



Lenawee Community Mental Health Authority
To promote positive outcomes by creating a path to resilience; recovery; well ness and self-determination

CONSUMER ACTION COMMITTEE

Meeting Minutes

June 12, 2015

10:00-11:30 am

Present: Judy A.; Greg A.; Jen D.; Judy D.; Kathy I.; Sandy K.; Vance P.; Mark R.; Kay R.

Absent: Sandy T.; Tony L.

Meeting called to order 10:02 pm.

Additions to Agenda/Approval of last month's minutes

- No additions to the agenda.
- **MOTION** by Kay R. to accept May 2015 minutes. **SECOND** by Kathy I. **MOTION CARRIED.**

Calendar of Events for June

- Monroe Consumer Conference
 - Consumer Conference on June 18, 2015. Group will be leaving CMH at 8:00. We have 6-8 people RSVP'd as of this meeting. If anyone is interested in attending, please let Jen know.
- Party in the Park
 - Adrian Andy's Angels and others involved in the recovery community is hosting this family-friendly event to promote awareness and eliminate stigma surrounding Substance Use Disorders. Event will take place on June 28th in Trestle Park from 1:00-4:00 pm. Kay will email flyer for distribution.

Terms

- CAC member terms were reviewed. **MOTION** by Mark R. to accept terms. **SECOND** by Jen D. **MOTION CARRIED.**

Work Plan

- Sandy K. and Greg A. talked about LCMHA strategic planning and the goal to get more consumer involvement with Board meetings. Also discussed looking at the whole picture of LCMHA: Board, Activities, Physical Plant, etc.
- Consider how supportive of consumer recovery our environment is.
- Look into ways to have a more empowered voice from people served by LCMHA.

- Discussed importance of educating community about what mental illness really is. Some ways this could be done is by going to schools or community organizations to speak.
- Added the objective of creating a Speakers Bureau to Goal #1 of Plan.

RCAC

- July 8, 2015 RCAC meeting is cancelled. The next meeting will be scheduled in October. This will allow time to determine what the next step will be and what our involvement in that will consist of.
- Voting for an RCAC alternate remains on hiatus.

Awareness Efforts

- Safe Talk Trainings
 - July 21, 2015 from 9:00am-12:00pm. Looking to hold at Drop-In and training will be open to community. Currently have 6-7 people interested. Contact Jen to sign up.
 - July 23, 2015 – Date for training in Tecumseh. Time to be determined.
- Suicide Awareness
 - Survivor Walk meeting will be on June 24, 2015 at 4:00 pm, LCMHA.

Education

- Train the Trainer
 - Leslie Hall to come to do Livingston's training program with consumers in Lenawee on July 17th from 9:00-3:00 in the Human Services Building. Lunch will be provided and RSVPs are needed by July 9, 2015.
 - Training will teach how to facilitate various programs (ex., budgets, health, etc.) and will train participants to provide this training to other consumers.
- Family Support Group
 - McFarlane Psychoeducation - Idea of McFarlane Psychoeducation is about helping consumers and their families through education and treating the mental illness as the issue, not the person. Intensive program with lots of training required. Committee will need to evaluate whether this is an option it wishes to pursue.
 - Family Support Program - Sandy K. mentioned the Family Support Program which was a popular psychoeducation program many years ago. Participants would learn about various topics that were relevant to their loved ones diagnosis or life (ex. learning about epilepsy, how to access services, etc.)
 - Other programs may be of interest to the community, such as DBSA family groups.

- Will track interest for family group to see how much of a need there is.
- Family Group Subcommittee will be formed to look into options further. Jen D.(lead), Greg A., Kay R., and Kathy I. expressed interest in becoming involved with this subcommittee. Sandy K. offered to lend her assistance if the group would find that helpful.

Legislation and Mental Health

- Kay updated committee about How to Talk to Legislators Meeting that was held on June 9, 2015. Doug Spade spoke and gave good suggestions for everyone. Encouraged consumer involvement. Let attendees know that individuals letter writing, phone calls, etc. are more effective if they are personalized.
- Also encouraged people to stay informed about pending legislation. To assist with this, Kay will be passing along the Friday Facts received from the Michigan Association of Community Mental Health Boards.
- Kathy I. distributed Community Guide with info related to local and state government.

MOTION by Jen D. to adjourn. **SECOND** by Kay R. **MOTION CARRIED.**
Meeting adjourned at 11:30 am.

Next Meeting Date—July 10, 2015 10:00 am LCMHA