

Community Mental Health

Affiliation of Mid Michigan

Self Determination Newsletter

Volume 1, Issue 1

January 2004

Who is the Affiliation of Mid Michigan?

The Community Mental Health Affiliation of Mid Michigan (CMHAMM) consists of 5 CMHSP's that serve 8 counties: Clinton, Eaton, Ingham, Gratiot, Ionia, Newaygo, Manistee, and Benzie. The Affiliation was formally created in February of 2002 in response to the Department of Community Health's size requirement to be considered as a Medicaid Prepaid Inpatient Health Plan (PIHP).

While meeting the size requirement was the catalyst for forming the Affiliation, an opportunity was created to share our knowledge and resources making us more effective in meeting the needs of the individuals and communities we serve.



Affiliation Vision and Values:

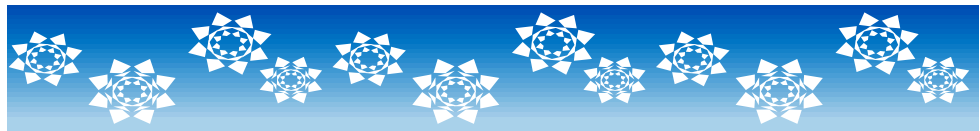
The Affiliations vision and values is central to all the services and supports offered.

The Affiliation strives to promote consumer empowerment, choices, and advocacy through utilizing the philosophy of Self Determination.

Self Determination is a belief that all individuals must have the freedom to define the life they want and to be supported in directing the services they need.

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Highlights from Ionia Community Mental Health

The following statement was written by an individual from Ionia County. The statement describes how she has sought out people to assist her who have honored her choices and have helped her become empowered in making decisions for her life. Through Self Determination, and Person Centered Planning, she has been able to guide and direct her road to recovery.

Never Lose Hope

I came to the Ionia County Mental Health agency in the mid 90s. We had lost everything that mattered to us and were stranded in a horrible situation. Through a near tragic event we met a young woman (case manager) who listened and didn't give up on us. We also met a pastor and police officer who cared. We were supported in many kind ways. I went to groups, but only found others who were in worse condition and then got more depressed. After seeing many different therapists, I found one that really connected with me, and finally I was able to leave therapy. After that, I was asked if I'd like to join a committee at CMH, it was about rights and it really was interesting and others were respectful as I had something to contribute.

We had a caseworker who's relative had 2 birds that needed a home. We took them in and they have given us unconditional love. You see everyone needs something to care about. I love to write articles that sometimes get published in the local paper. I see my neighbors in a new way. I can help my community for my love for others is restored because I have people who lift me up and tell me Life is Worth it. I can help and share what things I have learned and am learning. It wouldn't of happened if it weren't for staff (ICMH and FIA) and my friends who believe in me.

Don't be afraid to ask for help from others. It may be your best move of a lifetime. I still have a long trip ahead. But now I know I will never be left alone or forgotten. Ionia Community Mental Health will not let you down, trust me!



Highlights from Gratiot Community Mental Health

Gratiot CMH received a grant to assist their agency in efforts to educate and promote Self Determination for the individuals they serve. The following article describes how they used the grant funding to further consumer empowerment and choice making.

Self Empowerment Conference:

This year our agency received a Regional Interagency Coordinating Committee grant to develop a Self Empowerment Conference for our consumers. Duncan Wyeth from the MI Department of Career Development and Rehabilitation Services was the keynote speaker. Duncan has a wealth of experience and knowledge in the area of employment. All of the speakers encouraged the consumer to reach their highest goals.

The conference also offered participants the opportunity to take part in sessions that focused on recreation, employment, living independently, and the consumers role in empowerment. Various community vendors set up booths with information about their groups. Special Olympics, Gratiot ARC, Mid-Michigan Industries, Housing Information, Masonic Pathways, and If Wishes Were Horses were represented. The conference was a one day event, held at the Church of Christ in St. Louis. It was a very inspiring and informative day for all.

Highlights from Manistee-Benzie Community Mental Health

The following are highlights from success stories of individuals who utilized Person Centered Planning and Self Determination to help them achieve their dreams and goals.

- A consumer stated during her PCP that she wanted to learn line dancing, a free class was found and she began attending. Then this past summer, she danced with line dancing performers during Bear Lake Days.
- For the past 2 years a consumer has talked about going to college and she made the decision to begin classes in January. In September, she had heart surgery to repair a birth defect and her surgeons were so impressed with her future plans, that they paid for a laptop computer for her to help with school.
- A consumer works with another peer and a job coach at a local motel during their busy seasons. He has become such a good worker that they are now calling him in when they need an extra person or have a special project.
- Another consumer in keeping true to her goal, spent 2 days in Shipshewana, Indiana. She saved enough money to go on the trip, to buy whatever she wanted, and she even budgeted in the cost of a motorized cart so she could get around better. She headed out in the morning by herself and the group didn't see her again until she met them at the bus in the afternoon. She was very proud of how well she did, and even brought money home with her.



Highlights from CEI Community Mental Health

The following article describes a grant that was awarded to CEI Community Mental Health for the Community Services for the Developmentally Disabled team to use to promote self advocacy.

The Community Services for the Developmentally Disabled Self Determination team recently applied for and was granted a \$4000 grant through the Michigan Self Determination Project. The grant will fund self advocacy training to individuals with a developmental disability who are choosing to supplement or replace traditional day program activities with community based activities. The focus of the grant project is to foster personal decision making through training in the areas of community integration, social skills, making choices related to hiring personal assistants, living arrangements, friendships and evaluating the consequences of choices made. The Capital Area Center for Independent Living (CACIL) is providing the training using a curriculum specifically designed to promote self empowerment. Four groups of ten individuals will participate in the training which will consist of six one hour sessions. The training will be held at the Lansing Transitions-Central Drop In Center, the Mason Satellite, the Clinton County Satellite and the Charlotte Satellite.

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We're on the Web:
www.cmhamm.org

Self Determination:

Freedom: To plan your life with the supports you want and need

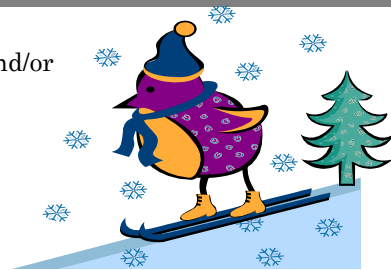
Authority: To work in partnership to make choices about how resources are used to buy supports and services

Support: To arrange your services and supports to assist you in meeting your goals and live within your community

Responsibility: To accept a valued role in your community through employment and affiliations, as well as being accountable for the wise and careful use of public dollars

Upcoming Events/Activities/Trainings:

This section will be used for each Affiliate to advertise upcoming trainings and/or events happening within their agencies or communities.



Special Acknowledgments:

The Affiliation Consumer and Stakeholder Advisory Council presented at the Quality Improvement Conference in December of 2003. The Advisory Council members shared their experiences on being part of this kind of unique council, the development of bylaws and mission, and how they remain a valued and contributing voice within the Affiliation.

(The Consumer and Stakeholder Advisory Council is made up of primary and secondary consumer representatives from each of the Affiliate Boards. This council acts as an advisory group to the Affiliation and with the Michigan Department of Community Mental Health in recognizing consumer needs and promoting consumer opinions.)
