



The Link

A Community Mental Health Services of Livingston County Newsletter

Volume 3 • Issue 1

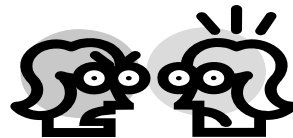
February 2008

Stigma and Mental Illness

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It's easy to label someone else and overlook what's really inside. When mental illnesses are used as labels- 'depressed', 'schizophrenic', 'manic' or 'hyperactive', these labels hurt. Using negative labels leads to branding and shame - which is called stigma. Stigma leads to discrimination. Everyone knows why it is wrong to discriminate against people because of their race, religion, culture or appearance. They are less aware of how people with mental illnesses are discriminated against. Although discrimination may not always be obvious, it exists - and it hurts. Stigma is not just the use of the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier and discourages individuals and their families from getting the help they need due to the fear of discrimination. An estimated 50 million Americans experience a mental disorder in any given year and only one-fourth of them actually receive mental health and other services.



Words Can Be Poison

- ◇ *Stigma discourages people from getting help.*
- ◇ *Stigma keeps people from getting good jobs and advancing in the workplace.*
- ◇ *Stigma leads to fear, mistrust, and violence.*
- ◇ *Stigma results in prejudice and discrimination.*
- ◇ *Stigma results in inadequate insurance coverage.*

See Page 2 for *Words Can Heal* and information on attending an anti-stigma workshop

Words Can Heal



- 1) **Learn more!** Many organizations sponsor nationwide programs about mental health and mental illness.
- 2) **Insist on accountable media (newspapers, radio and television)** - Sometimes the media portrays people who have mental illnesses inaccurately, and this makes stereotypes harder to change
- 3) **Obey the laws in the American with Disabilities Act (ADA)** - The ADA prohibits discrimination against people with disabilities in all areas of public life, including housing, employment, and public transportation. Mental illnesses are considered a disability under the ADA.
- 4) **Recognize and appreciate the contributions to society made by people who have mental illnesses** - People who have mental illnesses are major contributors to American life - from the arts, to the sciences, from medicine to entertainment to professional sports.

Information provided by SAMSA, 1996: www.samhsa.gov

Anti - Stigma Workshop for Consumers

Join Us **Mondays from 3 p.m. to 4:30 p.m.**
in the **CMH Main Building Board Room**
for this *free* 8 week series!

For more information and to register, please call
Leslie Hall, Coordinator of Customer Service at:
517-546-4126. Hurry! Space is Limited!

Workshop Dates:

March 3rd	March 31st
March 10th	April 7th
March 17th	April 14th
March 24th	April 21st

Struggling with stigma is a fact of life for many consumers. Learning how to battle that stigma is often a daily challenge. An eight week workshop based on the book "Don't Call Me Nuts: Coping with the Stigma of Mental Illness" will be offered free of charge to any interested consumer beginning in March. Participants will learn a number of skills, ranging from whether or not to disclose the fact that they have a mental illness, to how to advocate for their rights more effectively, to how to solve problems and conflicts with improved communication skills. Each person attending will receive a *free* copy of the book!

"It was good - for me, personally,
the group was inspiring and I
learned a lot from the book - and
I got to know the people, too."
~ Donna C.

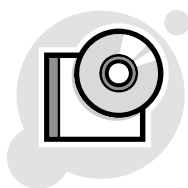
*Comment from previous
participant, following the
workshop series.*

VINA Community Dental Center

The VINA (Vision, Integrity, Need, Action) Community Dental Center of Livingston County, MI, a non-profit outreach facility, will give people access to dental care and dental education. Uniting people in the area, VINA will improve quality of life through better oral health, promoting dental care seeking behaviors and elevating prevention awareness. By providing dental education materials, oral cancer screenings, and promoting balanced nutrition and healthy food selections, we believe we can impact patients' oral health and in turn, their overall systemic health. Visit their website at: www.vinadental.org



Spotlight On Consumer Success: James



The Wraparound team would like to introduce you to James. James is an adopted 17 year old who has been involved with the Wraparound team for several years. He is currently in the 11th grade at Renaissance High School. James has put his interest in computers to use by making DVD's for his family and friends. James assembles photos and puts them together with music to make a video presentation. He would like to market his skills to make extra money to purchase better equipment. He only charges \$20 to \$40 based on the number of pictures and amount of assembly time needed. If you are interested in archiving your pictures for a graduation gift, birthday, wedding, funeral, shower or other special occasion, please contact James at: (517) 548-1269 for more information.

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}

Topic: Bi-Polar Disorder

Presented By: Carol

When: Tuesday **March 4th** at 7 p.m.

Where: Woodland Health Center

7575 Grand River Ave, Brighton

Call Barb at: 810-231-6011 for more info

Journey Through Grief

Sponsored by Hospice of MI

A series of weekly sessions offering insights and coping skills for an adult's journey through grief. Practical handouts are provided.

For more information about the next series please call Nancy Doty at:
734-769-5821

Transportation Coalition

This group's mission is to increase awareness of transportation issues and improve public transportation in Livingston County

When: Second Tuesday of the month

Time: 3:30 pm to 4:30 pm

Where: LETS Transportation
3950 W. Grand River Howell

Contact Kim at (517) 546-4126

PEOPLE FIRST

This group's mission is to assist members in being a part of decision making about their lives by having the "decision makers" listen to what is important for people w/disabilities.

When: Second Monday of the month

Time: 5 pm to 6:30 pm

Where: Livingston Co Health Dept/Room B
2300 E. Grand River Howell

Call Kim at: 517-546-4126 for more info

RIGHTS CORNER: Tips from our Rights Staff

Could You be at Risk of Financial Abuse?

Ideas from the Rights Office to Protect Your Money

What is Financial Abuse?

When a person's money and/or property are misused or stolen from them.

Could I be at Risk of Financial Abuse?

The following examples may put a person at risk of financial abuse:

1. If you are alone. If you do not have enough support from your family, friends and/or community.
2. If you have a physical or mental disability. If you have an alcohol or drug problem.
3. If you have health problems that require a lot of care.
4. If you live with a caregiver or friend.

How Can I Prevent Financial Abuse?

1. Sign up for the national "do not call list" registry. Call (888) 382-1222, TTY (886) 290-4326, from the phone number you want to register. You may register on-line at www.donotcall.gov. If your number changes or gets disconnected, you may need to register again.
2. Reduce the amount of pre-approved credit card mail. Call (888) 567-8688 to be removed from major credit bureau's mailing lists. You may register on-line at www.optoutprescreen.com.
3. You can get a free copy of your credit report once a year. You may request this on-line at www.annualcreditreport.com. You may contact the three major credit bureaus by telephone. Call Equifax at (800) 685-1111, Trans Union at (800) 916-8800, and Experian at (888) 397-3742.

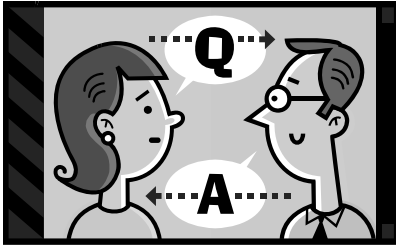
4. Have your checks directly deposited into your bank account. This is strongly recommended by the Social Security Administration.
5. Do not share your personal information with others. Personal information includes your social security number, bank account numbers, pin numbers or credit card numbers.
6. Only carry with you the checkbook or cards you intend to use while shopping. Keep the others in a locked container.
7. Set up automatic bill payment from your bank account. Review your bill and bank statements for accuracy.
8. Do not keep large amounts of cash in your home. Keep your cash in a locked container.
9. If you have a caregiver that assists you with your shopping and/or bills, carefully screen this person. Ask your caregiver for all of your receipts. Review and store your receipts in a safe place.

What Can I Do If I Suspect Financial Abuse?

1. Call your local police department.
2. If you suspect financial abuse by your staff/care provider, call your Recipient Rights Officer at (517) 546-4126. You may also call the Vulnerable Adult Abuse and Exploitation Helpline at (800) 996-6228. You may also call the Michigan Attorney General's Office at (800) 242-2873.

Sincerely,

Kristen Ora, Rights Officer



Questions for the Team at Livingston CMH

The following question was submitted by the members of Genesis House Clubhouse: *“What do I do if I’m dissatisfied with my supports coordinator or my therapist?”*

If you’re dissatisfied with service, here are the steps to follow:

- 1) Try to talk directly to the staff involved about what you’d like done differently in the future.
- 2) You may also contact Customer Service at 517-546-4126 and speak with Leslie Hall, Coordinator of Customer Service. She can provide you with the skills to speak directly to the person concerned, or sit with you as you do so.
- 3) You may also choose to contact Customer Service directly and request a different supports coordinator or therapist. That request will then be listened to and acted upon.

Answers to questions will be provided by different team members in each newsletter. This was answered by Leslie Hall, Coordinator of Customer Service and Performance Improvement.



SPOTLIGHT ON SUCCESS Sharing Hope Nominee: Donna Coleman

Reprinted from: The Genesis Journal, Volume 15 Issue 1

Donna has shown tremendous and continuous growth during her tenure at Genesis House. She is a natural leader and role model always ready to lend a hand or listening ear to her peers. She has made efforts to reduce stigma, she has been active in helping to shape mental health services but most importantly, Donna is able to share hope with others because she has made so much progress toward her own recovery.

Instead of focusing on her problems or symptoms, Donna channels her energy into her work, volunteer activities and self-improvement. When Donna started at Genesis House in 2003 she had been unemployed for several years. Within her first year at Genesis House, Donna felt ready to re-enter the workforce with the support of the Transitional Employment (TE) program. She successfully completed three consecutive TE’s over the next couple of years which boosted her self-confidence and reduced her symptoms. By design, Donna’s next job, a driving position for CMH, was one with much less job support from Genesis House. For this impressive climb back into independent employment Donna was a Michigan Works Outstanding Participant Award Winner in 2005. As Donna’s recovery continued she took on additional responsibilities with CMH by serving as a support staff covering the front lobby during Tuesday evening Board meetings.

Donna has been attending a leadership training group for the past several years and she has used it to help her with public speaking. With the tools to tell her story, Donna has impacted many people by sharing her struggles with mental illness. She has inspired her

Continued on Page 6...

SPOTLIGHT ON SUCCESS CONTINUED...

peers, brought insight to families of people with mental illness and provided information on living with a mental illness to the community at large. Donna has presented to: a graduate class at Eastern Michigan University; the Howell Police; the local chapter of (NAMI) National Alliance for the Mentally Ill; the Michigan Clubhouse Conference (twice); and at a Michigan International Association of Psycho Social Rehabilitation Service (IAPSRs) conference.

Donna continues to co-lead a weekly schizophrenic's anonymous (SA) group for members at Genesis House. She also continues to serve on many regional and local consumer advisory panels, as well as to serve on the Genesis House advisory board. She attends a CMH recovery group to help her continue to make strides towards her goals and to help her balance her active life.

Despite this hectic schedule, Donna always makes time for her friends. She is a gregarious and warm person which allows her to make quick and lasting friendships. This ability has helped her to share her story of hope with the many people she had come into contact with. Donna is a support to many and an inspiration to all.

~ Nominated by Lee Kellogg, Genesis House Director



Donna (left) shows Jason the ropes in the Snack Shop.

TEENS USING DRUGS: What to Know and What to Do

Part 1: What to Know - Wednesday, March 12th, 7:30 p.m. to 9 p.m.

How to understand teen substance abuse problems and recognize when teen use of alcohol or drugs requires intervention.

Part 2: What to Do - Wednesday, March 19th, 7:30 p.m. to 9 p.m.

What should and should not be done when a teen alcohol/drug problem is suspected.

Where: St. Joseph Mercy Livingston Hospital 620 Byron Road, Howell

Classes held in the Community Rooms, use the hospital's West Entrance

Parents, teens, family members, professionals, youth service workers, community members and anyone who works with or cares about teens are invited to attend this two-part presentation by Ron Harrison, Social Worker, who has over 30 years experience working with adolescents and their families. Parents and teens are encouraged to attend *individually or together*. Registration is requested by March 10th. Register online at: www.sjmercyhealth.org or call 517-545-6213

HEALTH CORNER: Tips from our Medical Staff

Medication is an important part of anyone's treatment. It is important for people to take responsibility for their medication and be knowledgeable about them in order to understand how they effect the body. By taking responsibility, it will also be a way to prevent mistakes. Please **SPEAK UP** for yourself in the ways listed below:

Speak Up if you have questions or concerns, and if you don't understand ask again. It's your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common health care errors.



Use a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established state-of-the-art quality and safety standards, such as that provided by the Joint Commission on Accreditation of Healthcare Organizations.

Participate in all decisions about your treatment. **You** are the center of the health care team.

The medication clinic nurses are available to speak with you if you have any questions or concerns, or would like any written information on your medication. It is also recommended you use one pharmacy for all of your medications. Your pharmacist will be aware of your total medication list and can also be available for help in answering your questions.

~ Bev Christian, RN, Med Clinic Coordinator



CMHSLC
2280 E. Grand River Ave.
Howell, MI 48843

Phone: 517-546-4126
Toll Free: 800-615-1245
Fax: 517-546-1300

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Howell, MI



Check Out Our Website at:

www.cmhliv.org

Affix Label Here

Fish and Loaves



A Community Dinner for
Residents of Livingston County

Would you like a *free* dinner
with pleasant conversation?

If so, there is a seat reserved
for you on any given Sunday
from 5:30 pm to 6:15 pm
at one of these Brighton Area
Churches listed on the right.

ALL are welcome!

February 17th - *First United Methodist Church of Brighton*

February 24th - *St. George Lutheran Church*

March 2nd - *St. Paul's Episcopal Church*

March 9th - *Cornerstone Evangelical Presbyterian Church*

March 16th - *St. Patrick's Catholic Church*

March 23rd - *St. George Lutheran Church (Easter Sunday)*

March 30th - *St. George Lutheran Church*

April 6th - *St. Paul's Episcopal Church*

April 13th - *Lord of Life Lutheran Church*

April 20th - *First United Methodist Church of Brighton*

April 27th - *St. George Lutheran Church*

Every Saturday at Noon, "*Community Kitchen for Christ*"

At Shalom Lutheran Church, 1740 E. M-36, Pinckney

Contact Judy Geiger at 734-878-6859 for more information