

CONSUMER ACTION COMMITTEE

Meeting Minutes

September 11, 2015

10:00-11:00 am

Present: Judy D.; Jen D.; Rod H.; Sandy K.; Vance P.; Mark R.; Kay R.; Sandy T.; Joe R. (Guest)

Absent: Greg A.; Kathy I.

Meeting called to order.

Warm-Up

Group answered ice breaker question: "What do you look forward to about fall?"

Additions to Agenda/Approval of Last Month's Minutes

- **MOTION** by Mark R. motioned to accept August 2015 minutes. **SECOND** by Jen D. **MOTION CARRIED.**

Calendar of Events for September

- Suicide Awareness and Prevention Walk
 - September 25, 2015 at 6:00 pm. Located at Burr Ponds Park in Adrian.
- September Recovery Awareness
 - Drug take-back day is happening on Saturday September 26, 2015 from 9:00-12:00 at Bixby Medical Center.
 - Transportation is not available for these events. Should transportation be looked into for the May take-back?
 - Ads focused on substance use disorder continue to run through September on local radio.

CAC Membership

- Joe R. here to express interest in CAC membership as substance use representative.
 - Joe has over 20 years of sobriety and years of experience with AA groups in Lenawee County. He is a Peer Recovery Coach who uses his experiences to help others on the road to recovery.
 - Jen **MOTIONED** to recommend approval of Joe as CAC member to LCMHA Board. Kay **SECOND. MOTION CARRIED.**
- Still in need of Substance Use Disorder representative and two Children's services representatives

Committee Education

- Each month a member of one of the LCMHA teams will attend the CAC meeting to educate members about what role their team serves.
 - Jeff from Access Department attended this month. He took time to discuss what the Access team does. Points that were highlighted:
 - The Access team provides support and direction to individuals in crisis. They also assist individuals who have questions for themselves and others. Access workers are available to talk to people on the phone and in person. Services are available during business hours for in person meetings and 24/7 by telephone.
 - Access looks at why someone is seeking services and what services would be appropriate for that individual.
 - Access also assists people with information on resources in the area. They will help connect people with community agencies, even when someone may not be eligible for services from LCMHA.
 - Annual assessments for medication-only consumers are conducted by Access.
 - If a consumer is being discharged from LCMHA services, the Access team assists in the transition.
 - Access also does safety plans and ER evaluations as part of its crisis services.
 - When someone is taken to the Emergency Room for a mental health crisis, Access is contacted by the hospital in order to provide support and authorize payment for services if the individual:
 - receives CMH services
 - has Medicaid only
 - has private insurance with Medicaid as secondary
 - has no insurance coverage

Work Plan

- Jen met with Vallerie from LCMHA to discuss the DD family support group and how it could be applicable to a family group for families of people with mental illness. Jen explained pros and cons.
 - Mark **MOTIONED** to recommend a group that provides support for families of adolescents and adults with mental illness. Sandy T. **SECONDED**. Sandy K. to recommend to LCMHA Board.

RCAC

- Issues with how RCAC will run need to be worked out. Meeting is set for October 14th but may change to November if the need arises.

Education

- Legislation Awareness
 - Need to begin meeting to practice/refresh skills from leadership training.

Other

- Grapevine
 - Grapevine due mid-November. Mark and Judy to write article.
- Future Consideration
 - Christmas Party—do we have one? How to ensure group homes are aware.

RECOMMENDATIONS:

1. That the LCMHA Board approves the application from Joe R. and appoint him as CAC member (SUD Representative).
2. That a group be developed to provide support for families of adolescents and adults with mental illness.

MOTION by Mark R. to adjourn. **SECOND** Vance P. **MOTION CARRIED.**

Next Meeting Date—**October 9, 2015 10:00 am** at LCMHA