

## LCMHA Consumer Action Committee Meeting

July 8, 2016

Present: Deb Bills; Jen Durell; Rod Haas; Sandy Keener; Judy Mort-Duncan; Vance Powers; Mark Roman; Joe Roman; Sandy Toadvine; Karen Rawlings (Minutes)

Guest: Sister Carleen (Adrian REA Literacy Center)

Absent: Judy Ackley; Kathy Illenden; Kay Ross

Previous Minutes:

MOTION BY M. ROMAN to accept the previous minutes dated June 10, 2016.

SUPPORTED BY J. DURELL. MOTION CARRIED.

Education: Nothing to report

Work Plan:

- a. Writing Group – Sister Carleen gave an overview of the work that is done at the Adrian REA Literacy Center. Many cannot read or write, most people have learning disabilities, or they dropped out of school. For many English is their second language. The Literacy Center is open for adults on Monday – Thursday 8am – 8pm. They are closed for 2 weeks last week of July/first week of August. There was discussion regarding the kind of writing help/group that we are looking for. It was agreed that: completing applications; putting thoughts onto paper; spelling; developing skills to become an advocate for themselves; and comprehension were important skills to learn. It will be therapy for many consumers to tell their own story in the form of writing. A visit to the Literacy Center would be advantageous. Sister Carleen agreed that it would be possible for a volunteer to be available for a writing group at Interconnections. The telephone number at the Center is: 517.266.4260. Sister Carleen's direct line is 517.266.4236.
- b. Independent Facilitator Training. The current Strategic Plan of LCMHA contains a goal to increase the number of Independent Facilitators available to consumers. Sandy Keener asked the group if this issue could be added to the Work Plan of the CAC? Sandy Keener outlined the requirements of an independent Facilitator as well as the advantages to the consumer. It will be necessary to research the training available, and then recruitment. Eligibility requirements include completion of a one (or 2 day) training, followed by an interview, creation of a resume, and circulation of the information to those who would like an Independent Facilitator. Mark Roman suggested creating a flier to advertise the opportunity. It was agreed that this topic should be added to the agenda for the next meeting.

#### Subcommittees:

- a. Consumer Art Project Committee. This group met on June 15<sup>th</sup>. Barry Cebulski is looking into more information from the Adrian Center for the Arts. A list of possible topics was reviewed. It is an eclectic mix of ideas and can be added to at any time. The group was in agreement that one type of project at a time should be the focus for ease of scheduling and finding volunteer instructors. Some of the projects, such as knitting; crocheting; cross stitch would be deferred to the winter months. If the group was limited to consumers' only, classes could be any day, but it would have to be Tuesday if it was open to anyone. There was discussion regarding displaying the art: such as traveling art show; downtown store front windows; library; museum; Art-a-licious; First Fridays etc. Finding volunteers to run the classes could be difficult. Deb Bills provided a couple of names to contact. Cost needs to be kept to a minimum (supplies).
- b. Legislative Forum Committee. The next meeting is on the 19<sup>th</sup>. There will be discussion around when to hold the candidate forum. There was a suggestion to wait until after the August Primary when candidates will be known.

#### RCAC:

This group meets next Wednesday, July 13. Subjects to be discussed include:

Art project; Independent Facilitator Training (where is it available and when?) within the Region.

#### Upcoming Events:

- a. September – Suicide Awareness Month, Recovery Awareness Month. There is a suicide survivor's walk scheduled by the McLemore group at Comstock Park on September 24<sup>th</sup>. Does this group want to join this group, or have a separate event? It was agreed that we should reach out to the organizers again to see if we could participate. Greg Adams is a good liaison. Members would like to recognize that 22 veterans commit suicide per day, and also discussed having 129 people/walkers represent the 129 people per day who commit suicide. However, having duplicate events would be counter-productive. Recovery Awareness Month could be acknowledged by an article in the Grapevine about Recovery. It was agreed that Joe would work on this. Karen will assist.
- b. October – Mental Illness Awareness Month. It was agreed that this could be the kick-off month for the art exhibits.
- c. Mental Health First Aid Training – July 21<sup>st</sup> in the River Raisin room, Human Service Building – there are openings available. Registration at [www.lcmha.org](http://www.lcmha.org)
- d. Narcan Training – July 27<sup>th</sup> at 1pm (CMH) and 6:30pm at Madison Fire Dept. Registration for both of these is at [www.lcmha.org](http://www.lcmha.org)

#### Other:

Judy reported from the LCMHA Board Meeting that the new Medicaid Waiver will include SUD. John (Elvis impersonator) will be at the band shell at the Fair on Thursday 28<sup>th</sup> at 12:30pm. Supporters are encouraged to attend.

MOTION BY M. ROMAN to adjourn at 11:45am. SUPPORTED BY S. TOADVINE. MOTION CARRIED.

Next meeting: August 12<sup>th</sup> at 10:00am LCMHA Board Room