail.com/c/p?9tSN8Jgb1CZ%252FWEk603Y4uB%252F2b1dszJRHumjGAg%252FQknhD1WrX3%252BtbALC3JOgK5RTmn24LICu%252B2mJM8Wh9kQ%252F%252FP%252BREAfKmqv31PIMVvTIIPfi%253D>

Ongoing Meetings!

Aug. 4 – **Recipient Rights** Advisory Committee, 2:30 – 5:00 pm, in Traverse City.

Aug 12 – **Consumer Advocacy Council** 1:30-3: Traverse City

Aug. 20 – **NLCMH Board** meeting in Traverse City 6:30 pm

Aug. 27 – Northwest Affiliation **Regional Consumer Forum**, 10-noon, Traverse City with video to Cadillac and Ludington

Sept. 9 - **Consumer Advocacy Council** 1:30-3:00 pm

Traverse City with Video to Houghton Lake

Sept.17 - **NLCMH Board** Meeting in Leelanau County, at the Elmwood Twp Hall 6:30 pm

Learning Communities – Held each month in each NLCMH office. See www.northernlakescmh.org for dates and times for your location!

Upcoming Events!

Make It Happen! NLCMH Annual Recovery Conference and Celebration at Fox Hill Conference Center in Cadillac, **September 3, 2009**. Everyone is invited to become a part of the Recovery Movement at NLCMH! Learn something new, get involved, meet new people, and recognize those who "Walk The Talk" of Recovery. FREE.

National Association for Rights Protection and Advocacy (NARPA) will hold its annual conference on **September 9-12**, in Phoenix. More information: www.narpa.org.

The Depression and Bipolar Support Alliance (DBSA) annual conference, **September 10-13**, in Indianapolis.

2009 Recipient Rights Conference Radisson Plaza Hotel, Kalamazoo, MI **October 6-9**.

MICHIGAN REHABILITATION CONFERENCE **October 21-23** Grand Rapids, MI.

Alternatives 2009 – **October 28 through November 1** at the Hilton Omaha in Omaha, Nebraska.

Autism Resource Network of Northwest Michigan
Back to school! Are you ready? Come share your stories and get the latest updates! Next meeting Aug 19, 6:30-8:30 p.m. at Munson Hospital Basement Conference room #11, Traverse City. <http://www.autismresourcenetwork.org/>

Email subscriptions!

Receive *New Directions* through your 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!

Your personal contributions are a welcome addition to New Directions, subject to availability of space.

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