



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

GRAPHEVINE

Is Depression Normal?

One of the most common myths about depression is that it's normal for certain people to be depressed - older people, women, and those with chronic illnesses and work-related stress, for instance.



But chronic depression is never a normal part of life - and it can strike anyone, regardless of age, gender, race, creed, or income.

Diet, exercise, counseling, and medication if needed, can all help reduce depression. The National Mental Health Association can help you learn more. www.nmha.org ■

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

Member Services
1-800-664-5005

Spreading A Message Of Hope

SE MICHIGAN DUAL RECOVERY SPEAKERS' BUREAU

The term "Dual Disorders", though unfamiliar to some, is used to mean a combination of a mental health disorder and a substance use disorder occurring at the same time in the same individual.

Dual Disorders are more common than many people are aware.

Within the consumer populations served by Community Mental Health organizations, national research has consistently shown that more than 50% experience problematic involvement with substance abuse, and may be in need of integrated dual disorder treatment.

The *Southeast Michigan Dual Recovery Speakers' Bureau* takes part in carrying the message of hope that individuals are not alone, that

help is available, and that treatment works!

The Speakers' Bureau is funded jointly by a Federal Block Grant through the Michigan Department of Community Health, and the Community Mental Health Partnership of Southeast Michigan. Because speakers are compensated through this grant funding, the services of the *Southeast*

Michigan Dual Recovery Speakers' Bureau are free of charge to the audience or group requesting a speaker.

Together we can continue to raise awareness, educate our communities, and carry the message of Dual Recovery to those who may still struggle!

For more information, or to schedule a speaking event, please contact Steve Wiland at (734) 971 - 9605, ext. 142 or wilands@ewashtenaw.org ■



WANTED

Gently Used Children's Books for the LCMHA Lobby.



If you have children's books you would like to donate, please drop them off to Jackie Johnson at Lenawee Community Mental Health Authority.

Department of the Month

The Customer Relations Committee began in June 2006 to host an LCMHA Department of the Month. Each month an LCMHA department will be honored by having a display on an official bulletin board, along with other goodies, such as being featured in the Grapevine.

What better way to start this celebration of departments, than by selecting at random, the LCMHA Access Team. This team states "we touch every person that comes through this agency". They are responsible for authorizing payment for persons with Medicaid who need to be hospitalized in a psychiatric setting, as well as authorizing other services. The team also handles emergency calls throughout the day and after business hours.

One of the team members is the hospital liaison who will go to the hospital to help with many things, including discharge planning, in order to help the patient return home as soon as possible.

This team holds numerous responsibilities along with what is mentioned above. If you have interest in the other duties the Access Team diligently takes care of, you may contact Member Services at (517) 263 - 8905. ■

A Word With The Director

This issue of the *Grapevine* is a special one, devoted to photos and articles about the various things we did to celebrate Mental Health Month. Perhaps you attended one or more of these events; if so, we would love to hear your feedback, and your ideas for future speakers, for presentations, and for efforts to reduce the stigma of mental illness and developmental disabilities.



As usual, the highlight for me was the presentation by two consumers from our Affiliation Partners (Washtenaw County) who spoke so movingly and entertainingly about their experiences recovering from both substance abuse and mental illness. The Dual Recovery Speakers Bureau is featured elsewhere in this newsletter. I hope you will consider them for any speaking engagements you might be involved in planning. The authentic voices of persons who have lived through serious problems, and who are devoted to helping others with similar situations, simply cannot be equaled for impact and educational value. ■

New Focus Director

WINS ANTI STIGMA AWARD

- by Tracey, Bob, & Michelle

On May 31, 2006 our director, Carol Wotring won the Fourth Annual Lori Sallows Anti Stigma Award because she did something outstanding for the mental health community. Every year, this award is presented to someone who is a strong advocate for persons with mental illness.



Carol has helped mental health consumers for over 19 years in many different ways. She is currently the director of New

Focus Clubhouse, which is a recovery program for persons with mental illness. She has been on state, regional, and local committees that fight against stigma and for the rights of consumers. Carol always has time and an ear for the consumer. She has touched many people's hearts in the mental health community and we are very proud that she won this award.

Carol was very surprised and was delighted when New Focus members, Touchstone management, and her husband Glen came to support her achievement. ■

- from *New Focus News and Views*,
July 2006



Top 9 SUMMER ACTIVITIES FOR KIDS AND ADULTS

- 1. Bike Riding:** Great for the entire family. Helmets are a must. Experts suggest children under 10 ride on paths and sidewalks. When riding in the dark, use a bike light and wear reflective clothing, and remember that children should always be accompanied by an adult.
- 2. Swimming:** Beat the heat and get a full-body workout. Make sure all family members know how to swim and never swim alone.
- 3. Martial arts:** Involve strength, coordination, and mental discipline. Check recreation centers for classes.
- 4. Basketball:** Whether it's a summer league or a game of HORSE, basketball develops hand/eye coordination and teamwork.
- 5. Soccer and volleyball:** Require agility and teamwork.
- 6. Obstacle courses:** Use jump ropes, balls, and cones to challenge different skills.
- 7. Dancing:** From ballet to hip-hop, dancing is a good workout.
- 8. In-line skating and skateboarding:** Lots of fun, but kids should always wear helmets as well as wrist guards, elbow pads, and knee pads.
- 9. Jumping rope:** Playground favorite builds coordination and stamina.

Source: *American Council on Exercise, Fit Facts*

Cinco de Mayo

Cinco de Mayo (the 5th of May) is a date of great importance to the Mexican and Chicano communities. It marks the victory of the Mexican Army over the French at the Battle of Puebla. Although the Mexican army was eventually defeated, the "Batalla de Puebla" became a symbol of Mexican unity and patriotism. With this victory, Mexico demonstrated, along with all of Latin America, that they were willing to defend themselves from any foreign invasion - especially those from imperialist states bent on world conquest.

Cinco de Mayo's history has its roots in the French Occupation of Mexico which took shape in the aftermath of the Mexican-American War of 1846 - 1848. With this war, Mexico entered a period of national crisis during the 1850's. Years of fighting the Americans and also a Civil War had left Mexico devastated and bankrupt. On July 17, 1861, President Benito Juarez issued a moratorium in which

all foreign debt payments would be suspended for a brief period of two years, with the promise that after this period, payments would resume.



José Rivera entertained staff at the annual Cinco de Mayo potluck.

The English, Spanish, and French refused to allow President Juarez to do this, and instead decided to invade Mexico and get payments

by whatever means necessary. The Spanish and English eventually withdrew, but the French refused to leave. Their intention was to create an Empire in Mexico under Napoleon III. Some have argued that the true French



Paula Lozano-Jones (right) and her sister Naomi Betz helped provide delicious food for the Cinco de Mayo celebration.

occupation was a response to growing American power and to the Monroe Doctrine (America for the Americans). Napoleon III believed that if the United States was allowed to prosper

indiscriminately, it would eventually become a power in and of itself.

In 1862, the French army began its advance. Under General Ignacio Zaragoza, 5,000 ill-equipped Mestizo and Zapotec Indians defeated the

French army in what came to be known as the "Batalla de Puebla" on the fifth of May.

Eventually, in the United States, the "Batalla de Puebla" came to be known as "Cinco

Staff Recognition

Dr. Aurif Abedi, who provides psychiatric services to our consumers here at LCMHA, was recently recognized with the 2006 Physician Excellence Award at Foote Health System in Jackson.



This annual award recognizes physicians who reflect the values of the organization in an exemplary manner. Physicians were nominated by fellow physicians, hospital staff and board members. Nomination criteria include outstanding service in the areas of leadership, quality, image or community involvement. Supporting the organization's values of compassion, competence, customer service, diversity, healing environment, integrity, quality and teamwork is also part of the selection criteria.

Dr. Abedi, shown second from the left in the photo above, is a child psychiatrist for Foote's Behavioral Health Services program, and often earns high praise from his patients and their families about the positive impact he has on their lives. With his personal philosophy that every child

de Mayo". Unfortunately, Cinco de Mayo is often wrongly equated with Mexican Independence, an event which took place on September 16, 1810, a difference of nearly fifty years. ■

and teen is deserving of a quality life, he has a unique way of making people feel cared for and important. As a result of

this philosophy, one of his nominators said Dr. Abedi's patients begin to believe in themselves and in their potential for a satisfying future. He also has positive interactions with staff involved in the care of his patients, respects staff for their clinical skills, and often acknowledges their contributions openly. ■

- excerpts from FooteNotes, April 27, 2006



Staff members Stephanie Albright and Billie Brocht were recognized recently for five years of participation in the STARS reading program at Madison Elementary School.

Infant Safe Sleep

Every year babies die because they are put to sleep in places that are not safe. Parents whose babies have died want other parents to know:

- Babies are not safe sleeping on a couch, pillow, or anything soft.
- Babies are not safe sleeping with other children, adults, or pets.
- Adult beds are not safe for babies. If you feed your baby in bed, put your baby back into his or her crib to sleep.

Here are the **seven** steps for Safe Sleep for a baby:

1. Baby sleeps by him or herself in a crib, portable crib, or bassinet.
2. Always put baby to sleep on his or her back even when he or she can roll over.
3. Nothing in sleep area. No pillows, blankets, comforters, stuffed animals, or other soft things.
4. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
5. Don't allow anyone to smoke anything around baby.
6. Don't overheat the baby. Dress the baby in as much or as little clothing as you are wearing.
7. Use a firm mattress with a tightly fitted sheet. ■

Grief

SOME IDEAS THAT MIGHT HELP

Although many people believe that there are stages of grief, the reality is that it's more like a roller coaster. The ride may get smoother with time, but there is no predictable pattern. Depression, isolation, eating too much or too little, and insomnia are just some of its physical and emotional expressions.

Things that will help you get through the grieving process:

- **Ask for support** from relatives or friends.
- **Keep a journal.** It's a safe and private way to express emotions.
- **Take care of your body** with diet, exercise, and adequate rest.
- **Avoid alcohol and drugs.** They won't cure grief, and they may slow the healing process.

Seven Simple Ways

TO BE MORE PRODUCTIVE

1. **Keep your desk clean.** Clear away paper piles, empty cups, and other unneeded items. A high-tech tip: Use a wireless optical mouse - it eliminates wires and the need for a mouse pad.
2. **Concentrate on one project at a time.** Bouncing back and forth between projects makes you work less efficiently.
3. **Keep a "tickler file" and check it daily.** If you can't do a task today, put information relating to it in a paper or electronic file sorted by calendar date. This keeps you from forgetting and keeps your desk clean.
4. **Set two or three specific times during the day to read and answer your e-mail** rather than whenever it comes in.

"A minute of thought is worth more than an hour of talk."

- Unknown

5. **Communicate face-to-face with your co-workers.** You'll head off time-consuming miscommunications and redoing work in the future.
6. **Continually look for ways to improve.** Ask yourself: Is there a better way to do this project? Could I do it in fewer steps?
7. **Give yourself something to look forward to.** Whether it's a vacation or a 10-minute afternoon walk - you'll be more alert, awake, and happier if you have a break to look forward to. ■

- Source: Rebecca L. Morgan, certified management consultant and author of *TurboTime: Maximizing Your Results Through Technology*, from July 2006 HOPE Health Letter, Vol. 26, No. 7

- **Be gentle and take small steps.** Put off making other major changes in life for a while.
- **Remember that grief is not only a reaction to death alone.** As human beings, we grieve all losses. ■

- Source: Hospice Foundation of America, from May 2006 HOPE Health Letter, Vol. 26, No. 5

Keep Your Hat On

One of the greatest threats to your eyes is invisible. Long-term exposure to ultraviolet radiation from the sun can damage your eyes and lead to vision loss. Everyone is at risk, including children.

Whenever you're outdoors, protect your eyes with a wide-brimmed hat and sunglasses that block UV light, advises the American Academy of Ophthalmology.

And even if you're wearing a hat and sunglasses, protect your skin with sunscreen that has an SPF of at least 15. ■

from June 2006 HOPE Health Letter, Vol. 26, No. 6



Mental Health Month Montage



10 Goals

SUICIDE PREVENTION PLAN FOR MICHIGAN

Goal #1: Reduce the incidence of suicide attempts and deaths across the lifespan.

Goal #2: Develop broad-based support for suicide prevention.

Goal #3: Promote awareness and reduce the stigma.

Goal #4: Develop and implement community-based suicide prevention programs.

Goal #5: Promote efforts to reduce access to lethal means and methods of suicide.

Goal #6: Improve the recognition of and response to high risk individuals within communities.

Goal #7: Expand and encourage utilization of evidence-based approaches to treatment.

Goal #8: Improve access to and community linkages with mental health and substance abuse services.

Goal #9: Improve and expand surveillance systems.

Goal #10: Support and promote research on suicide and suicide prevention.

This plan was developed by the Michigan Suicide Prevention Coalition (MiSPC). It is dedicated to those who have lost their lives to suicide.

De-stigmatizing Schizophrenia

According to NSF - The National Schizophrenia Foundation, Schizophrenia is:

- A biologically-based psychological and emotional disorder that impairs normal brain function.
- No specific cause or cure has been identified.
- Symptoms include visual and audio hallucinations, delusions of grandeur or paranoia, extreme confusion or disorganized behavior.
- According to the DSM-IV, diagnosis may be appropriate

if a person has experienced multiple symptoms for at least 6 months.

• Medication, professional help and other psychosocial interventions can relieve symptoms and improve life.

• Experts estimate that schizophrenia's total burden on the U.S. economy is between \$32.5 and \$65 billion annually.

• The typical age range for the onset of schizophrenia is 16 - 25.

According to Joanne Verbanic, Founder of Schizophrenics Anonymous "the stigma is

harder to deal with than the illness itself. The NSF promotes public awareness and helps to reduce the stigma faced by millions of people living with schizophrenia - the so-called untouchables."

To find out more about schizophrenia and the work of the National Schizophrenia Foundation, contact:

The National Schizophrenia Foundation
403 Seymour Street, Suite 202
Lansing, MI 48933
(517) 485 - 7168
www.NSFoundation.org ■

Mortgage Burning Celebration

The photos on this page were taken at a Mortgage-Burning Celebration held in June at the Interconnections Drop-In Center in downtown Adrian. Congratulations go out to consumers and staff for all their hard work!

The Interconnections Drop-In Center continues to be in need

of Board Members. The position is a volunteer position and meetings are held monthly. Anyone with an interest or questions, please contact

Kathy or Brenda at (517) 265 - 9588, or stop by the center at 110 W. Maumee, Adrian. ■



Announcing My Retirement

- by Gratia Karmes

After 27 years of working at LCMHA, I am retiring. Roger said I HAD to put something in the *Grapevine* about that, and the truth is, I wanted to anyway. It's a bit like writing your own obituary . . . but you know me, I am always game for a chance to speak up.

This has been such a wonderful career, and such a great place to work.

I will be forever grateful for the opportunities the Board has given me - in those 27 years I have "changed jobs" numerous times, always within the scope of Community Mental Health (or close enough) and enjoyed an enviable amount of freedom to think creatively, and to help others who saw things that needed to change, or to happen, or to stop happening . . . to get those things accomplished.

Most of that time I have worked for the same boss, Roger Myers, and would like to thank him here for his support and encouragement, and for the guidance and leadership he has given this agency. Someone told me recently that we are "like family" at this agency, and that you can tell that's true just by walking in the door. That has certainly been true for me; I will miss everyone so much.

As I move on to new adventures, I am hopeful that more good things will transpire for LCMHA. We (I still think in terms of "we", and will for some time) are expanding our services, hiring new staff, forging new collaborations. I am particularly excited about the plans to create new Prevention services, using the Wraparound model.



Certain things do stand out as very special work opportunities - being the first Wraparound coordinator (I say in Michigan, and who has been around long enough to contradict me?), supervising the Nontraditional Services Unit, (Old-timers may remember that we sure lived up to our name), and working with consumers who told their stories so many times - and so compellingly - at workshops, trainings, and other public venues . . . all of these have been very rewarding.

I have been the "editor by default" of this newsletter since its inception. I certainly never predicted back in Grad School that such a job could be in my future, but I am very glad it was. Thank you to all

the staff, partners, community members, and most especially consumers who helped make it a success, and who were willing to take on the sometimes difficult task of putting into words what it is we do here at LCMHA.

I believe there is great power in the written word, and especially when it conveys truth. The message of hope and recovery for persons with mental, emotional, and developmental disabilities is

an important one, and I am hopeful this agency will continue to spread the word.

Now, some people say, "Oh, don't fuss over me" as they retire. Well, that is not the Gratia Way. Please call, or stop in, to say good-bye . . . and perhaps I will see you at my retirement open house on August 4. It is fitting that I end this little essay as I have so many others: "Please call Member Services at (517) 263 - 8905 for more details". ■

Beginning in 2006, the Joint Commission on Accreditation of Healthcare Organizations, JCAHO, began unannounced surveys. Previously, organizations that were to be surveyed were required to publish an announcement in the community and request that anyone who would like to report any concerns about the organization to contact the surveyor while they were in the community conducting the survey.

Now that we no longer know when the surveyor will be coming to LCMHA, we would like to inform you about how you may report concerns to JCAHO about safety or quality of care provided by LCMHA.

Lenawee Community Mental Health Authority will take no action against consumers, providers, employees, or members of the public who

report a complaint to JCAHO, nor will any report of a complaint impact a consumer's services.

You may submit complaints anonymously or with your name and contact information. JCAHO will treat your name as confidential information and not disclose it to any other party; however it may be necessary to share the complaint with the organization in the course of a complaint investigation. You may submit complaints to JCAHO at:

- email: complaint@jcaho.org
- Fax: Office of Quality Monitoring (630) 792-5636
- Mail: Office of Quality Monitoring, JCAHO, One Renaissance Blvd., Oakbrook Terrace, IL, 60181

If you have any questions regarding submitting a complaint, please contact JCAHO at (800) 994-6610. ■

News From NAMI



The National Alliance on Mental Illness (NAMI) is the nation's largest grass roots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.

The LCMHA Consumer Advisory Committee is currently in the process of re-organizing the Lenawee NAMI Chapter. Please stop in and see us at the Lenawee County Fair, or call Member Services at (517) 263 - 8905 for more information. ■

A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

Did 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 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 this Tip or any Rights issue, please contact the recipient rights officer.

Emily Rostash, J.D.
Office of Recipient Rights
(517) 263 - 8905, ext. 292

To NYPUM director,
Jackie Johnson

Dear Jackie,

Thank you for helping us with our 3rd Community Food Drive. It was a great success - we filled the truck with food and raised over \$600 for local food pantries. You did an awesome job on the radio!

Sincerely,

Carol Wotring, New Focus Clubhouse



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**Community
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