Car Seat Safety

Did you know . . .
- Infants should be in a rear facing car seat until they are at least one year old and weighing at least 20 lbs.
- Infants should never be placed in their car seats with heavy coats or snow suits on. Take them off before buckling them into their seats.
- Never place a rear facing infant seat in the front seat of a vehicle.
- If you have a truck or other vehicle that only has one set of seats, make sure the passenger air bag is turned off prior to putting a child in the passenger seat.
- Children under the age of 12 should ride in the back seat of a vehicle.
- Children over one year old and between 20 and 40 lbs. can be in a forward facing car seat.
- Kids between the ages of 4 and 8 and between 40 and 80 lbs. should be in a booster seat.
- If a shoulder belt cuts into the neck of a child sitting in a regular seat, they are too small to be sitting without a booster seat.
- If you only have lap belts in your car, and your child is over 40 lbs., he/she should be in a special seat.
- Always send in your registration cards on car seat purchases in case of recalls.
- Replace a car seat if it has been in a crash.
- Never use detergents or bleach on the straps of your car seat.
- Everyone should buckle up in a car, especially children.

There are many more things you should know to make sure your child or grandchild is safe in a vehicle. Kay Ross, LCMHA Customer Service Representative, is now a Certified Child Passenger Safety Technician and would be happy to answer your questions. She may be reached at (517) 263 - 8905.

Calling Teens And Young Adults With Mental Illness

Would you like to help others understand mental illness, learn how to ask for help and support, learn not to be ashamed of your illness, educate peers, families, and the community about mental illness, help eliminate Stigma while learning public speaking skills? A new support group, the MSMI (Making Sense of Mental Illness) Support Group is getting under way.

This group is specifically for ages 16 - 20. Meetings will begin March 23, from 4:00 - 6:00 p.m. at the Human Services Building.

If you would like to be a part of this group, contact Sara (517) 547 - 3920, Jessica (517) 902 - 3535, or Kay at Lenawee Community Mental Health Authority (517) 263 - 8905.
Lenawee County Support Groups

- Bipolar and Depression Support Group
  Mondays, 1:00 - 2:00 p.m.
  New Focus Clubhouse
  Kathy (517) 263 - 3577

- Cancer Support Group
  Hickman Cancer Center
  (517) 263 - 2317
  24/7 Information Line
  (800) ACS-2345
  www.cancer.org

- Grandparents Raising Grandchildren
  Thursdays, 5:30 - 8:00 p.m. at
  the Piotter Center. Childcare
  and dinner provided
  (517) 264 - 5280

- Abortion Support Group
  CPC Pregnancy Counseling
  and Services,
  (517) 263 - 5701

- Cancer Support Group
  Hickman Cancer Center
  (517) 263 - 2317
  24/7 Information Line
  (800) ACS-2345
  www.cancer.org

- ADD/ADHD Children
  (for parents, grandparents and
  guardians) Monthly,
  5:30 - 7:00 p.m.
  Madison Schools Media
  Center (library)
  Fran (517) 263 - 0741 or
  Sheri (517) 264 - 5922

- Cardiac Support Group
  (patients) Fourth Monday
  9:00 a.m.
  Bixby Medical Center 5th
  Floor Cardia Rehab Ed Room
  (517) 265 - 0221

- Cardiac Support Group
  (for adults and children)
  Madison Schools Media
  Center (library)
  Fran (517) 263 - 0741 or
  Sheri (517) 264 - 5922

- Caregiver Support Group
  Second Monday, 2:00 p.m.
  Gerontology Network
  Laurie (517) 264 - 5280 or
  Carlene (517) 266 - 2588

- Family Support Group
  First Monday
  1:00 p.m.
  National Guard Armory
  (517) 265 - 7987

- Families of Military Personnel Support Group
  First and Third Tuesday
  6:00 p.m.
  National Guard Armory
  (517) 265 - 7987

- Fetal Alcohol Syndrome/Effects Support Group
  (parents) Second Tuesday, 7:00 p.m.
  Human Services Building, 2nd
  Floor Demo Kitchen
  LCMHA (517) 263 - 8905

- Parents of Persons with Special Needs
  Tuesdays, 9:30 - 11:00 a.m.
  Porter Education Center,
  Room 200

- Parents Supporting Parents
  (loss of a child through death)
  Second Tuesday, 7:00 p.m.
  Hospice of Lenawee
  (517) 263 - 2323

- Parkinson's Support Group
  First Thursday
  Dominican Life Center
  Dolores (517) 263 - 3909

- Survivors of Domestic Violence
  Thursdays, 10:00 - 11:00 a.m.
  or 7:00 - 8:00 p.m.
  Catherine Cobb Domestic
  Violence Shelter
  (517) 264 - 5733

- Survivors of Suicide
  Two Mondays each month
  Center for Trauma, Loss, and
  Transition (517) 424 - 6033

- T.O.P.S. (Take Pounds Off Sensibly)
  Chapter 1440
  Thursdays, 4:00 p.m.
  Herrick Hospital
  Conference Room
  Wanda (517) 451 - 2923

- Alcoholics Anonymous
  For meeting times and
  locations, call (517) 265 -
  3590

- Alzheimer Family and Caregiver Support Group
  Second Monday, 2:00 p.m.
  Gerontology Network
  Laurie (517) 264 - 5280 or
  Carlene (517) 266 - 2588

- Anxiety Support Group
  Every Thursday
  1:00 - 2:30 p.m.
  LCMHA (517) 263 - 8905

- Arthritis and Fibromyalgia Support Group
  Last Monday, 5:30 p.m.
  Carter Rehab Center North
  (517) 423 - 7722

- Autism Support Group
  (parents) Third Wednesday
  9:30 - 11:00 a.m.
  Porter Education Center,
  Room 190A

- Bipolar and Depression Support Group
  Mondays, 1:00 - 2:00 p.m.
  New Focus Clubhouse
  Kathy (517) 263 - 3577

- Cancer Support Group
  Hickman Cancer Center
  (517) 263 - 2317
  24/7 Information Line
  (800) ACS-2345
  www.cancer.org

- Grief Support Seminars for Adults and Children
  Contact Hospice of Lenawee
  (517) 263 - 2323

- Growing Through Grief
  First Thursday, 7:00 p.m.
  Hospice of Lenawee
  (517) 263 - 2323

- Huntington's Support Group
  Second Monday, 7:00 p.m.
  Madison Schools Media
  Center (library)
  Fran (517) 263 - 0741 or
  Sheri (517) 264 - 5922

- HIV and Recovery Support Groups
  (Ann Arbor and Jackson area)  For meeting
  times and locations, contact
  HARK, (800) 578 - 2300

- Kids Club
  For information, contact
  Catherine Cobb Domestic
  Violence Shelter
  (517) 264 - 5733

- Schizophrenia Anonymous
  Mondays, 1 - 2:30 p.m.
  Demo Kitchen in the Human
  Service Building
  Contact Mike, Rex or Earl
  (517) 263 - 3577

- SMPVI (Southern Michigan Parents of the Visually
  Impaired)  Third Friday
  HOPE Center, Adrian

- Survivors of Suicide
  Two Mondays each month
  Center for Trauma, Loss, and
  Transition (517) 424 - 6033

- T.O.P.S. (Take Pounds Off Sensibly)
  Chapter 1440
  Thursdays, 4:00 p.m.
  Herrick Hospital
  Conference Room
  Wanda (517) 451 - 2923

This is a partial listing of available Support
Groups. If your group or a group you know
of should be added to the list, please contact
Customer Services at (517) 263 - 8905.
BARJ and Poverty Conference

The Fifth Annual Community Conference presented by the Lenawee County Probate Court will explore Balanced and Restorative Justice (BARJ) and Poverty at a two-day symposium, Thursday and Friday, March 11 and 12, 2004. The conference takes place at the First Church of the Nazarene, 50 Industrial Drive, Adrian.

Presenters include: the Honorable Fredrick R. Mulhauser, Probate / Juvenile Judge for Charlevoix and Emmet Counties; Bonnie Bucqueroux, Coordinator, Victims and the Media Program, Michigan State University; the Honorable Neil T. Mullally, Chief Judge of Muskegon County Probate Court; and Sue Anne Keagle, Human Resource Development, Adrian Training School.

Anti Stigma Speaker's Bureau Report

The year 2004 has started off on a good note. Our Recovery Panels, which are made up of three consumers and a facilitator, have started to speak at area high school psychology classes. We spoke recently at Lenawee Christian High School, and the hour went so fast that we were asked to come back again. We also have a February date at Morenci High School to speak with their students about recovery from mental illness.

Plans are being made to do a statewide mini Speechcraft training for the Michigan Association of Clubhouses, of which our own New Focus Clubhouse is a member.

Mental Health Month is fast approaching, along with the many events it brings. We will have much more information, as we get closer to May.

Tip of The Month

When should Incident Reports be written?

Incident Reports should be written any time something unusual or out of the ordinary occurs.

Here are some examples of the many kinds of events that require filing an incident report.

- The death of a recipient
- Any injury of a recipient, explained or unexplained.
- Any unusual medical problem.
- Environmental emergencies/incidents that could have caused an injury.
- Problem behaviors not addressed in a plan of service, such as breaking things, attacking other people, or setting fires.
- Suspected abuse or neglect of a recipient.
- Inappropriate sexual acts.
- Suspected sexual abuse.
- Medication errors.
- Medication refusals, unless addressed in the plan of service.
- Suspected criminal offenses involving recipients.
- Every use of physical intervention not covered in a behavior program.
- Any significant event in the community involving a recipient.
- A traffic accident involving recipients.
- A recipient leaving the home without permission or notice.

If you have any questions regarding Incident Reports or other Recipient Rights topics, please contact Sandy Geyer (517) 263 - 8905.

Reps Needed

The LCMHA Consumer Advisory Committee is looking for a representative for their committee. The group meets monthly at the Human Services Building. If you have a child who is receiving services at Lenawee Community Mental Health Authority, and you would like to be on this committee, please contact Kay Ross at (517) 263 - 8905.

As always, if you know of someone who needs a speaker or panel of speakers to share inspiring stories of recovery and mental health, please call Kathy, Kay, or Jackie at (517) 263 - 8905.
Lenawee Coalitions
FEBRUARY 2004

Prepared for the Multi Purpose Collaborative Body
by Gratia Karmes, ACSW and Sharon Smith, Lenawee Community Mental Health Authority
For the latest update: ssmith@lcmha.org or (517) 264 - 0191

LENAWEE HUMAN SERVICES COUNCIL
Meets Second Thursday, 10:30 a.m.
Human Services Building
Chris Miller, Chair • (517) 263-3007

EXECUTIVE COMMITTEE
Meets First Thursday
10:30 a.m.
Department on Aging

INTERAGENCY TRAINING COMMITTEE
Meets as needed
Gratia Karmes • (517) 263-8905 LCMHA

LENAWEE INTERAGENCY COORDINATING COUNCIL
(Early On)
Meets 6X per year, Porter Center
Sheryl Goldberg • (517) 265-1788

MEMBERSHIP COMMITTEE
Meets as needed
Tom MacNaughton • (517) 264-5280

STRONG FAMILIES / SAFE CHILDREN
Meets Quarterly, Human Services Building
Gratia Karmes • (517) 264-0189 LCMHA

BASIC NEEDS TASK FORCE
Meets Second Monday, 1 - 2:30 p.m.
First Christian Church
Barb Stoy • (517) 266-2588

FAMILY SUPPORT TASK FORCE
(Wraparound)
Meets Fourth Friday, 10:00 a.m., FIA
Kathryn Szewczuk • (517) 264-0188 LCMHA

LENAWEE COUNTY YOUTH CRISIS TEAM
Meets every other month
Kathy Goetz • (517) 263-2323 HOSPICE

CHILD ADVOCACY NETWORK
Meets Third Tuesday, Noon, HSB
Pat Ziegler (517) 264-2744 / M. Burns (517) 264-5315

LENAWEE EMERGENCY PREPAREDNESS
Jim Anderson • (517) 264-4759

TRAUMATIC BRAIN INJURY
Forming
Sandy Keener • (517) 264-0156

SUBSTANCE ABUSE
Forming
Robin Reynolds • (517) 337-4406, ext 114

MULTI PURPOSE COLLABORATIVE BODY
Meets First Friday, 9:30 - 11:00 a.m.
Human Service Building
Joe Satterelli, Chair • (517) 264-6402 FIA
Gratia Karmes, Staff • (517) 264-0189 LCMHA

LENAWEE EmERGENCY PREPAREDNESS
FREE-STANDING COALITIONS

ACCESS TO HEALTH CARE
Meets Monthly
Mike Kight • (517) 264-5204

ADRIAN ECUMENICAL FORUM
Meets Monthly
Christ Brundage • (517) 265-5689

COALITION FOR OLDER ADULTS
Meets First Tuesday, Odd Months, 9 a.m.
Tom MacNaughton • (517) 264-5280 DOA

COALITION OF YOUTH SERVING AGENCIES
Meets Quarterly
Christine MacNaughton • (517) 265-1664

COMMUNITIES IN SCHOOLS
Lenawee: C. MacNaughton • (517) 274-1664
Tecumseh: S. Reeder • (517) 423-7574

CONTINUUM OF CARE
Meets as needed
J. Guetschow • (517) 264-6404

DOMESTIC VIOLENCE TASK FORCE
Meets First Tuesday, Noon
Maple Room, Bixby Medical Center
(517) 264-5733

EASTSIDE COMMUNITY COALITION
“KZ” Bolton • (517) 265-5376

ELDER ABUSE PREVENTION
Meets Bi-monthly
Somerset Township Hall
Ginny Wood-Bailey • (800) 335-7881

GREATER LENAWEE TOBACCO REDUCTION COALITION
Meets First Tuesday, 9:00 a.m.
Human Services Building
Susie Reitbauer • (517) 264-5209

HOMELESS YOUTH COMMITTEE
Beth McCullough • (517) 264-6678

LENAWEE’S CHILD
Karen Roback • (517) 266-4825

LENAWEE COUNTY CHILD DEATH REVIEW TEAM
Meets Quarterly
Mary Vallad • (517) 264-5231

LENAWEE COUNTY FETAL ALCOHOL SYNDROME ADVISORY COMMITTEE
Third Wednesday, 11:30 a.m. LCMHA
Jackie Johnson • (517) 263-8905

LENAWEE SAFE KIDS CHAPTER
Second Monday
Paula Trentman • (517) 263-4696

LENAWEE COUNTY SUPERINTENDENT’S ASSOC.
Meets Second Friday
LISD Education Service Center

LENAWEE LEAVE A LEGACY
C/o Lenawee Community Foundation
S. Hammersmith • (517) 263-4696

LENAWEE TEEN PREGNANCY COALITION
P. Trentman • (517) 263-4696

LENAWEE YOUTH COUNCIL
Meets Quarterly
P. Trentman • (517) 263-4696

MICHIGAN REGIONAL HIV/AIDS CONSORTIUM (RHAC)
Meets 10 times per year
Mary Vallad • (517) 264-5231
HEALTH DEPARTMENT

REGIONAL INTERAGENCY COORDINATING COMMITTEE ON DEVELOPMENTAL DISABILITIES
Meets Third Tuesday, 12:00
HOPE Community Center
Bob White • (517) 263-0607
MI REHAB.

SOUTHEASTERN MICHIGAN MIGRANT RESOURCE COUNCIL
Meets as needed
P. Lozano • (517) 266-5627

SOUTHWESTERN MICHIGAN WORKFORCE DEVELOPMENT BOARD
Meets every other month
Thursday, 8:00 a.m. at JCC
(517) 437-0990, ext 108

WOMEN’S HEALTH ACTION TEAM
Meets Third Tuesday, 12:30 p.m.
Location Varies
Cynthia Pepple • (517) 263-2317

YOUTH ASSET DEVELOPMENT
(Act - Action for Children and Teens)
S. Hammersmith • (517) 263-4696
Step Right Up!

FABULOUS FITNESS COMING TO LCMHA!

Have you ever wanted to look and feel better? Overwhelmed at how to reach your healthy living goals? We have the answer for you!

An exciting and new way to be healthy and fit is happening at LCMHA! The Fabulous Fitness group meets Fridays, from 1:00 to 2:00 pm in the Human Services Building. Any interested LCMHA consumers and employees are welcome to join.

Over the course of 10 weeks, members will learn how to develop healthy living choices, especially in the areas of eating and fitness. Some of the topics to be explored include Fast but Healthy Food, Delicious and Delightful Desserts, Healthy Shopping on a Budget, and Walk Your Way to Fitness. Speakers, prizes, and games will help make these gatherings fun! Various walking routes will be mapped out for you to follow as well as tools to help you plan healthy menus and food choices.

Questions?? Please call Kathy Tripp (517) 264 - 0170 or Kay Ross (517) 264 - 0128. You may also contact Kay to sign up.

Adopted Children

TIPS ON PARENTING

A great deal of what is visible to parents is behavior. Behavior is not personality, but a form of communication. Rather than seeing a child as defiant or compliant, try to ascertain what the behavior is telling you. See the behavior as a metaphor for pain and beliefs: steals - feels stolen, living a lie - may lie, people disappear - may hoard food. Behavior/communication may also come in the form of projective identification in which the child acts in such a way as to get the parent to feel what she is feeling: rage, frustration, rejection, shame, inadequate, unimportant, etc. If the parent can put those feelings into words (rather than reacting to them), that can go a long way toward a real connection with the child: a connection based on understanding, acknowledgment, and compassion.

Adolescence is often the most difficult time for adoptive parents and their children. It is identity time. Because they often have little in common, it is difficult for adoptees to identify with and thus separate from their adoptive parents. The differences between them and the adoptee's sense of not fitting in makes them spend a great deal of time away from the family. Adoptees' anger about those differences makes communication difficult. They can't talk to their parents, they don't feel heard or understood by them, and they just want to get away.

The early interruption in the natural order of things creates a void in the adoptee's understanding of cause and effect. (This really is more difficult for adoptees to grasp than for others.) Consequences for bad behavior need to be consistent and fair from an early age so that adolescence isn’t a nightmare. This needs to be reinforced over and over, despite the turmoil it may create. Firm boundaries and limits need to be established for the child to feel safe.

Parents need to empathize with the difficulties their children are having and give voice to that understanding, rather than just being angry with their kids. Adolescence is the time when many parents decide to get therapy for their kids, but it is often too late. Teenagers resent being sent to therapy and are often too angry and out of control to take advantage of it. It is a good idea for parents to get their kids into therapy by age 10 or 11 for a therapeutic alliance to have been established between the therapist and the child before adolescence. This goes for the quiet adoptee as well as the acting-out adoptee.

There are many ways that parents can help their child deal with the sorrow, anger, anxiety and low self-esteem caused by separation trauma. Celebrate birthdays a week or so before the birthday (separation day . . . full of sadness and/or anger.) Prepare the child for changes in routine. Allow the child to ask questions or make comments about being adopted without getting defensive. Listen more, talk less. Respond to painful feelings with validation, rather than discounting them with either defensiveness or reassurance. Acknowledge, respect, and value the differences between the child and other members of the family. Encourage the child's talents and interests, even if they are different from yours.

Never threaten abandonment, no matter how provocative the child becomes. Never be late in picking up your child from school or other activities. What may elicit just an "Oh, well . . ." from other children may create a feeling of panic in an adoptee who has already had one mother disappear. Fathers need to empathize with mothers' experience, which will be different from theirs. Both need a support group to compare notes with other adoptive parents and to avoid isolation. No one else will understand exactly what you are going through.

Parenting an adopted child is parenting plus, but with intuition, information, understanding, and empathy, it can be a rewarding experience evolving into a loving, heartfelt connection between parents and child. For more information, go to www.adoption.com. - excerpts from adoption week e-magazine, "Parenting an Adopted Child" by Nancy Verrier, MFT

- www.lcmha.org
Nominations Open
SECOND ANNUAL
LORI SALLOWS
ANTI STIGMA AWARD

Lori Sallows of WLEN and Toastmasters, was our first LCMHA Anti Stigma Award recipient. In fact, we named the award after her. She has been instrumental in getting our speaker’s bureau up and running, and she is a great advocate for persons with mental illness.

Nominations are now being taken for this year’s recipient of the Lori Sallows Anti Stigma Award. If you know of someone who has worked hard to help eliminate stigma in our community (whether they be a consumer, a public figure, or some other person) and you feel they deserve this honor, please fill out the nomination form below and get it back to us.

NYPUM 2004

The National Youth Project Using Minibikes (NYPUM) is now accepting referrals for 2004. NYPUM is a youth program which uses behavior modification principles to help kids improve their behavior at home, at school, and in the community.

A trained instructor teaches the kids to ride a minibike, and then makes additional riding time contingent on their progress toward goals which are developed by the child, their parent(s) and the instructor.

If you know a child between the ages of 10 and 15 years who would do just about anything for the chance to ride a minibike, you might consider a referral to NYPUM. Parents can register their children by calling the YMCA (517) 263 - 2151 (a referral will be requested.)

For questions, comments or referrals, you may contact the YMCA or call Jackie Johnson at (517) 264 - 0135. NYPUM is a program of the Lenawee YMCA, supported by Lenawee Community Mental Health Authority and Dexter’s Honda of Adrian.

The true way and the sure way to friendship is through humility - being open to each other, accepting each other just as we are, knowing each other.

- Mother Teresa

Schizophrenia Anonymous SUPPORT GROUP

- Meets Mondays, 1:00 - 2:30 p.m.
- Anyone with a diagnosis of Schizophrenia or Schizophrenia Affective Disorder is welcome to attend.
- Co-Group Leaders, Mike and Rex, can be reached at New Focus Clubhouse, (517) 263 - 3577 for questions.
- This is a support group that gives you the opportunity to share with others who have Schizophrenia.

Your Name ________________________________
Your Address ____________________________________________
Your Phone Number (_____) ________________________________
Name of Person you are nominating: __________________________
Tell briefly why you feel this person deserves the Anti Stigma Award. ____________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
______________________________
Completed Forms should be submitted to LCMHA Customer Services no later than April 2, 2004 (you may attach additional comments)
**Creative Outlet**

Do you enjoy creating works of art? Do you like making things that are beautiful or useful? Would you like to market your artwork in the community?

The "Creative Outlet" people need people like you to share your artwork with the world!! If you are creative, or would like to try your hand at it, please plan on attending our first general meeting, Tuesday, April 6, 2004 at 3:30 p.m. in the River Raisin Room at the Human Services Building. You may contact Kay Ross, Kathy Illenden, or Marsha DiCenzo at (517) 263 - 8905 for more information.

---

**Conversation With A Consumer**

- by Jackie Johnson

Mary Jane Simrau believes in support groups. She has attended the Anxiety Support Group since its beginning. She is no longer fearful and shy around others, and has made so much progress that she is moving on to brighter things.

Mary Jane works at McDonald's and was recently recognized for her 10 years of service. She attends HOPE Community Center, loves animals, and enjoys Special Olympics. In fact, Mary Jane won the Gold Medal in bowling for Special Olympics in November, 2003.

Mary Jane is an active member of the LCMHA Pre-Speechcraft Group and is a member of the Speakers' Bureau. All of us who have worked with Mary Jane or have been involved with her are very proud of her accomplishments. She has a very inspiring story to tell. If you and/or your group would like to hear Mary Jane speak, call Customer Service at (517) 263 - 8905.

---

**Of Interest To Our Providers**

SAVE THIS DATE!

CMHA will hold its annual Provider Training session Wednesday, April 21, 2004 from 9:00 a.m. to 1:00 p.m. in the River Raisin Room of the Human Services Building. A light lunch will be provided. Please contact Customer Services at (517) 265 - 8905.

---

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

Customer Service
1-800-664-5005

---

PRSRT STD
U.S. Postage
PAID
Adrian, MI
Permit No. 127