

Consumer Action Committee Minutes
May 13, 2016

Present: Judy Mort-Duncan; Jen Durell; Joe Roman; Judy Ackley; Kay Ross; Sandy Keener; Vance Powers; Kathy Illenden; Mark Roman; Sandy Toadvine.

Absent – Rod Haas

Additions to agenda/approval of minutes –

- **Motion** by Judy A to accept April Minutes. **Second** by Jen. **Motion Carried**

Work Plan

- Goal #1 – Family Support Group will start in June. This group has been running for several years by the DD team but will now include MI.
- Goal #2 – Mark reporting. (REA) Mark is talking with Sister Carlene about helping start a writing group. She will come to the July meeting for dialog about exactly what we would like.
- Goal #3 – presentation “Your Voting Rights” held in April was very good. Attendance was low. How can this group carry the info further? Grapevine articles, website, meet personally, use the Drop In for sharing info.
- Need to keep the Candidate Forum on the committee radar

RCAC update

- Starting to work on a Strategic Plan.
- Next scheduled meeting is July 13.
- Looking into the possibility of a traveling art show...each member to bring back to their CAC for input. Members very interested.
- Local art show - Members are very excited about doing it. Suggestions were the Lenawee County Historical Museum, downtown store fronts etc. There is also a possibility of entering items in the Open Class at Lenawee County Fair. Suggestions of art were puzzles, photography, crocheting, painting, coloring. Kathy and Kay will investigate a coloring group. This is be a continuous agenda item

Coming Events

- MHAM – will use cars to transport people to Lansing. Have 17 registered currently with several asking to go on a wait list.
- E-Race Run – on track
- Grapevine – Sandy T. to work on article

Other

- Meeting day/time change – will keep the meeting date/times the same.

June Agenda Items

- Sister Carlene on writing group
- Art project
- Kathy/Kay – report on coloring club
- Work Plan
- Race report
- Walk a Mile
- SafeTALK
- Sept/Oct events

Motion by Mark to adjourn. **Second** by Kathy. **Motion Carried**

kr

CAC WORK PLAN 2016

Goal #1: Consumer Action Committee members will identify their role in CMH efforts to educate the community about Mental Illness

Objective	Specific Activities	Who	By When	Status Update
1. Increase community awareness of suicide risk	<ul style="list-style-type: none"> • Mental Health First Aid – Sandy will keep members updated on new trainings • SAFE Talk 	<ul style="list-style-type: none"> • Sandy • Kay • Training 8/6/16 	<ul style="list-style-type: none"> • ongoing • 9/16 	<ul style="list-style-type: none"> • Training 7/21/16 • 9/16 • ST training 6/4/16
2. Increase community awareness of the impact of substance use disorders (SUD)	<ul style="list-style-type: none"> • ROSC – presentative • LSAPC – representative • 2016 Addiction Summit 	<ul style="list-style-type: none"> • Jen • Judy • Kay 	<ul style="list-style-type: none"> • Monthly • Monthly 	<ul style="list-style-type: none"> • 9/16 • 3/16 completed
3. Increase community awareness of the impact of mental illness and developmental disabilities on the criminal justice system	<ul style="list-style-type: none"> • Mental Health Court – information • Jail Diversion - information 	<ul style="list-style-type: none"> • Sandy • Sandy 	<ul style="list-style-type: none"> • Ongoing • ongoing 	9/16
4. Increase awareness of mental health issues through attendance at Collective Impact meetings	<ul style="list-style-type: none"> • Attend Collective Impact meetings 	<ul style="list-style-type: none"> • 	monthly	<ul style="list-style-type: none"> • 9/16

Objective	Specific Activities	Who	By When	Status Update
5. Increase support/education for family members of persons with mental illness	<ul style="list-style-type: none"> Write/record Radio Ads 	<ul style="list-style-type: none"> Jen Joe kay 	<ul style="list-style-type: none"> 9/16 	ongoing
6. Increase number of persons who are trained to share stories to help reduce stigma	<ul style="list-style-type: none"> Continue with leadership trainings. Create a Writing Group for persons to learn how to write their stories, poems etc 	<ul style="list-style-type: none"> Kay Newly added 4/16	<ul style="list-style-type: none"> Ongoing Mark 	<ul style="list-style-type: none"> 9//16 5/16

Goal #2: Promote consumer self sufficiency through information and support

1. Learn from other CAC's about activities to educate consumers	<ul style="list-style-type: none"> Visit CAC's in the region Attending RCAC when starts back up in Feb 2016 			9/16
2. Use existing consumer surveys to identify role for CAC in educating consumers	<ul style="list-style-type: none"> Consumer Satisfaction Surveys 		<ul style="list-style-type: none"> 2016 	
3. Develop a Consumer Education Plan <ul style="list-style-type: none"> a. What do consumers need to know? b. How do consumers access information 	<ul style="list-style-type: none"> Leadership training for consumers 	<ul style="list-style-type: none"> CAC members 	<ul style="list-style-type: none"> ongoing 	Quarterly 4/16 7/16

Objective	Specific Activities	Who	By When	Status Update
4. Advocate for consumers	<ul style="list-style-type: none"> Report to the LCMHA Board 	<ul style="list-style-type: none"> Chair/vice chair 	<ul style="list-style-type: none"> ongoing 	Monthly CAC meetings
5. CAC Communication Plan	<ul style="list-style-type: none"> Grapevine-Newsletter Give input on radio ads 		<ul style="list-style-type: none"> Ongoing Ongoing 	

Goal #3: Educate CMH consumers through legislation effecting persons with mental illness, developmental disabilities and substance abuse disorders

Objective	Specific Activities	Who	By When	Status Update
1. Educating persons with MI and SUD on the voting process	<ul style="list-style-type: none"> Bring in a speaker, ie. County/township clerk to talk about procedures of voting, how to vote, etc Invite a legislator, ie to talk about how to research candidates, issues etc. 	<ul style="list-style-type: none"> subcommittee 	<ul style="list-style-type: none"> June 2016 and Oct 2016 June 2015 	<ul style="list-style-type: none"> June 2016
2. Inform all about the candidates that are running for office	<ul style="list-style-type: none"> Join with a group/create a Candidates Forum to talk about MI and SUD issues 	<ul style="list-style-type: none"> Committee 	<ul style="list-style-type: none"> October 2016 	May 2016