



The Link

A Community Mental Health Services of Livingston County Newsletter

Volume 3 • Issue 4

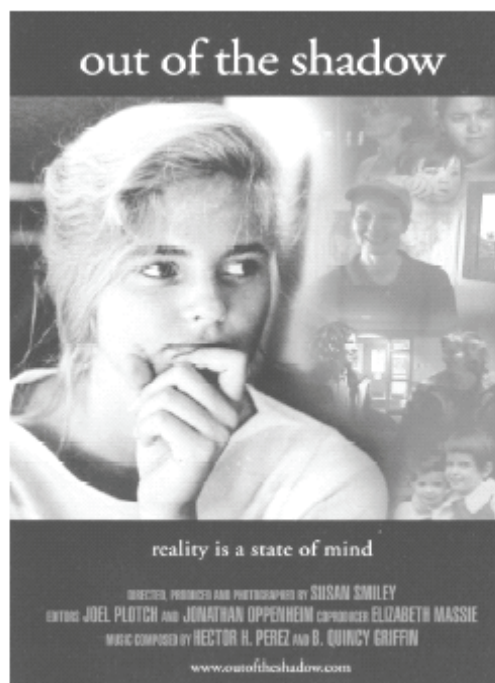
August 2008

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Out of the Shadow: a Film by Susan Smiley

Filmed over five years, *Out of the Shadow* chronicles the triumphs and struggles of the daily life of the filmmaker's mother, Millie, who has schizophrenia. This film, according to the New York Times, "...is an object lesson in resilience and gratitude. *Out of the Shadow* is a valentine to her (mother), and a heartening one."



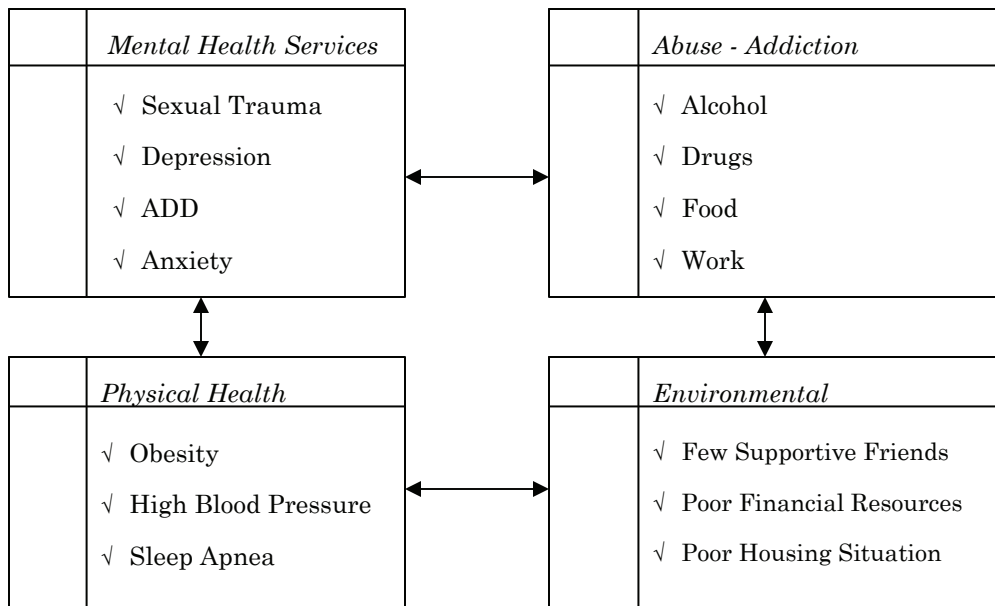
Please join us for this important movie! It will be available for *free* at the Community Mental Health Board Room on Wednesday, September 17, 2008 from 3 pm to 5 pm. A discussion period at 4:15 pm follows the film. There is limited space, so please call Leslie Hall at Customer Services to register at: 517-546-4126.

CMH Announces New Initiative

It has been known for years that persons with serious mental illness have a life expectancy lower than the general population. Recent research has revealed that the rates of serious medical issues and early death have risen dramatically. These increases have largely been linked to treatable medical conditions, modifiable risk factors, and limited access to primary medical care.

The research has demonstrated that the effects of these serious medical conditions can be minimized or even avoided by regular medical monitoring and intervention. To help improve the health and life expectancy of our consumers, Community Mental Health Service of Livingston County announces an **Integrated Health Initiative**. This program has several goals, two of which are to:

- 1) Increase the number of CMH consumers with ongoing active treatment relationships with a primary care physician or primary care clinic to improve their overall health.
- 2) Improve the agencies relationships with area primary care physicians and clinics to increase collaborative treatment.



The following facts are areas that CMH’s new health initiative will be trying to improve:

- Increasing peoples use of primary care medical services.
- Educating and supporting people with mental illness about physical illness and disease.
- Helping people understand how to make better health choices.
- Ensuring people understand the benefits and risks of prescription medication.

More information on the Integrated Health Initiative will be available soon. However feel free to contact Lorne McKenzie in the CMH Health and Medication Clinic with any questions or suggestions, or if you would be willing to participate in an upcoming focus group. Lorne may be reached at 517-546-4126.

5th Annual NAMI Walk ~ September 28, 2008 on Belle Isle

Livingston County Community Mental Health Services would like to introduce Emily as one of the new Peer Support Specialists. Emily is the captain of the *Living Healthy in Livingston Team* and is also the Youth Chairperson of the 5th Annual NAMI Walk on Belle Isle in Detroit on September 28th.

Members of NAMI Michigan are volunteers whose mission is to provide help to persons with serious mental and emotional illnesses and their families. The persons we help have brain disorders such as major depression, bipolar illness, schizophrenia, and others, and among the most vulnerable of people. There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk. All the funds collected by Walkers will be used to fund NAMI's programs here in Michigan. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.

The Walk registration begins at 9:30 am and the 5K Walk starts at 11 am. There will be activities and speakers before and after the Walk. Emily would like to welcome you to join the *Living Health in Livingston Team*. You can reach Emily by email at: Emily-NAMI@gmail.com. To make a donation or for more information you can visit the NAMI Michigan website is www.mi.nami.org which has a link to the Walk site.

Group Corner



This column will be dedicated to informing you about the various support groups available in Livingston County

NAMI {National Alliance for the Mentally Ill}

Support Group Meetings

Every Second & Fourth Tuesday

7 pm to 9 pm

First Methodist Church

400 E. Grand River

Brighton, MI

Family members and consumers alike are welcome!

Call Barb at 810-231-6011 for more information.

NAMI Educational Meetings are cancelled for July & August.

They will resume Tuesday, September 2nd.

Journey Through Grief Support Group

Wednesdays

September 3 thru October 8, 2008

10:30 am to 12 noon

Brighton District Library

100 Library Drive, Brighton

Facilitator: Rev. Dr. Nancy Doty, M.Div., D.Min. Hospice of MI

A support group for adults who have experienced the loss of a loved one. There is no charge to attend and space is limited.

Call Nancy Doty, Grief Support Services Manager at 734-769-5821 by August 26, 2008 to register.

HEALTH CORNER: Tips from our Medical Staff

How to Dispose of Unused Drugs

Managing unused medications is a safety as well as an environmental concern. It is no longer recommended to flush unwanted medications down the drain or toilet. Antibiotics and other medications in the septic system can destroy beneficial bacteria for these systems to work. Wastewater treatment plants are not designed to remove or process the compounds in medications that end up in our surface and ground water.

What should you do with unwanted medications?

1. Check with your pharmacy to see if they have a drug take back program.
2. Find out if there is a special collection for unused and expired drugs in your area.
3. Dispose of unwanted medicines in the trash if a collection program is not available.

*Prior to disposal be sure to keep in original container and scratch out or use permanent marker to wipe out personal information.

- A. For Solid Medications (Pills/Capsules):** add a small amount of water to at least partially dissolve them. Seal the container with duct or other thick tape.
- B. For Liquid Medications:** add enough table salt, flour, charcoal, or non-toxic powdered spice to make an overpowering, unsightly mixture that discourages anyone from eating it. Seal the container with duct or other thick tape.
- C. For Blister Packs:** wrap the blister package containing pills in multiple layers of duct or other thick tape.

Then, double bag the contained drugs in a plastic bag or put in another container with the lid taped closed and put in the trash. ***Chemotherapy drugs may require special handling. Discuss with your healthcare provider when disposing of these medications.*

For more information go to <http://www.lchd.org>

VINA Community Dental Clinic Opening September 16th



The new VINA Community Dental Clinic is scheduled to open September 16, 2008. They will be providing free or very low cost dental services to residents of Livingston County including well care and cleanings. They will be seeing patients three to four days per week and will begin taking applications for treatment sometime the first week of September. Please contact Lorne McKenzie in the CMH Health and Medication Clinic, your Case Manager or Supports Coordinator for more information.

RIGHTS CORNER

The Right to Dignity and Respect

If you are receiving mental health services, you have the right to be treated with dignity and respect. Examples of treating a person with dignity and respect include, but are not limited to:

- √ Calling a person by his or her preferred name
- √ Knocking on a closed door before entering
- √ Using positive language
- √ Encouraging a person to make choices
- √ Taking a person's opinion seriously
- √ Including a person in conversations
- √ Allowing a person to do things independently
- √ Protect a person's privacy



If you are receiving mental health services, your family also has the right to be treated with dignity and respect. In addition to the above, showing respect for family members shall include:

- √ Giving family members an opportunity to provide information to treating professionals
- √ Providing family members an opportunity to request and receive educational information about mental disorders and medications
- √ Offering support services, advocacy and support groups, financial assistance and coping strategies
- √ Information shall be received from or provided to family members within the confidentiality constraints of the Michigan Mental Health Code

Respectfully,

Kristen Ora, Rights Officer

5 Rules for Buying Prescription Drugs Online

Thinking of trying to buy your prescriptions drugs online? Wondering how to minimize the risks, and avoid dangers?

The internet offers a wealth of opportunities and some problems for people who want to buy prescription drugs. You want to avoid getting fake prescriptions and outdated or substandard medications.

Here is some advice from the Food and Drug Administration (FDA) on how to shop safely.

- #1. First, get your prescription by seeing a real, live doctor.** - DON'T buy online from sites that offer to prescribe a medicine for the first time without a physical exam by your doctor or that sell a prescription medicine without a prescription. This could lead to both and inappropriate diagnosis and inappropriate medication.
- #2. Use a legitimate online pharmacy.** - How can you tell if a website is legitimate? Well, these sites always require a prescription from your doctor or a legitimate healthcare provider. They also verify the prescription before dispensing the medication. A written verification policy is usually posted on the site.
- #3. Use a pharmacy that provides access to a licensed pharmacist.** - This helps assure the website is legitimate and provides a way for you to get answers to questions you may have about your prescription.
- #4. Check to see if the online pharmacy is licensed.** - Look for sites that display the MABP VIPPS (trademark) seal. These sites meet all applicable state and federal requirements. The letters stand for National Association of Boards of Pharmacy Verified Internet Pharmacy Practice Site. Pharmacy websites are licensed by individual states, so you can also check with either your state board of pharmacy or the National Association of Boards of pharmacy.
- #5. Safeguard your privacy and security.** - Don't provide any personally identifiable information (social security number, credit card, and health history) unless you are confident that the site will protect them. Make sure the site does not share your information with others without your permission.

Coping with Voices: Self-Help Strategies for People who Hear Voices that are Distressing

Pat Deegan, PhD, has heard voices since childhood. She has also designed numerous trainings to help others who hear voices that are distressing to them. She has lectured, published, and consulted on recovery and empowerment of people with psychiatric disabilities nationally and internationally.

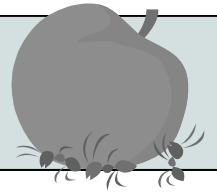
One of her self-help books will be presented at Livingston County Community Mental Health. The book, *Coping with Voices: Self-Help Strategies for People who Hear Voices that are*

Distressing, will be presented by Customer Services in a workshop format. There will be two sessions: October 15th from 2 pm to 4 pm and October 22nd from 2 pm to 4pm. Each participant will receive Pat Deegan's manual free of charge!

Space is limited to 15 participants. Please contact Leslie Hall in Customer Services for additional information and to register. Leslie can be reached at: 517.546.4126

Safe Picnics...Don't let bad bugs spoil your fun!

Reprinted from: **BE Healthy**, July 2008



Keeping food safe at a picnic comes down to these three rules:

- 1) Keep it **Hot** or keep it *Cold!*
- 2) Keep it Clean!
- 3) Pack ***ONLY*** what you'll eat!

Food Temperature

As at home, pathogens that cause food-borne illness grow fastest on foods that are between 40 and 140 degrees. The less time your food stays between those temperatures, the less time pathogens have to grow.

Once the feasting has begun, return food to the cooler promptly. If a dish is left out for more than an hour when it's hotter than 85 degrees or if the ice in the cooler holding it has melted, pitch it.

Since a cooler gets warmer faster with continual opening and closing, take two: one for food, one for drinks. That way, picnickers can help themselves to beverages without endangering the food.

Cleanliness

To avoid cross contamination, wash your hands with soap and water and water after working with raw meat or going to the bathroom. Pack a small bottle of dish soap to make up for soap less bathrooms. (Hand sanitizers are OK if hands are not visibly soiled and if they contain an alcohol concentration of more than 60 percent).

Don't use a utensil or plate that has handled uncooked items for ready-to-eat ones.

Limit Leftovers

Pack fewer spoilable foods and more stable foods such as crackers, baked chips, nuts, peanut butter sandwiches and unpeeled fresh apples, oranges and bananas.

Try this Moroccan Sweet-Potato Salad for a twist on a picnic staple. It's rich in vitamin A and heart-healthy olive oil. Happy summer ☺

Moroccan Sweet Potato Salad (*Makes 6 Servings*) Adapted from Laura B. Russell and Newshouse News Service.

Ingredients:

4 Med Sweet Potatoes (about 2.5 pounds total), peeled and cut into 1-inch cubes
 1/3 C plus 2 Tbls Olive Oil (divided)
 3/4 tsp Salt (divided)
 2 cloves garlic, minced
 1 tsp ground cumin
 1 tsp paprika
 1/8 tsp cayenne pepper
 3 Tbls lemon juice
 1/3 C chopped fresh cilantro
 1/3 C sliced almonds, lightly toasted

What You Do:

Preheat oven to 425 degrees. Toss sweet potatoes with 2 Tbls olive oil and 1/4 tsp salt. Put sweet potatoes on a baking sheet or in a roasting pan and cook, stirring once, until tender about 15 minutes. Keep warm in a large bowl.

Meanwhile, in a small bowl, make the charmoula by combining garlic, cumin, paprika, cayenne, lemon juice and remaining 1/2 tsp salt. Whisk in the remaining 1/3 C olive oil and then add parsley and cilantro.

Gently combine roasted sweet potatoes with the charmoula and toasted almonds. Serve at room temperature. If made ahead of time, refrigerate, then allow to come to room temperature before serving.

NOTE: To toast nuts, spread on baking sheet and bake in 350 degree oven for 5 to 8 minutes or until they start to brown.

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Check Out Our Website at:

www.cmhliv.org

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Important Notice to All Consumers



Joint Commission
on Accreditation of Healthcare Organizations
Setting the Standard for Quality in Health Care

Please be informed that anyone who has concerns about the safety or quality of care provided by Livingston County Community Mental Health Authority may report these concerns to the Joint Commission on Accreditation of Healthcare Organizations.

Be assured that CMHSLC will take no action that would have a negative impact on an individual's services because a consumer reports safety or quality of care issues to the Joint Commission.

Such concerns should be addressed to:

**Division of Accreditation Operations/
Office of Quality Monitoring/
Joint Commission on Accreditation of Healthcare Organizations/
One Renaissance Boulevard
Oakbrook Terrace, IL, 60181**

Or Faxed to:

630-792-5636

Or E-mailed to:

complaint@icaho.org