



NEW DIRECTIONS

By, for and about consumers of behavioral health services

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The movie, Proof, is based on the Pulitzer Prize winning play by David Auburn. The film deals with mental illness and relationships.

The daughter of a brilliant but mentally disturbed mathematician, recently deceased, tries to come to grips with her possible inheritance: his mental illness. Complicating matters are one of her father's ex-students who wants to search through his papers and her estranged sister who shows up to help settle his affairs.

The film stars Gwyneth Paltrow and Anthony Hopkins, and will

be featured at The Bay Theatre in Suttons Bay, on Wednesday October 27 at 6:30 p.m.

This film is free and there will be a panel after the film with a time for questions and answers.

This is the second film this fall presented as part of Northern Lakes CMH's anti-stigma grant.

Last month the film, The Soloist, was viewed at The State Theater in Traverse City to a crowd of over 400 people.

It was also a great opportunity

for employees, volunteers, community and consumers to work together outside of the everyday boundaries for all. This was a role reversal for one NLCMH staff member in the past (see Role Reversal page 2).

There have been other events where employees and consumers work together in the community; the hope is that there will be many more in the future.



disability. The pass owner and three adults may enter in a non-commercial vehicle where per-person fees are charged. There are also some discounts on Expanded Amenity Fees, such as camping, boat launch, swimming, guided tours... Each Federal agency has their own discount guidelines so check locally for the standard guidelines of that particular agency.

America the Beautiful

The lifetime FREE access pass provides access to recreation areas managed by five Federal agencies. These are for permanently disabled U.S. Citizens or permanent residents. Permanently disabled is medically determined and severely limits one or more major life activities. More information at the following Website:

<http://store.usgs.gov/pass/access.html>

Passes can be obtained in person from a participating Federal recreation site or office:

- Bureau of Land

Management
www.blm.gov

- Bureau of Reclamation
www.usbr.gov
- Fish & Wildlife Service
www.fws.gov
- USDA Forest Service
www.fs.fed.gov
- National Park Service
www.nps.gov

Passes are issued in person only, with valid documentation of the

Suicide Prevention WALK

- >Join us for a suicide awareness walk
- >Hosted by the Crawford & Roscommon Suicide Prevention Coalition
- >**October 9th** at 10 a.m. at the Roscommon Public Elementary School
- >Opening Comments & a Balloon Release
- >The walk will follow the NEW walkway put in with the Healthy Schools Grant funds
- >Refreshments

“I Will Heal” ART of RECOVERY

OPEN HOUSE
NOVEMBER 3RD
3-7:00 p.m.

Everybody recovers from something during their lifetime. Join in the celebration and healing process by attending and/or participating in the 4th annual Art of Recovery: The Human Journey show.

The show begins Wednesday November 3rd with a reception from 3-7:00pm. The INSIDEOUT Gallery will again host the show for the month of November.

Submit artwork by October 18, 2010 at any NLCMH office.

Accommodations for the drop-off and pick up of artwork can be arranged for NLCMH consumers. Registration forms are available in the office reception area and on line at www.northernlakescmh.org.

The INSIDEOUT Gallery, in the warehouse district of downtown Traverse City, is within walking distance from the Northern Lakes office.

This is the second year to submit postcard art for the art show. “Look Closer: See Me For Who I Am” is part of an

anti-stigma message across the state of Michigan. Submissions accepted from artists, writers and poets in recovery from a mental illness or living with a developmental illness. These postcards will be displayed at the Art of Recovery show and also in a virtual gallery within the Virtual Recovery Center on the NLCMH web site. More information is available at your local CMH office or online at:

www.northernlakescmh.org.

Role Reversal

Who is the teacher, and who is the student? It all depends on the situation and the experience one has or wants to obtain. All people learn; the student, the apprentice, the child...and most become a teacher, mentor, parent, older sibling...but many never fall into the role reversal with a professional that has provided care or counseling to them. Therapist Brad Will recently shared his experience of role reversal that he experienced with one of the people he served when

he began volunteering at The State Theatre. He had thought for over a year about volunteering at the theater, but had not made the big call and moved forward on the idea. The turning point of thinking to doing came after a session with a client who shared about volunteering at The State Theatre. Little did he know that he would end up learning the ropes of cleaning the concession area by this same person! They had previously spoken about the

possibility of volunteering at the same time and how they would address each other and explain to others about how they already knew each other. Brad stated that the reversal felt a little unusual but it also felt good, seeing the person doing well in life and recovery, tackling issues that were difficult and out in the community.

Volunteering at The State Theatre can have benefits beyond seeing the feature movie, a pop and popcorn, a

free ticket to see another movie and free parking. Giving back to the community, making friends, and enjoying one's self can all help one's self-esteem and overall health.

Mayo Clinic research shows that people who volunteer have lower rates of heart disease and live longer. Previous research has shown that people who volunteer are physically and mentally better fit.

Regional Consumer Forum

The NW Affiliation Regional Consumer Forum (RCF) met in August via video connection between Ludington and Traverse City. Greg Paffhouse joined the group providing updates in the absence of a Chief Managed Care Office (CMCO). A decision on hiring a new CMCO has since been announced with Dave Branding promoted to this position.

Michigan Budget updates and the budget proposals for FY 2011 were presented to both boards in August. Changes would occur regarding the final budget funding decision from the state. The affiliation received a joint block grant to make a video about Evidence Based Practices (EBP) used in treatment at both West Michigan and Northern Lakes CMHs.

West Michigan CMHS shared information about their Candidate Forum and Diane spoke about attending Hill Day in Washington DC. NLCMH's CAC has been reviewing the Person Centered Plan and its new printout format that consumers receive when they complete their Individual Plan of Service. Customer Service, Affiliation Conference and Quality Oversight reports were reviewed. The next meeting is Nov. 18.



Movin' On Up!

NLCMH's recovery celebration took place in Houghton Lake in September with over 120 consumers and staff present.

The Recovery Band from Detroit entertained all as they arrived at the conference. The Recovery Band previously played for NLCMH in 2008. That performance was the first where they received payment to perform. More on the Recovery Band may be obtained in the Vol.5 issue 5 of New Directions and can be found at NLCMH's website.

Mary Beth Evans and Cindy Petersen welcomed all, with introductions and recognition of three board members who attended the event.

Marty Raaymakers presented the Keynote address, "Movin' On." Along with sharing some of her story, she shared that moving on in one's life is very important. She didn't believe that one had to **move up** in life to be happy and working on recovery.

She related that she resides in Texas during the winter in her trailer, which is a "dump" needing many repairs and replacements of appliances and other items. The happiness she finds in the retirement community where the trailer is located offers her opportunity to do many activities which bring her happiness.

Marty also shared her fight to live a healthier life. She and a few other friends are in a

competition to see who can get into a size 18 first. They are eating healthy and encouraging each other along the way. Other issues consumers face in the battle to live longer are smoking, inactive lifestyle, type 2 diabetes (with the unwanted weight gain from some medications) and heart disease. You can join in with others to diminish or eliminate certain health factors that will take years off your life expectancy. Change comes slowly, talk with your worker and doctor about changes you can make or join a Michigan's Personal Action Towards Health (MI-PATH) group at your local CMH office. Start dates will vary. Working with a partner or group can increase success.

Barb Lane, RN, has had successes with her smoking cessation group. Congratulations to the better health so many are working on.

Leonard Burdek, CPSS, presented information regarding the Pathways to Recovery Groups. He shared an adapted flier, "The official short duration all-inclusive excuse!" In a nutshell, it is permission to totally mess up on your next step in recovery. Many are fearful of what other people will say if they fail and so do not try.

Albert Einstein is thought to have had mental health challenges. Let us find more people like him. It is okay to fail; we learn what not to do next time. Sometimes we learn more from

a failure than we do from success. Learn how to pick yourself up and keep going. Learn when to ask for help or information to help yourself.

Many consumers and staff received awards. The reception staff from all NLCMH offices were recognized with the "First Friendly Face Award."

Todd Davis' mother accepted on his behalf and in his memory an award for all of his work and dedication to recovery and the transformation of NLCMH to a system of recovery.

The Blueprint was gone over briefly as well as items that were on the previous version that have been accomplished. Past Recovery Council members were recognized for their work on transforming NLCMH to one based on recovery.

Give yourself an AWARD for working on your recovery; now may be the time to take the next step.



Questions to ponder: Do you need to be in a better (materialistically) place to be happy or doing well in your recovery, or do you need to be integrated in society to be doing well with your recovery? Can a person be happiest and recovering well in an isolated atmosphere under the conditions one lived in prior to working on and feeling that they are in "recovery"?

A special thanks to the Recovery Council, Mary Beth Evans, Deb Freed, Cindy Petersen, Joanie Blamer, Terri Kelty, Greg Paffhouse and all the other staff and consumers who helped make this day possible!



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 also can email the newsletter directly to



Northern Lakes CMH Board Meetings

Oct. 21, 2010, 6:30 p.m. in Roscommon at R.O.O.C., Inc. 11051 N. Cut Road, Pioneer Hills [map](#)

Nov. 18, 2010, 6:00 p.m. in Cadillac at NLCMH, 527 Cobbs Street. [map](#)

NORTHERN LAKES CMH
105 HALL ST.
TRAVERSE CITY, MI 49684
www.northernlakescmh.org

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Learning Community & Recovery Council Schedule

Cadillac – Friday, Oct. 8 & Nov. 12 from 10-12 (noon)

Grayling – Wednesday, Oct. 13 & Nov. 10 from 1- 3:00 p.m.

Houghton Lake – Thursday, Oct. 12 & Nov. 9 from 12:30-2:30 p.m.

Traverse City – Thursday, Oct.7 & Nov. 4 from 10-12 (noon)

Recovery Council Meetings

Friday, Oct. 22 from 1-3:00 p.m. in Houghton Lake.

Friday, Nov. 19 from 1-3:00 p.m. in Grayling.

"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."



Recovery Enhancing Environment

Michigan Department of Community Health (MDCH) released information gathered through the Recovery Enhancing Environment Survey (REE) implemented according to standard statewide methodology.

The REE, selected by the State Recovery Council after much deliberation over many different surveys, was administered in all 46 CMHs, with NLCMH being the first to pilot it for the state. Each CMH received information for their individual CMH. The Advocates for Human Potential, Inc. presented results of the survey, with the methodology Goal; to assure selection of an unbiased, representative sample at each program site large enough to assure reliability.

Some problems in the administering of the survey at many CMHSPs were: lack of staff resources and knowledge to develop a plan, lack of understanding of REE's specific purpose to measure

recovery orientation, and lack of communication with staff and administrators which resulted in poor implementation at some program sites.

Fixed site programs, i.e., drop-ins, were the easiest and had the best return rate; the most difficult were community living supports and licensed housing.

Statewide involvement in recovery was broken into two groups, actively involved and not actively involved in recovery, with 57% responding they are actively involved in recovery, 21% not actively involved and 22% did not answer or answered other. Statewide involvement in recovery ranged from a low of 39% to a high of 74%.

Strengths and Weaknesses of the REE

Strengths: strong face validity, foundation in consumer recovery, measures both provider orientation to recovery and consumer recovery.

Weaknesses: positive response bias, use of undefined terms and concepts that may not be familiar to all, and high rate of non-responses for key items.

Next steps and shared thoughts: the state has more information than it did in the past. The Benchmarking group may take the REE into their process and sharing of information. Moving forward the REE engages discussions and should be shared in numerous ways with staff, consumers, stakeholders, in forums...

NLCMH has already begun this process and looks to continue sharing the results. NLCMH plans to administer the survey again in the near future. It is hoped to have the survey administered by peers (mental health consumers) in NLCMH's six counties, but not to people they know. For example, peers from the Grayling office may administer the survey in the Cadillac office.