



Consumer Advisory Bulletin

Volume 1, Issue 4

Summer 2011

The Vision and Values of the Advisory Council

- * The values and vision exist to ensure and promote involvement in shaping policies and practices
- * To improve the work of the Affiliation to meet the needs of Consumers, families, and other stakeholders
- * To review and to evaluate the Affiliation's programs and services
- * Recognizing consumer needs and promoting opinions
- * A forum for broader community input
- * A voice for Consumers
- * To serve as Consumer advocates

Did you know that you are represented by an Advisory Council that is composed of consumers just like yourself? The Mid-Michigan Consumer and Stakeholder Advisory Council is composed of consumers from the eight-counties in the affiliation. These counties are Centra Wellness Network (formally known as Manistee-Benzie), Clinton-Eaton- Ingham (CEI), Gratiot, Ionia, and Newaygo. Members are selected by the CEO of each CMH.

We are your voice and try to represent your interests to the CMHs.

The Council meets once a month on the first Thursday at CEI in Lansing, MI in room G-11-A/B from 11:00 am to 2:00 pm. Some agencies attend by video conference.

If you have suggestions, comments, or concerns you may contact the Council by email at: www.AdvisoryCouncil@ceicmh.org.

If you would like to learn more about the Advisory Council or how you can become a member, please contact your agency's Customer Service Representative for more information. Contact information can be found on the back of this newsletter.

The Affiliation of Mid-Michigan Consumer and Stakeholder Advisory Council Celebrates It's Sixth Annual Recognition and Appreciation Dinner

Julie Barron, CSR at CEI CMH

"The Sky is The Limit" was the theme for the 6th annual Affiliation of Mid-Michigan Consumer and Stakeholder Advisory Council Appreciation Dinner. The choice for this years theme was chosen in part to capture the recovery stories of consumers and how becoming involved with Community Mental Health has improved and enriched their lives. The possibility of achieving great things is endless.

The Andy Carlson Award is given each year to honor a Consumer who has advocated for other consumers and worked toward bringing them hope and recovery in the eight county Affiliation. Andy Carlson was a consumer from Gratiot County and an Advisory Council member who achieved this goal. Andy worked tirelessly to make sure that consumers had their voices heard. The Andy Carlson Award was created in 2005 and was given each year to a Council member who we felt exemplified what Andy worked so hard for.

This year's award was opened up to any consumer in the Affiliation. The award went to Donna Rose, who is the Team Leader of the Creative Recovery program at Clinton-Eaton-Ingham Community Mental Health Authority. Donna has been the Leader of this program since 2007. The Creative Recovery program offers arts, crafts, music and creative writing workshops to consumers of Mental Health and Developmental Disability programs. She also offers a yearly Talent Show where consumers can showcase their talents like singing, playing an instrument and telling jokes or poems. The consumers gain self-esteem and learn new things. Donna is helped by volunteers who generously offer their services in teaching these classes. She works with a limited budget and is dependent upon grants to keep her program going.



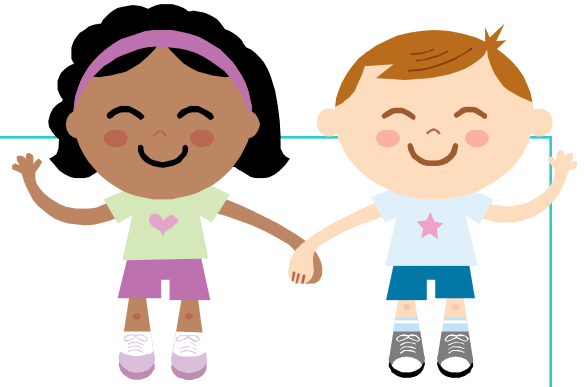
Donna Rose (left) and Julie Barron, CSR from CEI CMH (right)

Your Child's Emotional Health

Courtesy of Channing Bete

Emotional health is the way a person feels, thinks, behaves, and relates to life and other people. It's an important part of your child's well-being. Like adults, children go through "hard times", but good emotional health means being able to recover from those times.

A child's emotional health is affected by his/her parents and home life, environment, and heredity. Parents and caregivers can observe their child's emotional health by listening, talk with your child and listen to what he or she has to say. This can tell you a lot about your child's attitude toward life, school, and other problems. Children don't always have the words to express what they are feeling. Look for changes in your child's behavior or attitude. It is also important to know the warning signs of poor emotional health. They may include: poor eating habits, no interest in friendships or the feelings of others, withdrawal, low self-esteem, bedwetting, an inability to handle stress, physical problems, frequent or severe temper tantrums, fear, fighting, or learning problems. Most children will show one or more of these signs at some time. If the signs are severe or lasting, talk to your child's healthcare provider or a mental-health professional.



There are several ways that parents and caregivers can encourage and promote good emotional health:

- * Understand your child's needs. Children need to know that you accept who they are as an individual persons and that they are needed and loved.
- * Encourage independence. Give children the freedom to grow and let them know that you trust their abilities. People must make mistakes in order to learn.
- * Give guidance and a foundation for making choices by discussing your values and beliefs. Teach your child how to solve problems by talking about the consequences of actions as well as teaching by example.
- * Give discipline. Discipline gives a child a sense of order and security. You can set fair limits and see that they are kept. Discipline should be consistent and firm, never excessive or involving physical force. You can reinforce good behavior with rewards.
- * Share family problems that are appropriate. Be honest in situations that deal with death, illness, divorce, and money. You can help your child learn healthy ways to cope with life problems, possibly sharing the ways that you cope.
- * Make your home a healthy place to be. Provide opportunities for growth, new responsibilities, and input in making decisions. Be consistent in your demands and discipline, as well as positive and accepting, not judgmental.
- * Take care of yourself as a parent or caregiver. Worries are a fact of life, but if you are worried or depressed often, it may make your child anxious. Take a break and allow some time for yourself. Choose a sitter your child knows and likes, and one that you can trust. Also, let your child know when you'll return. This can be healthy for both you and your child.

If you think that your child may have a problem, get professional help as soon as possible. You can find professional help by contacting your child's healthcare provider, teacher or school counselor, local family service agencies, or a mental health professional at your local CMH.



Then followed that beautiful season...

Summer....

Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood.

~Henry Wadsworth Longfellow



Are you interested in submitting an article, poem and/or picture of your art work for the Affiliation Council Bulletin? Please contact Becki West or Heather Bell via the contact number on the back of the newsletter. Submissions for the Fall 2011 bulletin are currently being accepted now through 8/26/2011.



If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.

~ Anna Quindlen



Stay Safe From The Summer Heat!



Everyone should follow these basic heat safety tips in order to avoid heat exposure.

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.
- Dress lightly and when sleeping use lightweight breathable covers.
- Drink plenty of water and other fluids.
- People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight. Also, stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Move your exercise routine to early morning or later in the evening - even swimming. Swimming pool dangers related to heat exposure do occur.



Never ever leave anyone in the car while you run to do a quick errand. Not a pet, not a child, not anyone. It's never safe. Cars can become overheated quickly and when overheated become like ovens. People can succumb to heat exposure and death very quickly in a hot car.

Ele's Place

Ele's Place is a non-profit, Community based organization whose mission is to create awareness of and support for grieving children and their families. Through peer support programs, Ele's Place helps children cope with the death or life threatening illness of a parent, sibling, or other close family member or friend.

Children ages three to 18 and their parents or guardians are welcome, as well as young adults, independently. There is no fee for any of the services that Ele's Place offers. Some of the services offered include: Bereavement Support Groups, Together Learning to Cope program, school based services, Camp Forget-Me-Not, and community resources and referrals.

Ele's Place was established in 1991 and is named in honor of Ele Stover who died in 1989 at the age of 11 months. "ELE" also represents the organization's philosophy of "Embracing Loss Effectively".

To learn more about Ele's Place and the services they offer you may visit their website at www.elesplace.org or Call (571) 482-1315, or by email at www.healing@elesplace.org.



Centra Wellness
NETWORK

Manistee-Benzie has changed its organization name to Centra Wellness Network. The name change reflects an effort to shift the focus of the mission of the organization to serve as a resource of wellness for anyone in the community who needs help, support, direction, or services to recover from a mental illness or live a meaningful life with a developmental disability. With the change comes a more visible commitment to make our services accessible in partnership with other health care providers and to focus on the needs of the individual and put them on a path to wellness. Visit www.centrawellness.org for more information.

“Walk –A-Mile in My Shoes Rally”

Alexandra Livesay, CSR at CEI CMH

On May 11th, 2011 Community Mental Health agencies from around Michigan gathered on the steps of the State Capitol in Lansing for the annual “Walk-A-Mile in My Shoes” rally. The “Walk A Mile in My Shoes” rally is a walk for mental health and developmental disability advocates and consumers from around the state to come together and educate the public and state legislators about mental health. The services that local Community Mental Health Boards provide are important to our consumers and the state. This is why we have the rally each year.



Working together to stop negative feelings about people with mental illness and developmental disabilities is highly important. People with mental illnesses and developmental disabilities have been dealing with others who don't understand or want to take the time to get to know them for many years. Bad feelings is what keeps people from getting the help and support they need. It can limit opportunities, stand in the way of getting a job, and make people feel lonely. These are all part of the stigma; the ignorance of individuals who just don't know that developmentally disabled and mentally ill individuals are the same as everyone else. They share the same dreams, goals, and aspirations. They possess many skills and talents

they are able to share with others. We are a vibrant part of the communities we live in and add diversity to the culture of where we live and work.

The rally started with outstanding entertainment from various individuals. People came from all over the state to be part of the rally. We even had people drive down all the way from the Upper Peninsula. As the day started we saw many groups begin to arrive in many different colored t-shirts. It was amazing to see the Capitol lawn filled with a sea of colors as people arrived. Attendees began checking in at the Information Booth and were given goody bags with snacks and pamphlets in them. The MACMHB Traveling Art Display, made up of the original artwork of individuals who use Community Mental Health services statewide, was on display at the Central United Methodist Church (on the corner of Capital Ave. & Ottawa St.) for rally attendees to view all day. The rally began as we watched representatives of Michigan's 83 counties take to the Capitol steps and read their statements. “Recovery is possible....walk a mile in my shoes and “Challenges make life interesting...walk a mile in my shoes!” were some of the powerful words that inspired the crowd. We also had beautiful weather to round out such an uplifting event.



**“Walk a Mile in My Shoes” Rally at state Capitol highlights
May as Mental Health Awareness Month**

Recipe Corner

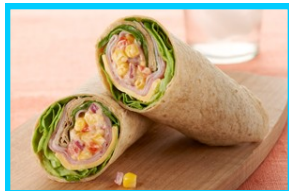


Wild West Sandwich Wrap

Courtesy of Kraft Foods

What You Need:

- 3/4 cup frozen corn, thawed
- 1/4 cup chopped red onions
- 3 Tbsp. KRAFT SANDWICH SHOP Chipotle Flavored Reduced Fat Mayonnaise
- 4 whole wheat tortillas (8 inch)
- 4 lettuce leaves
- 4 KRAFT Singles, cut in half
- 16 slices OSCAR MAYER Deli Fresh Shaved Honey Ham
- 1/2 cup chopped tomatoes



Make It:

COMBINE first 3 ingredients.

TOP tortillas with lettuce, Singles, ham, corn mixture and tomatoes.

FOLD up bottom edge of each tortilla, then roll up starting at 1 side.

Recipe for a Happy Day

Judith, CEI CMH

What You Need:

- 1 cup Friendly words
- 2 cups Understanding
- 4 Tbsp. Time also Patience
- Pinch of Warm Personality
- Dash of Humor

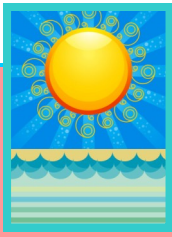
Measure words carefully. Add heaping cup of understanding, use generous amounts of time also patience. Cook with gas on the front burner. Keep low temperature...do not boil! Add a dash of humor also pinch of warm personality. Season to taste with spice of life. Serve in individual molds. This recipe is guaranteed to never fail.

RIDDLE ME THIS, RIDDLE ME THAT!



- 1) What gets wetter and wetter the more it dries?
- 2) You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
- 3) What goes up and down the stairs without moving?
- 4) What can you catch but not throw?
- 5) I can run but not walk. Wherever I go, thought follows close behind. What am I?
- 6) What goes around the world but stays in a corner?
- 7) I have holes in my top and bottom, my left and right, and in the middle, but I still hold water. What am I?
- 8) Give me food and I will live. Give me water and I will die. What am I?
- 9) I am the part of a bird that's not in the sky. I can swim in the ocean, and yet remain dry. What am I?
- 10) I'm light as a feather, yet the strongest man can't hold me for much more than a minute. What am I?

(10) breath (9) A shadow (8) Fire (7) A sponge (6) A stamp (5) A nose (4) A cold (3) A rug (2) An ear of corn (1) A towel



Community Mental Health Affiliation of Mid-Michigan Consumer and Stakeholder

If you would like to learn more about the Advisory Council or how you can become a member, please contact your CMH for more information.

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Message from the Director of Affiliation Operations for Mid-Michigan Community Mental Health

In our Affiliation's never ending effort to become as efficient as possible so that more resources may be used to provide quality services, I ask that anyone with an idea of how CMH can operate more efficiently to contact me, Director of Affiliation Operations, Toby Bayless, with your suggestion. I may be reached by phone at 517-346-9555 or by email at bayless@ceicmh.org.

Advisory Council Meetings for 2011

January 6, 2011

February 3, 2011

March 3, 2011

April 7, 2011- no meeting

May 5, 2011:

Affiliation Recognition Dinner- no meeting

June 2, 2011

July 7, 2011

August 4, 2011

September 1, 2011

October 6, 2011

November 3, 2011

December 1, 2011



"The Advisory Council provides a voice for the voiceless and are advocates for ourselves, the consumers we represent, and the Affiliation as a whole."