



Recovery Council Meeting Minutes

Friday, August 22, 2008 / 1:00 PM – 3:00 PM

TRAVERSE CITY OFFICE

Attendees: Catherine Bergum, Todd, Joan, Jean Wistenhausen, Bob Houghton, Ashley, Mary Beth Evans, Barb McNitt, Julie Weiss, Vikki Roofe, Liz MacCord
Absent: Michelle Fisher (excused with notice), Kathy Meyer (excused without notice)
Partners: Deb Freed, Dave Branding
Staff support: Val Bishop (minute taker)

Introductions, Celebrations, and Review of Agenda Items: Save the date: October 14th – Celebration of all the recovery movements and wonderful things that have happened to all of us at NLCMH. Registration forms will be available soon.

Standing Agenda Items:

Updated Version of Recovery Council Blueprint Tasks – Not many changes, however, updated blueprint will be getting done in the near future and the council should have their updated tasks no later than November's meeting.

Learning Community Meetings – Grayling – lots of people attended. Good, active meeting in TC also. All meetings were good this month. Council members are reporting that it is helpful to have others (non-consumers) involved. It is a continued suggestion that NLCMH needs to think of ways to get information outside of the LCs. It was suggested that NLCMH could consider inviting other agency's staff to LCs. We received a call from a local Health Dept. about the Solutions for Wellness program that was handed out during this month's LCs. They are interested in the program and were referred to Ely Lilly for more information. However, it is an exciting thing that they are asking for information from our LCs!!!

Approval of July meeting minutes - Moved by Todd, 2nd by Vikki. Approved.

Evaluation of a Recovery Resource: 5 stages in the Recovery Process Training Video: Liz shared the video with her unit. The staff enjoyed the video – she described how folks noticed the way that at the beginning of the video the feeling was sad and as the stages moved along it was more positive. Some concerns were raised that with rights come responsibilities. The system keeps consumers in it too long. The staff in this unit liked the video. Lots of additional feedback. The other units may want to watch a small part within their units. There will be plans on how to facilitate training.

1st appointment for consumers – Things to consider: have something on 5 stages in the intake packet; use positive affirmations (laminated) in admission packet (rotate them); recovery definition in intake packet. Look at different modes of communication. Put Learning Community meeting schedule, calendar of event, art groups in intake packet. Possibly give a copy of someone's story in the intake packet. Hope is so important.

Group Project: Helping Hands Recovery Council Quilt: Everyone worked on handprints for the quilt. The activity was developed and will be sewn together by Liz. Great thanks to her for adding some positive group activity.

Blueprint Task: Developing a policy which defines recovery, building upon the recovery blueprint to present to the CEO (Greg Paffhouse): Key ideas: the definition should be in there. Training for staff would be mandatory – 2Xs per year. The expectation would be for recovery. Recovery is mindset. Look at the blueprint; use key words. The mindset of staff be that recovery is possible for all consumers. Include education of consumers. Listen to consumers – let them take their path. Feedback from TC provided via a handout (MB TRIED to read). Ask consumers “what does recovery mean to you”. Getting involved is important. Active recruitment of consumers into the recovery program. Include supports (covering for individual’s weaknesses). Recovery is a wholeness of life. The consumer having the feeling of normalcy. Let individuals “try” their goals. (Julie has a statement that she will give us.) How to touch the “heart” or “spirit” of a person. Complete wellness. Mary Beth will combine ideas and get a draft for next meeting.

Blueprint Task: Recovery Enhancing Environment (REE) Update: Dave Branding gave an update. The short form is going to be used (copies passed). There is a draft with some information on implementation available (passed). Discussed this document. The REE is an evolving process currently but this is the best information we have currently per the state level. Dave discussed how the REE will be used and also discussed who would be eligible to be consumer surveyors. Surveyors may NOT be employed where the survey is being conducted, however, can be employed through another mental health agency. Examples given to get the REE completed throughout different programs (like drop-ins, club houses, CSM sessions, etc) Possibility to have a discussion on having group survey sessions with transportation available or on-line version will be available in the future. Offering incentives to complete would have to be approved and follow what the state allows.

Public Comment (*from Recovery Council Partners*) - None

Next steps, review of assignments, questions, thoughts, opinions, comments, challenges

Vikki is wondering whether we could provide gas cards to allow people to attend meetings who have a hard time taking the public transit system. Discussed ways to get individuals involved in recovery activities.

September Agenda Planning

- Recovery Enhancing Environment Updates
- NLCMH Recovery Policy Continuation
- Consumer and Clinical Survey Update
- Training video feedback

Adjournment Time: Adjourned @ 2:53 PM

Next meeting is September 26, 2008, 1-3 at the Cadillac Office