

FINAL



Recovery Council Meeting Minutes

Friday, February 27, 2009 / 1:00 PM – 3:00 PM

Attendees: Mary Beth Evans (Chairperson), Joan, Julie Weiss, Vikki Roofe, Barb McNitt, Jean Wistinghausen, Kathy Meyer, Bob Houghton, Liz MacCord.

Absent: Michelle Fisher (with notice), Ashley (without notice)

Partners/Guests: Bob Pollard

Council Vacancies: Grayling (consumer), Cadillac (consumer)

Staff support: Val Bishop

Introductions, Celebrations and Review of Agenda Items

Everyone introduced themselves and shared positives.

Standing Agenda Items

Learning Community Meetings-no feedback

Approval of January meeting minutes - Approved as written by Vikki, seconded by Liz . approved.

Accommodation Notice - Mary Beth shared the notice of meeting agenda change.

Recovery Council Membership Roster

Roster – Mary Beth shared the list and asked for approval or changes in published name. Joann Lipon (change).

Council vacancies – Cadillac and Grayling. Todd is no longer with us representing Cadillac. We need to fill these positions ASAP. Val and Mary Beth will do a posting. Jean mentioned a group that she has where you miss 2 meetings and then don't get paid. Discussed lack of attendance of one member. Ensure that the individual is aware of the concerns before taking action. Vikki mentioned that because this issue was brought up during last months meeting with this member present that this would have served as notice of the attendance policy to remain on council. Vikki moved that Greg send message removing her from the council. Julie seconded. All approved – none opposed.

Update of Recovery and Anti-Stigma Grant Projects

Val went over the summaries that were handed out at the LC meetings. RECOVERY GRANT: We have received input and ideas on how to get moving forward. *Calendar*: looking at vendors, collecting info, looking for labels to have a whole sheet of stickers with 12 little labels for LC meetings, RC meetings, Art groups, Pathways, etc. Working on possibility of having people entering art to be included then a panel will pick what goes in or what gets chosen. Would like to have a MOCK calendar with examples by June 09. *Cookbook*: gathering material for still. A company has been selected to print the cookbook. Something's in the cookbook can be decided but others cannot due to this being already set up in their system a certain way. *Newsletter*: the first issue will be out next month. Colleen Jasper from the state (Office of

FINAL

Consumer Relations Director) has agreed to help us and have an article in each issue. Can be emailed. Contributions from both staff and consumers. In depth about 8 pages. Ideas for recovery articles (success stories) please get to Mary Beth or Val ASAP. Idea to use the title RECOVERY TODAY as the title per bob Houghton, Vikki Roofe and Julie Weiss. *Postcards*: have been being received (bob entered some in today). Please continue to collect and they will be posted at each site and shown for what the project is about. Staff are welcome to submit as well. Display in Inside out gallery in November 09. *Recovery Classes*: we have an OT named Sharon that is coming in April to teach flexibility and movement to continue with being healthy theme and self-management. Information needs to be distributed more widely to get more participation from more folks and so that i.e. free food giveaways are identified. Julie to check on how you get items into community calendar in the Resorter and Herald (Roscommon County) for an idea how to get things more publicized. Liz will find out how to do this (publicize info) for the TV through 9&10 news. *Resources*: more being ordered. Ordered four different magazines – one for each office – schizophrenia digest, esperenza and two others. Each site will get subscription to each magazine. Julie to distribute in HL, Barb in TC, Liz Cadillac, Vikki Grayling. ANTI-STIGMA: collecting more info on TV panels, look closer campaign, interviews for music groups were conducted and looking to get started within next couple months.

Evaluation of a Recovery Resource: 5 Stages in the Recovery Process Training Video

Barb McNitt: 2nd part of the training didn't go as well as the first. Only 2 peers attended and it wasn't done off site, however, the video was well received. It really takes time to watch and discuss adequately. Council will review Dave Byington's suggestion at next months meeting.

Updated Version of Recovery Council Blueprint Tasks

Mary Beth reviewed the council blueprint handout. (see handout for possible additions). Blueprint is always changing and updates will always be given to the council to address their roles in carrying out these tasks.

BREAK

Recovery Enhancing Environment Update (REE)

Val: Blue packets – way more details that needed but wanted you to get details of how survey will be carried out. We are a pilot group. We are doing this with Oakland. We have way more details than they do. The state is looking at NLCMH to give the other CMH's how do we carry something this involved out. Need level of detail to change system and give people idea how they are doing in their personal recovery journey. Done yearly to see if we are making changed needed. Done to tell how each area is compared with same areas in state or even within NLCMH. All adult CSM, act staff, support staff and peers are mobile to help get consumers in. Money for bus tickets/tokens are available for those participating in REE. Healthy foods available (veggies, fruit, nuts, coffee, water) for REE. Surveyors will give specifics of reasons to do this and how to do this, etc. Individual times in all locations are scheduled (see schedule in handouts). Only trained surveyors are allowed to administer surveys for totally independent results. Yesterday letters were sent out that LC's for March were cancelled. However, open consumers are encouraged to attend on specific dates. Non-registered or not open clients that attend the LCs were also sent a letter but their letter stated that they did not have to come

FINAL

because the groups were cancelled until April – they cannot take the survey because they are not currently receiving services. If you have any questions, please inform support services (front desk staff), Val or Mary Beth. Idea is to get 25 people per survey type at each site (25 from TC ACT folks, 25 from Grayling ACT folks, etc). Only applies to Adults with Mental illness. Not Therapy folks or Developmental Disabled folks. However, some consumers might get called upon if they do receive therapy because they are open to other services as well. Only giving feedback in services they receive services. If they receive services in more area they can complete the survey more than once. I.E.: if they live in Glen Oaks apartments, see the doctor and have a case manager – they can do the survey a total of three times if they so chose to – one time for each area they receive services. If someone has a dual diagnosis (meaning they have a mental illness and are developmental disability) they can still take the test if they wish. Sunday the surveyors will arrive and get a better sense of where they are going and how things will play out. The recovery center of excellence director of consumer services (Steve Batson) will be accompanying the surveyors. We will have 5 surveyors across our 6 counties. If we get good feedback, the state will more than likely begin using the survey thereafter based on the feedback we receive.

Identification of Future Agenda Items

Vikki – previous item discussed – gas cards for individuals who won't/can't take the bus.

Money spent wouldn't need to be more. Discussed options.

Council terms and limitations, etc. Mary Beth will work on options for terms by the April meeting.

Different groups – what is available and what do they do.

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

Coffee will be available at each location for all consumer groups/meetings

Assignments –

- Mary Beth and Val will prepare posting for council vacancies.
- Mary Beth will prepare information for Greg regarding replacing a council member.
- Mary Beth will work on council terms by the April meeting.
- Mary Beth – project updates will now be put down as a standing item on each agenda.
- Barb will give an overview and will bring info on what's worked and what's not.
- Mary Beth – will be adding the definition to every agenda at beginning and at the end.
- Julie – will be checking on how you get items into the community calendar in the Resorter and Herald (Roscommon County) for an idea how to get things more publicized
- Liz – will be checking on how to publicize info for the TV through 9&10 news.
- New Recovery magazines to be distributed to each office monthly. Julie will distribute in HL, Barb in TC, Liz in Cadillac, and Vikki in Grayling

FINAL

March Agenda Planning

Mary Beth will create March agenda.

REE – initial feedback

Multi Family Group challenges (locations other than TC)

Adjournment

Kathy motioned to adjourn after recovery definition was read. Vikki seconded it. All approved. Meeting adjourned at 2:58pm.