

Conversation With A Consumer

- by Kay Ross



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

GRAPES VINE

Celebrating W.O.W.!

A public Open House will be held to thank the Lenawee community for their support of the Workers on Wheels (W.O.W.) program.

Since its inception in October of 2003, the W.O.W. program has "recycled" seventy donated vehicles to low income persons who were without transportation.

A celebration to thank the many donors, meet the participants, and raise public awareness of this program will be held on Saturday, December 18 from 9:30 a.m to 2:00 p.m. at Clift Pontiac on South Main Street, Adrian (service bay area). It will be sponsored jointly by Family Independence Agency, South Central Michigan Works, and Goodwill Industries. Please join us! ■

Have you heard the *Optimystics* sing? If you have, you know who Mary Belaire is. She's the one playing the synthesizer . . . (Oh what beautiful music she makes!), and this is how I became acquainted with Mary.

Mary says her favorite hobby is her music.

She has been playing piano for 44 years, and the synthesizer for over 20 years. She doesn't read music - she plays "by ear". What a talent she has! Her favorite songs are "Theme from Beauty and the Beast" and "He Ain't Heavy, He's My Brother".

Recently, at the Sharing Hope conference, the vocalist didn't have her music with her, and so was not going to be able to perform. Mary stepped right in and played "Somewhere, Over the Rainbow", accompanying Hazelette Robinson for her performance!

Mary's other hobbies include knitting, calligraphy, writing

letters, and collecting leaves. She enjoys knitting baby outfit sets which include a sweater, booties, a hat, and mittens. She makes them to give away or to sell. She is even designing an outfit using the U of M colors!

Attending New Focus Clubhouse is an important part of Mary's life. She works in the kitchen unit and also helps out in the business unit. She wants to start her own business playing music for weddings and other venues, receiving help from New Focus to get her business off the ground.



Mary lives in an apartment in Adrian, along with two roommates. Her bedroom has pictures of her 3 sons, Justin, Jason, and Johnathan. She is very proud of her sons, telling me that Jason recently married. Her hopes for the future include grandchildren some day.

If you get the opportunity to hear Mary play sometime, I'm sure you will be glad you did. One day we may see a playbill with her name on it! Go Mary! ■

Save The Date!

COMING IN JANUARY

LCMHA will sponsor a training on Co-Occurring Disorders focused on using Person-Centered Planning philosophy in the treatment of persons with Substance Abuse and Mental Illness.

Two sessions are planned: January 18 from 9 am to noon, and January 27 from 1 to 4 pm. Interested participants may call John or Bertha at (517) 263 - 8905.

SCHIZOPHRENIA AWARENESS WEEK

May 22 - 29, 2005 - sponsored by the National Schizophrenia Foundation. Community Action Kits for this even are available by calling the NSF (517) 485-7168.

20th ANNIVERSARY CONFERENCE

Schizophrenics Anonymous announces its 20th Anniversary Conference entitled "*Mental Health System Transformation: The Role of People with Schizophrenia*" to be held in Metro Detroit on July 6 - 8, 2005. Hosted by the National Schizophrenia Foundation, content will be appropriate for all stakeholders and consumers. More details can be found at www.nsfoundation.org as they become available.

A Word With The Director

In this issue, we are continuing to spotlight our anti-stigma efforts and the very successful Sharing Hope conference that was held in October. The Sharing Hope conference has become an annual fall event planned by our Regional Events Planning Committee. This year there were 200 persons registered and the conference was held at the Eastern Michigan University conference center in Ypsilanti. As you read the articles describing the conference events, I believe you will agree that the planning, organization, breakout sessions, and keynote speakers were nothing short of spectacular. My heartfelt thanks to those who worked so hard to make this event such a success.

A highlight of the conference is the presentation of the annual Sharing Hope Award. The award winner from Lenawee County this year was Rex Lickley. Rex is a remarkable individual who was instrumental in starting our local Schizophrenia (ics?) Anonymous group. He is currently involved in helping to re-start a local NAMI chapter, and serves as a board member for Inter-Connections, Inc. He is well known for his



Executive Director
Roger Myers

cookie culinary skills and his willingness to lend a helping hand and support whenever needed. Rex is a wonderful example of what "sharing hope" is all about.

On another note, we have been watching the proceedings of the Governor's Mental Health Commission for several months. I have tried to keep our readers and our general community abreast of those issues that seemed to directly impact the community mental health system in general, and our local system in particular. I was able to attend some of the sessions at which public testimony was given, and one of the final working sessions at which the Commission began to fine-tune its recommendations. On October 25, Governor Granholm formally accepted the Mental Health Commission's final report.

Some of the substantive issues that were identified by the Commission include:

- Involving consumers in all aspects of system governance including planning, delivering, and evaluating mental health services.
- Increase recipient rights protection by strengthening accountability.
- Early identification and prevention as critical system components.
- Promotion of evidence-based practices and research.
- Improving jail services and jail diversion programs.
- Integration of mental health treatment with physical health.
- Adopting a new funding strategy including retention of

- all state funding currently supporting mental health services in the budget.
- Requiring state departments and agencies to integrate policy development and planning for serving children with serious emotional disturbances.
- Increasing public awareness and education to fight stigma including creation of a statewide mental health institute.
- Support of mental health parity legislation.

The report will now be reviewed by the Michigan Department of Community Health. An implementation plan for the recommendations will be prepared for the Governor over the course of the next several months. Subsequent editions of *The Grapevine* will highlight specific portions of the Mental Health Commission's final report and track the progress of the implementation plan. The entire final report is available at www.michigan.gov/mentalhealth. ■

*Small service is true service while it lasts;
Of friends, however humble, scorn not one;
The daisy, by the shadow that it casts,
Protects the lingering dew-drop from the sun.*

- William Wordsworth

Accessing Advocacy Groups

NEW DRUG CO-PAY REQUIREMENTS HIT MEDICAID RECIPIENTS

- by Mark Reinstein

The Michigan Legislature has directed new Medicaid drug co-pay procedures to take effect October 1, 2004. Under the Legislature's Fiscal Year-2005 budget bill for the Michigan Department of Community Health (DCH), Medicaid consumers are to pay \$1.00 for a generic drug or a brand-name drug that has no generics, and \$3.00 for a brand-name drug that has generic alternatives.

Organizations such as the Mental Health Association in Michigan (MHAM) considered any steps along these lines a bad idea, and tried to keep such language out of the budget bill. When that proved not possible, MHAM was able to get the Legislature to at least recognize that consumers shouldn't be penalized if they're receiving a brand-name drug that has no generics (as often happens with more modern mental health

drugs). Originally, the budget bill language was going to require a \$3.00 brand co-pay regardless of whether or not generics existed.

Now DCH has issued a draft Medicaid policy for January 1, 2005 proposing that, in fact, there be a \$3.00 co-pay for a brand-name drug even when there are no generic alternatives to that product. The comment period on the draft policy closed November 4. Groups like MHAM hope that DCH received enough comments expressing concern that it won't go ahead with the proposed policy.

Drug co-pays in Medicaid prevent many consumers from accessing their prescriptions, and going without one's medication can place a person with mental illness at extreme risk for problems. Just one hospitalization or one residential placement during a

year will cost the health care system considerably more than the extra \$2.00 per prescription that Medicaid would save if the DCH proposal is implemented. ■

The Mental Health Association in Michigan (MHAM) is a voluntary membership citizen's organization representing a broad base of people working together to advocate for the mentally ill. The above article was written for the Grapevine by President Mark Reinstein, Ph.D. He may be contacted at www.mha-mi.org.

One does not
make friends;
one recognizes
them.

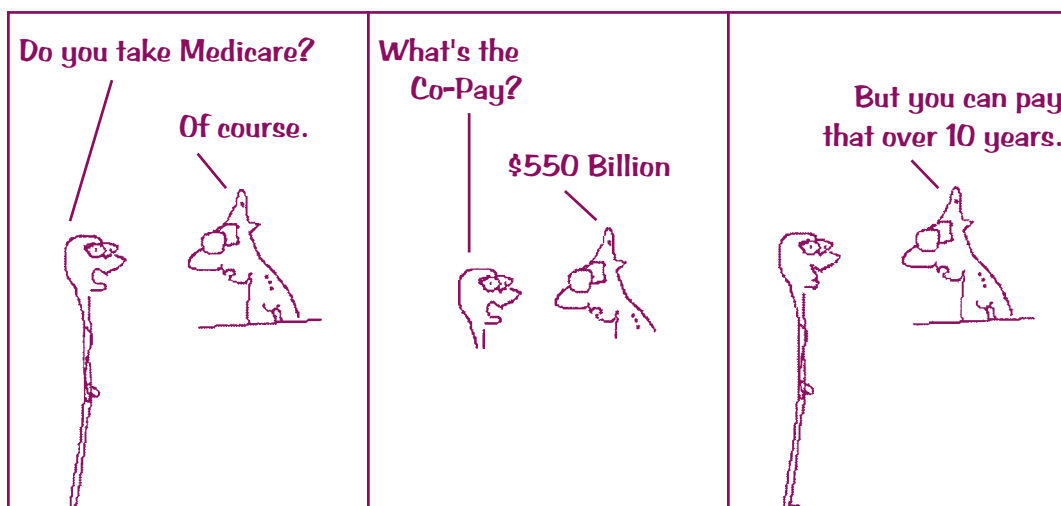
- Isabel Paterson

Improving Outcomes

Family-focused treatment in conjunction with medication can improve outcomes in patients with bipolar disorder, increase medication adherence, and improve recognition of disease relapse, compared with less intensive crisis management intervention. In one study, 54% of patients assigned to crisis intervention had a relapse over a 2-year period compared with 35% of patients assigned to family-focused therapy. Family-focused treatment also had positive effects on medication adherence. Twice as many patients in family-focused treatment were completely adherent, compared with those in crisis intervention.

Family-focused therapy also improves recognition of disease relapse in patients with bipolar disorder. In a randomized study of patients receiving medication plus family-focused or with intensive individual therapy, outcomes were similar during the treatment period. However, rehospitalization rates during posttreatment follow-up were 60% in patients randomized to intensive-individual therapy compared with 12% in patients randomized to family-focused therapy. The investigators attributed this difference in part to the ability of family members to recognize early signs of disease recurrence and promptly contact the patient's health care providers, thereby decreasing the severity of the relapse. ■

- excerpted from *Bipolar Depression Bulletin*, October 2004



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Neil Sandow - rxlist@rxlist.com

Financial Pressures Fuel More State Medicaid Waiver Activity

Rising Medicaid costs for states are prompting a new round of waivers, in some instances placing in jeopardy behavioral health services that have traditionally been mandatory under the program.

Speakers at the September 2004 National Alliance for the Mentally Ill (NAMI) convention in Washington, D.C. addressed the topic of rising costs in Medicaid and state reactions to it.

States have generally reacted to rising Medicaid costs in one of two ways: establishing formularies to cut costs of prescription drug benefits; and developing Medicaid waivers, a process that has been encouraged by the Bush administration as a way of saving costs and reaching more people. However, the renewed zeal for waivers is coming at a cost: Some basic services are being cut or threatened.

Medicaid has always had an open-ended financial arrangement - the program expands as more enrollees sign up. However, recent waivers have allowed some states to cap enrollment - an unprecedented development.

"The feds won't put new money into Medicaid - they won't take on a larger role," Diane Rowland, executive director of the Kaiser Commission on

Medicaid and the Uninsured, told attendees.

Cindy Mann, J.D., a research professor at the Georgetown University Health Policy Institute, told NAMI attendees that recent waivers have allowed states to change the basic economic structure of Medicaid.

According to Mann, the details of these waiver proposals are being worked out behind closed doors, with little public input.

Advocates must establish relationships with state Medicaid directors, Ohio Department of Mental Health Director Michael Hogan, Ph.D., told attendees.

"Don't expect Medicaid officials to be mental health advocates - it's a small problem on their menu," said Hogan.

To view the full article, please visit www.manisses.com.
- excerpts from Mental Health Weekly, Vol. 14, No. 40, used by permission.

Fall Foto Favorites



Town Hall Meeting



They're The "Optimystics"!



Affiliation Board Meeting



Community Mental Health Partnership of Southeast Michigan enjoyed an Affiliation Board meeting with a Mexican flair!



The first 10 people to call Customer Services at (517) 263-8905 and recite our Mission Statement receive a free T-shirt!

United Way Soup Luncheon



Drawing Winners at United Way Soup Luncheon



Chef Roger Myers serves up "Soup With A Smile"



Service Honoree



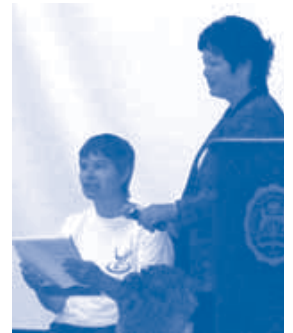
Billie Brocht was honored recently for 5 years of service to LCMHA



Dr. Fred Friese addresses conference attendees



Michael and Mary demonstrate the Speechcraft process



Sharing Hope Conference



Sharing Hope Planning Committee



Kathy Reynolds speaks to the Sharing Hope assembly

Service Project



Toastmasters and LCMHA staff collected items for the homeless.



Kathy Reynolds, Donna Sabourin, Jane Terwilliger, and Virginia Koster enjoy the Conference.

Providing Anonymous Information to LCMHA

Lenawee Community Mental Health Authority has a legal obligation to assure that people receiving services or the general public have the opportunity to provide information the LCMHA anonymously. While we would prefer to speak directly and openly with people who want to express concerns, we also recognize that some would prefer to provide information anonymously, and we must provide that ability to do so. The best method for providing anonymous information is through the mail. Letters should be sent to:

LCMHA
1040 S. Winter St., Suite 1022
Adrian, MI 49221

Those who wish to provide anonymous information by telephone should be aware that most LCMHA phones are equipped with features that display the phone number of the caller. The caller's name is not displayed. To assure anonymity, a caller should dial *67 and then the LCMHA phone number. This will block the phone number from appearing on the LCMHA phone equipment. ■

If you do not wish to have future newsletters mailed to your home, please notify:
Customer Service
1-800-664-5005

Sharing Hope Award

Rex Lickley is this year's recipient of the Sharing Hope Award, presented annually by Lenawee Community Mental Health Authority. The Sharing Hope Award is given to a person who is active in their community, helping to reduce stigma and to share the hope of recovery. Rex certainly fits this description and we are very proud of him.

We thought it fitting to publish his acceptance speech, and so here it is, in its entirety:

Thank you for giving me this award. I am not sure how I feel about it yet. I just heard about the award last week. I feel good when I help people and organizations. I don't

really need an award to make me feel good.

I think it is important to help people to be self sufficient. This is why I believe in Schizophrenia Anonymous. I helped to start a chapter of this group at New Focus about two years ago. I really believe that the six steps can help people to recover. It helped me to realize that people have similar problems; that I am not the only one who has problems. I have learned that you have to forgive yourself for things that you have done to other people and that this opens the door for them to forgive you. If you want to get well, you have to be responsible for yourself. You have to take your meds. You



Sharing Hope Award Winner, Rex Lickley and Supports Coordinator Faye Lynn Reume, who nominated Rex for the award.

have to try to get well. Helping other people is good for your recovery. We can help each other. Don't give up! Stick to your guns! Try to help other people.

Thank you, Faye Lynn, for nominating me for this award. Thank you, Bill, for reminding me to take my meds. And thank you, LCMHA, for giving me this award. ■

Be Natural

THE KEY TO SURVIVING THE HOLIDAY SEASON
(Nine Realistic Tips to help you enjoy the holidays!)

B - Breathe deeply, it will help increase energy levels.

E - Exercise: 20 minutes, three times a week - and running from errand to errand doesn't count!

N - Nutrition: Three well-balanced meals each day.

A - Attitude: Negative attitudes are contagious and destructive. Try to see the glass half full.

T - Time management: Set priorities and don't take on more than you can handle.

U - Uniqueness: Recognize and treasure your own uniqueness. Say 'no' when necessary.

R - Relaxation: Private time to read or listen to music - a time not to focus on the next item to do.

A - Associations: Maintain contact with nurturing support systems - colleagues, friends, family.

L - Laughter: Still the best medicine.



"I also would say to avoid sugar, of course, but that wouldn't work for me, so why would I expect it to work for kids? It's the holidays, after all."

Written by Janet Shaw, and found on the Indiana University Website - www.indiana.edu.
- used by permission

Staff Spotlight

LCMHA WELCOMES NEW STAFF MEMBERS, KAREN RAWLINGS AND BETH DEO

We wish to extend a warm welcome to new staff member,

Karen Rawlings. Karen joins our team here at LCMHA as the Administrative Secretary after working for Onsted Schools for nine years. Karen will be available to assist board members, to help prepare for regular board and board committee meetings, to back up Administrative Assistant Sharon Robb, and to help insure that



things generally run smoothly and efficiently.

Karen and her husband moved to the United States from England in 1986. She reports that they love it here in the U.S. and have no plans for a permanent return to England. They do return from time to time to visit family.

Karen enjoys playing tennis, reading and traveling. Recently she and her husband have been frequent visitors to Chicago, where their middle daughter is stationed with the U.S. Navy. Travel may extend

to Pensacola, FL shortly, with their daughter's expected transfer.

Karen attends many Onsted School sporting events, where one can often see her youngest daughter, who is a sophomore, cheering. Her oldest daughter is a junior at Michigan State University, preparing to pursue an advanced degree in optometry or ophthalmology?

In summer, Karen tells us that she enjoys boating and other water activities. Stop by her office to see the pictures! ■

We want to introduce you to our newest staff member, Beth

Deo. Beth started working at LCMHA on November 1, in a brand new position: Intensive Child Therapist. She will also be doing some work with persons who have Co-occurring disorders (Substance Abuse and Mental Illness).



because she saw second generation offenders coming to her office, she decided to get into treatment to help stop the cycle. She has done substance abuse training, worked with sex offenders, and been a therapist.

Beth received her degree at Northern Michigan University in Marquette. She says she likes the snow! She comes from a close family and has seven nieces and nephews with whom she is very close.

Beth worked at the Adrian Training School for the past ten years, where she was a program manager. She has worked in many different fields, but has always been focused on young people.

She was a probation officer in Jackson for eight years, and

Food is her favorite addiction, but she tempers that with walking 5 to 8 miles a day. She is a very dedicated walker, and so when there's bad weather she uses the treadmill, even though it's not as much fun. She likes to take short trips like weekend getaways, and her favorite hobby is

cross-stitching.

Beth says she likes to be busy. We are confident this wish will be more than fulfilled! Welcome, Beth Deo! ■



**The Mission of
Lenawee
Community
Mental Health
Authority
is to promote
positive outcomes
through quality
mental health
services.**

Speech Crafters

- by John Wm. Dunn

Hi. My name is John Dunn. I am writing this article to reflect on my experience with the Lenawee County Speech Crafters class. I have taken this series of classes approximately six months ago and have grown personally ever since. I have grown in the way I read for the church that I attend. I have also found that there are a lot of things in common

between the way I witness to the Lord and tell my story of how LCMHA has helped me recover from my psychotic break. What it all boils down to is that religion and psychology have both helped me in my recovery. Speech Crafters allows me to relate my experiences to others. This is my story that I wish to relate to you in my up and coming speeches. ■

DBSA Support Group

The DBSA (Depression Bi-polar Support Alliance) Group meets Mondays from 1:30 to 2:30 p.m. at New Focus Club House. This is an informal support group, open to any Lenawee resident who has been diagnosed with either depression or bi-polar disorder. If you are interested in attending, please feel free to come, or to contact Kathy or Carol at (517) 263-3577. You may also obtain information at: www.dbsalliance.org/info/supportgroups.html., type in your zip code. ■



1040 S. Winter Street
Suite 1022
Adrian, MI 49221

A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

Did you know that . . . email is NOT a secure communication device? It's true!! When it comes to email, staff need to be very careful about how they communicate information in order to ensure confidentiality.

To protect confidentiality when using email, staff should *avoid using any information that could possibly identify a consumer*. Despite how careful staff try to be, it is all too easy for an email to be sent by accident to the wrong person (or to someone without a need to know). In this instance, if the email does not contain identifying

information, then the consumer's confidentiality is protected and a confidentiality breach by the staff is avoided.

Staff should also avoid using email to correspond directly with a consumer / guardian. Although it may seem easier for a consumer or a guardian to correspond with staff via email (and vice-versa), the need to protect consumer confidentiality is much more important.

Because of the dangers of internet / email security and human error, the best way for staff to ensure confidentiality is to communicate consumer

related information by phone or in person, and not by email.

As always, if you have any questions regarding Recipient Rights or HIPAA, please feel free to contact the Office of Recipient Rights (517) 263 - 8905 or www.lcmha.org. ■

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