

CMH Chat



Volume 31
Summer 2010



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Walk a Mile 2010



Laura Daniels & Sean Caron

It was a cold rainy day when about 1500 people representing 83 different counties rallied together on the Capitol Steps in Lansing, Michigan. A representative from each county read a statement that outlines what it is like to have a mental illness or developmental disability. The representative and a partner of their choosing also carried the flag of their county. The statements were generally short, a sentence or two, however the impact on the crowd gathered together was profound.

Representing Genesee County CMH was Laura Daniels, who read her winning statement on the Capitol steps. "Hello, my name is Laura Daniels from Genesee County Community Mental Health, we need more mental health services in Michigan to help us get the individual care and benefits so we can stay healthy mentally, physically and emotionally. Walk a mile in my shoes!"

Genesee County Community Mental Health was represented by 39 consumers and 9 staff members at Walk a Mile on May 11, 2010. Rain did not dampen the spirits of those who went. Lunch was served on the bus that transported them. Trevor, from Representative Slezak's office, came and introduced himself and spoke to people about what issues were important to them. Representative Stanley also visited with a number of Genesee County residents in the pouring rain.

The next Walk a Mile is scheduled for Wednesday, May 11, 2011. Plan to join us!



(810) 257-3705
(810) 257-1346 TTY
Toll Free (866) 211-5455



Consumer Council

The Consumer Council, an advisory group to the Genesee County Community Mental Health Board of Directors, held a meeting on May 17, 2010 at Psychosocial Rehabilitation (PSR) at 4:00 pm.

The following topics were discussed:

- Guy Sutherland, representative of Department of Human Services (DHS) spoke to the group about Chore Provider services, assessing claims for eligibility, insurances, the Bridge card benefits and home energy assistance.
- Information was given about the 13th Annual Consumer Conference to be held on July 22, 2010 at the Kellogg Center in Lansing, Michigan.
- Seven consumers were nominated for membership. They will be voted on by the Board of Directors at their next meeting.
- Officer positions on Consumer Council were discussed and will be voted on at the July council meeting.
- The president of Voices, Jamia Brewer, gave an update. Voices has a new meeting place; Woodside Church on Court Street.
- Customer Services presented an update. The Annual picnic will be held on July 23, 2010 at Kearsley Park. This year we are combining our picnic with the Disability Network.
- Many participants of the meeting presented their proud moments.

If you are interested in participating in the Consumer Council, please contact Zoe, in Customer Services at (810) 257-3705 / TTY (810) 257-1346.



Upcoming Summer Events

- July 23 - 2010 Picnic 11:00 a.m. - 2:00 p.m. at Kearsley Park
- August 12 - CFS Fun Day 11:00 a.m. - 3:00 p.m. at Child and Family Services
- If you are looking for exercise and fun remember the Urban Walkers. They walk every Friday from 1:30-2:30. Meet us in the CMH Lobby.



Amanda Gibson & Jordan Clark

Customer Services Interns

Hello, we are the new interns in Community Mental Health's Customer Services. We began on May 10, 2010 and have ventured our way through the agency. We would like to take a moment to introduce ourselves.

My name is Amanda Gibson. I am a senior at the University of Michigan- Flint. I am working on my degree in social work and will graduate in May 2011. I am planning on getting my Master's degree in social work from Michigan State in the Fall of 2011. I would like to work in either the mental health or child welfare field. I am also interested in working internationally as a social worker. I am grateful for this internship because it has given me a taste of what Community Mental Health is like and how it works. I have been impressed by the agency's commitment to their consumers and how much effort goes into providing great services. Customer Services has been a wonderful place to work. The staff is extremely friendly and helpful. I am so thankful for having the opportunity to learn from them. I am excited to see what the rest of the summer holds!

My name is Jordan Clark, I am a junior at Eastern Michigan University. I am majoring in Speech Language Impairment. After I receive my degree I will be receiving my Master's degree in Speech Language Impairment. My future goal is to start my own clinic for families in need who are unable to receive services within different communities. This internship is a great opportunity and learning experience. Working in Customer Services has allowed me to learn the facts and myths about mental health, and the recovery process. Also, while working with the staff it has allowed me to work on public speaking and communications skills which will allow me better opportunities with my career.

Since we have been working here, we have had the opportunity to experience different areas of CMH. We have attended groups and health fairs and helped with Customer Appreciation Day. Also, we visited the Access Center and ACTP and were able to shadow several CMH workers.

We will be here through July and are excited about other experiences we will have. We will continue to be visiting other areas of the agency, so if you see us, be sure to say "hi." We would love to meet you. Thank you for letting us be apart of your lives this summer!

Amanda and Jordan

September is Recovery Month

Join with us to learn and celebrate

When symptoms of mental illness arise or persist, how we cope with the stress can speed up or delay the recovery process. Try some of the following tips to speed up the process.

When facing concentration problems:

- 1) Minimize distractions so there is only one thing to concentrate on.
- 2) Ask the person with whom you are conversing to slow down or repeat things.
- 3) Summarize what you have heard to clarify understanding.

When anxiety sets in:

- 1) Talk with someone in your support system to let them know about your feelings.
- 2) Work with your Case Manager or Peer for a plan to gradually expose you to situations that make you feel anxious.
- 3) Use relaxation techniques like deep breathing or progressive muscle relaxation.

Plan to attend the Recovery Series on Wednesdays from 1:00-3:30. The Recovery Series is a 6 week program that meets once a week and covers topics such as: Bipolar Disorder, Schizophrenia, Major Depression, Coping with problems and symptoms, Coping with Stress and Using Medication Effectively, just to name a few.

Call Customer Services to register at (810) 257-3705 / TTY (810) 257-1346.



The Disability Network

and

Genesee County Community Mental Health



Invite You To Join Us As We Celebrate The
20th Anniversary of the
“AMERICANS with DISABILITIES ACT”
and the 4th Annual Picnic

Music by
D.J.
David Hodges

Balloons, Games
Face Painting



Food/Beverages
Ride Accessible
Bicycles

World Cup Celebration Soccer
Match

Community
Access Awards

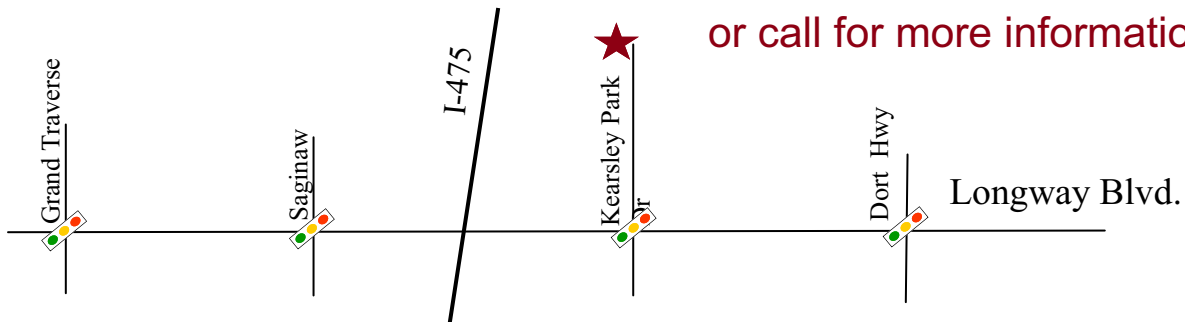
Friday, July 23, 2010

11:00 am – 2:00 pm Kearsley Park
1706 Kearsley Park Drive off Longway Blvd.

fun*fun*fun

RSVP

to get your “FREE” food ticket
TDN 810-742-1800
CMH 810-257-3705
or call for more information



Funded in part by the Michigan ADA Steering Committee, a branch of the Great Lakes ADA Center
and also by the Genesee County CMH Client Activity Fund.

Funds are provided in part by the National Institute on Disability Rehabilitation and Research (NIDRR) Grant #H133G060097.”



Genesee County Community Mental Health

Art Contest



Genesee County CMH is looking for artwork done by current or former consumers of GCCMH’s services to display on the front of the Annual Report for 2009. The winner of the contest will receive a 1st place ribbon, a \$25 prize, and their artwork displayed both on the front of the Annual Report and in the Customer Service waiting room for the next year. Second through Tenth Place winners’ artwork may also be displayed in the Customer Service waiting room and in various locations throughout Genesee County for the next year.

Contest Rules:

1. Artwork must be the original work of the artist and cannot include copyrighted items or trademarks.
2. Artwork is limited to drawings, paintings, charcoal drawings, or other drawn media on paper.
3. The artist must be a current or former consumer of services at GCCMH or its network providers.
4. The artist must allow his/her name to be published with the artwork for display and must sign a release. (See below).
5. The artist must allow the artwork to be displayed for a period of one year from the date it is selected. Locations may include GCCMH buildings or buildings within the community.
6. Artwork is to be turned into GCCMH’s Customer Service with the attached release by July 30, 2010 at 5:00 PM to be considered for an award.
7. Artwork will be judged by the GCCMH Consumer Council in August 2010.
8. Winners will be notified and awards will be given at an upcoming Consumer Council meeting.
9. All artwork will be returned to the artist at the end of the contest or at the end of the artwork’s display.

I (name) _____ agree to have my artwork judged by the GCCMH Consumer Council. I acknowledge that I have met all the above criteria. I certify that the artwork I have submitted is my own work. I agree that if I win my artwork and my name can be used in the Annual Report for Genesee County Community Mental Health for the 2009 report. I agree that my artwork and my name can be displayed in the waiting room of GCCMH’s Customer Services waiting room for one year and will be returned to me on or after October 1, 2011. I understand that I can decide not to have a picture of myself used, but I must say so before the Annual Report goes to printing.

Signed: _____
Date: _____

Witness: _____
Date: _____

Genesee County Community Mental Health

Garden Project— we need YOU!



Fresh Veggies!
 Good Friends!
 Exercise!
 Fun!



Come be part of Year Two for our Garden Project!

- New design—raised beds
- Fruit Orchard
- Herbs
- Veggies

Genesee County Community Mental Health’s Garden Project is entering its second year. The garden started last year as part of the Health and Wellness Program, and in the fall will provide the consumers of CMH and the community of Flint with many fresh fruits and vegetables. The new renovated look, when complete, will have more than six hand-built raised beds and an orchard full of fruit trees.

Anyone is welcome to help in the garden when CMH staff is present. Gardening is a great form of exercise that is both fun and easy.

Regular Garden Hours:

- Thursdays 10-11 AM
- Fridays 11AM– Noon

- ✓ Need other hours to come help?
- ✓ Have questions?
- ✓ Call us!

GCCMH Wellness Dept: 810.496.5740

Do you want to know more about CMH and services in the community?

Join us for

Coffee & Conversation

Featuring for July...

Anna Trent

MIRS

Also, find out more about...

Customer Services *Advance Directive*
Person Centered Planning *Recipient Rights*

and a special welcome by our Chief Executive Officer,

Danis Russell

The next Coffee & Conversation is
Thursday, July 22nd

To find out the time, place and to sign up, contact:

Customer Services at:
420 W. Fifth Ave, 1st Floor
or call
257-3705 or 257-1346 TTY

Treatment of Sunburn

Sunburn is an inflammation of the skin that is caused by overexposure to ultraviolet (UV) radiation from the sun. A similar burn can follow overexposure to a "sun" (tanning) lamp. UV radiation can also damage the eyes, although no surface burn is apparent.

Sunburn is a condition that takes place when the skin gets overexposed to the harmful ultraviolet rays. The major source of UV rays is the sun. Other sources include welding arcs and tanning lamps. Sunburns can adversely affect your health, therefore should not be ignored. They can even lead to a person's death. Fair people are at a higher risk of developing sunburns.

Skin cancer is the most common type of cancer in the US and exposure to the sun is the leading cause of skin cancer. Children often spend a good part of their day playing outdoors in the sun, especially during the summer. Children who have fair skin, moles, or freckles, or who have a family history of skin cancer, are more likely to develop skin cancer in later years. Exposure to the sun during daily activities and play causes the most sun damage. Overexposure to sunlight before age 18 is most damaging to the skin.

Sunburn causes:

Sunburn is caused by excessive exposure to the sun or other ultraviolet light source. Sunburn occurs because the body is unable to make enough melanin (protective pigment in the skin) to protect the skin. Sunburn may occur in less than 15 minutes of sun exposure for light-skinned persons while it may take hours for a dark-skinned person to develop sunburn.

Some medications (such as doxycycline, tetracycline and other antibiotics) can make you more susceptible to sunburn.

Signs and Symptoms:

- Initially, your skin turns red about 2-6 hours after exposure and feels irritated.
- Flulike symptoms
- Blistering - May range from a very fine blister that is only found when you begin to "peel" to very large water-filled blisters with red, tender, raw skin underneath
- Skin peeling on sunburned areas several days after the sunburn.
- Blisters that develop hours to days later.
- In severe cases of sunburn, the victim may experience fever, nausea, chills, dizziness, rapid pulse, rapid breathing, shock, and loss of consciousness (sometimes called sun poisoning). Obviously, such symptoms require emergency treatment.

Diagnosis:

Mild sunburn does not usually require a visit to the doctor. However, if you have any of the above symptoms, seek medical attention. The doctor will ask about your symptoms and medical history, and perform a physical exam.

Medications:

- Aspirin, acetaminophen and ibuprofen can help combat pain
- Anesthetic creams or sprays containing benzocaine and lidocaine provide temporary relief
- Antibacterial and antimicrobial soaps and antiseptics help prevent infection.

Submitted by:



Advanced Care Pharmacy
420 W. Fifth Ave
Flint, MI 48503
810-496-4876



Danis Russell, CEO

CONSUMER CHAT SUMMER 2010

When I get ready to write one of these articles, I always look back at the other articles I have written so I don't repeat myself. When I did this getting ready to write this article, I was struck by how many times in the past 3 years I have talked about budget cuts from the state, said we don't know what will happen, and apologized for such a gloomy article.

Not very encouraging, and I am sure everyone who reads these (hopefully somebody reads them) is getting as tired of that as I am.

So, I am not going to mention those things. And yes, they may happen, but they are going to happen anyway, so let's talk about good stuff.

And there is good stuff:

- The CMH Picnic is scheduled for July 23rd. This year we are holding a combined picnic with the Disability Network, and it will be bigger and better than ever. You all should try to get there. See your case manager or stop in at Customer Services for details.
- The CFS Family Fun Day is scheduled for August 12th. I hear that this year there will be a DJ and maybe even karaoke.
- The CMH Garden is gearing up to have another great year. This is a great opportunity to plant your own food, get some exercise, and be part of a very exciting movement-urban gardening.

And more:

- The Agency recently received an award for our work to provide services to individuals who have no insurance.
- We were recognized with a Governor's Award for one of our projects to raise awareness for drunk driving.
- A number of our programs were highlighted at a state wide conference in May.

So, in spite of whatever else is happening, there are still good things going on that we should all try to celebrate. The bad things are going to happen whether or not we worry about them, and most of them are out of our control anyway.

So, short and sweet-get up and get outside this summer; get some exercise, have fun, and concentrate on the good things around you.

Take Care,

A handwritten signature in black ink that reads "Dan".

Dan

THE 4-1-1 PAGE

Do you want to know more about your rights?

Have questions? You can talk directly to a Rights Advisor by calling (810) 257-3710 or (810) 762-5298 TTY.

If you would like to speak with someone in person, come to Customer Services at 420 W. Fifth Ave.

and ask to meet with a Rights Advisor.

Access Center:

(810) 257-3742

(810) 232-6310 TTY

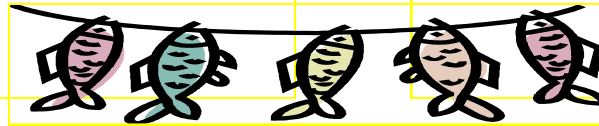
Crisis Line:

(810) 257-3740

Substance Abuse Services:

IARC: (810) 235-9555

TTY: (810) 235-9555



WHO IS CUSTOMER SERVICES HERE FOR? YOU!!

Customer Services has you covered if:

- ◆ You are unhappy with your services.
- ◆ You need help with service choices or changing providers.
- ◆ You're looking for great information about the CMH Network.
- ◆ You want friendly, knowledgeable staff to help with information about places to get assistance.
- ◆ You're interested in participating in groups and trainings that are both informative and fun.
- ◆ You would like to borrow from our resource library which has videos and pamphlets on a wide range of interesting subjects.
- ◆ You need accurate information provided in a professional, friendly manner.

Customer Services:

- ◆ Does presentations, distributes information and participates in health fairs in the community.
- ◆ Does follow-up surveys, evaluations and provides a suggestion box in our lobby— WE CARE ABOUT YOUR OPINIONS!

Customer Services
420 W. Fifth Ave.
First Floor
Open 8 am to 5 pm
Monday—Friday
(810) 257-3705
(810) 257-1346 TTY
Toll Free (866) 211-5455

NAMI Genesee County (810) 232-6498
Project Vox (810) 496-5599

Advanced Care Pharmacy (810) 496-4876
Toll Free (877) 496-4876
TTY (810) 496-4879

Choose Your Attitude



KNOW YOUR OPTIONS!

When to file a Grievance or Appeal:

- ◆ Denial of Services at Access
- ◆ Denial of Hospitalization
- ◆ Medicaid Fair Hearing
- ◆ Local Grievance process
- ◆ Local Medicaid/Non-Medicaid appeal
- ◆ Service Delay


Any of the above apply to you? Contact Due Process at (810) 424-6065 or come into Customer Services at 420 W. Fifth Ave. and ask to file an appeal.

Some of our CMH Network Partners



July 2010


Sun Mon Tue Wed Thu Fri Sat

				1 2-3 Self-Esteem	2	3
4 Happy Independence Day 	5 Agency Closed	6 10-12 Independent Living	7	8 10-10:30 Independent Facilitation 2-3 Self-Esteem	9 2-4 Movie Day "Where The Fern Grows"	10
11	12	13 10-12 Independent Living 7-9 NAMI	14 10-11 Anger Mgt. 11-12 Nutrition	15 10-11 STD Education 2-3 Self-Esteem	16	17
18 8:00-5:00pm Soberfest	19 10-11 Anger Mgt. 5:30 VOX	20 10-12 Independent Living 2-3:30 Employment Training	21 11-12 Nutrition 1-2 Recovery Grads	22 10-12 Coffee & Conversation 2-3 Self-Esteem Group	23 11-2 Picnic	24
25	26	27 10-12 Independent Living 7-9 NAMI	28 11-12 Nutrition Group 2-3 Stress Mgt. 5:30 Voices	29 2-3 Self-Esteem	30	

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 10-12 Independent Living	4 11-12 Nutrition 1-3:30 Recovery	5 2-3 Self Esteem	6	7
8	9	10 10-12 Independent Living 2-3 Anti-Stigma 7pm-9pm NAMI	11 10-11 Anger Mgt. 11-12 Nutrition	12 10-10:30 Independent Facilitation 11-3 CFS Fun Day 2-3 Self Esteem	13 2:00 Movie Day	14
15	16 10-11 Anger Mgt 5:30pm VOX	17 10-12 Independent Living	18 10-11 Recovery Grads 11-12 Nutrition 1-3:30 Recovery	19 10-11 STD Education 2-3 Self-Esteem	20 10-11 Newsletter Group	21
22	23	24 10-12 Independent Living 7pm-9pm NAMI	25 1-3:30 Recovery 2-3 Stress Mgt. 5:30 Voices	26 10-12 Coffee & Conversation 2-3 Self-Esteem	27	28
29	30	31 10-12 Independent Living				

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1-3:30 Recovery	2 2-3 Self-Esteem	3	4
5	6	7 10-12 Independent Living	8 10-12 Customer Appreciation 10-11 Anger Mgt 1-3:30 Recovery	9 10-10:30 Independent Facilitation 2-3 Self-Esteem	10 2-4 Movie Day 12-9pm Women's Expo	11 11:00-2:30pm Our Savior Lutheran Health & Community Fair 10-5pm Women's Expo
12	13	14 10-12 Independent Living 2-3 Anti-Stigma 7pm-9pm NAMI	15 10-11:30 Employment Training 10-11 Recovery Grads 11-12 Nutrition	16 2-3 Self-Esteem	17 10-11 Newsletter Group	18
19	20 10-11 Anger Mgt 5:30pm VOX	21 10-12 Independent Living	22 11-12 Nutrition 5:30 Voices	23 10-12 Coffee and Conversation 2-3 Self-Esteem	24	25 10-11 Free "Baby Shower" at The Great Lakes Technology Center
26	27	28 10-12 Independent Living 7pm-9pm NAMI	29 11-12 Nutrition 2-3 Stress Mgt.	30 2-3 Self-Esteem		
			 September is Recovery Month	September is Recovery Month		