



NEW DIRECTIONS

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

Volume 6, Issue 4

Oct. – Nov. 2009

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time ends. Don't forget to turn
back your clocks.**



Recovery Learning Communities

The Learning Communities begin their meetings with the Recovery Definition¹ created by Northern Lakes Consumers. This is then followed by Introductions and celebrations. Many celebrations have

to do with a recovery experience, their personal experience or that of someone they have regular contact with (in work or as a friend).

September attendees experienced a MI-PATH² demo to better inform all of what the 6-week program offers people who choose to attend. The classes are open to both consumers and non-consumers.

Val Bishop also presented an update on the budget situation for Michigan and its CMHs. Funding amounts are still being debated in the legislature. A presentation on using humor to decrease stress is planned for October. The schedule of Learning Communities may be found at www.northernlakescmh.org/educational.

¹ Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own direction in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination.

² More MI-PATH information in the Feb-Mar 2009 edition of New Directions found at <http://www.northernlakescmh.org/files/nlcmh/734.pdf> or contact Customer Services or Mary Beth Evans at 989 366-2950.

American Association on Health and Disability New Scholarship



Dear Friends and Colleagues,

The American Association on Health and Disability (AAHD) is proud to announce the creation of the 2009 AAHD Scholarship Program. The AAHD Scholarship Program will support students with disabilities who are pursuing higher education. Preference will be given to students who plan to pursue undergraduate/graduate studies in the field of public health, health promotion, or disability studies, to include disability policy and disability research. Royalties from the Disability and Health Journal will fund the first year of the AAHD Scholarship Program. Please visit www.aahd.us or <http://internetmailmanager.com/i/ou.htm?a=195824&b=1512868&c=145380> 0&d=http://~aahd.us~page.php|pname=Scholarship%20Program To read more about the Scholarship Program and to download the application. For additional questions, please contact Roberta Carlin at rcarlin@aahd.us or 301-545-6140 ext. 206.

Thank you,
Your friends at AAHD, American Association on Health & Disability
110 N. Washington Street, Suite 340-A, Rockville, MD 20850

Disability.gov Launched

The U.S. Department of Labor this week launched Disability.gov, a redesigned federal Web site that connects the more than 50 million Americans with disabilities to thousands of trusted resources on disability-related issues, programs and services. Formerly known as DisabilityInfo.gov, the site has been completely redesigned and updated with new social media tools, such as a blog and a Twitter feed, to encourage feedback and interaction among visitors. Disability.gov is not just for Americans with disabilities, but also for parents of children with disabilities, employers, workforce and human resource professionals, veterans, educators, caregivers and many others.

Disability.gov features comprehensive information from 22 federal agencies, as well as educational institutions, non-profit organizations and state and local governments. Topics covered on the site include: benefits, civil rights, community life, education, emergency preparedness, employment, health, housing, technology, and transportation.



OCTOBER Recognitions

National Disability Employment Awareness Month began with the Presidential Proclamation of Public Law 100-630 (Title III, Sec 301a) in 1988. This law replaced National Employ the Handicapped Week which had occurred annually since 1945 during the first week of October. The new law also recognized a change in terminology and replaced "handicap" with "disability." The month is sponsored by President's Committee on Employment of People with Disabilities.

Mental Health Awareness Week **Oct 4-10, 2009**

Case Management Week
October **12-18, 2009**

Pharmacist Month
World Mental Health Day
Oct 10, 2009

November Recognition

National Family Volunteer Day November 21, 2009
National Family Week Nov. 22-28, 2009
Family Care Givers Month
Alzheimer's Awareness Month
Diabetes Awareness Month



\$\$Managing Your Money\$\$ -Teen Blog*

Teen Blog Excerpt: Managing Money. Everyone knows that spending the money you have is easy, but saving the money you have can be hard. The trick is to learn how to manage it. Managing your money can be harder for someone with mood swings. When you're manic you tend to buy a lot more than you need or even want, and when you're depressed you may not spend anything at all. Spending or saving money can also be a compulsion for some people. Like most teens, I like to spend the money I make, but I also know that I should put some into savings. **Here's a few tips I've found worked** (most of the time anyway). **1. Put a certain amount in savings every time.** I put one-third of my paycheck into savings every time. That way I'll have a steady stream of income and at the same time a steady stream of savings. The same thing works for allowances. Put aside a certain amount every time,

Managing your money can be harder for someone with mood swings. When you're manic you tend to buy a lot more...

even if it's just 50 cents, and you'll be surprised how fast it adds up. **2. Only carry small bills.** If you don't want to spend all your money at once leave most of it home, and only carry however much you feel is ok to spend. And no, that doesn't mean leave \$15 and carry \$50. That means carry \$15 and leave \$50. If you find something you absolutely have to buy and you don't have enough money, remember you can always come back later. That also allows you enough time to think about if you actually do want/need/can't live without it, or if you just thought you did at the time. That's a trick that helped me when I started buying a whole bunch of stuff I thought I needed/wanted at the time but later figured out I didn't. Read the rest of "Managing Your Money" at the Teen Bipolar Advocate blog!

**An excerpt from "BPChildren Newsletter" online at www.bpchildren.org*

Tell Your Story

GREAT Opportunity

Share your story in a way that is unique as you are: Deliver a personal story, Sing it in a song, Say it with a poem, Act out a play with friends, Use illustrations or animation, Create a comedy...

DBSA 2009 "Facing us Video Contest":

Video submissions will be accepted through Nov. 1, 2009. Judging is based on the impact of the submission rather than the quality of filming. So, get out your personal video cameras and have some fun! Submission information and details at www.FacingUsContest.org





Regional Consumer Forum

The Forum met through a video connection in August. They had not met to address the RCF issues since February as in May they met together with the Managed Care Advisory group regarding the submission of the Application for Recommitment and Renewal (ARR), which was submitted on time. Presently the Prepaid Inpatient Health Plan (PIHP) – Northwest CMH Affiliation – is

...members will provide input in the creation and eventual review of a Consumer Involvement Plan.

waiting to hear from the Michigan Department of Community Health regarding the submission.

Work began on Section 1 of the ARR pertaining to consumer involvement. The region consumer forum members were challenged to address this area.

RCF members will provide input in the creation and eventual review of a Consumer Involvement Plan (CIP). The Plan will advise the PIHP how to address consumer involvement. A few items of concern are education of those involved, accommodation, and notification of meetings, to name a few. They have arranged several times to meet over the phone or video to continue the discussion before their next meeting in November.

They received reports from the Quality Oversight Committee, Customer Service and Consumer reports from both West MI CMH and Northern Lakes CMH. They will work on finishing their bylaws at the November meeting.

Good News: Medicare Part D (Extra Help changes for January 2010)

Due to changes in the law beginning Jan. 2010, it will now be easier for some to qualify for extra help with their prescription drug plan cost. Under the Medicare Improvement for Patients and Providers Act:

Life insurance policies will no longer count as a resource and help a person receives regularly from someone else to pay household expenses will not count as income.

“MAKE IT HAPPEN”

Recovery Retreat and Conference/Celebration

Upon arriving at the conference people registered while listening to music by Tom Stokes and Andy. 🎵🎵🎵🎵

Larry Fricks and Ike Powell of the Appalachian Consulting Group were able to join us once again in the continuing effort to transform Northern Lakes CMH into an agency of recovery. They presented an overview of the 5 Stages of Recovery process that has been the foundation of Peer Support Specialist trainings. The stages are non-linear and assist in helping someone recover. To help them recover it is beneficial to recognize where they are in their recovery. This is understood by listening to the consumer and getting to know them and their needs. Offering hope, seeing their strengths and desires and believing in them are essential.

The attendees broke into groups and worked on a visual project of the various dimensions of the Recovery Blueprint that has guided NLCMH through the transformation. The results of the project will be displayed at the Art of Recovery art show in November and at the four CMH offices over the next few months.

Recognition Awards were presented to consumers and staff. There were Leading By Example and You Made a Difference Recovery Awards, Stigma Buster Awards for those who are telling their stories on videos, and Power To The People Awards for our Walk Representative County Reps and Flag Bearers. Recovery Council members also received a Lighting The Way Award for their efforts in championing transformation. Congratulations to all!

The afternoon ended as it started with music with a demonstration and sing-along, “Using Music in Your Recovery.” 🎵🎵🎵🎵

The Recovery Retreat held the day before the conference was for staff and Recovery Council members. During their retreat they saw demonstrations (a role play and a REAL play) in “Igniting the Spark of Hope” and using Motivational Interviewing in helping someone’s recovery.



After spending the morning listening and watching others they were put to work in a role play in small groups in assisting a consumer write recovery orientated goals in various different situations. The groups had a variety of people in them, i.e., therapists, peers, case managers... Everyone had a chance to share their results.

Recipient Rights wrapped up the afternoon with a presentation on Rights-Recovery connection which compared the recovery movement to the civil rights movement. This presentation examined both obstacles and opportunities.

Medicare Newsletter – “Dear Marci”

Dear Marci,

I had chickenpox as a child, and now I am worried about getting shingles. Does Medicare cover the shingles vaccine?

Cindy (Pinehurst, ID)

Dear Cindy,

Yes, if you have Medicare Part D “the Medicare prescription drug benefit available only through private plans” you can get the shingles (herpes zoster) vaccine. **Part D plans must cover all types of commercially available vaccines that are not covered by Part B**, including the vaccine for shingles. However, you will need to make sure you follow your particular plan’s coverage rules and find out from your Part D plan how much the shot will cost.

Medicare Part B (outpatient benefits) covers your seasonal flu shot, as well as vaccinations to prevent pneumonia and hepatitis B. Part B also covers other immunizations **if you have been exposed to a disease or condition** (like a tetanus shot if you step on a rusty nail or rabies shot if you are bitten by a dog).

 **To learn more about the difference between vaccines covered by Part B and Part D, see Medicare Interactive.**

To view online or sign up for Dear Marci visit: <http://www.medicarerights.org/>

Ongoing Meetings

- Oct. 13 – **Recipient Rights** Advisory Committee, 2:30 – 5:00 pm, in Traverse City.
- Oct. 14 – **Consumer Advocacy Council Meeting** 1:30-3:00 pm Traverse City
- Oct. 15 – **NLCMH Board** meeting in Roscommon (ROOC) 6:30 pm
- Nov. 19 – Northwest Affiliation **Regional Consumer Forum**, 10-noon, Traverse City with video to Cadillac and Ludington
- Nov 10 - **Consumer Advocacy Council** 1:30-3:00 pm Traverse City (Note date change from 11/11 for Veteran’s Day)
- Nov. 19 - **NLCMH Board Meeting** in the Cadillac office 6:00 pm

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.

Upcoming Events

Mental Illness Awareness Week October 4-10

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

MICHIGAN REHABILITATION CONFERENCE **October 21-23, 2009** Grand Rapids, MI

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

The Art of Recovery: The Human Journey Show Open House **Nov. 4, 3-7:00 PM** at the InsideOut Gallery located at 229 Garland in Traverse City. The art show will be on display for the month of November.

ART OF RECOVERY: THE HUMAN JOURNEY SHOW – INSIDEOUT GALLERY

You are invited to submit art for the show until October 19. Flyers and submission forms with more details are in all office locations and art groups and at <http://www.northernlakescmh.org/initiatives>. There’s no charge to submit!

Please plan to attend the Opening Reception at the InsideOut Gallery on Wednesday, November 4, 2009 from 3:00 to 7:00 p.m. In addition to the art, there will be a display of the Blueprint recovery model that was created at the Make It Happen Conference, Look Closer Postcards, and new consumer videos! There will be music too. The show will continue throughout November so all may have an opportunity to view the artwork.

We again thank the owners and staff of InsideOut Gallery for this tremendous opportunity and their generous donation of the location to display the fine art which so many in recovery are talented enough to create – it’s an inspiration to all!

This Newsletter is produced with support from NLCMH.
