Mental Health Awareness Month

Many 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.

- 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 by May 1.

A Call For Art

The 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 de-stigmatize 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, printmaking, 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.

SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE! SAVE THIS DATE!

Thursday, May 24, 2007

Registration begins at 11:00 a.m. • Rally, 1:30 - 2:30 p.m.
State Capitol Building, Lansing
A Word With The Director

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. You can also watch for a new legislative link, soon to be included on our website, www.lcmha.org.
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) 263 - 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

- **T.O.P.S. (Take Pounds Off Sensibly)**
  Chapters:
  - Chapter 1440 - Thursdays, 4:00 p.m.
    Harrick Hospital
  - 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

- **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

- **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

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

The Lenawee Community Mental Health Authority GRAPEVINE www.lcmha.org
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!

Schizophrenics Anonymous

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.

- Earl Barnes

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

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!"
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.

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.

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.

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

- Dee Brestin
Joint Commission Update

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.

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 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.
A Tip
FROM THE OFFICE OF RECIPIENT RIGHTS

Have 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

Support 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.