



NEW DIRECTIONS

By, for and about consumers of behavioral health services



Promoting Positive Mental Health from Birth to Adulthood

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Children’s Mental Health Awareness week is May 2-8.

Once again this year, staff, families and others will be wearing a green ribbon, promoting public awareness of the triumphs and challenges of children with a mental health issue. Family driven care is essential for the choice and needs of families in the person centered planning process of a minor. The National Federation of

Families, For Children’s Mental Health asks you to join in and share the following:

Mental health is essential to overall health and well being.

Serious emotional and mental health disorders in children and youth are real and treatable.

Children and youth with mental health challenges and their families deserve

access to services and supports that are family driven, youth guided and culturally appropriate.

Values of acceptance, dignity and social inclusion should be promoted throughout all communities for children, youth and families.

Family and youth voice is a valued asset in determining appropriate services and interventions.

Walk a Mile in My Shoes



Join the trip to Lansing May 11 for the 6th Annual Walk a Mile in My Shoes Rally at the state capitol. One spokesperson and one flag bearer are needed from each of the six counties NLCMH serves: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon

and Wexford.

Northern Lakes staff will be providing transportation for the spokesperson and the flag bearer to the Rally and will also assist in developing the statement to be read at the Rally if needed. **A flag bearer does not have to speak!**

Interested in representing your county?

Fill out the sign up form in the office lobbies and turn in to the receptionist for consideration to be your county’s spokesperson or flag bearer. Preference will be given to those who have not volunteered in the past. You may also check with your clubhouse or drop-in to see if they are going to be taking a group this year.

MAY is NATIONAL MENTAL HEALTH AWARENESS MONTH



Coping Skills for Stress and Trauma



New training on stress and trauma coming to **Cadillac**: April 28, 2010, at McGuire's Resort. Learn how to cope with stress and/or trauma with mental health consumers who have experienced trauma.

The workshop will help you learn skills to deal with everyday stress from trauma and mental illness in your life.

Skills will be developed in a group setting to learn from each other.

The skills learned are transforming and enlightening.

The workshop is open to all; consumers, staff and community at no cost.

Registration is required as lunch will be served and preparations for attendees

can only be accomplished with your registration.

Registration and more information are available in the Northern Lakes CMH offices or through the Michigan Association of Community Mental Health Boards web site at www.macmhb.org

Sponsored by Michigan Dept. of Community Health and The Michigan Assoc. of CMH Boards.

Is Your Teen Ready For Adult Life?

To Register for the session, visit www.bridges4kids.org/f2f or call 800 359-3722. Sponsored by The ARC, ACMH, MI Alliance for Families, and MI Special Education Mediation

The Michigan Family-to-Family Health Information & Education Center is offering **free presentations** around the state for families of teens (with special health care needs, receiving mental health services or who have a disability) and professionals who serve them. *Social Work CEUs available.*

This event will be April 26, 2010 from 9:00 a.m. – 3:00 p.m. at the Traverse Bay Area ISD, 1101 Red Drive, (231) 922-6393. Information and practical suggestions to help in transitioning from high school to employment or higher education; from home to independent living; and from child to adult community services including:

- Health Care Coverage and Skills
- School Based Transition Planning
- Mental Health Programs
- Post Secondary Training
- Employment
- Housing
- Human Services
- Family Planning and Parenting Assistance

For more information or for accommodations call 800 359-3722

Regional Consumer Forum (RCF)

The Regional Consumer Forum met in February through a video connection (Traverse City, Cadillac and Ludington) for its first quarterly meeting this year. Bill Slavin (Chief Managed Care Officer for the Affiliation*) reviewed numerous updates from the Department of Community Health (MDCH), Health Services Advisory Group, (HSAG), some budgetary issues and how these are still pending; for example,

the Medicaid Waivers are waiting for approval from CMS (Centers for Medicare and Medicaid Services). Budgets were explained in some length: in Michigan services are under the umbrella of "Behavioral Health." The term "Behavioral Health" causes some confusion as opposed to services for Mental Illness, Developmental Disability and Substance Use Disorder used in other states. Members also

shared the activities and areas of consumer/family involvement at their respective agencies. The forum also received Customer Service and Quality Oversight Reports.

**Northwest CMH Affiliation is the PIHP (Prepaid inpatient Health Plan) that manages the Medicaid Specialty Services and Supports Contracts for the nine-county area: Crawford, Grand Traverse, Lake, Leelanau, Mason, Missaukee, Oceana, Roscommon and Wexford.*



Changing Views of Persons with Disabilities

This table provides a good summary of the direction in which the public behavioral health system is moving. The principles in the far right column reflect the priorities of the Michigan Department of Community Mental Health and Northern Lakes CMH in supporting individuals' right to live in the world.

Focal Questions and Values	Institutional Era	Deinstitutional Era	Era of Community Living
<i>Who is Person of Concern?</i>	Patient	Client	Person, Individual, Citizen
<i>What is the typical Setting?</i>	Segregated Institutions	Group Home, Workshop, Clinics, Day Programs	Own Home, Neighborhood, Work, School, Community
<i>How are Services Organized?</i>	Regimented Facility Programming	Community Care Continuum, Least Restrictive Setting	Supports for Living in the World According to One's Preferences
<i>What is the Model?</i>	Custodial/Medical	Professionally-Driven & Programmatically Oriented	Evidence-based, peer-delivered, Best & Promising Practices, Informational Supports, Self-Determination Arrangements
<i>What are the Services?</i>	Basic Needs & Somatic Treatments	Professional Service & Community-Based Programs	Treatment, Care Coordination & Supports for Living
<i>How are Services Planned?</i>	Professional Plan of Care	Individualized Treatment Plan	Person-Centered Planning
<i>Who controls the Planning Decisions?</i>	A Professional (usually an M.D.)	An Interdisciplinary Team	Collaboration of Individual, Family, Allies & Professionals
<i>What is the Planning Context?</i>	Standards of Professional Practice	Professional Standards & Team Consensus	Exploration of Preferences & Desired Outcomes, Treatment/Support Needs
<i>What has the Highest Priority?</i>	Protection & Provisions of Basic Needs	Symptom reduction, Illness Remission, Skills Development	Recovery, Support of Living, Illness Management, Relationships
<i>What is the Objective?</i>	Control, Safety & Amelioration	Arrest Symptoms & Improve Functioning	Community Inclusion & Participation, Independence & Productivity
<i>How are Services Funded?</i>	United States Appropriation	General Funds & Medicaid FFS to Supports Programs	Medicaid & General Funds for Individualized Supports & Services
<i>How is Quality Defined?</i>	By Professional Discipline	Structure & Process Measures	Quality of Life & Person-defined Outcomes

Derived from "Consumer-Centered Social Work Practice: Restoring Client Self-determination," Kristine D Tower, Social Work, Volume 39, Number 2, March 1994

**New Directions
E-Mail:**

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We're on the Web!
SEE US AT:

www.northernlakescmh.org

We take submissions for future newsletters. We can also email the newsletter directly to you.

OPEN HOUSE!

Traverse House recently underwent renovations. You are invited to attend an Open House and Spaghetti Dinner on April 22 from 4-7:00 p.m. The Spaghetti Dinner cost will be \$5 per person and \$3 for children under 10. Hope to see you there!

**Northern Lakes
CMH Board
Meetings**

April 15, at Elmwood Twp. Hall (Leelanau County) 6:30 p.m.

May 20, at the Houghton Lake office 6:30 p.m.

NORTHERN LAKES CMH
105 HALL ST.
TRAVERSE CITY, MI 49684
www.northernlakescmh.org
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**Learning Community & Recovery
Council Schedule**

Cadillac – Friday, April 9 and May 14, 10:00-12 (noon)
Grayling – Wednesday, April 14 and May 12, 1-3:00 p.m.
Houghton Lake – Tuesday, April 13 and May 13 (Thur.), 12:30-2:30 p.m.
Traverse City – Thursday, April 1 and May 6, 10:00-12 (noon)

Recovery Council Meetings

Friday, April 23 from 1-3:00 p.m. in Traverse City.
Friday May 28 from 1-3:00 p.m. Cadillac.

"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 abilities, strengths and determination."

**Get Involved
with NLCMH's
CAC**

The Northern Lakes CAC (Consumer Advocacy Council) is in need of more members. Presently unrepresented areas are: Adults receiving services in Grand Traverse-Leelanau & Crawford-Roscommon, also a family member of a child in Wexford-Missaukee & Grand Traverse-Leelanau. The council desires a diverse membership to ensure that all of the people receiving services have a voice to advocate and advise NLCMH as your provider (contract holder) of Behavioral Health Services. **If interested** send a letter of interest to: Greg Paffhouse, NLCMH CEO, 105 Hall St. Suite A Traverse City, MI 49684

Saturday – May 1, 2010
10 a.m. to 3:30 p.m.
(registration begins at 9 a.m.)

St. Francis High School - front lot, 123 East 11th Street, Traverse City



Learn how to:

- Gain confidence
- Keep going in hard times
- Build your own goals

**Opportunity
Conference 2010**



**New
Operations
Manager
Carrie Gray in
Traverse City:
Welcome!**

- Build a network of support and resources
- Meet a personal Navigator who can help you reach your goals.

Hear, first hand, how Donna Beegle made it from POVERTY to SUCCESS.

Reserve your spot today, call the Registration Agency at: 800-442-1713 or 231 947-8920

Everyone is welcome!!!