

Community Mental Health

Affiliation of Mid Michigan

Self Determination Newsletter

Volume 2, Issue 2

March 2004



Inside this issue:

Newaygo CMH	2
Gratiot CMH	2
Manistee-Benzie CMH	3
Ionia CMH	3
Who is Mid Michigan	4
Upcoming Events	4
Special Acknowledgements	4

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

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



Highlights from Newaygo Community Mental Health

The following article was written by the Customer Service Representative from Newaygo County CMH

On May 20th, 2002 I started the best job of my life. A new position opened at Newaygo CMH titled customer service representative, CSR, for short. This position was created to represent our agency in the Affiliation consisting of Clinton, Eaton, Ingham, Gratiot, Ionia, Manistee, Benzie, and Newaygo Counties. When I first started this position it was new to CMH, as well as myself. I got off to a very slow start, not knowing what was expected of me, and I was really getting discouraged. But then I started talking to my supervisor and other people at the agency and I began to create my job in my own vision. That was the hard part, but also fun at the same time.

With the assistance of the other Affiliation CSR's, I began developing training for person centered planning. It got off to a very slow start. For a few months I didn't have any consumers. I revamped my presentation adding new things to make it more interesting and educational. Then I took it on the road to the Empowerment Network, our consumer drop-in center, in Fremont. A co-worker of mine brought consumers to the trainings, gave me some more suggestions and support. The first phase of the trainings finally took off and we were all very pleased. Since then, I have done the presentation for our mental health board and New Focus, the psychiatric unit of our local hospital, for some of the staff, and I am getting great feedback.

Based on further needs that had surfaced, in November of 2003, I started creating three new trainings that were up and running by the first week of January. I presented my first training on January 7th again at the Empowerment Network in Fremont. I had three consumers and one staff person that attended for the first training that centered around self-advocacy. The following trainings are on self-determination, M.A.P.S. (McGill Action Planning System), independent facilitation, and pre-planning for person centered planning. I have named these trainings THE DARE TO DREAM SERIES. Anyone and everyone is welcome to attend these trainings. They are held at the Empowerment Network in Fremont every Wednesday from 11:00 until 12 noon. Times may vary as the trainings progress. These will run consecutively month after month.

Newaygo County Mental Health is the only agency doing these trainings at this time. My job gives me a great deal of pride and satisfaction.

Customer Service Representative for Newaygo County CMH

Highlights from Gratiot Community Mental Health

The following statement was written about an individual who receives services at Gratiot County CMH.

This individual began employment with Mid-Michigan Industries, Inc. in March 1997 as a member of the Cleaning Crew responsible for cleaning the Michigan Department of Transportation Rest Area in Gratiot County. She has been a member of various cleaning crews over the years and is currently working on a mobile crew four days per week. According to her employer, she has proven to be a dependable and motivated employee.

In addition to working, she has been a member of the Gratiot County Consumer Council for the past two years and enjoys doing volunteer work through her church. She is a member of the Gratiot Community Choir and attends educational opportunities offered through Community Integration Services at Gratiot County Community Mental Health Services.

She assisted Mid-Michigan Industries, Inc. (MMI) with its Gratiot County United Way Presentation that helped to secure a \$14,000.00 grant for MMI. MMI is very proud to say that in its 30-year history, this individual is the first consumer to sit on their Board of Directors. She is also an officer and charter member of the People First Chapter in Gratiot County.

When she began employment through Community Employment Services at MMI, she was very shy and soft-spoken. Through vocational skill training, educational opportunities and community involvement she has become a strong advocate for herself, her peers, and her co-workers.

Recently she was named as the 2003 McCollom-McFarlane Achievement Award Recipient at the MMI Annual Meeting! We are proud of her and her accomplishments. Way to go!!!

Highlights from Manistee-Benzie Community Mental Health

In the last 12 months Manistee-Benzie Community Mental assisted....

- ...64 people with developmental disabilities to obtain paid jobs
- ...32 people with mental illness to get paid jobs
- ...81 special education students to prepare for adult life through school-to-work program
- ...5 consumers in creating their own businesses
- ...over 200 consumers to attend the Annual Benzie Friendship Fishing Derby & Picnic
- ...Lakeshore Very Special Arts Choir for people with developmental disabilities to have 14 singing performances in our communities
- ...90 consumers to attend the annual Circle Rocking S Barn Dance
- ...9 consumers to volunteer weekly with Meals on Wheels delivery to homebound seniors
- ...9 consumers to attend weekly swim therapy
- ...3 consumers to participate in weekly sessions at “Curves for Women”
- ...2 consumers to be involved in evening horseback riding sessions
- ...23 consumers and 32 students who took part in the 4th year of Kennedy School Lunch Buddy program
- ...2 consumers who helped raise over \$6,000 for “Walk for Warmth”
- ...2 consumers who volunteer with Bear Lake Migrant Program
- ...Fellowship Ministry to reach out to over 20 consumers each month
- ...with 5 overnight trips for consumers including a Red Wings Game in Chicago, Shipshewana, Indiana, Champions on Ice in Detroit, Showcase Humanities Tour in Brighton and the Dead Sea Scrolls in Grand Rapids.
- ...and much, much more!

...all originating from the wishes and desires of the people we serve as expressed in their person centered plan...

Highlights from Ionia Community Mental Health

The following statement was written by an individual from Ionia County.

To the Community,

I just wanted to share a few words to show my gratitude towards the employees and the person centered planning process at Ionia County CMH. Together, the person centered planning and the staff at CMH have helped me to become a more productive person in the community.

I feel that there are many paths, which can be taken in life. Ionia CMH has helped me to make the right turns at these paths and crossroads.

With the assistance of the doctors, counselors, and case managers, I feel as though the person centered planning process has been very helpful in allowing me to better myself and lead a stronger life. I feel that with these things in place, we have a much stronger community overall.

Thank you

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.

Upcoming Events/Activities/Trainings:

Family Fun Day in Gratiot County

With the assistance of the Gratiot County Community Mental Health, a group of parents have formed a support group for parents of children with disabilities. The support group emerged when a handful of parents began planning a Family Fun Day for their children. The purpose behind hosting a Family Fun Day, besides providing a fun experience for families, is to introduce people to the support group. The plan is to hold monthly meetings. Some of these meetings will include speakers on various topics related to parenting children with disabilities. Times, location and options for bringing children are still being worked out. For more information regarding the support group, please contact Sheryle at 989-463-8461 or Connie at 989-463-2414.

Special Acknowledgements:

Two CEI Community Mental Health consumers have been nominated by the Salvation Army for the Angel Award which is sponsored by Blue Cross/Blue Shield. This award, for recognition of outstanding volunteer service, carries with it \$5,000 which the recipient may donate to a charity of choice as well as \$1,000 for the recipient's personal use. Keep your fingers crossed.

