



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

GRAPEVINE

Ten Tips For Coping With Holiday Stress

We wanted to put something short and sweet in this issue of *The Grapevine* about coping with stress during the holidays, so we searched the internet where we found a ton of information, none of it "short and sweet". I decided to try and narrow it down to a few helpful tips that won't increase your stress with their wordiness.

■ **Keep expectations realistic.** If Uncle John always makes comments about your weight, don't expect him to keep his mouth shut this year.

■ **Keep your schedule manageable.**

Maybe you don't need to go three different places on Christmas Day. Spread out the visits.

■ **Get enough sleep.** We cope with frustration better when we are well rested.

■ **Keep up your exercise routine.** Exercise is a good way to work out stress.

■ **Put some healthy food on that plate.** Enjoy the sweets,

but don't make them the center of your diet.

■ **Watch your alcohol intake.** Alcohol is a depressant. Enough said?

■ **Enjoy free activities with supportive friends.** Go for a drive with friends and enjoy the decorations.

Don't have a car? Walk the mall with a friend. You'll enjoy the decorations, company, and get exercise.

■ **Give coupons for services.**

Baby-sitting, fixing dinner, or taking down the outdoor lights after the holidays would win my eternal gratitude.

■ **Take your medications exactly as prescribed.** This

is not the time to miss doses. Take care of yourself during this busy season.

■ **Do something for others.** Volunteer at the holiday meal sites. Visit folks in the nursing homes. When we reach out to others, we can't help but feel good.

HAPPY



HOLIDAYS



TO ALL!

Strategic Planning Initiative

- Sandy Keener

Many community members, parents, and representatives from community organizations participated in a county wide strategic planning initiative focused on building a System of Care for Children's Services. The planning group determined the first priority was to develop a program for training community members, particularly first responders, on the needs and treatment options for children who have severe emotional disorders.

Lenawee Community Mental Health Authority was the recipient of Federal Block Grant funds for the development of a training curriculum and program for this purpose. Interested community members and parents are invited to participate in the development of the training program. Meetings began in October, but are ongoing. If you would like additional information, please contact Sharon Smith at (517) 263 - 8905. ■

A good deed is never lost: he who sows courtesy reaps friendship, and he who plants kindness gathers love.

- St. Basil

A Word With The Director

There is never a dull moment at LCMHA! We recently bid farewell to Gratia Karmes and now must do the same with Eric Kurtz as he begins a new assignment with the Washtenaw Community Health Organization. Eric has been employed with our organization since 1988, and has served in a number of capacities during that time. Originally hired to work in our ACT program, he also worked as a case manager, served in a managerial capacity in our specialized residential service, and currently is a member of our Management Team as Director of Operations and Managed Care.

Eric has been an integral member of our Affiliation. He has served on a number of committees and workgroups focusing on finance, performance improvement, and information systems and technology. Over the past several months, Eric has become a familiar face around the state as he has been invited to participate on several key DCH workgroups.

In his new assignment, Eric will continue to work closely with all the partners in our Affiliation. Lenawee is



fortunate to be able to retain him for a limited number of hours to serve as consultant and coach to our fiscal department. We have truly benefited from his understanding of some very complex aspects of federal and state financing, regulations and information technology. We congratulate Eric on this new and very exciting career opportunity.

It was early morning on August 21 that my Administrative Assistant routinely logged on the website for the Joint Commission on Accreditation of Healthcare Organizations. As a JCAHO accredited organization, we knew that a surveyor could pay us a visit at any time,



announced only on the first day of the survey, so we had adopted the practice of checking the website each morning. We had formed a JCAHO Continued Readiness Team under the direction of Melinda Perez . . . we were completely prepared for anything at any time. However, it was more than a bit of a surprise when our name came up that morning! Our response protocol was followed almost flawlessly and smiling faces greeted the surveyor when she arrived. Please read about the outcome of the survey in this newsletter.

Finally, I would like to congratulate the new NAMI board for its leadership in bringing a local chapter of that organization back to Lenawee. The new board is up and running full steam. A number of events have already occurred and others are planned. Readers of *The Grapevine* can look forward to a frequent NAMI report. I look forward to working with the members of our local chapter.

Please always feel free to share your thoughts and comments about this publication. The number to call is (800) 664 - 5005. ■

Exercise Challenge

LCMHA Active Exercise Challenge was a huge success. Thirty-eight staff members, consisting of five teams completed a total of 1,991 hours of exercise of a three month period from June 1 through August 31, 2006. The winning team was the Might Scrappers (Supports Coordinators) with a total of 740 hours of exercise. Way to go everyone!

To continue on with this tradition of becoming more health conscious, the Lenawee Wellness Committee will be starting a new challenge for all county employees. Details will be forthcoming, but any LCMHA staff interest in this challenge, please contact Kay Ross and get on the list and GET HEALTHY! ■

Health and Wellness

As we get a little smarter about how the human body works, we are coming to realize that the health of the body and the health of the mind are closely related. It brings to mind the old song that says, "you can't have one without the other!" Given the multitude of stressors in our world, it's even more important to take care of both the body and the mind.

What are the components to achieve a healthier body and mind? The steps include the following: getting into and maintaining a healthy weight, regular physical activity, healthy eating habits, not smoking or using street drugs, using prescription medications as ordered, not drinking alcohol or drinking in moderation, and getting preventative exams such as pap smears, prostate checks, and mammograms.

Wow, that's quite a laundry list of things to do! One of the first steps is to identify and write

down your own personal goals to help you modify your lifestyle to be healthier. Look at short term as well as long term goals and make them measurable and realistic. For example, if weight loss is one of your goals, think about writing out a goal for 3 months and state an amount that you could lose in that time frame, e.g. 1-2 pounds a week for a total of 12 - 24 pounds over 3 months. That gives you something healthy and achievable to do over the time period.

Finally, the flu and cold season is fast approaching. While it's impossible to keep away from all of those viruses that cause these illnesses, there are several very practical things

you can do to protect yourself. One of the most important and easiest things you can do is to practice good hand washing! Thoroughly wash your hands front and back for 20 seconds, then rinse and you're on your way. Training children to use tissues for a runny nose and washing their hands will help to decrease the spread of those nasty viruses as well. Getting enough rest, healthy eating and

physical activity will also facilitate keeping you on top of your game. As for the flu, the flu shots are now available through the Lenawee County Health Department or your doctor's office. For the Health Department, call (517) 264 - 5226 to set up an appointment to get your shot. ■



Help For Uninsured Children

Do you know a child who doesn't have health insurance? In Michigan, comprehensive health insurance is available to all uninsured children who meet eligibility guidelines through MICHild. MICHild coverage

includes all the benefits you would expect with health insurance coverage, such as:

- Regular checkups
- Shots
- Emergency care
- Hospital care



MICHild is available for a monthly premium of \$5 per family, no matter how many children are in the family.

The Michigan Department of Community Health offers MICHild through seven health carriers and three dental plans, including Blue Cross Blue Shield of Michigan.

Tell the parents of any uninsured child you know that they can obtain a MICHild application by calling (888) 988-6300, or they can apply online at michigan.gov/michild. ■

Stress Less

7 SIMPLE WAYS TO BE MORE PRODUCTIVE

- 1. Keep your desk clean.** Clear away paper piles, empty cups, and other unneeded items. A high-tech tip: Use a wireless optical mouse - it eliminates wires and the need for a mouse pad.
- 2. Concentrate on one project at a time.** Bouncing back and forth between projects makes you work less efficiently.
- 3. Keep a "tickler file" and check it daily.** If you can't do a task today, put information relating to it in a paper or electronic file sorted by calendar date. This keeps you from forgetting and keeps your desk clean.
- 4. Set two or three specific times during the day to read and answer your e-mail** rather than whenever it comes in.
- 5. Communicate face-to-face with your co-workers.** You'll head off time-consuming miscommunications and redoing work in the future.
- 6. Continually look for ways to improve.** Ask yourself: Is there a better way to do this project? Could I do it in fewer steps?
- 7. Give yourself something to look forward to.** Whether it's a vacation or a 10-minute afternoon walk - you'll be more alert, awake, and happier if you have a break to look forward to.

Source: Rebecca L. Morgan, certified management consultant and author of TurboTime: Maximizing Your Results Through Technology.

Winter Battles

SEVEN WAYS TO AVOID COLDS AND THE FLU

1. Get a flu shot. The best time to get the flu vaccine is in October or November, but getting the vaccine later is better than not getting it at all. More than 35,000 Americans die each year of flu complications, according to the Centers for Disease Control and Prevention. The young, elderly and chronically ill are most at risk. Flu shots don't cause the flu. They also won't prevent colds.

2. Wash your hands often. Using soap and water for 10 seconds or more is best for cleaning cold viruses off hands, according to a 2005 University of North Carolina study.

3. Use tissues, then toss them. Tissues that you use and throw away are a better choice than handkerchiefs.

4. Avoid people who look ill. If you shake the hand of someone who has a cold or the flu, there's a greater risk you'll become ill. Try to keep your hands away from your eyes, nose and mouth.

5. Eat a balanced diet, including plenty of fresh fruits and vegetables. Try to get most of your nutrients from food, but also take a multivitamin if you're unable to eat well.

6. Get plenty of rest. The average person needs seven to eight hours of sleep a night;

LCMHA Welcomes New Staff Members

It is our privilege to introduce several new staff members at Lenawee Community Mental Health Authority.

Stacie Crosier is a new MI supports coordinator. She graduated in 2001 from Spring Arbor University with a Bachelor's degree in Social Work and recently completed a



Master's degree at Wayne State University. She comes with experience working with emotionally and behaviorally challenged children.

Amber M. Esterline, B.S.W. is a new DD supports coordinator. She is a graduate of Siena



Heights University and has worked in a group home for the past three years. She anticipates contributing to LCMHA by being someone who is hard working and doesn't give up and likes to smile!

teens and senior citizens may require more. You should feel rested when you wake up.

7. Keep stress in check, because it can lower your immunity to colds and flu.

If you do get a respiratory illness such as the flu, help prevent it from spreading by:



Diane Szczesny is a new receptionist. She has worked as a secretary and in customer service before coming to LCMHA.



Rita Potts has been hired as the new MI nurse. She has spent three years working at Allergy and Immunology Associates at St. Joe's/Reichert in Ann Arbor. She will share responsibility for the busy medications clinic and help provide quality nursing care to our consumers.



Holly Tripp is a new DD supports coordinator / case manager. She has worked for three years at Renaissance Community Homes with persons who are developmentally disabled. She

graduated in May 2006 from Siena Heights University with a Bachelor's degree in Social Work.

Kevin Patterson was hired recently as an MI Adult Case



Worker. He holds a Bachelor's degree in Social Work from Siena Heights University and comes with previous experience at Holy Cross Children's Services (Boysville of Michigan).

Sarah VanWinkle is a new Child Case Manager /



Wraparound Facilitator. She is a May 2006 graduate of Cedarville University. Adrian is her hometown and she is excited to be part of our agency and gain great experience working with children. ■

• Covering your nose and mouth with a tissue when you cough or sneeze

• Coughing or sneezing into your upper sleeve if you don't have a tissue

• Staying home from work, school and social gatherings. ■

A friend is the one who comes in when the whole world has gone out.

- Alban Goodier

Anti Stigma Recognition

- Jackie Johnson

■ July 2006

The Anti Stigma Committee recently recognized Access Clinician Jeff Riggs, for his impromptu efforts in challenging local stigma surrounding mental illness and developmental disabilities. Jeff was attending his township meeting for a completely different issues when some residents of the community tried to block a request for a group home in a residential area. Typical "not in my

neighborhood" protests were voiced by a few attendees.

Jeff stood up and told the decision makers that a new group home would not invite problems to the neighborhood and that his children benefit from their interactions with the residents of the current group home on his street. Once Jeff spoke in support of the group home, others in attendance did the same and the township supported the request. One voice does make a difference! Thanks Jeff!

■ August 2006

While working the LCMHA booth at the Lenawee County Fair, Bob Wilson was introduced to one of the candidates running for District Representative. He shared his story of hope and recovery through the mental health system and had a tremendous impact. The candidate asked for more information. Bob opened a new ear! The Anti Stigma Committee thanks Bob for sharing his story and voted unanimously to present him with the Anti Stigma Recognition Award. ■

Fitness Fun

THE JOY OF MOVEMENT

A shift in the way you think and feel about physical activity may make it easier to stay fit.

Ask yourself: How do I want to feel when I move my body? Then picture yourself doing that activity. If you want to hike mountain trails or play tennis, for instance, visualization will make the behavior follow.

Base your success on your own goals, not on someone else's. Success for you might be a 30-minute walk today, a 35-minute walk tomorrow.

Finally, realize that making exercise a way of life is about internal management - not time management. Find the type of movement that feels good to you, and you'll be more likely to do it every day, whether it's climbing stairs at work, taking a long walk when you get home, or enjoying a weekend hike. ■

Source: Jay Kimiecik, PhD, Associate Professor, Health Promotion, Miami University Ohio, author of *The Intrinsic Exerciser: Discovering the Joy of Exercise*

Dear Editor,

I have a developmental disorder (DD) and I have a very hard time walking sometimes. I wanted to write the Telegram and tell them a little about myself.

I am on the consumers advisory committee (CAC) at Lenawee Community Mental Health Authority (LCMHA). I make recommendations to the (LCMHA) Board about how to improve services to persons with mental illness. That's for all consumers at LCMHA. We meet once a month at the board room at LCMHA. We meet every fourth Tuesday of the month. We have people there that work for LCMHA and also the director most of the time. We talk about things that consumers want us to do for them. We also try to

communicate to consumers any way we can to tell them what we are doing.

We have standing committees that report to the CAC. The standing committee I am on is the Publicity and Special Events Committee. At this meeting we try to come up with ways to fight Stigma and educate the public about mental illness. We also work on events like Power Day and Sharing Hope. We also get movies about mental illness and DD. We show them at LCMHA, New Focus, Schizophrenia Anonymous, DBSA (Depression/Bipolar Support Alliance) meetings, and Inter-Connections Drop In Center downtown Adrian. They are open to the public.

We also try to make transportation available to

consumers to go to special events that have to do with DD and mental illness. There are many other things like "meet the candidate" that we sponsor. We try to create support for persons with mental illness. We take this all back to the CAC and report it to them. We have minutes to our meetings that go to the LCMHA Board. They must approve our recommendations or they don't happen.

I just wanted the readers to know that I am working as hard as I can to help my fellow mentally disabled persons. My name is Mary Scheich and you can reach me at New Focus Clubhouse, 1200 N. Main St., Adrian, (517) 263-3577.

Ed. Note: This letter was sent to the Editor of the Daily Telegram and is reprinted here by permission.

*F*riends . . .
they cherish each
other's hopes.
They are kind
to each other's
dreams.

- Henry David Thoreau

Health Hints

10 WAYS TO AVOID HEADACHES AND REDUCE STRESS

1. Get up 15 minutes earlier in the morning.
2. Prepare for the morning the evening before.
3. Schedule a realistic workday. Avoid back-to-back appointments and allow 15 minutes extra to get to them.
4. Set up your workspace for safety and efficiency.
5. If an unpleasant task faces you, do it early so the rest of your day is worry-free.
6. Write down appointments, chores and the like.
7. Don't put up with things that don't work, like a toaster that burns your bread.
8. If you sense knotted stomach muscles and shallow breathing, relax and take several deep, slow breaths.
9. Use your weekend for a change of pace.
10. Allow time for privacy, quiet and introspection.

■ **Headache Relief**
Ice and heat can ease headache pain. Place a heating pad on the base of your neck or a cold pack on your forehead. A warm or cool shower may also be helpful. To help or prevent headaches, remember not to skip or delay meals.

Source: *National Headache Foundation*

News And Views

CONSUMER ADVISORY COMMITTEE

- Doris Beckey

Since my name was not on the new board member list from the last issue's column, I thought I would take a minute to introduce myself. My name is Doris Beckey and I work at the Inter-Connections Drop In Center. The chairperson of the Consumer Advisory Committee had talked with me about the committee and I thought it was very interesting. I wanted to join CAC because I wanted to get to know more people. I also wanted to know more about CAC and how I could contribute to this committee. As a mother of a child receiving mental health

services, I have an understanding of what parents have to deal with, and can relate to family issues that come up.

Some upcoming events important to the CAC are:

- "The Ringer" will be shown at New Focus Clubhouse on November 2, 2006 at 1:00 p.m., and again at Inter-Connections Drop In Center on November 18, 2006 at 12:00 noon.
- our Christmas party will take place in December.
- "A Beautiful Mind" will be shown on January 4, 2007 at the Schizophrenia Anonymous (SA) meeting.

• DRA (Dual Recovery Anonymous) meets every Friday at 12:00 p.m. in the Demo Kitchen at the Human Services Building, 1040 S. Winter Street, Adrian.

If you ever have questions or would like to discuss something about this committee, I would be happy to talk with you. Call me at the Drop In Center at (517) 265 - 9588.

The Consumer Advisory Committee meets the fourth Tuesday of every month. For more information about the committee, go to the LCMHA website, www.lcmha.org and look under Services/Resources, click on LCMHA Consumer Advisory Committee. ■

"This is the Best Day I've Ever Had!"

Anthony, one of twelve NYPUM kids, gave the annual NYPUM Midwest Rodeo in Princeton, IN high marks. Each participant demonstrated their riding skills in a variety of events such as the slow race or the haystack race.

Along with riding minibikes, the kids got to ride zip lines into the water and get "blobbed" when a heavier person bounced them off a gigantic air mattress into the water.

Everyone came back with a medal and all our kids placed in at least one

event. They can't wait for next year's rodeo!



NYPUM, National Youth Program Using Minibikes, is a

prevention project which uses the reward of riding a Honda minibike to motivate positive behavior change in youth. Locally, Lenawee Community Mental Health Authority, the Lenawee YMCA, and Dexter's Honda work together to bring this program to our kids.

A big thank-you goes out to WLEN and the Lenawee Christian Motorcycle Association. The 2006 Rally to Ride organized by these groups raised \$2836 for our local NYPUM. The money raised allowed us to take 12 kids to the NYPUM Rodeo. Thanks, once again, WLEN and the Lenawee Christian Motorcycle Association. ■

JCAHO Survey

- Melinda Perez

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) arrived at LCMHA bright and early on August 21, 2006 for an unannounced two day survey to review LCMHA for continued three (3) year JCAHO Accreditation. Since our initial accreditation survey in 2003, JCAHO has implemented a new survey process called Shared Visions - New Pathways which is an entirely new approach to evaluating quality and safety in an organization. It is truly an audit of the actual delivery of services to consumers and not a review of policies.

Our surveyor from JCAHO, Katheryn McDonell, MSN, RN, utilized on-site evaluation of standards compliance in relation to the care experience of consumers using a "tracer methodology". Tracer activities permit assessment of operational systems and processes in relation to the actual experiences of selected consumers who receive services through LCMHA and allows the surveyor to provide direct consultation to staff regarding required standards. The on-site survey is focused on consumer safety and quality of care and evidence of these standards is gathered by the surveyor through speaking directly with LCMHA consumers and families, staff, and review of consumer clinical records.

Our surveyor was impressed with all of the consumers and

families she met and spoke highly about how well informed consumers and their families were regarding their person centered plans, the services they were receiving and their active involvement in the development and ongoing involvement of LCMHA staff. Katheryn was very impressed with the level of consumer involvement in the Consumer Advisory Committee and New Focus Clubhouse, and she reported that she really enjoyed her tour of the clubhouse and meeting with Clubhouse members.

All LCMHA staff who participated in the tracer activities were great ambassadors for LCMHA and our consumers by expressing their belief in the values of person centered planning, their commitment to providing safe and quality care for our consumers and their families, and in sharing their positive experiences about working here at LCMHA.

We'd like to take this opportunity to thank all of you who met with Katheryn during our survey and so willingly answered her questions openly and honestly. This resulted in a very effective survey for all of us.

■ So how did we do?

We did great! JCAHO no longer gives a grade or numerical score as part of their survey process, so we can't give you a score like we were able to previously. The focus is on meeting the required standards

that demonstrate a commitment to safe and quality care for consumers and their families and that the organization is committed to meeting rigorous national standards - continuously.

Instead the surveyor issues Requirements for Improvement (RFI) if there are any areas that did not meet the required standards. Of the 87 major required standards for Behavioral Health Services, we received only one RFI which was related to the use of abbreviations in Encompass, our electronic clinical record. We were required to submit our plan for corrective action within 45 days of our survey. As of September 13, 2006, the abbreviations were removed from the Encompass program and our ESC was submitted to JCAHO on September 28, 2006. The JCAHO Central Office will complete the review of our ESC within 30 days and if the plan successfully addresses all of our improvement requirements, we will receive full accreditation. We believe that JCAHO will approve our corrective action plan and LCMHA will receive full accreditation. Stay tuned to future issues of *The Grapevine* for more news and the final report on JCAHO Accreditation. ■

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

Customer Services
1-800-664-5005

Wraparound

- Sandy Keener

Children's staff at LCMHA returned recently from the Annual Wraparound Conference at Tree Tops in Gaylord, MI. This conference was the latest in a series staff have attended aimed at the integration of Wraparound into the Children's Services Department at LCMHA.

The Family Support Task Force has been active in reviewing the roles and membership of the various community teams that oversee Wraparound in Lenawee County. The goal is to maintain Wraparound as a priority in the community as we work to secure funding that will ensure its continuation into the future. ■

A Wild Idea

Are you looking for a creative way to "bridge the generation gap" this holiday season?

Try gathering the best photos from your old family albums. Then ask your kids or grandkids to get them digitally photographed and put on a CD photo album for other family members. The variety of software tools available can make it easy to present it in creative ways.

You'll end up learning a lot more about computers, and your family will learn a lot about their heritage. ■

NAMI Invites You . . . Inter-Connections Drop In Center

There's been so much happening with NAMI (The National Alliance on Mental Illness, Lenawee Affiliation). NAMI offers support groups for family members caring for persons with mental illness, consumers, friends, or professionals treating consumers.

We also provide educational / advocacy meetings so we can keep current and in touch with community issues. Please call Diane Ballingall at (517) 263 - 3577 for meeting dates, times, and locations. ■

What is a Drop In Center? A Drop In Center is a place for people who have been diagnosed with a mental illness to come and relax and socialize, meet new people, and generally have a good time. We are located at 110 W. Maumee Street in Adrian if you would like to stop by and check us out.

At Inter-Connections, we are very busy gearing up for the fall season. We are planning our annual October Halloween Party where we will participate with the downtown businesses in giving out treats to the

children who haunt the area that night.

We hold a monthly potluck to celebrate birthdays, and also hold a monthly game day. In October we will be playing Bingo on that day. Some members enjoy doing other activities such as painting ceramics, the ever popular Euchre games and dice games. We have computers available if you would like to come and use them for games, etc.

Please stop by and see us sometime. Our hours are Monday through Friday from 2:00 - 6:00 p.m., Saturday

from 12:00 - 5:00 p.m., and Sunday from 1:00 - 5:00 p.m. If you have any questions, please call (517) 265 - 9588. ■

*For somehow,
not only at Christmas,
but all the long
year through,
the joy you give
to others
is the joy that
comes back to you.*
- John Greenleaf Whittier



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