



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

GRAPESVINE

Celebrating Mental Health Awareness Month

- by Kay Ross

May 12th was a full day as LCMHA celebrated Mental Health Awareness Month with a presentation by Bob Ash, from Life Lessons Seminars. Bob gave a wonderful talk about "what matters most." Here are some of the "gems" he shared with us:



- What matters most is how you see yourself.
- Attitudes are contagious. Is your's worth catching?
- Be real. Walk your talk or keep your mouth shut.
- To keep a lamp burning, we have to keep putting oil in it.

- Laughter is the shortest distance between two people.
- Sometimes you just have to take the leap, and build your wings on the way down.

Bob also talked about the Four Basic Needs: 1) Physical - health, stability; 2) Social / Emotional - to love, trust, relationships; 3) Mental - to learn, grow your brain; 4) Spiritual - to leave a legacy, be concerned with something other than self. We look forward to having Bob back again!

Lenawee's newest sensation, THE OPTIMYSTICS, gave all who attended a wonderful concert. Many thanks to the members of the group: Sandy G, Kathy B, Brenda B, David O, Jessica P, Debbie S, Mark R, Kathy I. A special thanks to Will, our Tech Guru, and Mary B for her extraordinary talent in accompanying the group. Come see the Optimystics perform at the Lenawee County Fair, August 20, at 3:30 p.m.

The presentation of the Second Annual Lori Sallows Anti Stigma Award was also made. I have to say that I was quite surprised to be this year's recipient. I am very honored to have received this award,

and I am also very lucky. I get to work for a great organization with a great bunch of people. I get to do the things I love to do, to be a part of helping to



educate our community about mental illness in the hope that one day we will be able to eliminate discrimination, not just for persons with mental illness, but discrimination in any form.

I feel a little guilty (only a little bit) in receiving this award



because so many people have done so much to help me. Thank you to all of you who always answer "YES" when

I ask you to do something, whether it's giving a speech, helping sing in a group, or one of the many things I cannot do alone.

IN THIS ISSUE

- TBI Training
- Self Determination
- Wellness Matters
- Field Day Photo Album
- Sharing Hope Nominations
- Staff Appreciation Luncheon

A Word With The Director

This issue of the Grapevine is devoted in large part to looking back and reflecting on the events of the past two months. The month of May is Mental Health Month, and the work of public mental health agencies is celebrated annually in many events throughout the state . . . but none with more energy and excitement than here in Lenawee County. I hope you will take a few minutes and enjoy the pictures which show all of us - consumers, staff, Board and community partners, sharing in the pride of our accomplishments.



*Executive Director
Roger Myers*

We are planning many more events in the coming year which will help fight the stigma of mental illness. Please watch for more information in this newsletter, and do join us in our efforts to make our community a place where all people are accepted and valued. ■

If you do not wish to have future newsletters mailed to your home, please notify:
Customer Service
1-800-664-5005

Traumatic Brain Injury Training

On May 5, 2004 representatives from the Michigan Public Health Institute came to Lenawee to present a training on Traumatic Brain Injury. The Department of Community Health, along with its partners; the Family Independence Agency, the Brain Injury Association of Michigan, and Michigan Public Health Institute, have completed a three year grant to:

- Develop methods of coordinating services across publicly funded service systems.
 - Improve service delivery without a concomitant expansion of existing bureaucracy
 - Reduce or stabilize the cost in Medicaid expenditures
 - Develop a replicable model of local level public service delivery and coordination
 - Educate public service providers, individuals with Traumatic Brain Injury (TBI), family members, significant others, and their advocates.
- During the training we learned the definition of traumatic brain injury, the different levels of severity, and the effects of brain injury, along with much more useful information. Following is a partial list of resources available regarding TBI:

- Brain Injury Association of Michigan: (800) 772 - 4323, www.biami.org
- MI Protection and Advocacy: (800) 288 - 5923, www.mpas.org

- MI Legal Services: (800) 875 - 4130, www.mlan.net
- Social Security Disability: (800) 772 - 1213, www.ssa.gov
- Children's Special Health Care Services: (800) 359 - 3722, www.michigan.gov / search for "CSHCS"
- MI Works!: (800) 285 - 9675, www.michworks.org
- MI Resource Center (provides access to Substance Abuse Coordinating Agency): (800) 626 - 4636, www.wearmrc.org
- MI Rehabilitation Services: (800) 605 - 6722, www.michigan.gov / search for "MRS" ■

No one is useless in this world who lightens the burdens of it for another.

- Charles Dickens

Come see us!

at the
Second Annual

Fun Fit Family Festival

Monday, July 12, 2004
5 - 8 p.m.
at Island Park • ADRIAN

**There will be games
& lots of fun.**
See you there!!!

Bring the whole family.

For more information, call Customer Services (517) 263-8905.

Self Determination

MEMBERS OF SELF-DETERMINATION COMMITTEE ATTEND
THIRD ANNUAL IMMERSION LEARNING CONFERENCE IN GEORGIA

- by Dawn Rarick

Representatives from 24 states attended a conference sponsored by the Center for Self-Determination (based in Ann Arbor) and co-hosted by the Georgia Developmental Disabilities Council. Two local consumers and a Supports Coordinator teamed up with a representative from each affiliated county to make up the team from the Community Mental Health Partnership of Southeast Michigan. Together, the six of us were successful in creating a "Blueprint for Change" for the region.

We were also able to meet the Governor of Georgia, Sonny Perdue. He was very much aware of the importance of self-determination in the lives of those with mental illness and developmental disabilities. He gave an extraordinary speech in which he related self-determination to the rights of all Americans as spelled out in the Declaration of Independence: "life, liberty, and the pursuit of happiness."

The conference was timely, as the self-determination policy was incorporated into the CMHSP (Community Mental Health Service Providers) / MDCH (Michigan Department of Community Health) contracts effective June 11, 2004. All CMHSPs must assure compliance among their service provider networks with the elements of the policy, no later than September 30, 2004. There has been a regional policy

in place, but some components are in need of further clarification from the state. MDCH, along with consumers, consumer advocates, and members of community mental health boards are currently developing guidelines and advisories. One component of self-determination (the use of a fiscal intermediary) can be delayed until 90 days following the issuance of this revised technical advisory guidance. Each CMHSP is to submit to MDCH a written local plan for "increasing the implementation of compliance progress with the policy for fiscal year 2005" by August 31, 2004.

We now have 12 certified Independent Facilitators for consumers to choose from. You can find the albums that contain their pictures and information about them at LCMHA (on the counter behind the receptionist), at New Focus Clubhouse, and in Community Connections (meeting room).

The local Self-Determination Committee will be working on these policies and procedures over the summer. We currently have only two consumers on the committee. We are looking for consumers and family members to join our committee to ensure fair representation. Getting involved now will allow you to take part in something that will give the consumer much more freedom, choice, control, and

authority over their services and funding.

Save the date!

Our next local training for those interested in becoming an Independent Facilitator, or to learn how to effectively facilitate a person-centered planning meeting, will take place October 5, 2004 from 9 am - 2 pm.

Washtenaw has a training that is open to Lenawee County residents scheduled for July 23 from 9 am - 4 pm.

To find out more about self-determination or about using an Independent Facilitator, to join the team in Lansing, or to register for upcoming training sessions, please contact Dawn Rarick, Self-Determination Coordinator for Lenawee County at (517) 264 - 0172. ■

Rally to Ride



Saturday, July 17 is the day for the WLEN *Rally to Ride*, with the goal of raising funds for the Adrian Therapeutic Riding program. Many, many motorcycles (goal is to have 300 bikes) will participate in an all day "run" across Lenawee County, starting at Rally's at 9:00 a.m. and ending up at Artesian Wells in the Irish Hills about 6:00 p.m.

Would you like to ride in this great fund-raiser? Don't have a bike you say? The Trolley is also going to be following the run. If you would like to go along for this great event, call Kay at (517) 263 - 8905 and sign up. Space on the Trolley is limited and on a first come basis. We plan on having a great time, so come join in the fun! ■

Environmental Heroes

YPUM participants Jackie Johnson, J.J. Orozco, Julian

Orozco, Tommy Powelke, and Will Reynolds (not pictured) received "Environmental Hero" awards recently for picking up abandoned tires along the road and taking them to be recycled. They were presented with certificates at the "Earth Day" celebration held in May. ■



Sharing Hope Achievement Awards

MENTAL ILLNESS AWARENESS MONTH

The four Management Teams of the Community Health Partnership of Southeast Michigan have been asked to select one individual from their county to receive an Achievement Award following lunch at the Sharing Hope Conference on October 12, 2004. The four winners will receive special recognition at the conference - a plaque and a gift certificate to a local restaurant.

Consumers, LCMHA staff, other professionals, and local businesses are eligible to be nominated to receive an award. Individuals may nominate themselves.

Nominees should be individuals who have shared or offered hope through any of the following:

- Contributed as volunteers
- Provided community outreach
- Promoted community awareness of mental illness
- Offered support
- Reduced stigma
- Overcame struggles of mental illness

The winner from each county will be selected by the respective Management Team no later than September 24, 2004. ■

Encouragement is awesome. It (can) actually change the course of another person's day, week, or life.

- Charles R. Swindoll

Nomination Form

Please complete the following six questions and return the completed form to Kay Ross, LCMHA Customer Services, 1040 S. Winter Street, Suite 1022, Adrian, MI 49221 no later than September 15, 2004. Please feel free to use additional pages as needed, and staple them to this form.

1. Who are you nominating for an Achievement Award? _____

2. What has this person accomplished? _____

3. What has this person contributed to others and to the community? _____

4. How is this person a role model for others? _____

5. What else would you like to say about this person, and what are the reasons you are nominating him or her?

6. Please provide your name and how we may contact you for more information.

Name _____ Telephone () _____

Email _____ Address _____

Field Day Foto Album

Staff Spotlight

- by Jackie Johnson

Those who know Kathy Illenden would tell you that she does everything in high gear. It's amazing what she can fit into a day!



Kathy is a Supports Coordinator with a very "hands on" style.

When a consumer wanted to participate in Speechcraft, Kathy signed up and attended too. She wrote and gave her own speeches and helped the consumer successfully complete assignments as well. When other consumers have needed to add exercise to their lives, Kathy organized an evening walking club. She also rounds up volunteer activities for many of our consumers.

Kathy's day does not stop when she leaves work. At home she has a pet haven needing attention. Currently she and her husband have rabbits, ducks, cats, kittens, turtles, doves, and dogs sharing their home. As you can imagine, Kathy's three grandchildren love to visit.

Stop by and visit Kathy at the LCMHA booth during Lenawee County Fair week, August 15 - 21. She will have you relaxed and talking in no time. ■

Volleyball, Anyone?



Anti - Stigma Committee Models This Year's T-shirts



Customer Relations Committee



Field Day = Enjoying a break from routine.

The Facts - Mental Illness in Children

It is estimated that one out of every five children and adolescents has a mental health disorder and that one out of every 10 (6 million young people) suffer from "serious emotional disturbances."

Beyond the disorders most people associate with childhood (hyperactivity and attention deficit disorder), children can suffer from the same range of mental illnesses that afflict adults - depression, anxiety, eating disorders, obsessive-compulsive disorders, posttraumatic stress, bipolar disorders and schizophrenia.

Some mental disorders in children are the result of genetics or chemical imbalances in the brain; others are brought on by outside trauma, such as child abuse or exposure to high levels of lead in early childhood.

These disorders interfere with the way children think, feel and act. When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence and even suicide. ■

Source: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration / excerpted from The Detroit News

A Mother's Feelings

- by Kathy Tripp

The poem "For AMI" was written by a mother about her son who was diagnosed with schizophrenia in his mid twenties. I met this lady on an internet quilting group. We soon started to chat, not only because of our love of quilting and embroidery, but also because she wanted more information about medications, which I was able to provide for her. She recently shared this poem with me and graciously gave her permission for me to share it with our newsletter readers. ■

Licensing Legislation Enacted

Effective April 12, 2004, legislation was enacted which will change the regulation of social worker and certified social worker from registration to licensure. The titles of social worker and certified social worker will remain in effect until July 1, 2005.

After July 1, 2005, a registered social worker will be called social worker or licensed bachelor's social worker; a certified social worker will be known as a licensed master's social worker. A social work technician will be known as a social service technician and will continue to be issued a registration, not a license. ■
For more information, go to www.michigan.gov/MDCH

For AMI

There is a young man walking strangely out there
To all who meet him, please "handle with care"
He is very sensitive, and may seem odd
Claims he sees angels, talks to God.

He looks, but sees with hollow eyes
To the unaware, it is a guise.
But you and I, parents, we know more
He is a good boy, within his core.

He laughed and sang when a lad of eight
And worried if his clothes were not worn straight.
So when you meet him, please "handle with care"
He hears voices and is so unaware.

The "system" has failed him, to be sure
While we continue to pray for cure.
Not the person I knew so well
He lives with demons, his personal hell.

As a mother I watched him excel and grow
Always curious and wanting to know
What made things work, why fire was hot
But where he is now should not be his lot.

There is a young man talking strangely out there
He is somebody's son, so please "handle with care".

Sunny Chandonais
11/2000

Board Members Honored

Two LCMHA Board Members were honored at the recent Board Meeting in May. Belinda Lindstrom was honored for 6 years of service as an LCMHA Board Member. Belinda has now retired from the Board. We wish to extend to her our deepest thanks.

Pictured is Nate Smith, current LCMHA Board Chair presenting Mark Jackson with



a plaque honoring him for his many years of service as Chairperson. Mark has stepped down as Chair, but continues to serve on our Board. Congratulations, Mark! ■

Staff Appreciation Luncheon

- by Jim Thompson

It was the brainchild of Kay Ross, Customer Service Representative . . . a staff appreciation luncheon that was more than just a lunch provided by the board for the staff . . . it was a luncheon where expressing appreciation was the norm, and the providers of it were consumers and staff.

The speeches started with Latoya, Michael, and Lisa thanking Kathy Illenden, followed by Kathy thanking LCMHA as a whole, then Carol thanking Medical Records, Joseph thanking Dr. Prasad and the medical team, Tammy thanking Marsha DiCenzo and the DD nurses, Mike thanking the supports coordinators, Brenda thanking the fiscal department - especially those who help persons with their spend downs, Vicki thanking the ES/ Access staff, and finished with Jim thanking the board and administration - from the perspective of a staff member and then as a mental health consumer.

The presentation ended with the Speaker's Bureau and Recovery Panel presenting the board and administration with a certificate, signed by the members, thanking them for their continued support and assistance in dispelling the stigma of mental illness.

All in all - the food was great . . . but the honest expression of thanks, some from persons who, a short time ago, would never have dreamed of getting up in front of a group of 60 or so people, made it truly a unique time of staff (and board and administration) appreciation. ■



Creative Outlet



The Creative Outlet Committee is looking for consumers who would like to share their art work, crafts, etc.

We are considering the possibility of having a mini art gallery in our waiting room, as well as many other opportunities for people to display their work. All ideas / creations are welcome.

For more information, contact Kay Ross, Kathy Illenden, or Marsha DiCenzo at (517) 263 - 8905. ■

Wellness Matters

Wednesday, May 19 offered a morning of laughter and health for approximately 80 people through a "Wellness Matters" workshop.

Attendees learned about nutrition, exercise, stress management, gardening for pleasure, safety at home, and acupuncture. Several received vision, depression, and anxiety screenings. Still others practiced relaxation through Guided Imagery.



The speakers used humor to motivate us to adopt healthier lifestyles. Participants left with smiles on their faces and an understanding that wellness really does matter.

The Wellness Matters Conference was sponsored by the Community Health Partnership of Southeast Michigan, and Eastern Michigan University Access Services Office. ■

Summer Survey

Customer Satisfaction Surveys are currently being mailed. The survey questions appear in both English and Spanish. If you do not receive one, please call Customer Services at (517) 263 - 8905. ■

The mission of Lenawee Community Mental Health Authority is to promote positive outcomes through quality mental health services.



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
PAID
Adrian, MI
Permit No. 127