



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

GRAPEVINE

1. You want the Freedom to choose where and with whom you live, how you connect with your community.

2. You want to develop a personal lifestyle which includes doing things of your interest on a regular basis, socializing with people of your choice, belonging to social groups and clubs and having hobbies.

3. You want to have control and Authority over all your financial resources (personal, family, Department of Human Services, LCMHA). We can help you to set up a life budget and manage it!!

4. You want the Authority to interview, hire, evaluate and fire people that help you/ provide supports to you.

5. You want to write the job description of your support staff.

6. You want to take on more Responsibility for your decisions and actions.

The Top Ten

REASONS TO GIVE SELF-DETERMINATION A TRY

7. You want to take on more financial Responsibility by contributing as much as you can on your own.

8. You want help to find the Support to develop a life dream and reach toward that dream.

9. You want to be valued and feel you are giving back to society.

10. You want to have a leadership role in further designing things needed to make Self-Determination an option for all individuals served by LCMHA.

Through the person-centered planning process, your Supports Coordinator in consultation with the Self-Determination Coordinator can get you on the path to having a more self-determined life. It is recommended by the Self-Determination Committee to use an Independent Facilitator (IF) to facilitate your person-centered planning meeting. This person will look at all resources and supports available to you in your life and your community, rather

than just the traditional CMH services.


When your Supports Coordinator asks "Do you want an Independent Facilitator?" . . . say "yes". Ask to see the album of available IF's located with the LCMHA Receptionist. There are albums at New Focus Clubhouse and Community Connections also. Let your Supports Coordinator know your choice. The Self-Determination Coordinator is also available to attend PCP meetings to explain more about Self-Determination.

Free Training with Lunch Provided:

Anyone can attend a free training on October 20 from 9am - 2pm at New Focus to learn more about PCP and Self-Determination. We will focus on facilitation of the meeting so that those interested in becoming Independent Facilitators will need to attend this training as the first step. Independent Facilitators receive payment for each process they facilitate. Contact Dawn Rarick, Self-Determination Coordinator to reserve your spot: (517) 264 - 1072. ■

Announcing . . .
The Second Annual Family Fun Fest
October 1, 2005 from 10 am - 1 pm
Lenawee County Fairgrounds
Fun, Games, & Prizes for Everyone!

For more information, Call Customer Services (517) 263 - 8905



Fourth Annual Sharing Hope Conference

**Tuesday
October 18**

**9:30 am -
3:00 pm**

**Eastern
Michigan
University**

**McKinney
Student
Union**

For reservations
Call (734) 544 - 3000.

For more information,
please contact
Kay Ross,
LCMHA Customer Service
at (517) 263 - 8905.

A Word With The Director

As school resumes and the days shorten, it is apparent that summer is drawing to a close. I always wonder how summer passes so quickly, and this year was no exception. It now seems like just a few weeks ago that LCMHA started a remodeling project (in fact it started in the spring!) and that project has just been completed - chronicled for you in the photos that appear in this issue.



*Executive Director
Roger Myers*

Remodeling is always a test of patience and relationships! Our project in some ways was harder to endure than we anticipated, and yet it went amazingly well. We finished on schedule and on budget! Many thanks for the patience of staff and consumers who were walking around ladders, past painters and carpet layers, trying to avoid the wet paint and find their office or meeting room, which often had been moved!

I believe we did all this with a minimum of disruption to consumer services, and now that it is completed, we are enjoying the expanded office space, greater security, increased storage capacity, and vastly improved décor. (Our 14 year old gray carpeting, in particular, will not be missed).

My special thanks to Sharon Robb who served as the internal "point person" for the project, interfacing with contractors, giving orders to construction crews (as necessary!), answering questions from everyone, resolving squabbles, representing us at construction meetings, ordering furniture, . . . all while she performed her regular responsibilities!!

On another note: everyone in the Public Mental Health system is carefully watching the "Rebasing" of Medicaid payments to Community Mental Health Service Providers (local mental health agencies). "Rebasing" means that the cost of each kind of service which we provide is being recalculated. These figures, along with the number of people in our county who are deemed eligible for Medicaid, will play a huge role in determining our budget in the future. By the next issue of the Grapevine, we will have information to share from the Revenue Estimating Conference, which will take into account the proposed changes in Medicaid payments, general fund revenues to be anticipated and other factors so that we may have a clearer picture of the future budget.

Meanwhile, we are proceeding with the business of our agency, including the furthering of the "Anti-Stigma" movement. Many of you may have stopped by our booth at the Lenawee County Fair . . . I hope you filled out a survey about our services and

received a free t-shirt or water bottle for your efforts. We are looking forward to the Sharing Hope Conference in October which is always inspirational and motivating. And, as always, we have consumers and staff who are available to speak to classes, organizations, and other groups about mental illness and developmental disabilities. ■

Join the Consumer Advisory Committee

All interested consumers of Lenawee Community Mental Health Authority are asked to consider serving on the Consumer Advisory Committee. This important committee requires a commitment of approximately one hour per month to make your voice heard in the operations of this agency. If you would like more information, please call Customer Service (800) 664 - 5005, or come in and talk to Kay Ross. ■

*M*y friends have made the story of my life. In a thousand ways they have turned my limitations into beautiful privileges, and enabled me to walk serene and happy in the shadow cast by my deprivation.

- Helen Keller

Lenawee County Fair

WORD SEARCH PUZZLE: ITEMS FOUND AT OUR LCMHA FAIR BOOTH

r j q c y z q v q k w b s t f t y d k g
o e s l i c n e p c r t s m z d i v o r
r u d l s q o s q o r g x h i s a z o a
c f s l c j o i c i u y b k a y l v b p
p h c h o i a h h m q w v b w i q d g e
i z r l r h u s k h c d i x k h p y n v
k c s x y r e y z s i l v e r p i n i i
d q i f e e e l s n i e x p g z n s r n
j i g s t v s u t t o j z n k a q x o e
g a n r r d r b y t c i j p k j s p l m
p b r u v k i p r n o g s t z a w u o g
d e s o y w a t e r r b u s i d c z c v
x k n f p m h q c z e d u n i e q f y z
c h l s p e c r p a q z l o d m n y z i
r h v h l m n q r r x n v t d q o v k l
h i l a o i i e j c m x f l d j g t x q
f e w q l z z c r n j a g i b q l h a m
t w e w k t v j c n n e m h o l x t f x
p m v r n j m a u v l l a w e t w k q l
e c i v r e s o t e d i u g w r q j k a

bottleholder
brochures
chairs
coloring book
disability pamphlet
fan
grapevine
guide to service
jar opener
mission
pencils
pens
sign
silver pin
survey
tee shirts
water

There will be a Drawing for a Meijer Gift Card on September 30, so get your completed puzzle in to Kay Ross as soon as possible!

Self Determination

- by Kathy Bennett

Self Determination is based on five principles: **Freedom, Authority, Responsibility, Support, and Confirmation.** You have the **freedom** to choose the life you want, including where and with whom you live, how you connect with your community, and how you develop your life-style. You have the **authority** and power to make decisions and truly control your life, including financial decisions, as well as what supports are needed in

your life. You also have the control over hiring those supports if need be and evaluating those who provide such supports. As you take greater freedom and authority over your life, you assume greater **responsibility** for your decisions and actions. You are also responsible to contribute from all financial resources at your disposal, including any public funds (i.e. Medicaid, Medicare), making sure they are used efficiently, and to contribute to the community

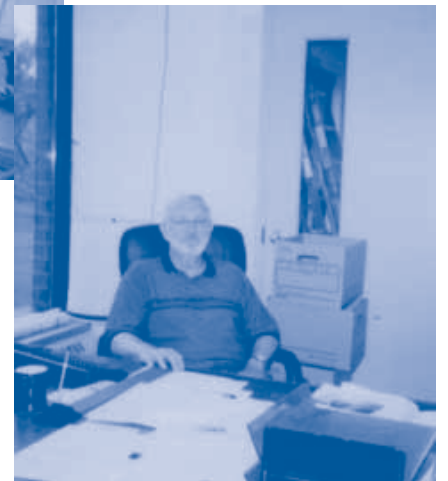
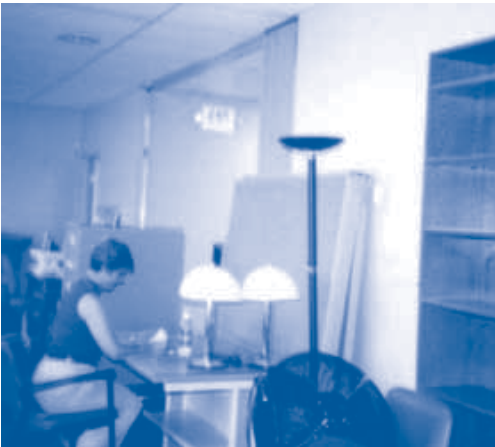
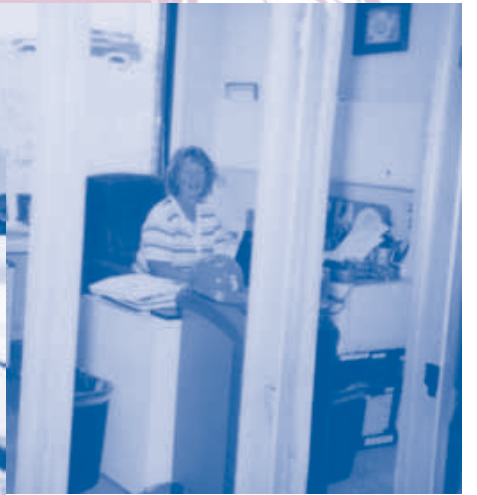
through the expression of responsible citizenship. The arranging of resources and personnel, both formal and informal, to assist you in living your desired life in the community is the **support** to develop and to reach a life dream. **Confirmation** is achieved when individuals play an important leadership role in a newly designed system.

This is Self Determination. What this means to you and

me is that we can design our lives through our PCP meetings. You can be completely in control of your life!

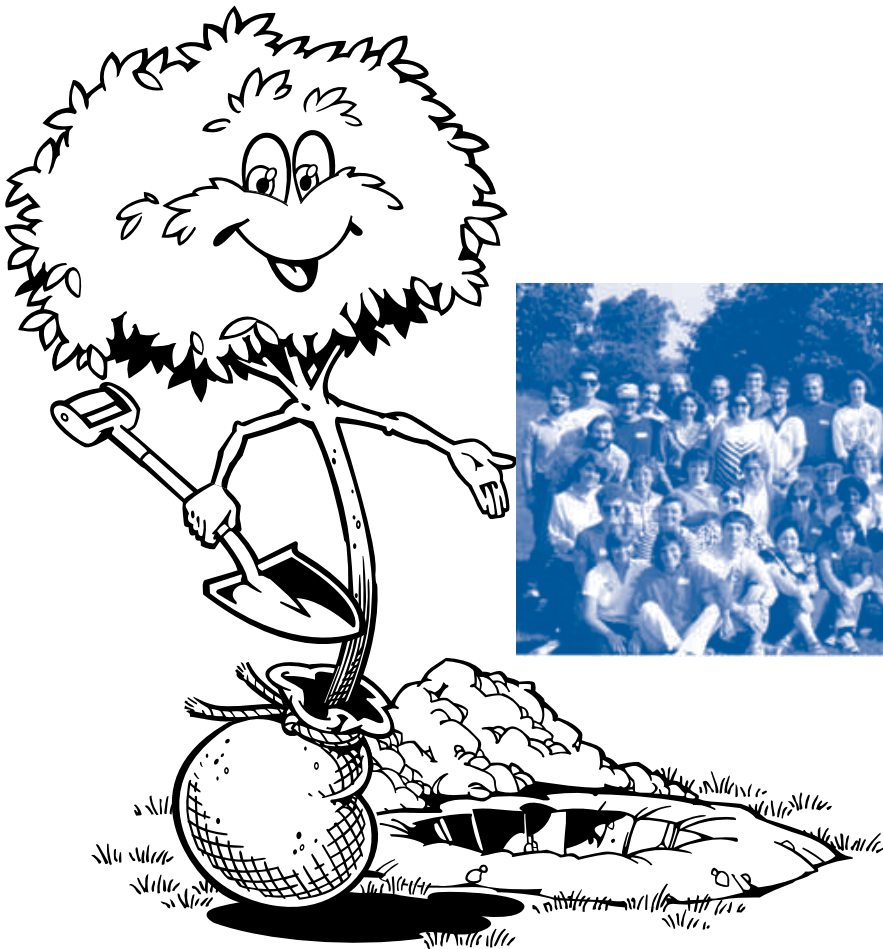
Note: We are especially interested in hearing from consumers who would like to use this process in their own planning (PCP) meetings. Call Kathy Bennett or Dawn Rarick for more information at (517) 263 - 8905. ■

Construction Memories





*B*elieve it or not . . .
(photos unearthed during our remodeling project)



A Tip

FROM THE OFFICE OF RECIPIENT RIGHTS

LCMHA Staff:
Do you know your agency's policies . . . or at least where to find them?

As an agency, we have so many policies and procedures it would be impossible to remember them all!

With the many audits our agency is subjected to each year, it is important that staff are able to answer any questions asked by an auditor. More importantly, staff should be able to locate and reference a policy and/or procedure to assist in decision making when addressing day to day situations/issues such as confidentiality questions or reporting requirements.

In addition, the Recipient Rights Policies were recently regionalized, meaning that the policies are now the same in all of our county affiliates. This change resulted in minor modifications to the policies, such as definitions, so be sure you are familiar with them!

If you have any comments or questions regarding this Tip or any other rights related matter, please contact the Officer of the Day by calling (517) 263 - 8905. Thanks! ■

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

Staff Spotlight

- by Jackie Johnson

David Orozco is one of the most popular staff members here at LCMHA. That's partly because in his job as Supports Coordinator Assistant, he touches the lives of so many staff and people in the community.

David is one of two Supports Coordinator Assistants. He is part of the outreach team, assisting eight case managers and one nurse in helping consumers get basic needs met and live healthy, satisfying and productive lives. On a typical day at work he may transport people to doctors appointments, get housing issues straightened out, get needed groceries and



prescriptions, help a consumer figure out how to use the laundromat, or act as a translator for Spanish speaking consumers and English speaking providers. He also finds time to perform with The Optimystics, a singing group composed of LCMHA staff and consumers. And that's just the start of David's day!

David comes from a large family of Mexican origin where both English and Spanish were spoken at home. He is married to Rosemary, a bilingual preschool teacher who works for Adrian Nursery School, and they have six children ages 17, 14, 13, 12, 7, and 4. At the end of the work day, David leaves the job he loves and starts working as a volunteer in one of the many extracurricular activities

involving his children. He can often be found working the concession stand at Adrian Middle School wrestling, football, cheerleading or track events. He is very involved in the PTO - organizing fund raisers, talking with other parents and supporting the schools and his children in a multitude of ways.

I recently saw David's energy and commitment in action when he organized a fund raiser for National Youth Project Using Minibikes, enabling teen participants to travel to a NYPUM Rodeo. Not only did he help make it a financial reality for nine kids, he also attended as the only male chaperone. Without him, the trip would not have been possible. David is truly an asset to LCMHA and to the community. We are glad to claim him as an employee. ■

LCMHA Welcomes Emily Rostash

Emily Rostash joined the LCMHA employee force on August 1, 2005. She is our new Recipient Rights officer, replacing Kelly Bellus who was here on an interim basis.

Born and raised in Monroe, Michigan, Emily graduated from University of Toledo law school this past May. She did her undergraduate work at Albion College, and currently lives in Toledo.



Last summer, she worked for Mercy Memorial Hospital in Monroe, and got involved in Recipient Rights work there. She found she enjoyed the work very much. She states that the adversarial nature of the work many lawyers do is less appealing to her than the conflict resolution approach of Recipient Rights.

Presently, Emily is learning the clinical side of our agency. She has been surprised at how helpful her legal background is for functions such as evidence gathering, investigation, and understanding how various laws apply to our work and our

consumers. Her background in mediation for the Juvenile Court in Toledo and for the Napoleon (Ohio) School District has also been helpful in her new role. She particularly enjoys seeking a "win-win" solution for all parties when possible.

Emily is very close with her family, especially her many nieces and nephews. Her hobbies include volleyball and tennis. She will be providing recipient rights training throughout the year for our staff and providers. If you have any questions pertaining to Recipient Rights, please call her at (517) 263 - 8905. ■

**Michigan Protection and Advocacy Service Inc.
2006 - 2007 Questionnaire on Priorities**

Please help us to determine our priorities for the next two years. Your input will help shape the direction of the agency in determining areas of need.

1. What would you like MPAS to work toward this year?
2. What issues are you trying to overcome on a daily basis?
3. What areas have we done well in which you would like for us to continue?
4. What areas do we need to improve?

Optional (but helpful to us) - Check all that apply:

I am a:

- person with a developmental disability
- person with a disability which occurred after I was 22 years old
- person labeled mentally ill
- person labeled emotionally disturbed
- person with a traumatic brain injury or closed head injury
- person living with HIV
- person living with AIDS
- family member of a person with a developmental disability
- family member of a person labeled mentally ill
- family member of a person labeled emotionally disturbed
- family member of a person with a disability which occurred after they were 22 years old

Ethnic Background:

- Caucasian
- Arab or Chaldean American
- Native American
- African American
- Hispanic American
- Asian or Pacific Island American
- Other

Geographic Location:

I live in _____ County, Michigan.

Employment Status:

- I am employed unemployed retired
 looking for employment not looking for employment

Please DO NOT sign your name to this form.

Thank you for helping us identify the protection and advocacy needs of people in Michigan.

****Please mail to: MPAS, 4095 Legacy Parkway, Suite 500, Lansing, MI 48911****
(or give this completed survey to LCMHA Customer Services for mailing)

You may also complete the questionnaire online at: www.mpas.org

Staff Recognition

Lenawee Community Mental Health Authority would like to recognize the following staff for their continued service to our organization.

July:

Susan Arena Elardo - 15 years
Mary Ann Kingsley - 10 years
Cindy Witt - 10 years

August:

Valerie Barker - 5 years
Beth Binegar - 15 years

Your years of dedication help ensure the LCMHA provides the best possible care for our community. Thank You. ■

NYPUM Rodeo

- by Jackie Johnson

Ten kids and three adults attended the Midwest NYPUM Rodeo in August. Over the course of three days the kids displayed their skills on Honda Minibikes on an obstacle course, a clover race around

rides. Other group activities included a mountain climbing tower, an eighty foot sled run, a zip line into the water, swimming, and "the blob".



Dylan Perritt, Julian Orozco, and Jordan Kearney show off their ribbons and medals.

barrels, a slow race, and a skills test on a wooded path. All the kids received medals and ribbons, and the group also enjoyed challenging trail

Thanks to Lenawee Community Mental Health Authority, the YMCA, and Dexter's Honda for making it possible for us to attend the



Rodeo participants from Lenawee: front l - r; Jeff Benedict, JJ Orozco, Emilio Orozco, Cameron Morton, middle l - r; Jackie Johnson, Shawna Perritt, Reyna Orozco, Dylan Perritt, back l - r; Kathy Bennett, Julian Orozco (hidden), Jordan Kearney, Ryan Perritt, David Orozco

Rodeo. Thanks also to David Orozco and Kathy Bennett for chaperoning this active group. The kids had a blast and returned home with many reasons to be proud. ■



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

PRSRT STD
U.S. Postage
PAID
Adrian, MI
Permit No. 127