

Going The Distance



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

The local *Walk A Mile In My Shoes Rally* on May 25, saw 70 walkers trek from the Lenawee Human Services Building to the Lenawee County Courthouse to bring attention to Mental Health issues. Walkers traveled down Winter Street to Main, and then met at the Courthouse where

testimonies were read on the steps. Consumers, family members, and supporters of persons with mental illness and developmental disabilities all participated and had a great time. After the walk, we met at the ELKS for refreshments of sandwiches, chips and punch! What a great way to let our community know about Mental Health Month.



The following day, eleven participants traveled to Lansing to attend the statewide *Walk A Mile In My Shoes Rally*. Our very own Kathy B. and Lis M. carried the Lenawee banner to the Capitol steps. Word is there will be another walk next year, so everyone mark your calendars now!! *Please see more photos in our Scrapbook on Pages 4 and 5.* ■

Understanding the Michigan Mental Health Code

- excerpted by Gratia Karmes

Did you know that in most cases, youth aged 14 years or older may receive LCMHA services without parental consent? Section 707 of the Michigan Mental Health Code reads:

(1) A minor 14 years of age or older may request and receive mental health services and a mental health professional may provide mental health services, on an outpatient basis, excluding pregnancy termination referral services and the use of psychotropic drugs, without the consent or knowledge of the minor's parent, guardian, or person in loco parentis . . .

(2) Services provided to a minor under this section shall, to the

extent possible, promote the minor's relationship to the parent, guardian, or person in loco parentis, and shall not undermine the values that the parent, guardian, or person in loco parentis has sought to instill in the minor.

(3) Services provided to a minor under this section shall be limited to not more than 12 sessions or 4 months per request for services. . . .

This law, known as the "Stabenow Bill", is not well known, though it has been a part of the Code for many years. For more information, or for a copy of the law, please contact Customer Service at (517) 263 - 8905. ■

CAC Needs YOU!!!

All interested consumers of Lenawee Community Mental Health Authority are asked to consider serving on the Consumer Advisory Council. This important committee requires a commitment of approximately one hour per month to make your voice heard in the operations of this agency. If you would like more information, please call Customer Service (800) 664 - 5005, or come in and talk to Kay Ross. ■

GRAPEVINE

Children and Weight

A PHILOSOPHICAL BASIS FOR PROJECTS

LCMHA is part of a coalition of human service providers, led by the MSU Extension, addressing the issue of childhood obesity. The group follows these guidelines:

We • recognize each child as a unique individual, and each family as a unique group of individuals. • celebrate differences in body size and shape among children and adults. • view all bodies as good bodies. There is no such thing as a bad body. • respect the bodies of others even though they might be different from our own. We encourage children to demonstrate respect for the bodies of others. • believe that approaches to decreasing childhood overweight must be based on sound scientific research. • believe that the best way to decrease overweight is to create environments that promote healthy life-styles. • promote body satisfaction, high self-esteem, and a positive body image for children and adults. • believe that the vast majority of parents love their children and are committed to fostering their health and welfare. • know that our children are our future; we are strongly committed to caring for them and creating a world in which they can thrive.

- from University of California, Berkeley

For more information, contact Gretchen at the MSU Extension Service, (517) 264 - 5300. ■

A Word With The Director

As this is written, we are in the throes of a rather extensive remodeling project. A number of things brought this about, including some security regulations which were not easily adhered to in our old "digs", along with the addition of several new staff and the general wear and tear of 15 years of occupying the same space. For the next month or so we are going to be experiencing what everyone experiences during a remodeling project: disruption. However, we believe we have planned things so that our consumers will feel little or no such inconvenience, and it is certainly our hope that when we are done, everyone will enjoy greater convenience,



Executive Director
Roger Myers

security, and comfort as a result.

This issue of the Grapevine is devoted mainly to sharing with you pictures and stories about our many activities during the month of May, in which we celebrated Mental Health Month. This time is set aside annually to recognize the many achievements of our staff, the good work of our community partners, the progress made by our consumers, and to further the cause of reducing the stigma of mental illness. This year, so many activities were planned that they went on through June!

Believe it or not, we are now gearing up for Fall activities, which will include our annual "community needs assessment". Please watch the next issue of this newsletter for more information on how you can be a part of this process. Whether you are a consumer, a provider, agency staff, LCMHA employee, or simply someone who cares about public mental health services,

we want your ideas as we plan for the future.

Your input will be even more important than usual as we are facing probable budget cuts again. In fact, the Michigan Association of Community Mental Health Boards is warning its members that the budget bill recently adopted by the Michigan legislature includes a \$20 million cut to the "General Funds" budget line. General Funds refers to those dollars that we may spend on the uninsured . . . a growing population already underserved, and a population whose need for mental health and other services is well documented. Even before this cut, we have had to restrict services to those who don't qualify for Medicaid. Further cuts seem shortsighted; the problem will not "go away". In fact, delaying treatment leads to more, and more expensive, services later.

At this writing, efforts to restore this funding are "an uphill fight". As always, we appreciate your support to protect the public mental health system in our community. ■

Double Surprise

Long-time LCMHA employee Mary Poore was greatly surprised to be the co-recipient (with her dear friend, Ron Hadden) of the **Third Annual Lori Sallows Anti-Stigma Award**. This award is given each year to someone who has furthered the cause of reducing stigma of mental illness and developmental disability.

Ron is the (retiring) director of HOPE Community Center in Adrian. Mary coordinates the Family Support Program at Lenawee Community Mental Health Authority. Together they have provided "Disability Sensitivity Workshops" to



many and diverse audiences in Lenawee County and the state.

Disability Sensitivity Workshops help people experience what it is like to live

with various limitations. We are all very proud of Ron and Mary, and the excellent work they do to raise awareness and reduce stigma. ■

State Budget Includes Deep Cuts

PROGRAMS FOR CHILDREN AND FAMILIES

On Tuesday, June 7, the Appropriations Committee in the Michigan House of Representatives met to consider HB 4831, a 683 page omnibus budget bill covering most state services and programs (excluding K-12 School Aid). The Michigan Senate is adopting budget bills that focus on specific state departments, which has been the approach historically. The Michigan legislature has indicated that it will balance the fiscal year 2006 state budget without adopting any of the tax expenditures or other revenue options proposed by the Governor, so much deeper cuts are proposed.

- from "Michigan's Children"

The following are examples of the impact on the state's vulnerable children.

- Funding for child abuse and neglect prevention programs (0 to 3 Secondary Prevention) would be reduced.
- Approximately 36,000 children would be left destitute when their families lose income assistance, and those still receiving benefits would fall more deeply into poverty.
- Child care services, including payments to relatives who care for children, would be deeply cut.
- Vital public health prevention programs such as infant mortality reduction, lead poisoning prevention, hearing

and vision screening, and minority health programs would be deeply cut or eliminated entirely.

- Funding for child care licensing would be reduced, despite the fact that Michigan's child care licensing inspector caseloads are among the highest in the country.
- Training for children's protective services and foster care workers would be slashed, threatening the State's ability to ensure that abused and neglected children are safe.
- Many young adults, and relatives caring for low-income children, would lose their Medicaid benefits, and those who are still eligible would face new premiums and higher copayments.

For more information contact sorenson.pat@michiganschildren.org.



Save The Date!

The date's been set! This year's Sharing Hope Conference will take place October 18, 2005. You will find a Sharing Hope Achievement Award Nomination Form on page 7 of this newsletter. Stay tuned for more information! ■

Adopt-A-Highway

LCMHA employee Wendy Cadieux and her family and friends volunteered to do the "Adopt-A-Highway" spring clean-up for our agency. The teenagers pictured here, plus Wendy and her husband Ray, worked very hard to make our stretch of M-34 presentable again. Hats off to them for their hard work and concern for the environment. ■



From left, Adrian High School students: Kelsie Cadieux 9th grade, Brent Ohrman 9th grade, Jayne Olsen 10th grade, Rici Cadieux 10th grade

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

checking our email for . . .

"SAMHSA's NCADI Update: SUMMER RESOURCES"

From: ncadiupdate@listserve.shs.net
Sent: Wednesday, June 15, 2005 4:50 PM
To: ncadiupdate@bombadil.health.org
Subject: Keeping Youth Drug Free

When school's out, parents or caregivers and their children usually spend more time together than in the rest of the year. What a great opportunity to talk with the children in your life about alcohol, tobacco, and illicit drugs.

It's easy. Find out what they know. Describe the harmful effects of substances, how they affect memory and

learning skills, and can cause problems in relationships with friends and family.

For help in how to talk with your child, request Keeping Youth Drug Free, SAMHSA's guide for parents and caregivers of children ages 7 to 13. This resource may be ordered and viewed on-line at <http://ncadi.samhsa.gov/order.aspx?ID=14602>. ■



Scrapbook Favorites



Audience members enjoy a presentation by the Optimystics singing group and special speaker Ted Hanley from The Jesse Tree at **Mental Health Awareness Month Celebration**, held May 11 at First Church of the Nazarene, Adrian.



Mental Health Month Celebration



State Rally in Lansing



Lenawee County was well-represented at the state-wide **Walk A Mile In My Shoes Rally** held at the Michigan State Capitol in Lansing on May 26.



Walk A Mile In My Shoes
Rally



*From the oldest to the youngest, everyone had a great time helping to stamp out stigma at our local **Walk A Mile In My Shoes Rally!***

70 participants walked from the Lenawee Human Services Building to the Lenawee County Courthouse on May 25. Refreshments were served afterward at the ELKS.

A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

Did you know . . . ? as per the Michigan Mental Health Code, the Office of Recipient Rights has the responsibility to ensure that complainants and any staff acting on behalf of a recipient are protected from harassment or retaliation resulting from recipient rights activities.

As a staff member, you are required to report any rights violations that you witness or hear about. The Mental Health Code protects staff who report alleged rights violations. If you feel that you have been retaliated against or harassed as a result of blowing the whistle on a known or suspected rights violation, you should contact the Recipient Rights office.

If you have any comments or questions regarding this Tip or any other Rights issue, please contact the Officer of the Day by calling (517) 263 - 8905. Thanks! ■

Nothing opens the heart like a true friend, to whom you may impart griefs, joys, fears, hopes, . . . and whatever lieth upon the heart.

- Francis Bacon

Staff Spotlight

- by Gratia Karmes

Eric Kurtz is a longtime employee of LCMHA, having started in the old "Assertive Community Treatment" program in 1988.

In fact, he was one of the first two staff members hired for that program. He went back to school for a while, and then returned to LCMHA as a case manager. He has also worked as a Specialized Residential Services coordinator, a Reimbursement Services Team Leader, and as Finance and Budget director. All of this experience was great preparation for his current



position as Director of Operations and Managed Care. Eric and his family live at Evans Lake, where he enjoys water sports of all kinds, including fishing. He loves to hunt, and also very much enjoys being involved with school activities and sports events of his two sons, Alan (13) and Evan (8).

Eric and his wife, Michelle, have been married for 20 years. Michelle has been very successful at entering contests. Among other things, she won a trip around the world, which she and Eric thoroughly enjoyed.

Eric is very committed to making sure the resources of our mental health agency are directed to those most in need. His experiences as a "go and do" clinician left him with a very strong appreciation for the needs of persons with mental illness, and for the work of the staff who try to meet those needs. He is very active in the various work groups of our Affiliation, helping to make systems run a little smoother wherever possible.

Eric recently completed his master's degree in Health Administration. We congratulate him on this successful venture and on his many years of service to our agency. ■

A Broken Heart Harms Your Health

EMOTIONAL STRESS CAUSES AN UNUSUAL TYPE OF HEART DISEASE

by Jessica Ebert

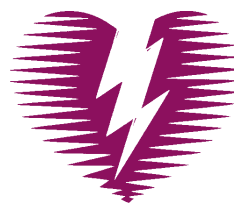
Being 'broken-hearted' a result of emotional trauma may be a more appropriate turn of phrase than we imagined. US researchers have shown how sudden emotional stress can release hormones that stun the heart into submission, resulting in symptoms that mimic a typical heart attack.

People suffering from stress cardiomyopathy, or 'broken-heart syndrome', seem to be having a heart attack; they have chest pain, fluid in the lungs, shortness of breath and heart failure. Although the ability of the heart to pump is significantly reduced and the heart muscle is weakened, it is not killed, or infarcted, as in a

classic attack.

"The tissue is alive," says Hunter Champion of Johns Hopkins Hospital, who led the study. "It's just not moving."

In 1999, Champion and fellow cardiologist, Ilan Wittstein, noticed something unusual about certain heart attack patients. They were particularly struck by results from postmenopausal women who had experienced an intense emotional event before their attack, such as the loss of a loved one or a court appearance. These patients had unique electrocardiogram and ultrasound patterns, lacked



coronary artery disease and recovered quickly.

It will be important that doctors appreciate the difference between broken-heart syndrome and classic heart disease when examining patients. By spotting broken-heart sufferers, "unnecessary procedures could be averted", says Champion, referring to defibrillator implants. What's more, as doctors learn to recognize the syndrome's unique features, more cases are likely to be documented. "This may be the tip of the iceberg," says Champion. "It may occur much more frequently than we think." ■

- Story excerpted from news@nature.com; used by permission

Sharing Hope Achievement Awards

NOMINATION FORM

The four affiliates of the Community Mental Health Partnership of Southeast Michigan would like to honor one individual from each County to receive an Achievement Award at the Sharing Hope Conference on October 18, 2005. The four winners will receive special recognition at the conference.

Who can be nominated? Anyone who has shared or offered hope through promoting awareness of mental health issues, offered support, helped reduce stigma, overcome struggles with mental illness or developmental disability, volunteerism, outreach, among others.

The winner from each County will be selected by the respective Management Team. Deadline for turning in your nomination is August 15, 2005. Winners will be notified prior to the Sharing Hope Conference, October 18, 2005.

Please complete the following questions and return the completed form **to the Member/ Customer Services staff at your local CMH no later than August 15, 2005**. Please feel free to use additional pages, as needed.

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

2. **Why are you nominating this person for the Sharing Hope Achievement Award?**
(please list all accomplishments, contributions, etc.)

3. **Please provide your name and how we may contact you for more information:**

Name / phone number / email address

**THANK
YOU !!!**



All supporters of the First Lenawee Walk A Mile In My Shoes Rally would like to thank the Adrian Elks #43 for opening their doors and hearts to us and serving refreshments after our Rally on May 25. Your generosity and support of our mission to make this an annual event to educate the community about mental health issues is greatly appreciated. A special thanks to Chef Ernie and Billie Brocht. ■

Supporting The Humane Society

Staff at Lenawee Community Mental Health Authority have supported the Lenawee Humane Society throughout the past year, holding monthly fund-raisers and collecting donations. So far, a total of \$661.00 has been collected and given to the shelter.

Longtime employee Deb Strayer usually spearheads these efforts, and she is often instrumental in finding homes for stray dogs. Anyone wishing to make a donation, please call the Humane Society at (517) 263 - 9111. ■

Team LCMHA



Lenawee Community Mental Health Authority was represented in the HOPE Community Center Golf Scramble sponsored by WLEN radio and HOPE Community Center. Team LCMHA included Kay Ross, FayeLynn Reaume, Melinda Moore, and Nancy Hebb. A total of \$5,000 was raised.



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Mental Health**
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