

## Time To Share HOPE



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

# GRAPEVINE

## Story Sharers

OF LENAWEE COUNTY

- Terri Snyder

**M**y name is Terri Snyder and I am a member of both the Continuum of Care and the Consumer Advisory Committee (an advisory committee for consumers of Lenawee Community Mental Health Authority). The Continuum of Care is a committee that meets monthly to discuss and work on issues, services, and programs for the homeless in Lenawee County.

I am an advocate who is concerned about both homelessness and mental health. Those issues have affected my personal life, and I have shared my life story with others to promote the awareness of and reduce the stigma attached to being homeless.

**T**he Sixth Annual Sharing Hope Conference will be held Thursday, October 25, 2007 at St. Luke Lutheran Church, 4205 Washtenaw Avenue, Ann Arbor. This year's keynote speaker will be Patrick Barrie, Deputy Director of the Mental Health and Substance Abuse Administration for the Department of Community Health.

Mr. Barrie was instrumental in designing and implementing Michigan's waiver for Medicaid managed care for specialty mental health, substance abuse and developmental disability services. Michigan was first in the nation to offer this innovative plan that assures access and quality for

consumers, while maintaining costs at reasonable levels.

Plans are underway for a Talent Show, showcasing local talent. Attend a day of sharing hope while also learning about Advanced Directives, Person Centered Planning, or Learning Organization in the breakout sessions. There will be opportunities to talk with psychiatrists and our own Judy Warren in the "Ask the Experts" breakout session. There is no cost for this conference, but you must register. See registration form on Page 4 or call Customer Service at (517) 263 - 8905. ■



Presently, I am forming a group of people who would like to share their stories about being homeless; about services, agencies, and people who have helped them in hopes of obtaining a home. I call this group of people Story Sharers. I have been receiving support from many of the agencies in Lenawee County that are concerned about homeless issues. LCMHA has offered to provide a public speaking class called Speech Craft to help those interested in sharing their story at various speaking engagements. The class will meet for eight weeks and will give you the tools to help you be comfortable speaking in public. If you are

interested, please contact Kay Ross in Customer Service at LCMHA, (517) 263 - 8905.

November is approaching, as is Homeless Awareness Month. Events are being planned to promote awareness of homelessness, and Story Sharers would like you to be a part of this experience. Sharing your story is important to this cause. ■

*As* your address changed recently? Please notify your LCMHA Supports Coordinator at (517) 263-8905.

## Worthy Web Sites



### A SAMPLING OF PLACES TO FIND HELPFUL INFORMATION

■ <http://newfocusclubhouse.com>

■ [lcmha.org](http://lcmha.org)

We have a new health link that gives you information on health related topics. Please take a look. It's on our homepage (look for the cool NEW button), but you can also go to the Services/Resources button and find it.

■ <http://mel.org>

The Michigan eLibrary - MeL, is Michigan's "anytime, anywhere" library that provides Michigan residents and state employees with 24-hour, free access to excellent information resources, including full-text magazine, journal and newspaper articles - things you won't find in a traditional open-Web search! MeL is free to all Michigan residents. Access it from your local library or from home, work, school, or office. Your Michigan driver's license or state ID is your ticket to MeL. Information can be found on almost any topic: business, careers, law, social sciences, education, science and technology, literature and the arts, history and genealogy. The LearningExpressLibrary database even offers practice tests for civil service exams, online help for middle school skills, high school classes, the GED, ACT and SAT exams, and grammar, vocabulary and writing. ■

## A Word With The Director

Several months ago the Lenawee Community Mental Health Authority took advantage of the opportunity to join the growing list of endowed funds of the Lenawee Community Foundation. In this edition of The Grapevine, I would like to introduce you to the Lenawee Community Mental Health Authority (LCMHA) Endowment Fund, established to ensure the future provision of mental health services for Lenawee residents.



### Why is the LCMHA Endowment Fund within the Lenawee Community Foundation?

Having the LCMHA Endowment Fund within the community foundation has advantages to both the organization and to contributors to the fund. Investments and reporting are handled by the Lenawee Community Foundation, thereby leaving LCMHA to its primary mission of providing positive outcomes through quality mental health services. In addition to a great feeling from helping local residents in need of mental health services, contributors qualify for both federal and state tax benefits. Because the Lenawee Community Foundation is a qualified charity, donors can take a federal tax deduction for

the charitable contribution. With additional tax credits for contribution to community foundations, single taxpayers can receive tax savings of up to \$130 on a \$200 gift, while married couples may save as much as \$344 on a \$400 gift. Corporations may also qualify for tax savings of up to \$6,700 on a \$10,000 gift.

### Why should you contribute to the LCMHA Endowment Fund?

A gift is an excellent way to say that you care about LCMHA and its mission, and that you want to help ensure that mental health services will be here when needed. Whether you are a current or former consumer, a family member of someone who has received services, a service provider, or simply a resident of Lenawee County, you can help make LCMHA a better and stronger organization. Whatever you decide to do you will be leaving a legacy for the organization.

### How can you contribute to the LCMHA Endowment Fund and is there a minimum amount required for cash contributions?

Cash contributions of any size can be made. Checks should be made payable to the Lenawee Community Mental Health Endowment Fund. In addition to gifts of cash, there are many ways you can make a gift to the LCMHA Endowment Fund. You can leave a specific amount or a

percentage of your assets in your will. You can give a gift of appreciated stock or real estate. You can name the LCMHA Endowment Fund as the beneficiary of a life insurance policy or pension plan. You could choose to remember a special person with a memorial or honorary gift. Charitable gift annuities or trusts are great options for giving. Depending on your unique financial circumstances there are various options for giving that will offer you distinct financial advantages. It is always best to discuss major gift options with your financial advisor.

### Who can you contact for more information about the LCMHA Endowment Fund?

Roger Myers, Executive Director  
Lenawee Community Mental Health Authority  
1040 S. Winter St., Suite 1022  
Adrian, MI 49221  
517-263-8905  
[rmyers@lcmha.org](mailto:rmyers@lcmha.org)

Sue Hammersmith, Executive Director  
Lenawee Community Foundation  
603 N. Evans St., P.O. Box 142  
Tecumseh, MI 49286  
517-423-1729  
[shammersmith@ubat.com](mailto:shammersmith@ubat.com)

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

**Customer Services**  
**1-800-664-5005**

## New Support Group Info

■ **NAMI (National Alliance for the Mentally Ill)** provides the following support groups:

- Family to Family Support Group
- Family and Caregivers of Children with Mental Illness
- Collaborative Support Group for Mental Health Caregivers.

Contact Diane Ballingall at (517) 263-3577.

■ **The MOMS Club (Moms Offering Moms Support)**

An international support group for at-home mothers. Heather Fordeck is the founder and president of the local group. Yearly dues. Meets the third Thursday of the month at Tecumseh Public Library on North Ottawa Street. A variety of additional events are planned throughout each month. Call Heather at (517) 902-2209 or [tecumsehmoms@yahoo.com](mailto:tecumsehmoms@yahoo.com)

■ **New Focus Clubhouse**

A recovery and rehabilitation program for adults with mental illness. The Clubhouse model embraces the value of lifetime membership, mutual cooperation, and the belief that everyone, regardless of past or present physical or mental obstacles, has something of value to contribute. New Focus Clubhouse's mission is "to support the recovery of person's experiencing mental illness."

<http://newfocusclubhouse.com>

## Board Member Needed

**T**he Drop In Center is looking for a new board member. Duties include attending board meetings once a month, voting on key issues, and volunteering at the Center when needed.

Contact Michelle Wilson at (517) 265-9588 if you are interested. ■

*The availability of these groups is subject to change without notice. There may be a fee involved. To add or update the information about any support group, please call Customer Service at (517) 263 - 8905 with the details.*

## Certified Peer Support Specialists

**W**hat is a Certified Peer Support Specialist? A CPSS is a consumer who is in recovery, who can provide services to you. Those services might be helping you to find adequate housing, or a job, or filing paperwork with the DHS or Social Security. A CPSS can help you with your PCP meeting or assist you with an Advanced Directive or Crisis Plan. However, the most important thing to remember about a CPSS is that we are consumers just like you! We believe in HOPE, that all consumers should be given every opportunity to explore options for recovery.

Lenawee County has seven CPSS's. They are Mark Roman, Brenda Lankford (employed by New Focus Clubhouse), Michelle Wilson, Doris Beckey, Jeff Fouch (employed at Inter-

Connections Drop In Center), Jerry Ostrander, and Kathy Bennett (a contract employee at Lenawee Community Mental Health Authority).

In order to become a CPSS, all of us had to go through a six page application process, after which the application had to be accepted by the State Program. Following acceptance, we went to training at Higgins Lake, Michigan for one week. Training was from 8 - 5 every day. When we returned from training, we went back to Lansing for two additional days of training. We then returned to Lansing to take a four-hour test with a passing grade of 70% or better. As you can see, this process was not an easy one, but it is well worth it.



In order to have a CPSS provide services for you, it must be written in your Person-Centered Plan (PCP). This means that if you want a peer support specialist to help you find a job, you need to ask for that service in your meeting and LCMHA will authorize it. If you want to take Pathways to Recovery, you need to ask for that service. Any of the services listed can be written into your plan, but you must ask for them.

The benefit of using a CPSS is that we truly understand the road that you are on because

we have walked that same road, and may still be on that road. We have faced the same struggles and trials and have overcome them.

Being a Certified Peer Support Specialist is something that all seven of us have worked hard for, and we all offer our services to you, the consumers of Lenawee County. Michigan now has 217 Certified Peer Support Specialists. We are a growing movement hoping to transform our system into a more user friendly, and recovery based system. We hope you'll help us do that. ■

**REGISTRATION FORM**

# 6th Annual Sharing Hope Conference

**Registration Deadline: October 15, 2007**

**NO CHARGE**  
**Registration a Must**

*Please fill out this section and mail to:*

WCHO  
ATTN: Customer Service  
555 Towner  
Ypsilanti, MI 48197

or  
Call (888) 779-9707

email (preferred) to: [customer-service@ewashtenaw.org](mailto:customer-service@ewashtenaw.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

County: \_\_\_\_\_



## Breakout Sessions

*Please check one for am and one for pm*

- | AM                       | PM                       |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Ask the Experts          |
| <input type="checkbox"/> | <input type="checkbox"/> | Learning Organization    |
| <input type="checkbox"/> | <input type="checkbox"/> | Person Centered Planning |
| <input type="checkbox"/> | <input type="checkbox"/> | Advanced Directives      |

Lunch is provided -  
however, no special diets will be available.

## Confidentiality and E-Mail

**T**echnology can be a wonderful thing in terms of the speed and ease with which people can communicate by using e-mail and instant messenger. Yet with this ease of communication comes increased potential risks to confidentiality by spreading information to others who have no reason to know information about others.

For this reason, LCMHA has a policy and procedures for the use of communicating consumer related information by use of e-mail. LCMHA staff are instructed never to use consumer's names in internal (inside LCMHA to other LCMHA staff) e-mails, or e-mails outside the agency. Staff are permitted to use either the consumer's Encompass ID number or the consumer's initials only. LCMHA monitors e-mail to ensure that consumer's names are not used in e-mails and requires staff to report to the Recipient Rights Officer if they make a mistake and include a consumer's name in an e-mail. This is considered a "Breach of Privacy" under the HIPAA rules and is investigated by the Recipient Rights Officer who serves as LCMHA's Privacy Officer.

Some consumers and guardians have asked if they can communicate with LCMHA staff via e-mail instead of in person, telephone or mail. LCMHA's policy is that e-mail should not be routinely used to communicate

confidential consumer matters for the following reasons:

All e-mail is subject to the Freedom of Information Act if requested by any individual

E-mail can be immediately broadcast world wide and be received by many intended and unintended recipients.

Recipients can forward e-mail messages to other recipients without the original sender's permission or knowledge

Copies of e-mail may exist even after the sender or recipient has deleted his or her copy

Given the above concerns regarding maintaining confidentiality with the use of e-mail, LCMHA continues to discourage the use of e-mail between consumers/guardians and LCMHA. If however, the consumer/guardian requests to use e-mail for communication with LCMHA, they may do so after signing the LCMHA Electronic Mail (E-Mail) Statement of Understanding which states that the consumer/guardian understands that confidentiality of e-mail communication cannot be assured by LCMHA.

That being said, in no situation is e-mail to be used to replace therapeutic face-to-face contacts. If you would like to use e-mail to communicate with LCMHA, please request an E-Mail Statement of Understanding from your case manager or Customer Services, complete the form and return to LCMHA. ■

# Sharing Hope Achievement Awards

## NOMINATION FORM

The four affiliates of the Community Mental Health Partnership of Southeast Michigan would like to honor one individual from each County to receive an Achievement Award at the Sharing Hope Conference on October 25, 2007. The four winners will receive special recognition at the conference.

Who can be nominated? Anyone who has shared or offered hope through promoting awareness of mental health issues, offered support, helped reduce stigma, overcome struggles with mental illness or developmental disability, volunteerism, outreach, among others.

The winner from each County will be selected by the respective Management Team. Deadline for turning in your nomination is October 10, 2007. Winners will be notified prior to the Sharing Hope Conference, October 25, 2007.

Please complete the following questions and return the completed form **to Kay Ross, Member Services Rep., no later than October 10, 2007**. Please feel free to use additional pages, as needed.

1. **Who are you nominating for an Achievement Award?**

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2. **Why are you nominating this person for the Sharing Hope Achievement Award?**  
(please list all accomplishments, contributions, etc.)

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3. **Please provide your name and how we may contact you for more information:**

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Name / phone number / email address

## A Tip

### FROM THE OFFICE OF RECIPIENT RIGHTS

**D**id you know . . . the Community Mental Health Partnership of Southeastern Michigan (CMHPSM) prohibits discrimination?

The Non-Discrimination In Provision of Service Policy states "No qualified person shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in any services or activities of the CMHPSM solely on the basis of race, color, religion, national origin, ancestry, age, gender, height, marital status, sexual orientation, physical or mental disability, political belief, or ability to pay for services."

As always, if you have any questions about this topic or any other matter related to Recipient Rights, don't hesitate to call Recipient Rights Officer, Emily Rostash at (517) 263 - 8905. ■

## Reaching For the Stars . . .

**D**arcy Niblack, Kay Ross and Diana Szczesny were reaching for the stars when they created this year's Lenawee County Fair booth

for LCMHA. Below the canopy are the names of famous people who have been diagnosed with a mental health condition. Along with eight employees who volunteered their time, Consumers and Kids Safe Members showed their support in getting the message out to the public.



Those who browsed our display were asked one survey question: "If you or someone you know needs mental health information or services, would you suggest LCMHA? Of the 250 people who were asked this question, over 80% responded "yes".

As the banner says, "You are the Star, the Dreamer, and the Creator of your Destiny." ■



l e n a w e e

**Community  
Mental Health**

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