



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

GRAPPEVINE

Making Lifestyle Changes

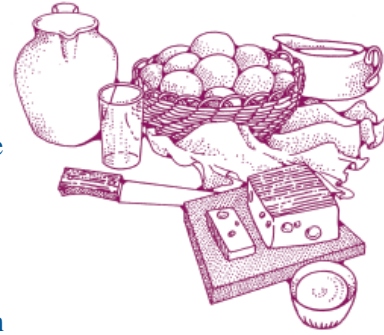
FABULOUS FITNESS!

- by Kathy Tripp, RN, BSN

In a world full of bumps and bruises, how does one keep fit? The answer is by joining the *Fabulous Fitness Wellness* group at LCMHA! After a trial run last summer, the group officially launched in January of this year. During the first three months, an average of nine people have participated each week. Topics vary weekly, and cover many areas regarding healthy lifestyles.

- medications
- interpreting lab tests
- food safety

One new and exciting thing which will happen over the



spring and summer is that group members will be keeping track of the miles they walk. Upon reaching

100 miles, they will receive a special t-shirt acknowledging their achievement!

To further explain our group, it is important to know that we are not a diet and exercise class!! Those concepts would suggest that after a fixed time of dieting and exercising, a person achieves their goals and is finished. One of our objectives, rather, is to see wellness as an on-going part of a person's life. To that end, we spend a lot of time exploring nutrition and physical fitness topics.

A lot of exciting information and developments are out there concerning healthy lifestyles. Interested consumers and employees may contact me at 517 / 263 - 8905. We meet once a week on Mondays at 1:00 p.m. at LCMHA. ■

Wellness, however, goes beyond just knowing about food and activity - specifically, how does food and activity relate to our health? To expand our knowledge base, over the next three months we will cover the following areas:

- menu planning
- shopping
- learning about fats
- diabetes
- heart disease

... Do It Anyway

Lenawee County
Human Services Council
presents

ANNUAL WORKSHOP

featuring
Dr. Kent M. Keith
author of
"Do It Anyway"
and
"Anyway:
The Paradoxical
Commandments"

Thursday, May 12, 2005
8:00 a.m. - 1:00 p.m.

Adrian First Church
of the Nazarene

Please call Gratia Karmes
for more information at
(517) 263 - 8905.

IN THIS ISSUE

- A Word With The Director
- Learning Opportunity
- Mental Health Month Calendar of Events
- A Note Of Thanks
- Service Honorees
- **Feature Article:** Conversation With A Consumer - Mark Roman, developer of www.lcmha.org PLUS sample pages from our website !!

Learning Opportunity

Don't miss out on the opportunity to learn about PCP - Person Centered Planning. Reserve your spot in one of two upcoming events: *"Effective PCP Facilitation Training"* will take place on June 15, 2005 from 9 a.m. to 2 p.m., and again on October 20, 2005 from 9 a.m. to 2 p.m. Lunch is provided. Consumers, family members, and members of the community are welcome to attend.

You may contact Dawn Rarick, Self-Determination Coordinator at (517) 264 - 0172, or go to our website www.lcmha.org and click on *upcoming events* to reserve space and for more details. ■

Search

You may be the next winner of a Tote Bag!! if you can correctly answer this question: *"Who are the creators of the New Focus Clubhouse website?"* (hint: the answer can be found online at www.lcmha.org OR in this issue of the Grapevine!)

The first three (3) people to call or bring the right answer to LCMHA Customer Services (517) 263 - 8905, win a Tote Bag!

A Word With The Director

In this issue of the Grapevine, we hope to re-acquaint our readers with our website, www.lcmha.org. Quite a lot of work has gone into revising and updating this resource to make it more useful for our consumers, staff, and community partners. We know that the work will be ongoing, as new items are added and as we further

develop this technology to enhance communication. We really do hope you will use this tool, not just as a vehicle to find out what is happening in the world of Lenawee Community Mental Health Authority, but also to convey your thoughts,



*Executive Director
Roger Myers*

opinions, and concerns to us.

By this time most of you should have received a Consumer Satisfaction Survey in the mail. If you are a consumer of our services, and did not receive this survey, please contact our Customer Service Representative (1-800-664-5005) and we will send you one right away.

As always, thank you for your input, your ideas, and your efforts to improve on the work we do. ■

Mental Health Awareness Month CALENDAR OF EVENTS

■ MAY 11, 2005

Mental Health Awareness Month Celebration

featuring Ted Hanley from The Jesse Tree and the Third Annual Lori Sallows Anti-Stigma Award
First Church of the Nazarene • 50 Industrial Drive • ADRIAN
9:00 a.m. - 1:00 p.m.
Lunch included

■ MAY 19, 2005

Social Security Presentation

by The Law Center for Social Security rights
Human Services Building - River Raisin Room, 2nd floor
1040 S. Winter Street • ADRIAN
1:00 - 3:00 p.m.

■ MAY 25, 2005

Local Walk A Mile In My Shoes Rally

Walk from Human Services Building to Lenawee County Courthouse.
Meet at 2:45 p.m. at the Human Services Building. Rally at Courthouse.

■ MAY 26, 2005

Statewide Walk A Mile In My Shoes

Consumers from each of Michigan's 83 counties will walk a "symbolic mile" to promote Mental Health Awareness Month and to reduce stigma.
10:00 - 11:30 a.m.
Walkers and supporters are welcome and encouraged to attend.

For more information or to RSVP, call Customer Service at 517 / 263 - 8905.

Conversation With A Consumer

INTERVIEW WITH MARK ROMAN

- by Kay Ross

Mental illness may affect a person in every aspect of his or her life. Bipolar Affective Disorder, also known as manic-depressive disorder, can cause mood swings, sometimes drastic, that can last from several hours up to months. These mood swings may involve feelings of extreme highs - feelings of euphoria or irritability (mania), to deep despair (depression), and can change a person's thought processes, sleep patterns, behavior, and energy levels.

Mark Roman is an individual who is willing to share his story of recovery from this disorder. Born in Detroit, he moved to Lenawee County when he was five years old. He graduated from Adrian High School in 1979. Looking back, Mark says that he now understands some of his actions and behaviors from that time as symptoms of his Bipolar disorder. He says he "talked too fast, was irritable, didn't need a lot of sleep, and was hyper". But all in all, he had a good school experience, only getting detention one time, and had many friends. That can't be said for all persons who suffer with Bipolar disorder.

Mark continued life after high school like by getting a job, getting married and having 2 children. His longest job was at Cargotainer, where he was employed for 10 years. Many of those years he would work 10-14 hour days. Looking back, this too was a by product of his illness, he says. Another sign

was his tendency to overspend. At one time, he had 13 charge cards. He tells of a time he wanted to purchase a telescope. He looked through magazines and catalogs until he found the one he wanted. It was 8 feet tall and cost over \$20,000. A smaller one wouldn't do. He would lie in bed, making plans to cut a hole in his roof so that he could put the telescope in his home. When checking his credit cards to see if he could purchase it, he realized they were "maxed out". Until this time, he didn't realize he had gotten himself so much in debt.

Mark finally decided he needed professional help. One day, while driving down the road with his six-year-old son, he lost control and started "punching the windshield". Up to this point, Mark had felt he was in control of his life. His son started crying and this scared Mark enough to drop his son off at home, and drive himself right to the hospital. He checked himself into a psychiatric unit where he received his first treatment for his mental illness.

Married for 13 years, Mark states that he always needed to be in control. He feels that in part, this contributed to the failure of his marriage. He talks of abuse from his childhood, both physical and emotional, and has worked hard to make sure that the abuse did not carry over into his adult life.

After his diagnosis of Bipolar disorder, Mark went on Social Security Disability. Trying to reclaim his life, Mark started volunteering at the Interconnections Drop In Center, a place where persons with mental illness can go to socialize. Volunteering at Interconnections led to his first paid part time employment since he became disabled. He also attended New Focus Clubhouse and became a member. He has held a part-time position at New Focus for five years.

Mark recently partnered with a friend to create a Web Design business called Digital Graphics LLC. This business does "server side scripting" such as ASP, PHP, and database design, along with graphics design with flash. This involves managing websites and information, writing programs that make sense of the information sent to him by his clients. His ultimate goal is to be able to get off Social Security and to be self supporting.

Mark and his business partner have taken on the job of developing a new website for Lenawee Community Mental Health Authority. (Samples from www.lcmha.org can be found on Pages 4 - 6.)

A strong advocate for volunteering, Mark developed the search engine for the Lenawee United Way website allowing persons to search for specific agencies and programs

in Lenawee County. He has also agreed to develop a website for the new organization, Dads 4 Dads, with information available for men who have children and are going through divorce. He tutors people in algebra, trigonometry, and calculus. He takes old computers that people don't want or that don't work and pieces them together to make ones that he can give to people who are going back to school or are getting a job and are in need of a computer.

Mark feels the best time of his life is right now. "I really feel all my days are good because I make them good." He has good friends who he says are "my eyes and I trust them to tell me when I'm not doing good." He takes an active role in his medical treatment, and says the "key is taking medications and taking care of myself physically and mentally."

Mark is also a big advocate for persons who have mental illness. He is willing to give of himself, telling intimate details of his struggles to help others gain a better understanding. One day, there will be no more stigma. This will occur when more people like Mark, who have so much to offer society, step forward to say "hey, it's ok to have Bipolar illness, I'm just like you. My brain works a little differently, that's all."

You can find out about Bipolar Affective Disorder (Manic Depression) on many websites such as www.bipolarhelpcenter.com or www.nami.org. You can also contact Customer Services at (800) 664 - 5005. ■



LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

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Other Links

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[Suggest a link or report a broken link](#)

[Survey Results](#)

[Other Links](#)

[American Psychological Association](#)

[America's Promise](#)

[Bazelon Center for Mental Health Law](#)

[U.S. Dept. of Health and Human Services - Consumer/Survivor Mental Health Information](#)

[U.S. Dept. of Health and Human Services - Center for Mental Health Services \(CMHS\)](#)

[Children and Adults with Attention Deficit Disorder](#)

[Corporation for National & Community Service](#)

[Council of Michigan Foundations](#)

[Counselor Link](#)

[Family Independence Agency](#)

[Highfields, Inc.](#)

[Justice in Mental Health Organization](#)

[Journal of Behavioral Health Services & Research](#)

[Lenawee United Way and Volunteer Center](#)

[Lenawee Intermediate School District \(LISD\)](#)

 [Michigan Association of Community Mental Health Boards](#)

[Michigan Association of United Ways](#)

[Michigan Community Service Commission](#)



MACMHB

Michigan Association of Community Mental Health Boards

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[Exhibitor/Advertising Opportunities](#)

[CMHSP Request for Proposal](#)

[Health Insurance Portability and Accountability \(HIPAA\)](#)

What's New at MACMHB!

MAY IS MENTAL HEALTH MONTH

[Click Here for Happenings Around the State](#)

Kevin's Law Effective March 30, 2005

State Court Administrator's Office • Forms to assist local courts in navigating the new requirements.

Medicaid Talking Points

2nd Annual Clubhouse Conference
Valley Plaza Resort, Midland

2nd Annual Michigan Mental Health & Aging Conference

Articles and Presentations of Interest

(Including Patrick Barrie's Presentation from the Winter Conference)



LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



Mission Statement:
"Promoting Positive Outcomes through Quality Mental Health Services."

- [Referrals](#)
- [Network Providers](#)
- [Ability to Pay](#)
- [LCMHA Consumer Advisory Committee](#)
- [Community Resources](#)
- [Statewide CMH Directory](#)
- [Mental Health Support Groups](#)
- [Community Support Groups](#)

- [Survey Results](#)
- [Other Links](#)

Other Links (continued)

[National Council for Community Behavioral Healthcare](#)

[National Institute of Mental Health](#)



New Focus Clubhouse

[National Mental Health Association](#)

[Points of Light Foundation](#)

[RXList Med Search](#)

[Self Determination](#)

[St. Clair County Community Mental Health](#)

[Substance Abuse and Mental Health Services](#)

[Technical Assistance Partnership for Child and Family Mental Health](#)

[Volunteer Centers of Michigan](#)



New Focus Clubhouse

An equal opportunity rehabilitation and recovery program for adults with major mental illness.

New Focus is committed to insuring the dignity and improved quality of life for members striving toward independence.



[More About Us](#)



[Related Sites](#)



[New Focus Update](#)



[Event Calendar](#)



[E-mail](#)

newfocus@lni.net

[More About Us](#) | [Related Sites](#) | [New Focus Update](#) | [Event Calendar](#)

NEW FOCUS CLUB HOUSE
1200 NORTH MAIN STREET
ADRIAN, MI 49221

Phone: (517) 263-3577
Fax: (517) 263-1683

This site is a product of collective input from the members of New Focus Clubhouse. It is constantly under construction. Please check back frequently to see our progress. If you have any suggestions, comments, criticisms or advice please feel free to email us at newfocus@lni.net



LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

Home | Strategic Plan | Services/Resources | Upcoming Events | Recipient Rights | Newsletter | Misc | Feedback



Strategic Plan

Outcomes

Mission Statement:
"Promoting Positive Outcomes through Quality Mental Health Services."

Other

Recipient Rights

Grievance and Appeal

Customer Service

Survey Results

Other Links

A • B • C • D • E • F • G • H • I • J • K • L • M
Suggest a link or

J • V • W •

Michigan Department of Community Health - Mental Health Publications

Michigan Seniors

Michigan Nonprofit Association

Michigan State University (MSU) Extension

Masterpeace Center for Counseling and Development

[National Alliance for the Mentally III](#)

MORE THAN 1,000 U.S. AFFILIATES

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nami The Nation's Voice on Mental Illness

Inform Yourself ▼

Find Support ▼

Take Action ▼

Find

Sign In

my NAMI

Communities

Register & Join

Donate

• What's New

State & Local NAMIs

Advocate Magazine

NAMI Newsroom

NAMI Store

NAMIWALKS

2005 National Convention

Special Needs Estate Planning



★ Welcome!

★ Inform Yourself

[Bipolar Disorder](#) | [Depression](#) | [Schizophrenia](#) | [Other Illnesses](#) | [Medication & Treatment](#) | [Recovery](#) | [Research](#) | [more ...](#)

★ Find Support

[State/Local NAMI](#) | [Education Programs](#) | [Consumers](#) | [Child/Teen](#) | [Multicultural](#) | [Online Communities](#) | [Discussion Groups](#) | [more ...](#)

★ Take Action

[Donate](#) | [Advocacy](#) | [Fight Stigma](#) | [NAMIWALKS](#) | [Register & Join](#) | [Members Only](#) | [more ...](#)

[What's New](#) | [Site Map](#)

A Note Of Thanks

To our Lenawee Partners: Over the past few years, we have talked about "affiliations" and "partnerships" in terms of business practices. At first, it felt like more of a competition between all four boards as to who had the better forms, practices, and ideas. In the past year, as we began learning about the people, not just the practices, it has been feeling more and more like a partnership, where we feel each other's pain and celebrate each other's successes.

Mike Bellows, our ACT supervisor, has been a part of

the "Sharing Hope" initiative since its inception. Most of the folks at Lenawee probably have never met him, or even heard of him. Yet, after learning of Mike's illness, we received lots of inquiries from the folks at Lenawee about how to help. Your participation in the fund raising and taking it beyond fund raising to add on to our efforts is truly astounding. I can't tell you how much it means to me, our staff, and Mike's family. You have enhanced our partnership to the human level, and I look forward to our continued working and personal

Melinda Perez, LCMHA Compliance Officer, was the winner of a raffle to benefit an employee of Livingston Community Mental Health Authority. She generously donated her winning ticket back to be re-raffed (raising an additional \$300 for Mike Bellows). LCMHA received the accompanying letter and wanted to share it with our readers.

relationship for years to come. I am so proud that our agencies have chosen to partner with one another!

As Mike progresses in his treatment (chemo and radiation), I will keep you updated on his condition. Mike has a strong belief that the sharing of hope strengthens the soul, so please keep those positive thoughts and regards alive!

Sincerely,
Kathy Dettling & your friends at Livingston CMH

Service Honorees



Martha Hardy, R.N. was honored recently for 15 years of service



Jeff Riggs, Access Clinician was honored recently for 10 years of service



Diana Webster-Wheeler, Medical Records, was honored recently for 25 years of service

Correction



Jim Thompson, Information Services Technician was honored recently for 15 years of service (instead of 5 as was stated in the previous issue.)

AVAILABLE IN SOUTHEAST MICHIGAN

SCHIZOPHRENICS ANONYMOUS®

Self-help Support Groups

Offering fellowship, empowerment, recovery and leadership development with a 6 step meeting format.

Meeting in: Berkeley, Detroit (several locations), Eastpointe, Livonia, Oak Park, Port Huron, Royal Oak, Ypsilanti

Meetings are free and open to consumers with schizophrenia and related psychiatric disorders. Call (800) 482-9534, ext. 103 for more information.

Additional Websites

Many of our Providers also have their own websites, which are in the process of being linked to our website. The following is a list of those who have given us current information.

- Friends Who Care
www.friendswhocare.com
- Michigan Visiting Nurses
www.umvn.com
- Hope Network
www.hopenetwork.com
- Goodwill
www.goodwill.org
- Christ Centered Homes
www.cchinc.org
- Highfields
www.highfields.org
- Catholic Social Services
www.catholiccharitieslenawee.com
- Family Counseling & Children's Services
www.fccservices.org
- Family Services & Children's Aid
www.fccservice.org
- Family Services & Children's Aid Jackson
www.strong-families.org
- Gerontology Network of West Michigan
www.michiganseniors.org
- Herrick Hospital
www.promedica.org
- Masterpeace Counseling
www.mpccd.com
- Touchstone Innovaré
www.ti-gr.com

Consumer Advisory Council Needs You

All interested consumers of Lenawee Community Mental Health Authority are asked to consider serving on this important committee. A commitment of one hour per month or so, is all that is required for you to make your voice heard in the operations of our agency. If you would like more information, please call Customer Service at (800) 664-5005, or come in and talk to Kay Ross. ■

A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

Did you know that recipients may be audio/videotaped, photographed, filmed and/or observed through one-way glass only when prior written consent has been obtained from the recipient, recipient's guardian, or parent of a minor? This is true even if the photo/recording is being used for identification purposes in the clinical record, or for social purposes (i.e. a group home holiday party). A copy of the consent should be maintained in the recipient's clinical record, and the recipient can revoke the consent at any time.

Additionally, if a photo/recording is taken of a

consumer, it needs to be reviewed at least annually to determine whether there continues to be an essential need to maintain the audio/videotaped, photographic or filmed material.

Please feel free to contact the Recipient Rights Officer of the Day at (734) 544 - 3000 if you have questions or to obtain copies of the WCHO and CSTS policies regarding this subject. ■

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

Customer Service
1-800-664-5005

Walk A Mile

Would you like to be part of a state wide anti-stigma project to help bring attention to and promote positive exposure of mental illness?

May 26 is "Walk A Mile In My Shoes" Day. A representative from each CMH across Michigan will meet in Lansing on this date and walk a mile to the capitol. Once at the capitol, the representative will make a statement to all present.

We will also have a local "Walk A Mile In My Shoes" rally on May 25, beginning at 2:45 p.m. For more information or to participate, contact Kay Ross, (517) 263 - 8905. ■



l e n a w e e

**Community
Mental Health**

a u t h o r i t y

1040 S. Winter Street
Suite 1022
Adrian, MI 49221

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