



l e n a w e e  
**Community  
Mental Health**  
a u t h o r i t y

# GRAPPEVINE

## A Call For Art

**T**he Michigan Association of Community Mental Health Boards (MACMHB) is organizing a two-year, statewide traveling art show featuring the work of artists who use Community Mental Health services. The goals of this traveling show are 1) to help destigmatize mental illness, developmental disabilities, and addictions by showcasing the multi-dimensionality of consumers, and 2) to highlight the recovery potential of the arts.

Each PIHP is asked to submit two works of art: 2-dimensional only (painting, drawing, print-making, fabric, photography). Please remember that all art should be family friendly. MACMHB reserves the right to decline any submission.

The show will debut in Traverse City at the 2007 fall MACMHB conference. Deadline for submission to your local agency is May 1, 2007. ■

## Mental Health Awareness Month

**M**any activities are being planned for the month of May to celebrate Mental Health Awareness Month. Included here is a partial listing of activities you may be interested in. As more information becomes available, announcements will be made on the radio, in the newspapers, in the LCMHA waiting room, and on our website at [www.lcmha.org](http://www.lcmha.org).

Questions or suggestions about any activities may be directed to Customer Services (517) 263 - 8905.

■ May 16:  
**Affiliation Art Show** -  
St. Luke Lutheran Church,  
Ypsilanti, MI.

■ May 19:  
**Lenawee Safe Kids Child  
Safety Seat Inspection** -  
takes place at Kapnick  
Insurance, 10:00 a.m. - 1:00  
p.m. Appointments are  
encouraged. Contact Kay  
Ross (517) 263 - 8905.

■ May 23:  
**Local Walk A Mile Rally** -  
at the Courthouse, Adrian. A  
line will form at the LCMHA  
offices (Human Services  
Building) at 2:30 p.m. to walk  
to the Old Courthouse where we  
will gather to read statements  
regarding mental health issues.  
Everyone is welcome. Bring a  
friend!

■ May 24:  
**State Walk A Mile Rally** -  
at the Capitol Building,  
Lansing, MI. Registration starts  
at 11:00 a.m. The county  
representatives will begin their  
walk to the capitol steps at 1:30  
p.m. Everyone is asked to  
attend to cheer our consumer  
representative on, and to show  
our support for mental health  
parity and other legislative  
endeavors.

■ **TO BE ANNOUNCED:**  
Lenawee's Mental Health  
Awareness Celebration and  
presentation of the Lori Sallows  
Anti Stigma Award. If you  
know of someone who deserves  
this award, please fill out the  
form on page 7 or on our  
website at [www.lcmha.org](http://www.lcmha.org) by  
May 1.

**SAVE THIS DATE! • SAVE THIS DATE!**

*Thursday, May 24, 2007*



**SAVE THIS DATE! • SAVE THIS DATE!**

*Registration begins at 11:00 a.m. • Rally, 1:30 - 2:30 p.m.  
State Capitol Building, Lansing*

**SAVE THIS DATE! • SAVE THIS DATE!**

## A Word With The Director

### Governor

**Jennifer M. Granholm**  
P.O. Box 30013  
Lansing, MI 48909  
(517) 373-3400  
(517) 335-7858 - Constituent Services  
Fax: (517) 335-6863

### State Senator

**Cameron Brown**  
Republican of District 16  
Office Phone: (517) 373-5932  
Office Location: 405 Farnum Building  
Email: SenCBrown@senate.michigan.gov

### Representative

**Dudley Spade**  
Office Phone: (517) 373-1706  
Fax: (517) 373-5777  
Office Location: N991 House Office Building  
Email: dspade@house.mi.gov

Mailing Address:  
P.O. Box 30014  
Lansing, MI 48909

### Representative

**Mike Simpson**  
Office Phone: (517) 373-1775  
Fax: (517) 373-5242  
Office Location: N0999 House Office Building  
Email: mikesimpson@house.mi.gov

Mailing Address:  
P.O. Box 30014  
Lansing, MI 48909

### The Honorable Tim Walberg

U.S. House of Representatives  
325 Cannon House Office Bldg.  
Washington, DC 20515  
Phone: (202) 225-6276  
Fax: (202) 225-6281

### The Honorable Tim Walberg

800 West Ganson  
Jackson, MI 49202  
Phone: (517) 780-9075  
Fax: (517) 780-9081

### The Honorable Tim Walberg

77 E. Michigan Ave., Suite 201  
Battle Creek, MI 49017  
Phone: 1-877-TIM-MI07

The 2007 Winter Conference of the Michigan Association of Community Mental Health Boards has come and gone.

One of the main events of our winter

conference is an opportunity to visit with legislators to share our views on issues that

are important to community mental health and to the consumers whom we serve. A breakfast or dinner meeting is held at which legislators are received by the directors and delegates from their respective districts. The time we get to spend with our legislators at these events is often brief, with a number of people vying for attention concerning their respective issues. Of course, the legislators also have difficulty splitting themselves when their districts overlap with several boards.

This year we did things differently. Our Affiliation hosted a separate legislative breakfast and invited other boards that our legislators serve to join us. Shiawassee CMH, LifeWays, and our Affiliation joined together for the event. A formal presentation was made covering topics pre-selected by our respective boards. Some of the topics were the budget and Medicaid, the Michigan Prisoner Re-Entry Initiative, Encompass, Mental Health Parity, and the Michigan First



Health Plan. We were delighted that Diane Ballingall agreed to present the Mental Health Parity issue on our behalf!

The importance of staying in touch with members of the Michigan Legislature cannot be overstated. Providing information as bills are being drafted is the ideal time to make sure that a particular issue is presented and addressed to our satisfaction. It also reinforces the notion that we are good resources for legislators. Involvement in the legislative process should follow a bill as it progresses through committee before going to full floor debate. There is ample opportunity to participate in the hearings period by providing written or oral testimony. And, of course, along the way it is important to stay in touch with those legislators who may not be involved in the actual drafting of a particular bill, because it is likely that at some point they will participate in debate and a vote.

In addition to our Affiliation making legislative relationships a high priority, we are fortunate to have members of our own Consumer Advisory Committee who are interested and active in legislative matters. If there is a particular issue or bill being debated at the state or national level, our CAC is most likely on top of it. Diane Ballingall, CAC Chairperson, is a great resource for legislative issues.

She can be contacted at [dballingall@tc3net.com](mailto:dballingall@tc3net.com). You can also watch for a new legislative link, soon to be included on our website, [www.lcmha.org](http://www.lcmha.org). ■

 **NAMI**  
**Of Lenawee**

Support groups for families of children and adolescents with mental illness are being formed by the NAMI (National Alliance on Mental Illness) group of Lenawee. NAMI is a grassroots alliance that formed when families like yours came together for support and that's where the needs originate and the membership grows from.

Help us grow so we can continue to respond to your needs and the needs of other persons impacted by mental illness through providing support, education, and advocacy for the community. Meeting dates, times, and locations to be announced. Contact Diane Ballingall at (517) 263 - 3577. ■

*Friends*  
believe in  
your dreams  
as much as  
you do.

# Lenawee County Support Groups

## ■ Alcoholics Anonymous

(517) 265 - 3590

Times and locations are regularly listed in the Daily Telegram under LOCALUPDATE.

## ■ Answers on Alzheimer's

Meets quarterly on Fridays  
Department on Aging  
(517) 264 - 5280

## ■ Arthritis and Fibromyalgia Support Group

Last Monday of the month,  
5:30 p.m. Location rotates  
between the two Carter Rehab  
sites (517) 423 - 7722

## ■ Autism Support Group

Third Wednesday of the month,  
9:30 - 11:00 a.m. Porter Center  
Room 190A. Contact Mary  
Poore (517) 263 - 8905

## ■ Cardiac Support Group

For details and pricing for non-  
patients, contact Cardiac Rehab  
(517) 265 - 0221

## ■ DBSA Support Group

(Depression and Bipolar  
Support Alliance)  
Mondays, 12:30 - 1:30 p.m.  
New Focus Clubhouse  
(517) 263 - 3577

## ■ Depression Support Group

Every Thursday,  
3:30 - 5:00 p.m., Customer  
Service (517) 263 - 8905

## ■ Depression Support Group

Tuesdays, 4:00 - 5:30 p.m.  
Herrick Outpatient Counseling  
Center, Tecumseh  
(517) 423 - 3887

## ■ Diabetes Support Group

Third Friday of the month,  
10:30 a.m. - Noon, Human  
Services Building, Adrian  
Eva Salsbury (517) 424 - 3388  
For diabetes info  
www.diabetesinmichigan.org

## ■ Fabulous Fitness Support Group

Every Monday, 1:00 p.m.  
Human Services Building  
LCMHA, Kathy Tripp  
(517) 263 - 8905

## ■ Grief Recovery

6 week program (loss through  
death) Hospice of Lenawee  
(517) 263 - 2323

## ■ Grandparents Raising Grandchildren

Thursdays, 5:30 p.m. at the  
Adrian Senior Center. Child  
care available. Department on  
Aging. (517) 264 - 5280

## ■ Growing Through Grief

First and Third Thursdays of  
the month, 7:00 p.m.  
Hospice of Lenawee  
(517) 263 - 2323

## ■ HIV and Recovery

**Support Groups**  
(Ann Arbor and Jackson area)  
For meeting times and  
locations, contact HARK,  
(800) 578 - 2300

## ■ I Feel Better Now

8 week program for children  
6 - 12 years  
Hospice of Lenawee  
(517) 263 - 2323

## ■ Lyme Disease Support

(newly forming)  
Monthly meetings, 7:00 p.m.  
(initially at the Adrian Public  
Library) Christina Emery  
(517) 265 - 5712

## ■ "Man to Man" Cancer Support Group

(prostate  
cancer)  
(517) 263 - 2317  
24/7 Information Line (800)  
ACS-2345. Link to a cancer  
survivor online support  
www.cancer.org

## ■ Multiple Sclerosis Self Help Group

Second Tuesday of the month,  
6:00 - 7:30 p.m. Grace Pointe  
Church, Adrian. Debbie Hose  
(517) 423 - 0721 or Valerie  
Pierce (734) 475 - 6332

## ■ NAMI (National Alliance for the Mentally Ill) - newly forming.

Specific meeting  
dates not set. Diane  
(517) 263 - 3577

## ■ Narcotics Anonymous

Meets 6 days a week at various  
times and locations, Adrian.  
Regular listings can be found  
in the Daily Telegram under  
LOCALUPDATE.

## ■ Post Abortion Support Group

Care Pregnancy Center  
(517) 263 - 5701

## ■ Overeaters Anonymous

(517) 423 - 5080 or  
Carol (517) 263 - 8047

## ■ Schizophrenia Anonymous

Thursdays, 1:00 - 2:00 p.m.  
New Focus Clubhouse  
(517) 263 - 3577

## ■ Self Esteem and Domestic Violence Awareness

Tuesdays, 6:00 - 7:30 p.m.  
Catherine Cobb Center  
(517) 264 - 5733

## ■ Sex Offenders Group

Thursday 9:00 a.m. or  
Tuesday 6:00 p.m.  
Catholic Charities of Lenawee  
(517) 263 - 2191

## ■ Substance Abuse Group

Thursday 4:00 p.m.  
Catholic Charities of Lenawee  
(517) 263 - 2191

## ■ Teen Support Group

Fridays, 4:00 - 5:00 p.m.  
Catholic Charities of Lenawee  
(517) 263 - 2191

## ■ T.O.P.S. (Take Pounds Off Sensibly)

• Chapter 1440 - Thursdays,  
4:00 p.m. Herrick Hospital  
Wanda (517) 451 - 2923  
• Chapter 1379 - Mondays,  
5:00 p.m. Onsted  
Audrey (517) 467 - 2332 or  
Judy (517) 264 - 1706

## ■ What Color is your Hurt?

10 week grief program for  
children 3 - 6 years,  
Hospice of Lenawee  
(517) 263 - 2323

## ■ DRA (Dual Recovery Anonymous)

Fridays, 12:00 - 2:00 p.m. Stay  
for the entire time, or any part.  
Human Services Building,  
Demo Kitchen. Customer  
Service (517) 263 - 8905, or  
Linda Monroe (517) 263 - 3577

*The availability of these groups is subject to change without notice. There may be a fee involved.*

*To add or update the information about any support group, please call Customer Service at (517) 263 - 8905 with the details.*

# Recovery

## THE MENTAL HEALTH WORKER'S ROLE

- Communicate a belief that a person can and will recover. Say, "I believe you can have the life you want to have and I will support you in your journey to get there" and "I have hope for you".
- Listen. Really listen. Do not judge, dismiss or advise, just listen.
- Engage in conversations about goals, dreams and wishes.
- Ask questions like, "What would be a satisfying life for you?" and "How can you get there?"
- Use stories to inspire. Encourage people to tell their stories. Share success stories.
- Believe in the potential of each person to recover in their own way.

- excerpt from *Thresholds*,  
March 2006



# Recovery Council

- Kathy Bennett

The Recovery Council for the State of Michigan was formed after a grant was received from the federal government to transform the public mental health system into a "recovery based" system. It is a three year, \$300,000 grant, and those persons selected to work on the project feel as though we have barely scratched the surface of the basic questions we started out with: "what is recovery?" and "how will we know we have achieved our goal?" Those are hard questions and everyone has different answers as to what recovery looks like.

So how do you transform a system? You start out with a

group of people who deal with the system daily and ask them their opinion. The group is made up of primary stakeholders, secondary stakeholders, providers, and partners.

Primary stakeholders make up the largest part of the group as we are the "experts" on what "recovery" means to us. Our answers are varied, even though transforming the system to a recovery based system means the same to all of us.

The recurrent theme in the answers given is that staff and consumers must be educated that recovery is indeed possible and likely - even

though recovery means something different to all of us; and we must be given the opportunity to recover in a place where there is an attitude of recovery.

Some of the work we have been doing this past year, since the Council was formed involves finalizing Psychiatric Advanced Directives, Peer Support Specialists, and looking at various tools of measurement for CMHSP's. As you can see, we do not have an easy task, but it is one that is well worth the effort. Recovery is possible for everyone who has a mental illness. ■

# CAC Report

My name is Earl Barnes, and I serve on the Consumer Advisory Committee (CAC). At our meetings, there are about 12 people, five LCMHA staff and seven consumers. We make recommendations to the LCMHA Board on how to improve programs to serve consumers better. One consumer takes notes at our meetings and reports what we do to the Board. We meet two days before they do. The LCMHA Board needs to know if we voted on anything, because they need to approve it.

The LCMHA Board meets on the fourth Thursday of the month at 3:00 p.m. Board

meetings are open to the public, and I encourage people to attend. You would be given an opportunity to speak at the meetings. It's all business and they don't have time to waste, so come prepared if you want to voice an opinion.

At present, there are two openings on the Consumer Advisory Committee, and we are accepting letters of intent from consumers wishing to join our committee. There is an MI Child and a DD opening.

If you would like to apply, please write a letter telling the committee how you feel about the ways you would change things to help consumers. We

also would like you to come to a meeting to introduce yourself and let us know who you are. You would be able to see how we work together on the committee. Our meetings are held the fourth Tuesday of the month at 9:30 a.m. in the board room at LCMHA.

Time is of the essence, so do it as soon as you can. Positions need to be filled by May 2007. For questions, or to drop off a letter of intent, contact Kay Ross at (517) 263 - 8905. ■

If you do not wish to have future newsletters mailed to your home, please notify:

**Customer Services**  
**1-800-664-5005**



## Questions, Problems, Refills

Help our staff here at LCMHA meet your requests in a timely fashion! The medication staff receives many phone calls and walk in requests each day. This is a good thing - we want consumers to call with their questions, problems, and refill needs. So here are a few hints to help make sure you get what you need!

■ **MEDICATIONS:** When you need a refill of your medicine, the best thing to do is to call us a few days before you run out. The earlier in the day you call, the better! If we do not answer the phone, don't worry - leave a message with your name, your phone number, the medication you need, and the pharmacy you use. With

this information we can go ahead and start processing your request.

Please give us 1 - 2 days to complete your request. We make every effort possible to do this on the day you call, but sometimes it may not get done until the next day. We will also try to call you back to let you know we've taken care of your refill, or when we need more information.

■ **APPOINTMENTS:** Please call the office if you cannot keep your appointment, preferably 24 hours ahead of your appointment time. This way, we can fill that slot with someone else! It is very costly for us to have people miss their appointments, and we cannot



give you the best care without seeing you!

■ **PROBLEMS & QUESTIONS:** Please call any time you have questions or concerns about your medication or about how you are feeling. If you have a support coordinator, please contact them, and if your question needs the attention of one of the nurses or doctors, your support coordinator will let the medication team know. If you do not have a support coordinator, please call and ask to speak with the nurse of the day.

Thank you so much for your help!

## Recycling Friends

The Lenawee County Solid Waste Department periodically accepts nominations for Environmental Heroes Awards. LCMHA employee Marsha DiCenzo nominated Sandra Kelly and Jean Tressler as Environmental Heroes. Marsha's nomination reads:

*I was very impressed and inspired by two friends and their dedication to recycling. Sandra Kelley and Jean Tressler are apartment-mates. Several years ago Jean and Sandra decided to start recycling. They though some of their friends might also be interested and so encouraged*

*them to start collecting plastic, glass, cardboard and cans. Sandra and Jean have faithfully visited three to four friends once a week for several years, picked up their recycling materials, combined it with their recycling and taken everything*

*out to the Adrian recycling site almost every Saturday morning. They have not only taken responsibility for their own "reduce-reuse-recycle-rebuy" actions, they have also gotten friends involved!*

*Jean and Sandra would like everyone to remember, "unless Americans learn to recycle their garbage, our country will run out of landfills very soon".* ■



The true way and the sure way to friendship is through humility - being open to each other, accepting each other just as we are, knowing each other.

- Mother Teresa

## Schizophrenics Anonymous

- Earl Barnes

Schizophrenics Anonymous meets at New Focus Clubhouse, 1200 N. Main Street, Adrian, every Thursday at 1:00 p.m. We are a self-help support group, and we welcome new members at our meetings.

If you have Schizophrenia, please attend our meeting. We have refreshments and we are very friendly. We go over the Six Steps to Recovery at all our meetings. We also go around the table and ask how you are doing, and if you need help working through a bad time.

We have booklets to read from, and of course you can be

anonymous - you don't have to tell your last name.

We would all like to meet you and I'm sure we can help you deal with your symptoms a little better. You can get ideas from other members on how they cope with different things in their life. You can also share with us how you get through rough times too.

If you would like to know more about our group, please call Rex or Earl at New Focus Clubhouse, (517) 263 - 3577. ■

# Employee Happenings

CATCHING UP WITH OUR LCMHA STAFF

## Anniversaries

- 30 years of service • Sally Dickson
- 20 years of service • Wendy Cadieux
- 15 years of service • Kathy Tripp
- 5 years of service • Wendy Mehan  
Todd Wright  
Keith Gruel  
David Orozco

## Promotions - Changes

Kathryn Szewczuk  
Community Outreach Services  
Supervisor

Judy Warren  
MI Adult Case Manager  
Supervisor

John Berridge  
Access / ES Supervisor

Robyn McKenzie  
Child Case Manager /  
Wraparound

## New Hires

Angela Slack  
MI Supports Coordinator

*Angela is a 2006 Siena grad with a B.S. in Psychology. During her college years she worked with Student Support Services, helping underclassmen in developing a major and guiding them with studies and tutoring.*

# Suicide Prevention Plan

FOR LENAWEE COUNTY

- Kathryn Szewczuk, Community Outreach Services

Lenawee Community Mental Health Authority is leading a large group of concerned community members in developing a Suicide Prevention Plan for Lenawee County. This group is energetic and focused and includes an incredible cross section of the community, including at least five LCMHA consumers, several LCMHA board members and staff, more than twelve youth serving organizations, the Lenawee Intermediate School District, twelve county school district Superintendents, Adrian College, Siena Heights University, the Lenawee County Sheriff's Department, the Michigan State Police, the

Adrian Police, and six other police departments, two agencies primarily focused on the elderly, three churches, Lenawee County Probate Court, the Department of Human Services, the Lenawee County Health Department, Bixby Medical Center and Herrick Memorial Hospital, Hospice of Lenawee, the Lenawee County Commission, agencies serving all ages, and Senator Cameron Brown's office.

When we meet, we usually have to meet on two different dates in order to include as many voices as possible. We are moving forward in our planning. This very large group has come to consensus

on values (much easier than it sounds), expected outcomes, and is beginning to write goals and objectives for the plan.

In addition to writing a comprehensive Suicide Prevention Plan for Lenawee County, members of this group applied for and were awarded the Garrett Lee Smith Youth Suicide Prevention and Early Intervention Grant (one of only six awarded in the state). We have a lot of work to do to prevent suicide in our community, but are confident that we can make a difference. We are always looking for input and assistance from our community. For further information, contact LCMHA Customer Services, (517) 263 - 8905. ■

# Special Recognitions

- by Jackie Johnson

## ■ Amede Perry

The Anti Stigma Committee would like to recognize Amede Perry for his courage and perseverance. Amede shared his story with the community on the radio of confronting mental illness, from homelessness to self sufficiency. He is a wonderful resource and support to us all.

Thank you, Amede, for your help in putting a human face to mental illness and homelessness.

## ■ Rachel Barnes

Rachel Barnes has recently joined the Toastmaster's of Lenawee Club. This is a club that helps persons improve their public speaking skills.

Rachel gave her first speech in December and talked about her mental illness and how it affects her life and the lives of others. This speech was very moving and informative, as most of the club members did not know about her mental illness. It took a lot of courage for Rachel to talk about her illness to people whom she does not know very well.

The Anti Stigma Committee wants to recognize and thank Rachel for her enthusiasm and help in educating the community about mental health issues. ■

*My friends  
are an oasis to me,  
encouraging me  
to go on.  
They are essential  
to my  
well-being.*

- Dee Brestin

# Joint Commission Update

- Melinda Perez

I would like to bring all of our readers up to date about what's been happening with JCAHO. First of all, JCAHO is no longer JCAHO; it is now "The Joint Commission". At the beginning of 2007, The Joint Commission adopted a new logo and a new name, as well as a new tagline, "Helping Health Care Organizations Help Patients". If you would like to see the new website, go to [www.jointcommission.org](http://www.jointcommission.org).

Besides sharing the name change with you, I would also like to share good news about our most recent Joint Commission survey in 2006. On February 12, 2007 we

received our official letter from The Joint Commission that our Measure of Success was accepted; in other words we were able to statistically prove that we had met our corrective action plan at 100% in removing unapproved abbreviations from Encompass, our electronic health record. This means that we have received full accreditation from The Joint Commission for all behavioral health care services LCMHA offers. Our accreditation cycle is effective beginning August 23, 2006 and is valid for up to 39 months. If you would like to see the LCMHA Quality Report, please visit the Quality

Check link on the Joint Commission website.

Thanks to all of you, consumers, LCMHA Providers, and LCMHA staff who were involved in the Unannounced Survey back in August 2006, and to our Joint Commission Readiness Team: Beth Binegar, Wendy Cadieux, Sandy Keener, Peggy Ryder, and Kathy Tripp. We couldn't have done it without you. For those of you who have access to a computer and like to "surf the web", take some time and visit the Joint Commission website for interesting and helpful articles and brochures for consumers,

families and providers regarding healthcare. There is a new brochure "Patient 101: How to Find Reliable Health Information" which provides a list of web sites for health research, and the "Speak Up" brochure, which gives helpful tips on ways to speak with healthcare professionals so that your concerns are heard. There are also many links regarding patient safety and quality healthcare that offer important tips and tools so that all of us, consumers, family members, and healthcare providers can actively participate in improving the safety and quality of care for all consumers. ■

## NOMINATION FORM • Fifth Annual Lori Sallows Anti Stigma Award

*The LCMHA Anti Stigma Committee developed the Lori Sallows Anti Stigma Award as a way to honor persons or organizations who have shown an outstanding contribution in community education about mental illness and developmental disabilities, and the elimination of stigma and the barriers it creates.*

*If you would like to nominate someone for this award, please fill out the form below and return it to Customer Services no later than May 1, 2007. Any nominations received after this date will not be considered. For answers to questions, contact Customer Services at (517) 263 - 8905.*

*You may also fill out this form online at [www.lcmha.org](http://www.lcmha.org) under "Upcoming Events". Please put "nomination form" in the subject line before emailing.*

Your Name: \_\_\_\_\_ Your Phone Number: \_\_\_\_\_ Date: \_\_\_\_\_

Person you are nominating: \_\_\_\_\_

Tell why you feel this person/organization deserves the Anti Stigma award. \_\_\_\_\_

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**You may attach an additional sheet if more space is needed.**

## Worthy Web Sites



A SAMPLING OF PLACES TO  
FIND HELPFUL INFORMATION

- [www.lcmha.org](http://www.lcmha.org)
- [www.jointcommission.org](http://www.jointcommission.org)
- [www.macmhb.org](http://www.macmhb.org)
- [www.usa.gov](http://www.usa.gov)
- [www.michigan.gov](http://www.michigan.gov)

## A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

**H**ave you ever encountered a recipient, guardian, or parent of a minor child that wishes to challenge something that is written in the recipient's record? Can someone do that? What should you do?

According to the Michigan Mental Health Code, a recipient, their guardian, or the parent of a minor child has the right to challenge the accuracy, completeness, timeliness or relevance of factual information in the recipient's record. The person can insert into the record a statement correcting or amending the information at issue, and this

statement becomes part of the record.

It is important to remind the person that the provider information in the record will not be removed, but that their

statement to correct or amend the information will become part of the record. If you have any questions about a recipient's records, or have other questions, please contact Emily Rostash (517) 263 - 8905. ■

## Overcoming Panic Disorders

**S**upport groups to overcome fears, anxiety and agoraphobia, achieve control and form a more positive self-image, are being organized in Adrian by Pain Relief Inc. Meetings will take place from noon to 1:00 p.m. Mondays,

and 6:30 to 7:30 p.m.  
Wednesdays.

Pain Relief Inc. is a nonprofit educational organization. For more information, contact Judy Schiffman, director, at (732) 940 - 9658. ■



l e n a w e e

**Community  
Mental Health**

a u t h o r i t y

1040 S. Winter Street  
Suite 1022  
Adrian, MI 49221

PRSR STD  
U.S. Postage  
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Permit No. 127