



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

# GRAPPEVINE



## NYPUM Is Back!

**J**ames Hawkins is excited that NYPUM (National Youth Program Using Minibikes) is getting started again. He says he loved riding the minibikes and can't wait to get back into the program. His mother, Wendy Clucas, is pleased as well. She has had two sons complete 10 weeks in the program and says it is a wonderful tool for parents.

NYPUM uses riding minibikes as a reward for improved behavior. The parents, child and NYPUM instructor set weekly goals. The child earns the right to ride the minibike each week based on how he/she does in meeting those goals. James says one of his goals was to get his homework done. He admits he worked hard at getting the work done so that he could spend as much time as possible on the bike.

NYPUM is offered in Lenawee County by the YMCA in collaboration with LCMHA.

## What it Takes to Be a Mom or Dad

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- Read to your children.
  - Keep your promises.
  - Go for walks together.
  - Let your children help with household projects.
  - Spend time one-on-one with each child.
  - Tell your children about your own childhood.
  - Go to the zoo, museums, and ball games as a family.
  - Set a good example.
  - Use good manners.
  - Help your children with their homework.
  - Show your children lots of warmth and affection.
  - Set clear, consistent limits.
  - Consider how your decisions will affect your children.
  - Listen to your children.
  - Know your children's friends.
  - Take your children to work.
  - Open a savings account for college education.
  - Resolve conflicts quickly.
  - Take your children to your place of worship.
  - Make a kite together.
  - Fly a kite together.
  - You get the idea.

*For more information on parenting and prevention of child abuse and neglect, contact Lenawee Child Advocacy Network (CAN), (517) 264 - 2744.*

Dexter's Motors services the bikes and opens its trails for training and riding. The kids go through a 21 lesson safety class, and then trail riding begins. A weekly "rap session" allows the instructor to check in with the kids and help them figure out how to reach their goals and earn time on the bikes.

James is revving his engine. This time he's bringing another brother along. Wendy is happy that the kids are motivated. "This is something I couldn't offer my kids on my own and they really love it."

For more information about NYPUM, contact Jackie Johnson (517) 265-8905, or the YMCA (517) 263-2151. ■

## Upcoming Events

**R**ichard Prangley, whose story is told in the compelling book by John Schneider, titled "Waiting for Home - A True Story of Strength and Survival" will speak Tuesday, May 6, 2003 at 6:00 p.m. The first 50 participants to arrive will receive an autographed copy of the book. LCMHA will hold their annual community needs assessment. Refreshments will be provided. For information, call Customer Services at (517) 263 - 8905. ■



## Mental Health Awareness

**T**he Regional Mental Health Awareness Month Committee will hold a conference entitled COMMUNITY MENTAL HEALTH - 40 YEARS OF SERVICE on May 16, from 9:30 a.m. to 12:00 noon, with a repeat from 1:00 - 3:30 p.m. Guest speaker LeRoy Spaniol will talk about recovery for co-occurring disorders. David LaLumia from the Michigan Association of Community Mental Health Boards will provide a history of community mental health. A panel discussion will follow. The conference takes place at St. Joseph Educational Center in Ann Arbor. Call Customer Services (517) 263 - 8905 for registration information. ■

## Staff Spotlight

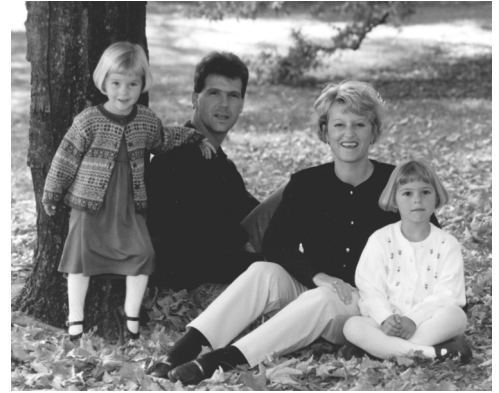
**C**hildren's Services Supports Coordinator, Beth Binegar, is a conscientious and positive member of the Lenawee Community Mental Health Authority staff. Known as a kind and attentive worker, Beth will have been with LCMHA for 13 years in August, and she still loves her job!

Beth has served as an Adult Case Manager for persons with Mental Illness, a Family Preservation Worker, a Child Case Manager, and now a Child Supports Coordinator. As part of her job she assesses and authorizes services for assigned children, follows up to make sure families and children are getting those services, and brings together the people involved with the child as a team, working to meet the needs of the child and family. Additionally, she coordinates the respite services

for SED (severe emotionally disturbed) children. Unfortunately, recent state budget cuts have made this part of her job more difficult. Despite this, she works diligently to find ways families and children can get the support they need.

Beth reports that she likes working with people, including family members, teachers, and other support people in the lives of the children she is assigned. She finds that a team approach is very important when working for the good of children. She also feels very strongly about offering support to the parents and other family members of her consumers.

Beth's value of family is played out at home as well. Her desk holds beautiful



pictures of her daughters, Hannah (9) and Emma (7), as well as pictures of her husband, John. She enjoys spending time with her kids, swimming, scrap booking, and gardening. Her balanced life has made her a wonderful and dependable resource. LCMHA is proud to have her on our team! ■

## Of Interest To Our Providers

**T**he LCMHA phone system has recently been changed. The "265-6976 + ext." direct dial numbers are no longer operational. You may still access the main switchboard via (517) 263 - 8905 and/or 1-800-664-5005.

### ■ Notice of Privacy Practices:

By now each contract agency should have received the "Notice of Privacy Practices" poster. Thank you for your cooperation in seeing that this document is posted in your waiting rooms. If by chance you did NOT get this poster, please call Customer Services as soon as possible, and we will see that you do! ■

## Speechcraft Graduation

**T**he second class of Speechcraft graduated on April 11, 2003. The graduates were Judy Ackley, Brenda Barry, Kathy Bennett, Jim Thompson, Betty Patterson, Lisa York, Justin Wright, Kathy Illenden and Carol Wotring. Each of the graduates worked very hard for eight weeks preparing speeches,

participating in impromptu speaking, introducing and evaluating each other. Congratulations to all of you! You did a great job and we



will all look forward to hearing you speak again! ■

## Healthy Kids Day at the Y

**H**ealthy Kids Day at the YMCA on April 5th was a big success. Safe Kids Coalition checked 17 car seats to make sure they were installed properly. Several seats were correctly installed and didn't need help from the checkers. The rest of the parents were instructed on



the proper way to install car seats for the weight / height of their children. We also gave away 50 bike helmets. The Safe Kids group wants to make sure all children are safe. ■

### checking our email for . . .

#### "NEWS FROM NAMI"

**From:** enews@maillist.nami.org  
**Sent:** Tuesday, April 22, 2003 8:56 AM  
**To:** jim@enich.com  
**Subject:** States Force Families to Abandon Thousands of Children

In a report to three leading members of Congress, the General Accounting Office (GAO) has confirmed that states and counties force parents to give up custody of tens of thousands of children and adolescents with mental illnesses (biologically-based brain disorders) in order to secure necessary treatment - even though child welfare and juvenile justice systems are not primarily designed to provide mental health care.

The report supports the landmark study "Families on the Brink: The Impact of Ignoring Children with Serious Mental Illness", published in 1999 by the National Alliance for the Mentally Ill (NAMI), in which 20% of families surveyed reported having to give up custody of children to the state in exchange for adequate treatment.

"Every parent in America should be grateful to Senator Collins and Representatives Stark and Kennedy for insisting on this very important, first federal look at a system that forces families to be torn apart in order to get the help they need," said Darcy Gruttadaro, national director of NAMI's Child & Adolescent Action Center. "Mental illness may strike any family. No one is immune. It is not the fault of either the parents or the child. No parent should ever have to confront this kind of choice."

To access the full GAO report, click the following link or cut and paste it into your browser: <http://www.gao.gov/cgi-bin/getrpt?GAO-03-397> ■

## Consumer Affairs

### ■ MEDICAID RECIPIENTS WITH DISABILITIES BENEFIT FROM DIRECTING THEIR OWN PERSONAL CARE SERVICES

**M**edicaid recipients with disabilities who direct their own supportive services were significantly more satisfied and appeared to get better care than those receiving services through home care agencies, according to initial findings of a demonstration project jointly supported by HHS and the Robert Wood Johnson Foundation. With self-direction, the recipients' satisfaction and quality of life were improved substantially and unmet needs for care were reduced, without compromising health or safety, the study found.

"This approach gives people with disabilities more freedom and responsibility, in the same way that all of us want to be in charge of our lives and our choices," said HHS Secretary Tommy G. Thompson. "It lets the individuals themselves decide how best to use the Medicaid dollars they are already entitled to. The study confirms that these Medicaid recipients make good choices that maintain their health and safety, even as they improved their convenience, satisfaction and quality of life."

More information on the Cash and Counseling demonstration program is available at [www.umd.edu/aging](http://www.umd.edu/aging). The Center for Mental Health Services is a component of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. ■

### ■ SSA SEEKS PARTICIPANTS TO ATTEND SSA MEETING ON EMPLOYMENT NETWORKS

**T**he Ticket to Work and Work Incentives Improvement Act Advisory Panel is holding a meeting in Washington, D.C. on May 22 - 23. They are seeking participants, particularly SSA Ticket beneficiaries. Expenses will be paid by the SSA Advisory Panel. The objective is "to recommend statutory or regulatory changes related to current and prospective Employment Networks participating in the Ticket to Work program, specifically focusing on increasing and accelerating the recruitment of a national array of qualified, skilled and committed Employment Networks to support the Program.

Applications may be submitted to:  
ATTN: EN Summit Ticket to Work Panel Suite 700  
400 Virginia Ave. SW  
Washington, D.C. 20024  
Fax (202) 358-6440  
email applications are preferred:  
[TWWIIPanel@ssa.gov](mailto:TWWIIPanel@ssa.gov) ■

# Citizens Guide to State Government

**A** Citizen's Guide to State Government is now available on-line! This comprehensive document includes contact information for all elected officials in Michigan, including photos, as well as committee lists and other valuable information about the legislative process. It is a **MUST HAVE** for legislative action. Print copies of the Citizen's Guide are available from your local Representative or Senator. Go to [www.michiganschildren.org](http://www.michiganschildren.org). ■

## On Living With Schizophrenia

**O**n Friday, May 9, a very special speaker is coming to Lenawee County. Dr. Frederick J. Frese, Ph.D., has served for fifteen years as Director of Psychology at Western Reserve Psychiatric Hospital in Ohio. Dr. Frese has been diagnosed with schizophrenia, and for ten years was in and out of mental hospitals.

His story has been featured in the video "I'm Still Here: The Truth About Schizophrenia", in the Wall Street Journal, on PBS and many other venues.

His presentation includes a description of the development of his mental illness, living with schizophrenia, and his recommendations for family members coping with and caring for persons with serious mental disorders.

His long and successful career in treating schizophrenia and related mental illnesses and his own unique perspective as a consumer of services, equip him to discuss present trends and future directions for the field.

The LCMHA Anti-Stigma Committee has secured a grant to provide this presentation at no cost to participants.

Registration begins at 11:15 a.m. with an Anti-Stigma presentation at 11:30 a.m. Lunch will be served at 12:00 noon. Dr. Frese will speak from approximately 1:00 to 2:00 p.m.

The event will take place at First Church of the Nazarene, 50 Industrial Drive, Adrian. (Industrial Drive is south of Kapnick's Insurance, off U.S. 223.) Please call Customer Services (517) 263 - 8905 to register. ■

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