



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

GRAPPEVINE

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. ■

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.



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,

- 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

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. ■

IN THIS ISSUE

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Lenawee County Support Groups

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

■ **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

■ **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

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

■ **Depression Support
Group**
Every Thursday, 3:30 - 5 p.m.
Human Services Building -
River Raisin Room
Jackie (517) 263 - 8905

■ **DivorceCare Support
Group**
Maple Avenue Baptist Church
(517) 263 - 8580

■ **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

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

■ **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

■ **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

■ **NAMI** (National Alliance
for the Mentally Ill)
For information, (800) 331-
4264

■ **Overeaters Anonymous**
Every Monday, 12 - 1:00 p.m.
Every Thursday, 7 - 8:00 p.m.
Bixby Medical Center Old
Board Room
Carol (517) 263 - 8047

■ **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

■ **Young Partners Loss
Support Group**
Third Tuesday, 5:15 p.m.
Hospice of Lenawee
(517) 263 - 2323

■ **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

G. Mullally, Chief Judge of Muskegon County Probate Court; and Sue Anne Keagle, Human Resource Development, Adrian Training School.

The two day conference is for people who have a personal or professional interest in justice or poverty. Conference content questions may be addressed to Kathryn Szewczuk at (517) 264 - 0188. Registration questions may be addressed to Kathy Campbell at (517) 265 - 1619. ■



LCMHA Board and Administrative Staff are pictured at the Fall 2003 Strategic Planning Session.

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.

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

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. ■

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. ■

Tip of The Month

FROM THE OFFICE OF RECIPIENT RIGHTS

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.

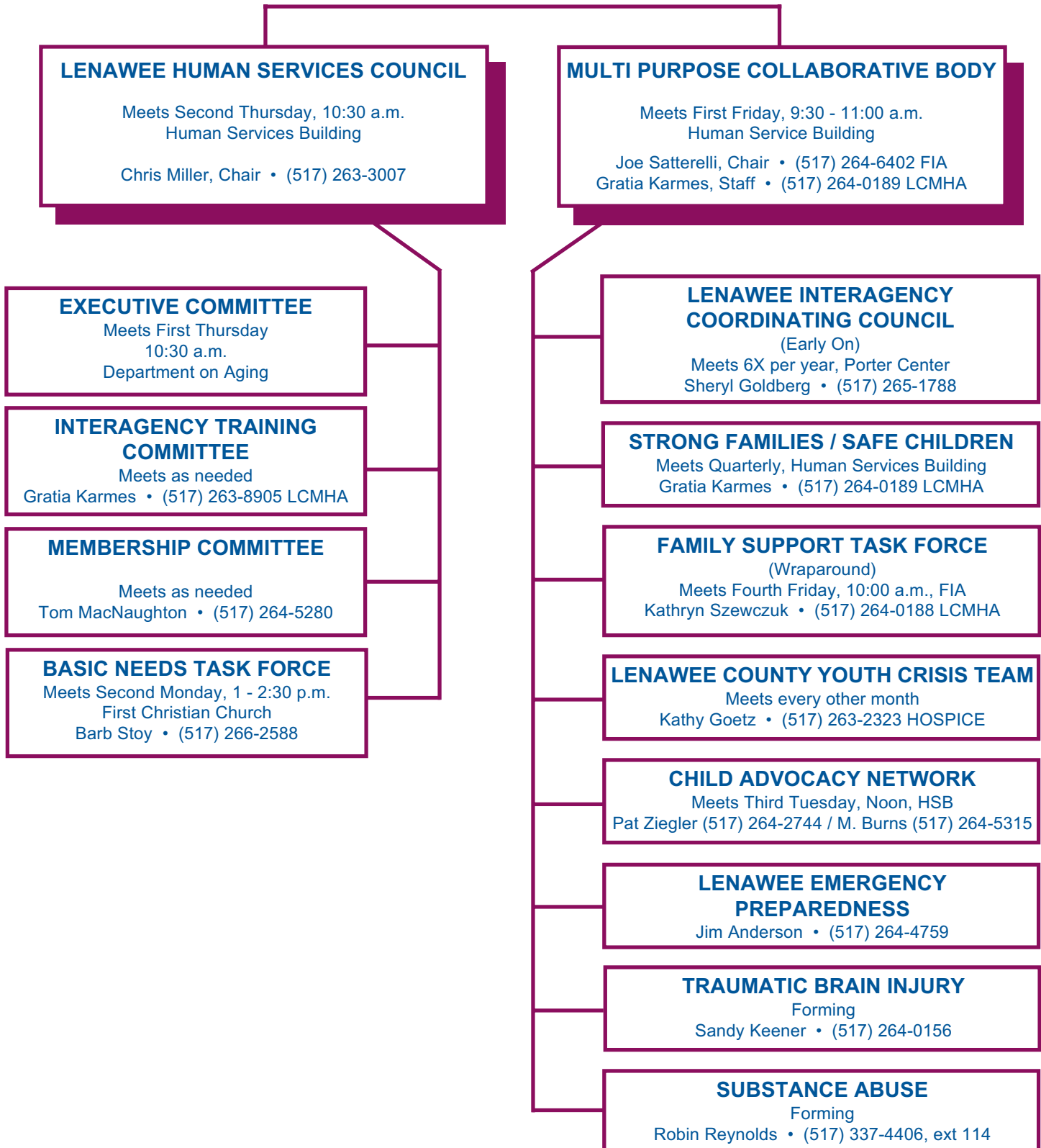
- The death of a recipient
- Any injury of a recipient, explained or unexplained.
- Any unusual medical problem.
- Environmental emergencies/ incidents that could have caused an injury.
- Problem behaviors not addressed in a plan of service, such as breaking things, attacking other people, or setting 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. ■

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*



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.
Human Services Building
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.

SOUTH CENTRAL WORKFORCE DEVELOPMENT BOARD

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

SOUTHEASTERN MICHIGAN MIGRANT RESOURCE COUNCIL

Meets as needed
P. Lozano • (517) 266-5627

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 will 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

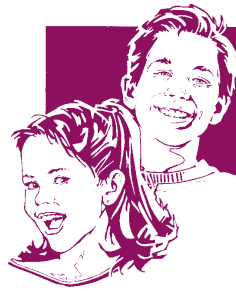
A great deal of what is visible to parents is behavior. Behavior is not personality, but a form of communication. Rather than seeing a child as defiant or compliant, try to ascertain what the behavior is telling you. See the behavior as a metaphor for pain and beliefs: steals - feels stolen, living a 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

Nominations Open

SECOND ANNUAL LORI SALLOW'S 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.

ANTI STIGMA AWARD NOMINATION FORM

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!

LCMHA 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**



l e n a w e e

**Community
Mental Health**

a u t h o r i t y

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