



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

# GRAPPEVINE

## Worthy Web Sites



A SAMPLING OF PLACES TO  
FIND HELPFUL INFORMATION

### ■ Kids Count in Michigan Data Book 2006

[www.milhs.org/information/  
default.asp](http://www.milhs.org/information/default.asp)

### ■ Parent's Guide to Child Protective Services

[www.michigan.gov/dhs](http://www.michigan.gov/dhs),  
under New, Publications &  
Information

### ■ Prescription Drug Pricing Available for Michigan Consumers

[www.michigandrugprices.com](http://www.michigandrugprices.com)

### ■ Current Mental Health Information - What's happening in Lenawee County

[www.lcmha.org](http://www.lcmha.org)

## The Ten Fundamental Components Of Recovery

### ■ Self Determination:

Consumers lead, control, exercise choice over, and determine their own path of recovery.

### ■ Individualized and Person Centered:

An individual's recovery is based on their own unique strengths and resiliencies and is identified as an ongoing journey.

### ■ Empowerment:

Consumers have the authority to choose from a range of options and to participate in all decisions. The individual gains control of their own destiny.

### ■ Holistic:

Recovery encompasses an individual's whole life, including mind, body, spirit, and community.

### ■ Non-linear:

Recovery is not a step-by-step process, but one based on continual growth, occasional

setbacks and learning from experience.

### ■ Strengths-based:

Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

### ■ Peer Support:

Consumers encourage and engage other consumers in recovery, sharing their experiential knowledge and skills.

### ■ Respect:

Community, systems and societal acceptance and appreciation of consumers are crucial in achieving recovery.

### ■ Responsibility:

Consumers have a personal responsibility for their own self care and journeys of recovery.

### ■ Hope:

Hope is the catalyst of the recovery process. People can, and do, recover from mental illness.

## ~ Share the Warmth ~

**What:** Overnight Hospitality for the Homeless  
A safe, warm place to sleep

**Where:** The Salvation Army - 217 W. Church Street, ADRIAN

**When:** Every night from December 3, 2006 to  
March 31, 2007 • 7:00 P.M. to 8:00 A.M.  
*Breakfast will be available at The Salvation Army*

For more information contact St. Joseph's Church  
(517) 265 - 8938. Volunteers are always needed.

## Food Assistance

As many of our readers may be aware, food assistance is especially important during the winter months. At LCMHA, we are all well aware of the adverse effects of winter on one's budget. While food assistance does not pay for the heating bill, it does help to supplement one's budget. This is especially true during tough economic times. We would like to take this opportunity to remind you that the Department of Human Services (DHS) heat and utility standard (for food assistance program (FAP) recipients) increased as of March 2006.

The implications of this increase were automatic for those who were already receiving food assistance benefits. However, you (or someone you know) may now be eligible for food assistance benefits due to the increased heat and utility standard - even if you have been denied benefits in the past. We urge all who have been denied food assistance benefits previous to March 2006 due to excess income, as well as those who may have thought they would not qualify, to call the Food Stamp Helpline (800) 481 - 4989 to find out how much assistance they may be able to receive. ■

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

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

## A Word With The Director

The *Federal Mental Health Action Agenda* cites recovery as the "single most important goal" for the mental health service system. A National Consensus Conference on Mental Health Recovery and Mental Health Systems Transformation was held in December, 2004. The following consensus statement defining recovery was developed at that conference: "Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."

We believe that federal agencies and national conferences can initiate and inspire transformation of systems, but such monumental changes are only achieved where there is commitment and shared responsibility at all levels. Lenawee Community Mental Health Authority is committed to the ideal of mental health recovery. In this edition of *The Grapevine*, we highlight some of the state and affiliation activities of which we are a part.

LCMHA is participating in the work of the Michigan Recovery Council. Within our Affiliation, many of our



consumers and staff are serving on a variety of workgroups; many of those are specifically working toward transformation in our system. Our annual Affiliation Sharing Hope Conference is largely about recovery. I would encourage you to attend this conference in October. It is a great opportunity to see all that we have achieved and to understand how much more we can achieve as we work together.

Stigma associated with receiving mental health services is one of the barriers to recovery. Locally, our Anti-Stigma Committee and Consumer Advisory Council are working fervently to combat stigma by addressing the issue of recovery and system transformation by informing and educating the community. Many members of these committees are making presentations in Lenawee County schools, area service organizations, courts, law enforcement, local institutions of higher learning, etc. These presentations are designed to help people understand that mental illness is a treatable condition, and that persons with developmental and mental health challenges can participate fully in their communities.

The newest initiative that we have launched is the development of a "suicide prevention" plan for Lenawee County. We recently convened the first planning

session by bringing together a large number of community members and organizations.

I hope that you will join us in our vision for recovery and system transformation. If you are interested in learning more about recovery or becoming a part of our efforts, please call Customer Services at (517) 263 - 8905. Someone will be delighted to speak with you. ■

## Pathways To Recovery

- Kathy Bennett

Pathways to Recovery is a strength based recovery program that has been described as a "self mining program to find the gold within oneself".

The program goes beyond the scope of a person-centered plan. It teaches you how to live your life based on your uniqueness and your strengths. We discuss hope, courage, and personal characteristics that you might want to build upon. We also talk about life domains such as building up assets, supports, housing, spirituality, and intimacy.

Pathways to Recovery is an eight week course, meeting two hours a week, and led by a certified Pathways facilitator. Class size is limited to twelve people. If you have any questions or are interested in a class, please contact Customer Services at (517) 263 - 8905 and ask for Kathy, ext. 294, or you can contact New Focus Clubhouse at (517) 263 - 3577 and ask for Kathy. ■

# Resources For The Homeless

THE LENAWEЕ COUNTY CONTINUUM OF CARE

The information given here is subject to change. Please contact the agency you are interested in for eligibility requirements and current availability of services.

## EMERGENCY SHELTER

- [Catherine Cobb Domestic Violence Shelter](#) provides emergency shelter for women and children. (517) 265 - 6776
- [Lenawee Emergency and Affordable Housing Corporation](#) provides rental assistance, emergency and transitional housing for families and individuals. (517) 264 - 0782
- [Lighthouse Inn Program](#) houses young women who are pregnant or have small children. (517) 263 - 1152
- [The Salvation Army](#) provides motel vouchers for families and individuals for a short term basis. (517) 265 - 2038
- [Share the Warmth](#) offers a safe place to spend the night, starting December and ending March. (517) 263 - 4681
- [American Red Cross](#) offers assistance when there has been a fire or other disaster. (517) 263 - 1904

## FOOD PANTRIES

- [The Daily Bread](#) (517) 266 - 0937  
302 S. Tecumseh St., Adrian  
Tuesday, Thursday, Friday, Saturday and Sunday  
from noon - 2:00 p.m.
- [Love, Inc.](#) (517) 424 - 7665  
Monday and Wednesday  
10:00 a.m. - 2:00 p.m.
- [St. Mary's Catholic Church](#) (517) 266 - 0378  
305 Division St., Adrian  
Monday, Tuesday, Thursday  
1:00 - 3:00 p.m.
- [St. Vincent de Paul Society](#) (517) 266 - 7611  
St. Joseph's Church  
415 Ormsby St., Adrian  
Monday, Wednesday, Friday  
1:00 - 2:30 p.m.
- [The Salvation Army](#) (517) 265 - 2038  
217 W. Church St., Adrian  
Food pantry by appointment,  
Meals Monday and  
Wednesday, 4:00 - 5:00 p.m.
- [St. Paul Evangelical Lutheran Church](#) (517) 486 - 2404  
306 E. Jefferson St., Blissfield
- [Solid Rock Church of Lenawee and Food Gatherers](#) (517) 456 - 7939  
112 E. Church St., Clinton

- [Sacred Heart Catholic Church](#) (517) 448 - 3811  
207 S. Market St., Hudson  
Tuesday and Thursday  
11:00 a.m. - 1:00 p.m.

## CLOTHING

- [Associated Charities](#) (517) 265 - 7255  
221 S. Tecumseh St., Adrian
- [The Salvation Army](#) (517) 265 - 2038  
217 W. Church St., Adrian

## HEALTH

- [Community Action Agency](#) (517) 263 - 7861  
400 W. South St., Adrian
- [Lenawee County Health Department](#) (517) 264 - 5226  
1040 S. Winter St., Suite 2328
- [Lenawee Dental Clinic](#) (517) 266 - 0651  
128 S. Broad St., Adrian
- [Lenawee County Dept. of Human Services](#) (517) 264 - 6300  
1040 S. Winter St., Suite 3013

## EDUCATION

- [Homeless Education Programs of Lenawee County](#)  
Beth McCullough  
(517) 264 - 6678

## EMPLOYMENT

- [South Central Michigan Works!](#) (517) 266 - 5627
- [Goodwill Industries](#) (517) 263 - 2135

## UTILITIES

- [Community Action Agency](#) (517) 263 - 7861
- [Lenawee County Dept. of Human Services](#) (517) 264 - 6300
- [Love, Inc.](#) (517) 424 - 7665
- [The Salvation Army](#) (517) 265 - 2038
- [St. Mary's Church](#) (517) 263 - 4681
- [The American Red Cross](#) (517) 263 - 1904

## VETERANS

- [Lenawee County Veterans Affairs](#)  
Tammy Sheldon  
(517) 264 - 5335
- [Veterans Representative](#)  
Warren Vassar  
(517) 266 - 5600

## Work Group

On December 20, 2006, LCMHA led a brainstorming session with community members interested in suicide prevention, with over 30 in attendance! As a result, we have formed a Suicide Prevention Workshop to develop a comprehensive Suicide Prevention Plan for Lenawee. For more information, contact Customer Services (517) 263 - 8905. ■

The hearts that love will know never winter's frost and chill, Summer's warmth is in them still.

- Eben Eugene Rexford

The mission of the Lenawee County Continuum of Care is to meet the needs of housing the homeless in Lenawee County. It is made up of 27 human service agencies.

## A Tip

### FROM THE OFFICE OF RECIPIENT RIGHTS

**D**id you know that according to the Michigan Mental Health Code, the Rights Office must use a *preponderance of evidence* when reaching a determination in a Recipient Rights complaint? It's true . . . but what does this really mean?

Preponderance of Evidence is a standard of proof which is met when it is more likely than not that a right was violated based upon all the available evidence. This is determined by the quality of the evidence (i.e. believability and greater weight of important facts), not necessarily the quantity (i.e. number of witnesses).

Preponderance does not require proving "beyond a reasonable doubt" that a violation occurred.

As always, if you have any comments or questions regarding any recipient's rights issues, please contact the Rights Officer by calling (517) 263 - 8905. ■

## Opening

**M**embers are wanted for Inter-Connections Drop-In Center Board of Directors. The opening is for a consumer - past or present, of the public or private mental health care system. If interested, please call Michelle at (517) 265 - 9588. ■

## Bridges Out Of Poverty

### STRATEGIES FOR PROFESSIONALS AND COMMUNITIES

**T**he Human Services Council of Lenawee County and the Lenawee Intermediate School District presents Bridges Out Of Poverty - Strategies for Professionals and Communities on Thursday, April 12, 2007 from 8:00 a.m. to 4:00 p.m. at First United Methodist Church, Adrian. The presenter is Terie Dreussi Smith, M.A. Ed., co-author of the book by the same title.

### Could you survive in poverty? . . . in the middle class? . . . in wealth?

This workshop will:  
• Create a mental model of poverty

- Review poverty research
- Examine a theory of change
- Analyze poverty through the prism of the hidden rules of class, family structure, and language

### Who should attend?

- Professionals from social services, healthcare, behavioral healthcare, government, faith-based organizations, and criminal justice
- Community leaders from businesses, foundations, chambers of commerce, nonprofits, churches, and advocacy groups.

Watch for more registration details. ■



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Mental Health**

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1040 S. Winter Street  
Suite 1022  
Adrian, MI 49221

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