



THE GRAPEVINE

A WORD FROM OUR DIRECTOR

Summer is in full swing and unfortunately the severe weather that comes along with it has already struck within our county as well as neighboring communities. It is good to know that Lenawee emergency services were mobilized to support our neighbors and fundraising efforts for disaster relief are underway throughout our community.

These events are a reminder of the importance of having disaster plans in place for our organizations as well as our families. Disaster plans should be simple and easy to remember and carry out. Remember to have candles, a portable radio, a flashlight with fresh batteries, a supply of

food and water and a cell phone on hand.

May was a busy month with our Mental Health Awareness activities. These events were well attended by consumers and staff. Also, a big thank you to those who contacted their representatives and the newspapers as part of our Mental Health Advocacy initiative in June. Our goal was to communicate the necessity of preserving the public-funded services in our community. Many legislators reported that their offices received a multitude of letters and telephone calls.

If you have visited the Lenawee Human Services Building lately

you have noted that our parking lots have finally been reconstructed and open to the public. However, you will also have noticed that the building is undergoing considerable renovation. We hope the inconvenience of having the front entrance closed will be brief and the benefits of all the renovations will be enjoyed very soon.

We wish everyone a wonderful and safe summer.



Roger Myers
Executive Director

IF NOT US, WHO? IF NOT NOW, WHEN?

Now more than ever before, voices need to be raised in support of services to persons with mental health and substance use disorders. Cuts in FY09 and FY10, coupled with those currently proposed for FY11 will eliminate \$110 million of general fund support, more than 30% of the non Medicaid community mental health budget and 12% of the substance use disorder budget. Based on the cuts to date, 28 CMH boards across the state are now limiting services or creating waiting lists for persons without Medicaid. If the FY11 cuts are approved as proposed, the entire system of CMHs will begin shutting down its system

of care and support for persons and families without Medicaid.

So who are these non Medicaid eligible persons in your community? They are persons struggling with the economic crisis in this state, people and families that are losing their health insurance, losing their jobs, losing their homes. Most of them are people who have been hard working, tax paying citizens who have helped support this state's safety net of human services for those with more serious and life long disabilities. Now, when they need help with their depression, with their stress and anxiety, and with their substance use disorders, the State of Michigan is telling them they have to go

elsewhere or get in a waiting line for service.

The Board Association is working with its members and community partners to advocate for maintenance of the public safety net of behavioral healthcare services. Without it persons in need of services will not just go away. Instead, many will end up getting more expensive and less effective treatment in hospital, emergency room, and criminal justice settings. Most will receive no treatment, and some will die. Please join us in this advocacy effort. Contact your local legislators today.

Michael Vizena, Director /
Alan Bolter, Associate Director
MACMHB

JULY 2010

LCMHA website: lcmha.org

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NEVER
FLUSH
OLD OR
UNUSED
MEDICATIONS
DOWN THE
DRAIN OR
TOILET



DON'T FLUSH YOUR OLD MEDICATIONS

Not long ago, people who wanted to get rid of old or unused medications were told to flush them down the drain or toilet. But as millions of us flushed unwanted pills and potions—not to mention bodily wastes containing drug residues—trace amounts of these substances began to turn up in our water supply.

Wastewater treatment plants can't always remove such compounds. And when some of them get into a septic system, they can kill the "good" bacteria those systems need to work.

Still, you can't let unused medications pile up forever. Here's some advice on getting rid of them from the Michigan Department of Environmental Quality:

1. Ask your pharmacy if it has a drug take-back program
2. See if there is a special collection for unused drugs in your area. Check with your local household hazardous waste collection or recycling coordinator. Programs often collect prescription and over-the-

counter medication, vitamins, medicated ointments and lotions, inhalers and pet medications. Not all pharmacies and local collection sites accept controlled substances (often prescription pain killers). Chemotherapy drugs may need special handling, too. Ask your health care provider about disposal options.

3. If you cannot find a local collection program, dispose of unwanted medicines in the trash. Here's how:

- ⇒ Do not flush them down sink drains or toilets
- ⇒ Keep pharmaceuticals in the original container
- ⇒ Scratch out, tape over or otherwise obscure personal information
- ⇒ For solid medications, such as pills or capsules: Add water to dissolve them at least partway. Seal the container with opaque tape (such as duct tape).
- ⇒ For liquid medications: Add salt, flour, charcoal

or powdered spice to make a smelly, ugly brew that no one would want to ingest. Seal the container with opaque tape.

- ⇒ For blister packs: Wrap them in several layers of opaque tape.
- ⇒ Unused ampules, vials and IV bags: Don't open them except to scratch out your name. Wrap them in opaque tape and put them in an opaque plastic container, such as an empty margarine tub.
- ⇒ Double-bag the drugs in a plastic bag you can close, or put them in another container with the lid taped closed, then put the whole thing in the trash. That will make it less obvious that the package holds drugs; it will also help contain leaks if a container breaks.
- ⇒ Don't put drugs into any material or food that might attract pets or wildlife.

*Blue Cross Blue Shield of MI
Living Healthy, Spring 2010*



SEEDS OF HOPE

The Seeds of Hope shared interest group has had an active few months. We attended the Lansing State Walk a Mile Rally and even though it rained we had a wonderful time. We celebrated Cinco de Mayo by having a Mexican fiesta day. We each brought in a Mexican dish to share, and played trivia games.

We have been talking about relapses and how to handle them with a mental illness. We really learn a lot from each other on different coping mechanisms and supports systems.

Coming in the summer we will be exploring self-esteem issues, how to conquer fears and some more fun bingo

games with great prizes.

Seeds of Hope shared interest group is held every other Tuesday at 1:00pm on the second floor of the Human Services Building in the Demo kitchen. For specific dates or a schedule please contact Trudi Grossman in Customer Services at 263.8905.

INTERCONNECTIONS DROP-IN CENTER

Bingo Day sponsored by the Peer Support group of Lenawee County was a lot of fun with a great turnout and dinner provided. The Bonsai class in April was very well received and there have been many reports of the trees doing well under the care of their new owners.

We had a beautiful day for The Walk a Mile in My Shoes Rally. Many signs and flags were held proudly by the walkers to bring attention to the possible loss of funding to mental health causes. At the

old Court House, Bruce Caswell talked about his life living with a son who has many issues and how the mental health system has helped them live a productive life.

We have planted some plants in the back courtyard which look very nice, we still need some ivy or other shade loving cover for the walls so that this area can be converted into a peaceful and pleasant space for socializing.

A potluck was held on June 27th to celebrate July 4th. We are very excited to have a

WII system for members to use.

The Drop In Center is undergoing new management and new hours. The new hours are: Wednesday—Sunday from 12pm—5pm (*closed on Monday and Tuesday*).

We have three support groups, Depression is on Wednesday from 2pm—3pm, Schizophrenia Anonymous is on Wednesday from 3pm—4pm, and Depression Bipolar Support is on Thursday from 3pm—4pm. For more information call 265.9588



NEW HOURS
FOR THE
DROP IN CENTER



MONDAY & TUESDAY
(CLOSED)
WEDNESDAY—SUNDAY
12PM—5PM

GOINGS ON AT NEW FOCUS

Club members attended both the Local Walk-a-Mile and State Walk-a-Mile events in May. We also had a bake sale in May 7th and collected \$125.30—to everyone who purchased baked goods—thank you! The money will go toward funding future events at the Clubhouse.

July 4th was celebrated with a family and friends day pot luck. Members are planning to attend the Consumer Conference in Lansing on

July 22nd.

Jeanne Karr, a past member of New Focus Advisory Board will be coming to the Clubhouse to do a presentation on “Encouraging Yourself Through Laughter”. Other summer activities include trips to the Toledo Zoo, a Toledo Mud Hens baseball game and future shows at the Crosswell Opera House.

Teresa H. was selected to participate in the Clubhouse Member Leadership Retreat on

May 25—27th at the St. Francis Retreat Center in DeWitt, MI. Teresa enjoyed the conference very much and feels that it added to her leadership abilities. She learned how to tell her story which gave her confidence, and it also helped others to share theirs. Sharing common problems, fears and successes helps others in their recovery. Teresa learned how to lend an ear and listen to people without judging or embarrassing them.



NEWS FROM THE HOPE CENTER

The HOPE Community Center is proud to announce that its community garden is back for its second year. The HOPE Community Garden is a collaborative effort by a variety of different community organizations including: *Hidden Lake Gardens, Needle-Lane Farms, Boys & Girls Club, 4H, and Adrian College*. The garden was very successful last year with

the majority of the harvested produce being donated to area soup kitchens such as *The Daily Bread*. Some of the produce was given to HOPE members and group homes as well as used in cooking classes at HOPE. This year we are excited to announce that we will be having a vegetable stand in our parking lot! We encourage everyone to stop by

and purchase fresh produce at a reasonable cost. All proceeds will go directly to the garden program and will help with the cost of supplies and maintenance. See page 7 for information on the Ride for Hope event. If you have any questions regarding the garden, feel free to contact HOPE’s Program Coordinator Scott Watson at 265.2410.



LOCAL WALK-A-MILE IN MY SHOES RALLY

WHEN I WAS YOUNG MENTAL ILLNESS WAS PUSHED BEHIND CLOSED DOORS—IT'S GOOD FOR PEOPLE TO TALK ABOUT IT, IT'S GOOD FOR OTHER PEOPLE TO UNDERSTAND

BRUCE CASWELL



Consumers, staff and community members participated in the Annual Walk a Mile in My Shoes Rally in May to help celebrate Mental Health Awareness Month. The group was accompanied by Bruce Caswell (Republican



Candidate for Michigan 16th Senate District) who spoke of his son's struggles. He gave hope to those present as he also told of his son's successes.

Attendees read statements on the Courthouse steps

letting the audience know what mental health means to them. The overall concern this year seemed to be the budget cuts that are happening to the mental health system and how it can be detrimental to those who receive CMH services.

STATE WALK-A-MILE IN MY SHOES RALLY

Lenawee took their largest contingent so far to the 6th Annual State Walk a Mile Rally in Lansing. The YMCA van, driven by Scott Clites, led the pack as we headed out on the rainy day. We ate lunch at the YMCA in Lansing before proceeding to the State Capitol.

Despite near freezing temperatures and relentless rain, an estimated 1500 people attended the rally on the Capitol steps to promote mental health and developmental disability awareness. What an awesome



site it was, and very inspiring to hear the crowd yell—"WALK A MILE IN MY SHOES!"

Picture, courtesy of Lansing State Journal



FAMILY MEDICAL CENTER MOVES

The Family Medical Center, a low cost medical clinic servicing the Adrian area has now moved to 225 Riverside Ave, Adrian. It is open from 8:00am—5:00pm Monday to

Friday. The clinic has a full time Nurse Practitioner and Physician Assistant and a part time Physician. Patients with no insurance are charged on a sliding scale based on family

size and income. Currently it takes about four weeks for an initial appointment, however, they are trying to reduce this to no longer than a two week wait in the future.



TORNADO SAFETY

Tornado Watch

A Tornado Watch is issued to alert people to the possibility of a tornado developing in your area. At this point, a tornado has not been seen but the conditions are very favorable for tornadoes to occur at any moment.

Things to do when a Tornado Watch is issued:

- ⇒ Keep alert and watch for changing weather conditions
- ⇒ Listen to your local news reports & weather updates
- ⇒ Review your family or business emergency preparedness plan
- ⇒ Review your disaster kit
- ⇒ Be ready to seek shelter at a moments notice

What to Watch for during a Tornado Watch:

Dark greenish or orange-gray skies

Large hail

Large, dark, low-lying, rotating or funnel-shaped clouds

A loud roar that is similar to a freight train

Tornado Warning

A Tornado Warning is issued when a tornado has actually been sighted or has been picked up on radar in your area. This means that you need to take shelter immediately in a safe sturdy structure.

Things to do when a Tornado Warning is issued:

- ⇒ Take shelter immediately
- ⇒ Listen to your local radio for updates
- ⇒ Follow the National Weather Service Safety Guidelines (below)

What not to do during a tornado:

- ⇒ Do not stay in a mobile home as they offer very little protection from tornadoes.
- ⇒ Do not open the windows in your home or business
- ⇒ Do not try to outrun a tornado in a car
- ⇒ Do not get under a highway overpass or bridge as you will be exposing yourself to flying debris and stronger winds.

National Weather Service Safety Guidelines

If you are in a building:

Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the buildings lowest level. If you don't have a basement, take shelter in the center of an interior room on the lowest level, such as a bathroom, closet or interior hallway that is away from corners, windows, doors and outside walls.

If you are in a vehicle, trailer or mobile home:

Get out immediately and go to a nearby sturdy building or storm shelter and seek shelter on its lowest floor.

If you are outside without nearby shelter:

Lie down in a ditch, ravine, or depression nearby and cover your head with your hands.



COMMUNITY FUN DAY

To celebrate Mental Health Awareness Month, a Community Fun Day was held at the YMCA. This was open to all members of the community free of charge. The YMCA very kindly offered their van so that people could be picked up if they did not have access to transportation. Richard and Mark from the Clubhouse were the volunteer drivers.

There were all sorts of activities and sports available to participate in, including swimming, basketball, volleyball, racquetball, paddleball, and for those feeling a little less energetic—a variety of board games.

A huge thank you to the YMCA, and Scott Clites for allowing LCMHA free

access to their facilities for a whole day. There were many consumers in attendance as well as staff and community members. It is hoped to make this an annual event in an effort to bring people together to stamp out stigma.

We would like to make next years event bigger and better—so if you have any suggestions to make this day more appealing and successful please call Customer Services at 517.263.8905.



Richard & Mark (drivers get very hungry!)

SUPPORT MENTAL HEALTH

THIS LETTER WAS SENT TO THE EDITOR OF THE DAILY TELEGRAM AND WAS PUBLISHED ON MAY 25TH, 2010 IT IS REPRINTED HERE IN ITS ENTIRETY:

This letter is to try and help save our Lenawee Community Mental Health Authority that is such an important part of our community to so many people. I have been using their services since May of 1994, since my nervous breakdown and I am recovering nicely and doing very well. Where would I be without their help though?

Mental illness is a treatable disease and there are successful people in recovery who function happily every day. My mental illness is a psychotic disorder with depression and I still use and NEED their services. There is no shame or sin in using the Lenawee

Community Mental Health services here in our area. They are a kind and caring people who understand the problems that come along with having a mental illness.

There is still quite a bit of stigma attached to having a mental illness and that can hurt. I have personally been made fun of and ostracized for having this illness. I volunteer at Bixby Medical Center, plus I do puppet shows and make cards for free. It's something I do and it's a ministry to the Lord and beneficial to my recovery. All this was encouraged by Community Mental Health employees

and staff.

Does everyone know that Lenawee Community Mental Health Authority takes donations? These donations would be helpful to so many people and, while I know money is tight, we still have corporations or local businesses and people who can reach deep and help out. Please think about all the wonderful things they have done for so many people. Thank you and God bless you all!

*Wendy S. Rockwell
Adrian*

CHALLENGED



Some say I am disabled, but you know that isn't true I simply have a challenge a little different from you.

My slight inconvenience, has taught me things they could not know. Each obstacle is a victory enabling me to grow.

I'm not really any different, I cry, I laugh, I snore. I don't want to be treated as if I'm not a person anymore.

Out of good intentions people are afraid to let me try.

But sometimes I have to fall and sometimes I need to cry.

God gives me strength and dignity
And the courage to be all I can be.
For he doesn't see me as disabled
He just sees me as me.

*By Leslie W. Ortega,
Source unknown*

SAFE KIDS



Safe Kids Lenawee is partnering with Meijer and WLEN to host a Child Passenger Safety Day on September 25th in the Adrian Meijer parking lot. Thanks to a grant from State Farm we will be passing out free smoke alarms to Lenawee County residents as long as supplies last. We will also be performing free car seat

inspections. If a technician determines you need a new car seat, we will provide one for \$25. This will be a fun, safety day—so plan on bringing the whole family. Check with the Daily Telegram, listen to WLEN radio, or see the monitor in the lobby of CMH for more information, or call Kay Ross, 263.8905.

TEXTING BAN

Thanks in part to a national campaign sponsored by AAA, effective July 1st 2010, the act of composing, reading or sending electronic text messages while driving will be illegal. The penalty for first time violations will be a \$100 fine, and \$200 for any subsequent offenses.



UPCOMING FUNDRAISING EVENTS

Saturday August 7th

The 3rd Annual Car Show to benefit the Workers on Wheels program will be held at Goodwill Industries, 1357 Division St, Adrian. This is a judged car show featuring many vintage cars for the whole family to enjoy.

Friday August 13

Communities in Schools is sponsoring: "Treasuring Lenawee's Youth" The 13th Annual Golf Tournament and Dinner Auction at Lenawee Country Club to support our students. For more information and to reserve a spot call 517.263.4591.

Saturday August 14

Ride for Hope 2010 (The Julie B. Dusseau Memorial Charity Ride). Includes a motorcycle ride, pancake breakfast, BBQ lunch, a cash raffle and prizes, tickets sold at the door. For more information contact HOPE Community Center at 517.265.2410.

Friday September 10th

Lenawee United Way Day of Action. Volunteers are needed from the community and non-profit agencies to select a project in the community, form a team and get involved. Applications can be downloaded at: www.lenaweeunitedway.org

PCP FACILITATION WORKSHOP PLANNED

A free workshop is being offered on July 27th, at 9am—1pm (with a lunch included) in the River Raisin/Spartan Rooms of the Human Service Building. It is open to anyone—so come and

learn about Person-Centered Planning and Independent Facilitation.

The Presenter is Mary Shehan-Boogaard, who is the Coordinator of the Young Adult Project,

Washtenaw Association for Community Advocacy in Ann Arbor. This event is sponsored by Lenawee RICC, and Hope Community Center. RSVP by July 16th to 517.265.2410.

CONSUMER CONFERENCE

The 13th Annual Consumer Conference sponsored by the Michigan Department of Community Health is being held on Thursday, July 22nd at MSU, Kellogg

Center, East Lansing. Networking with other consumers is a key element of this conference. Consumers meet others who have struggled with mental illness and share the

ways they have overcome life struggles.

Registration fee includes continental breakfast and lunch. For more details: Google: Recovery: Your Choices Your Life.



Lenawee Community Mental Health Authority (LCMHA), a Joint Commission accredited organization, is committed to consumer safety and the quality of care our consumers receive. If at any time you, our consumer, friends or family members of consumers, providers, employees or members or the public have concerns

about consumer safety or the quality of care received, please contact your case manager or Customer Services at 263-8905. You may also contact The Joint Commission to report any concerns about consumer safety or quality of care issues. LCMHA will take no action against consumers, friends or family members of

consumers, providers, employees or members of the public who report a complaint to The Joint Commission nor will any report of a complaint negatively impact a consumer's care.

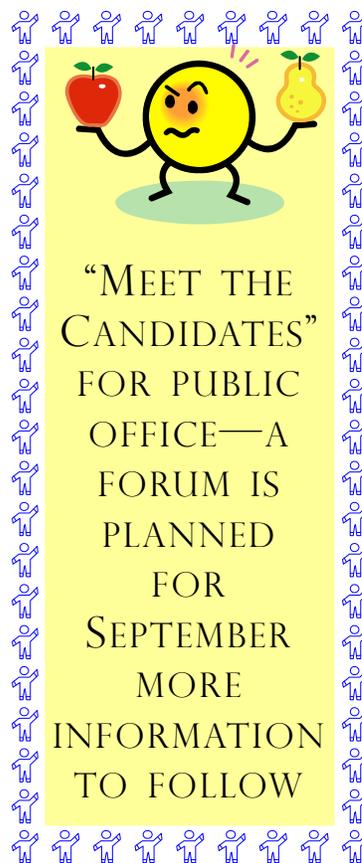
You may contact The Joint Commission via the following mechanisms:

E-Mail:

complaint@jointcommission.org

Fax: Office of Quality Monitoring, (630) 792-5636

Mail: Office of Quality Monitoring, The Joint Commission, One Renaissance Boulevard, Oakbrook Terrace, IL 60181





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

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TO PROMOTE POSITIVE
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LENAWEE COMMUNITY MENTAL HEALTH
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USEFUL WEBSITES:

- www.mi.gov/deq—Michigan Department of Environmental Quality.
- www.fda.gov/drugs—US Food and Drug Administration
- www.bcbsm.com/enewsletter—Living Healthy Magazine, BCBS
- www.hpmich.com—Health Plan of MI
- www.lenconnect.com—Daily Telegram
- www.macmh.org—Michigan Association of Community Mental Health Boards
- www.211.UnitedWaySEM.org—2-1-1 Assistance
- www.michigan.gov/prepare—State of MI Emergency Preparedness
- <http://www.nws.noaa.gov/> - National Weather Service
- complaint@jointcommission.org—The Joint Commission, Quality Monitoring
- www.lenaweeunitedway.org—Lenawee United Way

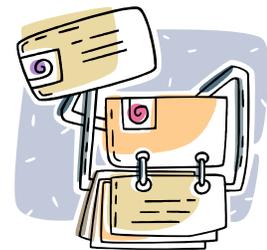


*Lenawee Community Mental Health is accredited
by The Joint Commission on Accreditation of
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If you would prefer The Grapevine to be sent directly to your email, please
provide Customer Services (ssmith@lcmha.org) with your email address.

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