

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

We are pleased to announce that the WCHO has a new Executive Director—Mr. Patrick Barrie. Pat is no stranger to Lenawee, in fact he held several different positions at LCMHA before he transferred to the State of Michigan. Patrick brings a wealth of knowledge and experience to this post and we are very excited to have him at the helm of our Affiliation.

We are also excited to report that as of October 1st, the services previously supplied by Gerontology Network (nursing home mental health monitoring,

active treatment and OBRA assessments) are being brought back under the umbrella of Lenawee Community Mental Health which will mean that some staff members are being relocated to the Human Services Building. This will not affect the current care being given to our consumers. We will continue to authorize referrals to the Daybreak program, which will be operated by the Department on Aging.

There is much concern at all levels about the proposed cuts coming from the State



*Roger Myers
Executive Director*

and we continue to urge you to contact your local senators and representatives by telephone; mail; email or in person, about the need to continue the funding directed at our most vulnerable population. See page 6 of the Grapevine for a list of Government contact information.

SYSTEM OF CARE & COMMUNITY FORUM

LCMHA is excited to join our community partners in the development of a "System of Care". The Department of Community Health describes a System of Care as "...the organization of public and private service components within the community into a comprehensive and interconnected network in order to accomplish better outcomes for children/youth." What does this mean? LCMHA and many key stakeholders are going to examine the systems that provide services and support

to serious emotional disturbance (SED) youth, developmentally disabled (DD) youth and their families. With input we will gather at focus groups, existing coalitions and from other sources (including feedback from our Community Forum) we expect to better understand the strengths of the systems, how needs are identified and any gaps that exist in meeting the needs of the youth we serve. This information will guide our planning as we begin to build stronger connections between our

systems in support of youth and their families. We will also identify the strengths that families and community members provide as an important part of supporting our youth. Planning is under way to set up focus groups in different areas around Lenawee County. Please consider attending one of these meetings to add your input into what could improve outcomes for our youth and their families. For more information about the System of Care planning call Customer Services at 263-8905.

JULY 2009

LCMHA website: lcmha.org

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FIELD DAY AT NEW FOCUS CLUBHOUSE



Wednesday June 17th dawned rainy and overcast. But that didn't dim the excitement or enthusiasm for consumers and staff alike.

The Annual Field Day was fun for all! There was a potluck lunch; bingo for prizes; and a ladderball competition. Members attended from Community Connections; Hope Center; Drop In Center; CMH and New Focus.



DID YOU KNOW?
EXTREME HEAT
AND DROUGHT
KILL MORE
AMERICANS THAN
ANY OTHER TYPE
OF NATURAL
DISASTER,
INCLUDING
WINTER STORMS,
FLOODING,
TORNADOS, AND
LIGHTNING!

PROTECT YOURSELF IN THE HEAT

- Children up to 4 yrs old, seniors, people taking certain medications, and those with chronic health problems are most at risk during high temperatures
- Always wear sunscreen outdoors—sunscreen of 25 SPF or higher, those labeled UVA/UVB give the best protection
- Drink water all day long to stay hydrated, even if you are not thirsty
- Avoid alcohol and beverages with caffeine
- Wear a hat and sunglasses
- Dress in light, loose clothing
- If you do not have air conditioning, go to a public place that does—For example a shopping mall, movie theater, or library
- Schedule outdoor activities for early morning or late evening
- In temperatures above 90 degrees, portable fans cannot help cool you down—a cool shower is a better way to keep body temperatures at safe levels.
- Eat small, frequent meals—avoid heavy, spicy foods.
- If working outside, take frequent rest breaks in a cool area
- NEVER leave children, older adults, or pets alone in a car—at 83 degrees outside, the inside of a car can reach 109 degrees in just fifteen minutes, and that is with the windows rolled down two inches!

CAFFEINE

POSITIVE MENTAL HEALTH TIP FOR THE MONTH:

If you are feeling anxious, "keyed up" or can't sleep properly, try reducing your caffeine intake, or cutting it out altogether for a while—tea; coffee,



cola and other soft drinks contain caffeine, which is a powerful stimulant.

Even decaffeinated teas and coffees are not caffeine-free!

Too much caffeine can cause agitation, difficulty in concentration and make it

difficult to get enough sleep and can contribute to Panic Disorder.



CREATING A CULTURE OF GENTLENESS

Clinical staff and direct care workers were recently introduced to some new strategies and a new philosophy to create a more compassionate environment for those we serve.

Presenter—Kym Juntti—Director of the Gentle Teaching Institute and the Michigan Center for Positive Living Supports has been involved in Gentle Teaching for over 20 years, and has created large vocational programs in Oakland and Macomb counties.

Gentleness teaching focuses on the role of the care giver in making people feel safe, valued and loved, loving to others and more engaged in a healthy manner. The presentation reinforced much of what is currently being done; however, the responsibility of change is directed towards the care giver. Juntti explained the

four pillars of the concept:

- Allowing people to be emotionally and physically safe and secure
- Creating a sense that someone is valued and loved by a caregiver
- Teaching someone how to become loving toward others
- Becoming engaged with others in a more healthy manner

One of the favored approaches is doing away with rewards for good behavior and punishment for bad by treating consumers with kindness and patience. Being more compassionate ourselves is the key and an important first step in realizing that our reactions and the way we approach others has a profound effect on the lives we touch. By using the four tools of care giving: hands; words; eyes; and presence in a genuine way it is possible to create a loving, secure atmosphere

that everyone can enjoy. This philosophy should impact your whole way of life, including learning to treat your co-workers and family with more humility and understanding. Care givers are expected to learn and proceed at their own pace and comfort level by incorporating their own history and memories to convey the feeling of safety and being loved.

This session was made possible by the Brenda Ross Foundation, founded by Bill and Barbara Ross as a legacy for their daughter, to benefit not just people with mental and physical challenges, but those professionals who work with them every day.



Kym Juntti (with Roger Myers)
The Brenda Ross Fund is a fund of the Lenawee Community Foundation. For more information, call 423-1729



"I HAVE COME TO REALIZE THAT PEOPLE WILL NOT REMEMBER WHAT YOU SAY, THEY MAY NOT REMEMBER WHAT YOU DO, BUT THEY WILL **ALWAYS REMEMBER HOW YOU MADE THEM FEEL"**

MAYA ANGELOU

MENTAL HEALTH FIRST AID

Mental Health First Aid is an award winning training program, which began in Australia, for members of the public in how to support someone in a mental health crisis situation or who is developing a mental disorder.

Two staff members will be attending this extensive training, run by the National Council, on how to assist in early intervention, symptoms, causes and evidence based treatments and steps to help.

When fully trained, they, in turn will begin conducting trainings in the community for those people who may come into close contact with mental health issues—such as schools; churches, community groups, EMS workers etc. If you know of any groups who could benefit from this kind of training—contact Customer Services at 1-800-664-5005.



CHANGES TO CAR SEAT LAW

Governor Granholm recently signed Public Act 57, making two changes to Michigan's child passenger safety law. The new requirements, effective immediately, state that children under four years of age must ride in the back seat of a car in a car seat. If the child is in a rear-facing car seat, they may be placed in the front seat **only** if the front passenger air bag is turned off and all rear seats

are occupied by children under four.



New legislation also prohibits removing a child from a car seat to nurse while the vehicle is in motion.



MEDICATION RESOURCES/CHANGES



IF YOU HAVE ANY QUESTIONS, OR WOULD LIKE MORE INFORMATION PLEASE CONTACT KATHY TRIPP, MEDS CLINIC SUPERVISOR



Everyone is aware of the difficult economy in which we live which, in turn, has necessitated changes over the last couple of years, in how CMH can provide assistance for medications. At the same time, we do recognize that paying for and obtaining medications is an area of huge concern for people. We would like to provide information for other ways to help pay for medications. One thing we are not able to do with our funding is to pay prescription co-pays for consumers. In a past Grapevine we shared information about getting generic medications for a reduced price at local pharmacies. Remember that generics are available not only for your CMH medications, but also some of the medications you may be prescribed by your medical doctors. What is the good news in all of this economic turmoil?? Here

are a few other options you can try for getting help to pay for medications:

- Apply for benefits through the Department of Human Services. You may not think you will be eligible, but unless you try, you won't know for sure! If you do apply and are not eligible, be sure to **save the denial letter** you get (1/2 folded sheet mailed from Lansing). This letter can be a big help for you to get other medication assistance! Please bring it to CMH for us to copy as well.
- As much as possible, we will give consumers medication samples provided by the pharmaceutical companies. We try to maintain a variety of medications as much as companies will give us!

Kathy Tripp—Meds Clinic Supervisor

SUMMER LIBRARY PROGRAMS



Need something different to do with your children this summer? Want to visit a new place in Michigan, the USA, or the world you've never been to? Want to try a new art or craft project? Try the library!! There are many great children's books and magazines at all of the

libraries in Lenawee County for children from the very young through teen-age years. And best of all, there is no cost when your child borrows books to read!

The libraries also have some special summer programs in which your children can participate.

In addition to books, several libraries also have games and toys for children to use. Many people don't realize that you can also check out videos, books on tape, and use the internet.

Visit your local library together, enjoy what it has to offer—expand your child's horizons!

VETERANS SUPPORT GROUP STARTING

A great new support group is just getting started this month, and is open to any of our military veterans and their families.

"Uniting Veterans and Supporting Families" met for the first time on July 14th and will meet again on July 23rd, and will continue to meet on most Tuesdays and Thursdays through August, from 7pm—8pm in Dominican Hall at Siena Heights University. The support group will be

facilitated by veterans or family members and is completely confidential. It is crucial that we work together as a community to help our veterans and their families be successful in today's society, not only financially, but emotionally and socially.

The support group venue will probably change, so if you, or someone you know is interested in attending in the future, please call Lenawee Community Mental Health

Authority, Customer Services (1-800-664-5005) for more details.



FOR MORE INFORMATION—
CALL 211
OR
LCMHA
CUSTOMER SERVICES
1-800-664-5005



FARMERS MARKET— COMMUNITY ACTION AGENCY

Need a fresh pick me up? With the addition of Fridays in July from 9:00am till noon, the Community Action Agency farmer's market, at 400 W. South Street in Adrian, you can find a farmer's market open every day of the week, except for Monday in Lenawee County. Plus there are a number of roadside stands selling fresh produce seven days a week.

Shopping in farmers' markets is not only good for you; it is also good for your community. The produce is locally grown and picked within the last 24 hours, so you know it is fresh. You have also helped the environment by choosing produce that took less energy to store and transport to your table.

The colorful variety of fruits and vegetables is good for

you in so many ways. Some of the benefits of consuming a rainbow of foods include: keeping your body healthy and energetic, maintaining a healthy weight, protecting against the effects of aging and reducing the risk of some cancers and heart disease.

The Michigan Project FRESH website suggests the following tips for shopping at a Michigan farmers' market:

- If you don't know what something is—ask
- Don't be afraid to try something new! You may discover a new favorite food that will help improve your meals and your health. Try something new every time you go.
- Generally, you will find the best selections earlier

in the day.

- Get children involved and let them buy whatever produce they want to eat. It is a good way to encourage them to eat more fruits and vegetables.
- Take some reusable bags with you when you go, or at least don't throw away the plastic bags you used last time—bring them back with you to use again!

CHOOSING WHOLE FRUIT OVER FRUIT JUICE MAY HELP LOWER YOUR RISK FOR DIABETES BECAUSE WHOLE FRUIT CONTAINS MORE OF THE FIBER THAT CAN HELP CONTROL BLOOD SUGAR

SOURCE: DIABETES CARE JOURNAL, VOL 31, PG 1311





CONTACT INFORMATION FOR MICHIGAN STATE ELECTED OFFICIALS 2009

If you cannot find the information you need here— go to www.michigan.gov

Governor—Jennifer M. Granholm (D)
Governor Jennifer Granholm, State of MI,
P.O.Box 30013, Lansing, MI 48909.
www.michigan.gov/gov (517-373-3400)

Lieutenant Governor—John Cherry, Jr. (D)
www.michigan.gov/ltgov (517-373-6800)

Secretary of State—Terri Lynn Land (R)
www.michigan.gov/sos (517-373-2510)

Attorney General—Mike Cox (R)
G.Mennen Williams Bldg, 7th Floor,
525 West Ottawa St, P. O. Box 30212,
Lansing, MI 48909 www.michigan.gov/ag
(517-373-1110)

US Representative Mark Schauer (D),
District 7. US House of Representatives,
1408 Longworth HOB, Washington DC 20515
(517-780-9075 or 202-225-6276)
www.house.gov

US Senator Carl Levin (D), United States
Senate, 702 Hart Senate Office Building,
Washington DC 20510 (517-203-1760 or
202-224-4822) senator@levin.senate.gov

US Senator Debbie Stabenow (D) United States
Senate, 702 Hart Senate Office Building,
Washington DC 20510 (517-203-1760 or
202-224-4822) senator@stabenow.senate.gov

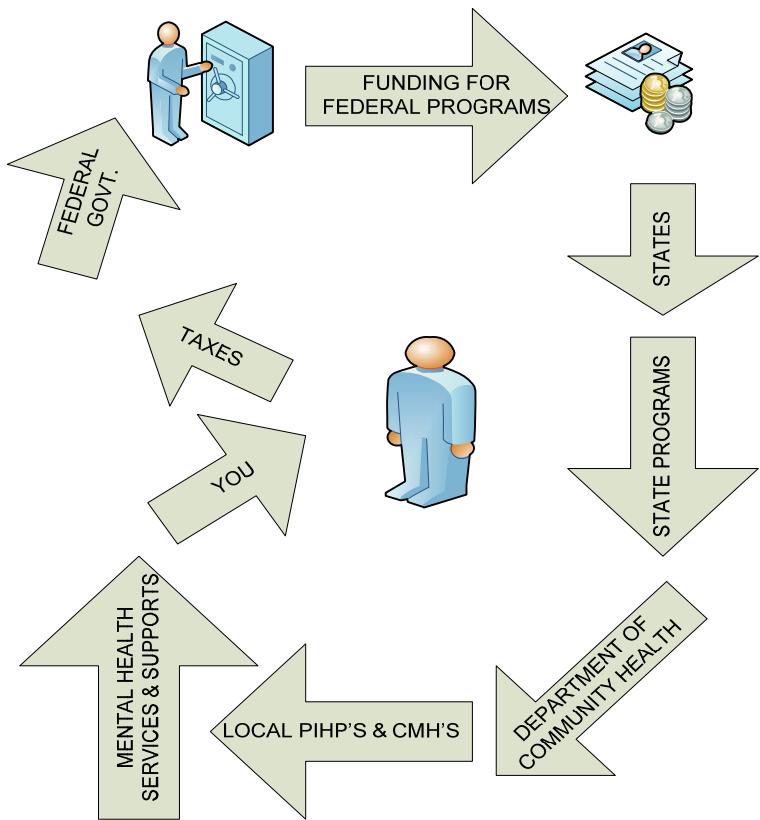
State Senator Cameron Brown (R) District 16,
P.O.Box 30036, Lansing, MI 48909 (517-373-
5932) SenCBrown@senate.michigan.gov

State Representative Dudley Spade (D)
N0991 House Office Bldg, P.O. Box 30014,
Lansing, MI 48909 (517-373-1706)
dspade@house.mi.gov

State Representative Mike Simpson (D),
N0999 House Office Bldg, P.O. Box 30014,
Lansing, MI 48909 (517-373-1775)
mikesimpson@house.mi.gov

HOW ARE SERVICES & SUPPORTS IN MICHIGAN FUNDED?

PIHP = PRE-PAID INPATIENT HEALTH PLAN
CMH = COMMUNITY MENTAL HEALTH



RECOVERY ENHANCING ENVIRONMENT MEASURE

Coming Soon!!

In late summer or early fall, CMH will be involved in implementing the REE (Recovery Enhancing Environment Measure) survey. We are looking forward to this participation as it supports our belief in the recovery process for persons with mental illness. Recovery is different for everyone but the three areas where the REE was developed is important to everyone. These areas are:

1. Having a positive sense of identity, having hope and a sense of meaning/purpose.

2. To self-manage your illness (and more importantly self-manage your wellness)
3. To reclaim your life.

CMH will be sending out this exact flyer and asking persons to participate in this very important survey. We hope that you will take the time, if asked to join us to complete it. The information gained from this survey will be valuable in your road to recovery. We are waiting for the Department of Community Health to let us know when the survey will be conducted here in Lenawee County. Please stay tuned.

VOLUNTEERS NEEDED

If you are a past or present consumer of Community Mental Health, and are interested in being more involved and having a voice in the services provided, and you are willing to represent CMH—we are looking for YOU!

You would need to be available at least twice per month (sometimes more) to attend meetings at the Affiliation (Ypsilanti) and be able to transport yourself. A stipend would be provided. To learn more contact Customer Services —1-800-664-5005.



PARENT SUPPORT GROUP MEETINGS

CMH's newest support group for parents of children and young adults with developmental disabilities meets again on Thursday August 13th from 7pm—8:30pm at CMH, and on September 10th from 9:30am—11:00am.

This is a great time to meet other

parents, share ideas and get help with challenges you feel you may be facing alone—you are not alone—we are here to help! For more information or to register—contact Mary, Valerie, Holly or Cindy at 1-800-664-5005 or 263-8905.



WE NEED YOUR PARTICIPATION!

The Michigan Department of Community Health is implementing the Recovery Enhancing Environment Measure (REE-Michigan) throughout the state of Michigan.

What is the REE?

- The Recovery Enhancing Environment measure (REE) is an anonymous survey developed by a consumer/researcher

Who is it for?

- Adults who receive community mental health services
- To educate consumers and providers about recovery
- To help us learn:
 - How mental health programs are promoting recovery
 - How we can strengthen our efforts to help you recover

Who will administer the REE?

- The REE will be administered by current or former mental health consumers who have been trained as Peer Surveyors
- You can evaluate your own progress toward recovery using the "Recovery Markers" portion of the survey
- You can help change the mental health system by sharing your opinions about:
 - What aspects of your recovery are most important to you?
 - How available are the services and supports you need to advance your recovery?
 - What is your mental health program currently doing to support your progress?
 - How could your program be changed to more effectively support your recovery?

IF YOU ARE ASKED TO COMPLETE A SURVEY,
PLEASE PARTICIPATE IN THIS IMPORTANT PROCESS
YOU CAN MAKE A DIFFERENCE!

For more information about the REE visit the Michigan Recovery Center of Excellence web site: www.mirecovery.org

LCMHA MEETING SCHEDULE



Lenawee
Community
Mental Health
Authority

The LCMHA Board meets on the last Thursday of every month at 3:00pm in the Board Room at CMH and the public is invited to attend.

Operations & Budget Committee meets on the third Wednesday of every month at 3:00pm in the Board Room

The Consumer Advisory Committee meets on the third Tuesday of the month at 9:30am in the Board Room

Facilities Committee meets

on the second Tuesday of the month at 10:30am in the Board Room.

Retirement and Personnel Committees are convened on an as needed basis.

The Recipient Rights Advisory Committee meets quarterly on the fourth Tuesday of the month at 9:30am in the Board Room and the public is invited to attend. The next meeting is scheduled for September 22nd.





Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

1040 S. Winter St, Suite 1022
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
Fax: 517-265-8237
customerservice@lcmha.org

MISSION STATEMENT:
**TO PROMOTE POSITIVE
OUTCOMES THROUGH
QUALITY MENTAL
HEALTH SERVICES**

LENAWEE COMMUNITY MENTAL HEALTH
AUTHORITY IS A MEMBER OF THE
CMHSP OF SE MICHIGAN



Service awards to
LCMHA staff were
presented at the May
Board Meeting:



Pictured at top is Billie
Brocht—Fiscal Services
Representative, who has
been with CMH for 10
years.



Peggy Ryder (center),
Access Clinician, was
presented with her 15
year award by Board
President Judy Ackley.

John Berridge—Access
Supervisor celebrates 25
years—congratulations!

www.childwelfare.gov - information on
child welfare, free subscription service

USEFUL WEBSITES:

www.cdc.gov/ncbddd/dd/ -
Center for Disease Control and
Prevention, Developmental
Disabilities, a Department of
the Health & Human Services

www.michigansafekids.org—
Information about changes to
Michigan's child passenger
safety law.

www.nws.noaa.gov/aq/ - To
check for air quality warnings
in your area.

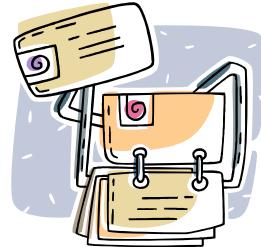
www.gentleteaching.com—to
learn more about the Culture
of Gentleness

www.farmersmarkets.msu.edu
www.michiganfarmfun.com or
www.localharvest.org. Local
farmers markets and Michigan
produce.

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provide Customer Services (ssmith@lcmha.org) with your email address.

THEM KNOW.
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