

June 2010

Greetings! Looks like Summer is here to stay, so grab a cold drink and take a look at what we've been up to and what's coming up soon!

While you're at it, be sure to check out the latest event photos from the Walk A Mile In My Shoes mental health rally and the 2010 LifeWays Annual Celebration at <http://lifewaysphotos.shutterfly.com>.

Find us on Facebook 

Follow us on 



2010 Speak Up! Day

2010 Speak-Up! Day

Thursday, June 17, 2010
11am-2pm
LifeWays Pine Room

In Michigan, one in four adults will experience a mental health disorder at some point in their life, yet many do not get the treatment they need.

When developmental disabilities and mental illnesses are not treated, the cost implications for business and society are staggering, involving billions of dollars in lost productivity, absenteeism and higher physical health care utilization. One of LifeWays' goals is to make sure that everyone who needs treatment for mental health and/or substance use disorders in Jackson is able to get it, however that goal is becoming increasingly difficult with recent drastic cuts to the budget. "We cannot sustain the cuts to General Fund that have happened the past few years," said Joanne Sheldon, LifeWays Chief Executive Officer. "While Medicaid provides coverage to mental health consumers, many people need access to services in these tough times who are not Medicaid-eligible. The state's General Fund dollars



Rallying for mental health awareness at the Capitol

continued on pg. 2

In This Issue

- 2010 Speak Up! Day
- 30 & Under
- Annual Celebration Recap
- Important Dates
- Support Groups
- March for Babies Update
- Mental Health First Aid
- 1,500 Attend Rally
- Army OneSource Training

Featured Website

www.centralmichigan211.org

If you need to find health and human services in the Central Michigan area, we're here to help. Whether you're looking for help with a utility bill, seeking local food resources or you just want to know how you can help out, 2-1-1 can keep you informed of the resources available to you. All you do is dial 2-1-1 or search the database online at www.centralmichigan211.org.

are the only way to serve people who are not on Medicaid and provide other programming that benefits our community."

To achieve this goal, LifeWays will host the 2010 Speak Up! Day on June 17 to help the community advocate for adequate funding, raise awareness of essential services in Michigan and combat stigmatization among the public and policymakers regarding mental health, substance use disorders and developmental disabilities.

"This advocacy event brings attention to the importance of addressing issues facing people with mental illness, developmental disabilities and substance use disorders," said Sheldon. At the event, mental health supporters can write letters to their local newspapers, make calls to their legislators and find out how to further advocate for themselves or someone else. Trained advocates will be on-site to offer assistance to anyone that needs call coaching or help writing their story. "Our legislators need to hear from us directly how future cuts will impact our lives," said Sheldon. "People seeking help will be turned away and unfortunately there is a high possibility some will die without access to services."

Speak Up! Day will be held on Thursday, June 17, 2010 from 11 am until 2 pm in the LifeWays Pine Room, located at 1200 N. West Avenue in Jackson. Each person that participates will receive a certificate of participation, as well as free lunch.

Two LifeWays Staff Honored as Jackson's Finest in Annual 30 & Under Celebration



On Thursday, June 3, 2010, two of LifeWays' young leaders were recognized as part of Jackson Magazine's Class of 2010 30 & Under. Elizabeth Knoblauch and Jennie Pollak were honored at this year's event for their remarkable contributions to their workplace and community. In addition to being smart, driven and accomplished, they are already having a significant impact on the Jackson community. Elizabeth and Jennie join fellow 30 & Under Classmates from previous years: Nikki Adkins, Heather Bridgewater, Carey Kenyon and Brenna Wheeler.

LifeWays is proud of our 30 & Under Staff that are helping to shape the future of our community. Congratulations!



Jennie P., Joanne S. and Elizabeth K. at the 30 & Under Celebration

Advocacy in Action



Important Dates

20th Anniversary of the ADA: July 26

Mental Health First Aid Course: July 29 & 30 (Hillsdale)

National Suicide Prevention Week: September 5-11

Stomp Out Suicide 5K: Saturday, September 11

Mental Health First Aid Course: Sept. 30 & October 1 (Jackson)

National Mental Illness Awareness Week: October 3-10

Mental Health Day: October 10

On the Road to the Capitol to Advocate for Mental Health Funding



Riding the bus to Walk-A-Mile rally

2010 LifeWays Annual Celebration: A Recap

The 2010 LifeWays Annual Celebration was held on Friday, May 21 at 12pm in the Commonwealth Commerce Center, located in Downtown Jackson. This year's event featured keynote speaker, Michael Karpovich, as well as a very memorable awards ceremony to recognize our Consumers and Providers. Special thanks to all of our sponsors for making this event possible. Congratulations to this year's Award Recipients and many thanks to everyone that attended!



2010 Barrier Buster, Ray Webb

Comments? Visit <http://www.surveymonkey.com/s/7MH5SCS> to take a brief survey.

2010 Award Recipients:

Courage to Fight Back Award: *Stephanie Lewis*

Shining Star Award: *Jessica Wolf*

Spirit of Hope Award: *Randi O'Lone*

Barrier Buster Award: *Ray Webb, Integro*

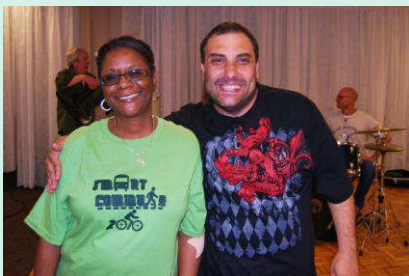
Clinical Excellence Award: *Highfields Wraparound Program*

Unsung Hero Award: *Mark & Debbie Berlin, Berlin's CFC*

Legislative Partner Award: *Senator Randy Richardville*

Community Partner Award: *Hillsdale County Jail & Integro*

Quality of Life Award: *Rod Scott, LifeSpan*



Enjoying the live music at the Celebration

\$10K Raised at Baker Tea to Support Project Access



Project Access helps uninsured workers in Jackson County access health care services by connecting them with a volunteer network of doctors, specialists and other providers that donate medical visits, tests, x-rays, medicine and surgery to patients.

To date, Project Access has provided 900+ Jackson County residents with over \$5.5 million in donated medical care.

To enroll, call Central Michigan 2-1-1 by simply dialing 2-1-1 or toll-free 866-561-2500.

Support Groups

Depression/Bipolar Support Group Meets on 1st Monday of the month, 1pm. LifeWays Support Group Room, Jackson.

Anxiety Support Group

Meets on 1st Monday of the month, 7pm. LifeWays Oak Room, Jackson.

NAMI: For Friends & Family of the Mentally Ill Meets on 2nd Monday of the month, 6:30pm. LifeWays Board Room, Jackson. 517.787.4232

Depression/Bipolar Support Group Meets on 1st Tuesday of the month, 1pm. LifeWays Board Room, Hillsdale.

Depression/Bipolar Support for Friends & Family Meets on 1st Tuesday of the month, 7pm. LifeWays Oak Room, Jackson.

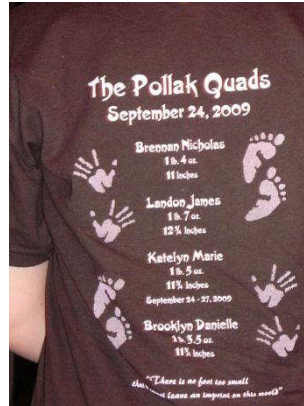
MindChangers: Join the fight against stigma Meets on 2nd Tuesday of the month, 1pm. LifeWays Board Room, Jackson.

Depression/Bipolar Support Group Meets every Thursday at 7pm. LifeWays Board Room, Jackson.

It's a good idea to call ahead if you'll be attending a group for the first time, as meeting locations/times are subject to change with the season.

For more information on any of the support groups listed here, call LifeWays Customer Services at 517.780.3332 or toll-free 1.866.630.3690.

March for Babies



This Spring, LifeWays Staff formed a team to raise funds for the annual March for Babies walk, in honor of the Pollak Quads (Brooklyn, Landon, Brennan & Katelyn) who were born to our Community Resource Supervisor, Jennie Pollak in 2009. Altogether, we raised an astonishing **\$1,239.94!**

Our hearts and well-wishes go out to Jennie and her family as they grow. To follow Jennie and her family on their journey, visit their blog at <http://jennie-pollakfamily.blogspot.com/>.

Above Left: The Pollak family (almost!) Brennan, Nich, Landon (teddy bear), Hailey, Brooklyn and Jennie, holding a memory glass ball from Katelyn's ashes. Above Center: Team LifeWays' March for Babies T-Shirts. Above Right: Landon proudly sporting his March for Babies onesie.

Now Hiring: Full-Time Executive Coordinator

LifeWays, a Community Mental Health Authority responsible for managing the behavioral healthcare needs of eligible Jackson and Hillsdale County residents, is seeking candidates for a **Full-Time Executive Coordinator**.

This position works within the Governance Department, and works closely with the CEO, CEO Liaison, and the Executive Directors to provide administrative support services in a highly confidential environment. Responsibilities include the preparation of Committee and Board Meetings: preparing agendas, scheduling and setting up meetings, taking minutes, publishing and processing required paperwork in accordance with the Michigan Open Meetings Act. Coordinate various conference and travel arrangements for the agency as necessary. Organize Executive's meetings; create agendas, take minutes, distribute material, and prepare reports. Typing and filing as requested. Meet and greet visitors to the Governance area in a professional manner. Answer phones for the Governance area and distribute calls and messages as needed.

Excellent time management and organizational skills required in a fast-paced environment. Proficient in Microsoft Office Suite 2007. Ability to type 60wpm preferred. Excellent written, verbal and interpersonal communication skills required. Attention to detail and the ability to use discretion when dealing with confidential issues a necessity. High school diploma required; Associate degree preferred in a business or office technology field. Three years experience in an office setting preferred. Excellent salary, benefits, plus a flexible team environment.

Please submit cover letter/resume to Kerry Klee-Tiesman, HR Director, 1200 N. West Ave., Jackson, MI 49202 or email hr@lifewaysmco.com. No phone calls, please. Deadline to apply June 20, 2010. EOE

Mental Health First Aid



MENTAL HEALTH FIRST AID

As you know, mental health problems - such as depression, anxiety, impulse control and misuse of alcohol and other drugs - are shockingly common in the US. In fact, more than 1 in 4 American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including LifeWays, to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.

The goal of Mental Health First Aid (MHFA) is to increase mental health literacy. Like CPR training helps a non-medical professional assist an individual following a heart attack, MHFA helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives, with the added underlying intention to promote health literacy.

In 2010, we will be offering several MHFA courses throughout Jackson and Hillsdale Counties. Mental Health First Aid is a 12-hour training certification course, delivered by certified instructors over two days. Attendance is required during both days to receive certification. Space is limited to the first 25 registered participants. Participant manuals will be provided. The cost of the training is \$30 per participant. Lunch is on your own.

Upcoming Mental Health First Aid Course Dates

Thursday, July 29, 9am-4pm & Friday, July 30, 9am-4pm Hillsdale ISD (Hillsdale, MI)

Thursday, September 30, 9am-4pm & Friday, October 1, 9am-4pm LifeWays Pine Room (Jackson, MI)

If you would like to learn more about Mental Health First Aid, visit: www.lifewaysmco.com. To register, please call LifeWays Customer Services at 517.780.3332 or toll-free 866.630.3690.

1,500 Attend Walk A Mile In My Shoes Mental Health Rally at the Capitol



Despite near-freezing temperatures and relentless rain, more than 1,500 advocates flooded the state Capitol on May 11 for the sixth annual Walk A Mile In My Shoes rally promoting mental health and developmental disability awareness. Among these were over one hundred people representing the Greater Jackson area, including people who use community mental health services, people who work in the CMH system and mental health advocates of all stripes.



May is Mental Health Awareness Month, and each year LifeWays encourages mental health consumers and advocates to attend the event, designed to raise awareness of essential services in Michigan and combat stigmatization among the public and policymakers regarding mental health, substance use disorders and developmental disabilities. The rally began at 1:30 p.m. on May 11 and took place on the front lawn of the Michigan Capitol.

"The rally brings attention to the importance of addressing issues facing people with mental illness, developmental disabilities and substance use disorders," said Joanne Sheldon, LifeWays Chief Executive Officer. "It has grown significantly since its first year and continues to serve as a forum for advocates across the state to come together in order to raise awareness, reduce stigma and make improvements in the current system."

Army OneSource: Treating the Invisible Wounds of War

FREE online course and 3 CEUs available

Over 1.6 million men and women have served in Operation Iraqi Freedom and Operation Enduring Freedom to date. Almost half of those Service Members are married, and almost half have dependent children--the majority 5 years old and younger.

Army OneSource is proud to announce a community outreach program, supported by the U.S. Army, to raise awareness of the unique challenges of military life that confront our Service Members and their Families and to address the growing demand for Behavioral Health services.

In today's unique combat situation--where there is no front line and constant vigilance must be maintained on the ground, where individuals are serving as many as four deployments that are longer in duration than in the past, and where Service Members and Families are asked to give more because of our all-volunteer Military...we're learning that, "The wounds of war are not limited to the battlefield."

Army OneSource has launched a formal campaign to encourage civilian and Behavioral Health Providers to complete a FREE online course in the series titled, "Treating the Invisible Wounds of War." This series of courses was designed to help primary care physicians, case workers, mental health providers and other professionals - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture which Service Members and Veterans, as well as their Families, live and work. The course provides some of the best practices for identifying, assessing and treating Behavioral Health problems that may result from the trauma of war.

In addition to supporting our mission, those who complete the course will:

- receive a poster to display in their offices inviting Service Members and their Families to talk to a health professional about any troubling symptoms,
- receive a Certificate of Completion suitable for framing
- be eligible for 3 FREE Continuing Education Unit (CEU) Credits

INSTRUCTIONS:

From your browser, go to www.aheconnect.com/citizensoldier

STEP 1: Click on the New Users tab at the top of the screen

STEP 2: Create a personal user account following the instructions on the screen

****NOTE:** Be Sure to enter your Army OneSource referral code: **AOS1a001** in the space provided

STEP 3: Login to the system with your new ID and password.

STEP 4: Click on the Courses tab at the top of the screen

STEP 5: Select a Course you wish to complete

STEP 6: Click on Register

Once you complete the course, your CEU will be recorded and you will have access to download and print a Certificate of Completion.

For more information:

Jeremy D. Brown, Community Support Coordinator (Louisiana), Army OneSource (AOS)

t: (337) 353-7806 e: jeremy.david.brown@us.army.mil w: www.myarmyonesource.com

We hope you enjoyed this edition of LifeWays News. If you have ideas for an upcoming issue, questions or comments about this issue or anything else, please feel free to email LifeWays Customer Services at info@lifewaysmco.com or call us toll-free 866.638.3690.

Warmest Summer Wishes,

Your Friends at LifeWays

Our Mission: Dedicated to the community we serve; LifeWays' mission is to help individuals achieve personal growth and recovery, focusing first on individuals in greatest need.

LifeWays | 1200 N. West Ave. | Jackson | MI | 49202

