

Recovery 101: What should be included

- A class on simple things you use to get better (soap, lotion, perfume, magazines, coping skills) and things we've learned NOT to use
- ABCs of recovery
- developing a simple plan
- coping skills
- motivational tapes (could make them as part of a group)
- journaling
- all men's meetings
- all women's meetings
- craft groups –birdhouses
- public speaking classes
- accepting mental illness
- public education – speaker's bureau
- how to deal with stigma and anger in the community
- how to educate people you work with
- family education
- education of law enforcement
- book discussion group
- yoga group
- tai chi
- softball tournament
- pool tournament (between drop-ins, clubhouses)
- fund raising class
- field trips (something on lakes – boat rides, etc.,) to help others who aren't involved in recovery activities
- helping those in a hospital – provide materials on how do you get better, write letters – pen pals to others who need help
- walking
- medication education class
- college prep
- have carnivals 3 per year – to generate revenue for CMH services
- Super Bingo lottery tickets to go towards generating money around November (before Thanksgiving and Christmas) for people who suffer from mental illness
- More education and health resources
- Charity Carnival
- National meeting of minds (like the Walk-A-Mile Rally) that people from ALL over the world can participate in
- How to become independent
- Making sure everyone's registered to vote and getting them out to vote
- Write letters to congressmen and senators to get them involved in mental health support and treatment
- Stigma-Busting T-Shirts (i.e.: "No one knows I'm mentally ill.")
- More buttons/magnets

- Educating the doctor's (psychiatric and medical)
- Educating the medical professionals
- educating children and schools
- Being able to openly communicate with ALL medical professionals without being afraid or forced into treatment/hospitals
- Education about rights/criteria for hospitalizations
- Consumers getting more educated about their privacy and protection
- Course on learning how to deal or cope with everyday symptoms
- More art stuff
- pooling talents to create more activities
- Exercise class
- Walking
- gardening @ CMH-flowers & vegetables
- Recovery wall quotes in all buildings (like they are in Cadillac's Gym)
- emphasis on giving – focus on beliefs
- spirituality course
- step-type programs
- basic skills on personal interactions - “getting along in life”
- basic living skills – independent living skills
- nutrition
- eating healthy on a budget
- travel club
- social activities – dinner and a movie
- living with your illness – not living in it
- journaling
- book club
- lending library (like they have in Houghton Lake) in all offices
- peers helping get people involved in activities – how to bring people in and get them started
- peers meet them when they first come in for intake to provide support
- crafts
- baking
- dealing with teenagers – parenting classes
- Recovery Anonymous Classes (like AA or NA classes) with a 12 step program to put in place or something like that
- More consumer run groups like Pathways and NAMI
- TV's in lobby areas with dates of meetings as reminders in between watching movies/recovery stories
- Dual Recovery Anonymous Groups
- stress management
- meditation
- time management
- organization and clutter control
- transportation – where, what, how – understanding what is available – more detailed information
- resource lists for more than just CMH

- compulsive gambling
- getting needs met – medically
- financial planning
- housing resources
- employment options – skills training
- resume workshop
- jail services
- low priced recreation activities
- low cost resources – hair cuts
- additional bulletins – make larger to advertise meetings
- reading classes
- how to access internet and how to use the internet
- skill development (many areas)
- accessing educational opportunities in the community
- hold groups in other locations – some apartments vs at CMH
- physical health information
- healthy eating
- poetry classes
- writing classes
- crafts classes
- jewelry classes – have the opportunity to sell items (stores)
- independent living skills
- art
- music
- drama
- job coaching
- wood burning
- arts
- meditation and relaxation
- health (mental health, exercise, nutrition/healthy eating, balancing your diet, food/drug interactions, med assistance, smoking cessation)
- weekly walking club
- pampering – manicures, pedicures, etc.
- cooking skills, other independent daily living skills
- laundry skills
- budget class
- building credit
- balancing checkbooks
- community activities – bowling, fishing, picnics, swimming (indoor or outdoor)
- developing resource information for ALL of our offices in case we need them (not just having them for our areas but having them for ALL the NLCMH areas)
- driving classes
- slow paced walking
- CPR
- First Aid
- college education intro

- coping skills
- reading
- writing
- book club (audio)
- movie night
- bingo
- other social activities
- recovery story assistance
- spirituality
- self esteem
- gardening skills
- diversity class – ethnic foods, sensitivity to cultural differences, etc.
- learning sign language
- cooking on a budget
- fast paced walking group
- NLCMH cookbook but not noting who the consumer and who the staff are
- make wellness tapes
- keyboarding/typing
- leather working
- education on health conditions (muscular dystrophy)
- Relay for Life rally together
- self-awareness classes
- trauma recovery
- YOGA classes
- massage classes
- Line dancing
- Alternative healing.
- Medication education
- Nutrition
- Pilates
- Projects such as collages
- Pedicures/manicures