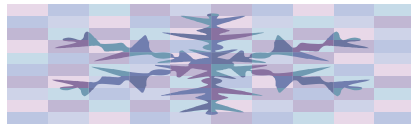


Persons Points of View

WINTER 2010



Detroit-Wayne County Community Mental Health Agency

The New Year and the New Year Resolution

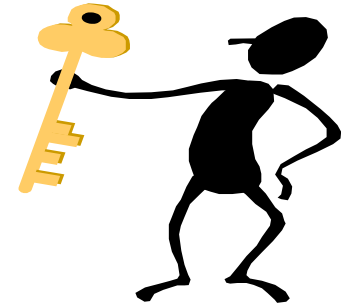
By Mike Shaw

The beginning of the year is often a time in which individuals make New Year resolutions to lose weight, start exercising, start a hobby, stop smoking, etc. Often, after a few weeks of doing the new thing or discontinuing a habit, the individual's interest starts to wane and, eventually, he or she discontinues the new activity or falls back into the habit that he or she tried to stop. Health and fitness clubs know this, and often target their ads to the public around the beginning of the year, knowing that the majority of the individuals who sign a contract won't continue to come to the gym after the first few weeks.

I find it a little surprising that most individuals who want to start doing something new, or discontinue a habit, feel that the New Year is a good time or the only time to do this. Inertia throughout the rest of the year is

often a very real problem for these individuals. Often they promise themselves that they will try to start or discontinue doing something but they never seem to find the time or have the discipline to perform or continue their new task(s). The New Year and the New Year's Resolutions become a never-ending cycle in which an individual starts a task, and stops doing it after a few weeks.

If you are one of these persons who find themselves making New Year Resolutions, then breaking those New Year Resolutions, maybe this year your resolution should be to stop making New Year resolutions and start taking control of your life. Far too often, we have the time, intelligence, and money to do many of the things we dream about but just don't follow through and stick with the tasks. Discipline and persistence are often the ingredients that



are lacking in the mix.

It is important to realize that you don't need the New Year or a New Year's Resolution to start doing something new or quit a habit. All you need to do is to take control of your life and start doing or discontinuing doing whatever you want whenever you feel like it. You can take control of your life anytime you're ready, not only around the first of the year. So take control of your life, follow through, and start living the life you've dreamed about living!

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Self Determination in the MI Community

By Linda Payne

As a consumer of mental health services, I am addressing self-determination in the Mentally Ill (MI) community from my own experience. I have lived independently since graduation from high school in 1970. However, I was not clinically diagnosed until 1998 for my mental health issues. Yet, I was born with physical health con-

ditions that made me stand out like a white elephant in a crowd of people.

Consequently, when I started school, I was placed in special education classes due to the constant ridicule from the community because I was an introverted person. Books and music became my comfort. I mention this in order to say that living a self-determined life is possible with a

positive attitude and positive supports.

My positive supports consist of GOD, my parents, and my daughter. In 1994, I suffered a major stroke, resulting in more physical limitations, long term hospitalization, and a decision to move back home. I now live with my daughter and I wouldn't have it any other way.

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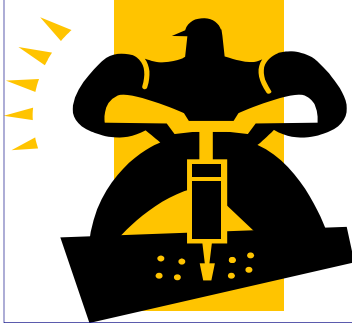
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CFAC Members to Vote to Approve 2009/2010 Work Plan

By Mary Ann Bozenski, CFAC Chair.

In September 2009, CFAC members began strategic planning to develop their 2009/2010 Work Plan. Donna Coulter, from WSU Project Care, was present to facilitate the planning process. Since that time, Ms. Coulter has met with CFAC members as a whole and in smaller groups to narrow down and refine CFAC goals and objectives. She helped guide the process



that ultimately created a final version of the Work Plan that was approved by CFAC members during the February 19th CFAC meeting.

CFAC's goal for fiscal year 2009/2010 is to: Implement a Community Campaign to Reduce Stigma. Six objectives were developed to achieve this goal. They are as follows: 1) Convene 225 community stakeholders for annual CFAC Conference by September 30, 2010. 2) In collaboration with the Communications and Community Collaboration Division, conduct three community forums by September 30, 2010. 3) In collaboration with the Michigan Recovery Center of Excellence (MRCE), make monthly postings on the mirecovery.org website on CFAC meetings, points of interest, and ac-

tivities. 4) Increase computer and web surfing competencies for 10 individuals served by the CMH. 5) Make quarterly contributions about CFAC to the Persons Points of View newsletter. 6) Provide funding supports and help plan the annual "We Are Family" Picnic. CFAC members are enthusiastic and have already begun work on reaching the stated objectives. A legislative forum is being planned for the spring. The CFAC Program Committee is discussing venues for this year's conference and planning for the 2010 "We Are Family" Picnic is under way. CFAC Liaison, Michael Shaw, has begun posting on the MRCE website and offers classes to help individuals learn computer skills. Fiscal year 2009/2010 looks to be a very productive year for CFAC.

Walk a Mile In My Shoes

**"WALK A MILE
IN MY SHOES IS
A SIX WORD
STATEMENT
WITH A POWER
FILLED
MEANING."**

By CPSS
Gabriel Wil-
liams
"Walk A Mile
In My Shoes."
This is a six
word statement
with a power-
filled meaning.
You could ap-
ply this state-
ment to almost

anything. However, the meaning in this context is the most emotional subjective interpretation I have ever

experienced. "Walk A Mile In My Shoes" before you judge me. What are we saying here? It's more than the steps we take to arrive at our point of completion. It's the heart felt experience we endure in getting there; the hardship; the loneliness. The "I'm different than you" that you project on me because of my uniqueness that God applied to me alone.

"My struggle," the struggle I undertake each and everyday when I raise out of bed allows me to realize my spiritual power which empowers me with the inner strength to overcome

any and every obstacle in front of me. This in itself is the fuel that powers me. Join me and others like me; you know the ones that the society says can't "make it." Come stand with me! Feel my oneness with you! You and I, together, we can make a difference. I heard someone say that "when one soul is saved all the angels in heaven come together, rejoice, and sing." Do you think that if we just stood behind one individual and encouraged him or her to "make it" that rejoicing and singing could be added to the choir?

Consumer Involvement with PATH Program

By Michele Vasconcellos, Director
Customer Service

D-WCCMHA's Peer Support Specialists have taken a leadership role in the PATH (Personal Action Toward Health) program in Wayne County. The program which is geared towards helping individuals, whatever their illnesses, to develop strategies and behaviors to improve their overall health and quality of life, has been

facilitated by Peer Support trainers and Master trainers. To date, thirty-seven D-Wayne County Peers have been trained as facilitators. Three of the facilitators have gone on to obtain Master trainer status.

Thus far, the trainers have conducted (10) 6-week workshops in the mental health community and are in the process of coordinating four additional workshops by spring 2010. D-Wayne

workshops have been eagerly attended by consumers administration and staff.

D-Wayne County is extremely proud of Peer Support Specialist, Braunwynn Franklin, who is one of D-WCCMHA's PATH Master Trainers recognized by MDCH for her assistance in the coordination of the states efforts to promote the PATH program.

Ask the Doctor

Do you know if people have difficulty going through customs/immigration and traveling overseas if they reveal that they have a mental illness?

Mental disorders are not a reason to restrict travel and should not be a routine part of the screening process for overseas travel. Customs officials may have questions about medications especially when large amounts are needed for

extended trips. It is good to have a copy of your prescriptions with you to indicate the medical necessity for the medications.

How do diet and exercise affect depression?

Exercise and a healthy diet are the key to good health regardless of any underlying medical conditions such as

diabetes, hypertension and depression. In some studies, moderate exercise has been proven to improve mild forms of depression.

Dr. Michele Reid, Medical Director at D-WCCMHA. Thank you for your collaboration.



Recognition Corner

The Detroit-Wayne County Community Mental Health Agency (D-WCCMHA) would like to recognize the following recent Peer Support Specialists graduates from Wayne County who are Michigan's Peer Trained Workforce Certification Recipients: Terri Bell, Denise Fleming, Valerie Graham, Katie McCain, Sabrina Miller, Richard Mott, and Lorraine Zeniewicz. They received their certificates at the Michigan Department of Community Health Certification Ceremony, December 9, 2009 at Lansing Community College, Lansing Michigan.

Jessica Burt, Yuself Seegars, Andre

Robinson, Robert Spruce, and Ray Schuhholz are being recognized for their excellent services conducting the Peer Mentoring training which took place at the Kellogg Center, Michigan State University, East Lansing, Michigan, from January 20, 2010 to January 22, 2010.

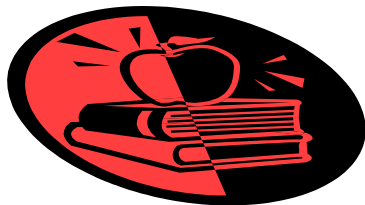
Ms. Burt had this to say about Peer Mentoring: "We advocated for



Peer Mentoring for the Developmental Disabilities in Michigan for so many years and this is the beginning of so much more to come. We started moving this train, so you better get on the train because we are on our way!"

Yuself Seegars is also being recognized for obtaining membership on the Michigan Disabilities Coalition Board (MDRC Board). He has also been invited to serve on the board's Finance Committee. We wish Ms. Seegars the best in his endeavors. We are sure he will be a fine addition to the board's team!

MARCH IS NATIONAL NUTRITION MONTH—Did You Know



MARCH IS NATIONAL NUTRITION MONTH

Did you know.....

- Our bodies are battlegrounds, constantly fighting infection and diseases
- Vitamin E is an antioxidant. It helps protect your body from cell damage that can lead to cancer and heart disease
- Carotenoids found in food are effective allies in the fight against prostate, mouth, stomach and

colon cancer. Carotenoids are found in tomatoes, Brussels sprouts, carrots and broccoli

- Eating smarter and moving around more will help lower your blood pressure even if you don't lose weight. Making simple lifestyle changes can cut your risk of heart disease, and help you feel better too.

Detroit-Wayne County Community Mental Health Agency

POETRY CORNER

AREN'T I REAL— By Joan Barefield

What does one do when there are no words yet a plea must be heard...

Is it futile... Is it unjust... Is it angry????

I will cry as I march and wish that I could show my love -

Silently in my anguish parade!!!

What does one do when the feeling is unwrought...

Do you run... Do you scream... Do you Cry; Do you Cry????

I have just heard my notes the components of my melody -

And by themselves they do not groove—I do not groove -

Is it me... ..aren't I real?????

My argument is not to win, but to learn... What do I understand????



Range of Emotions

Touch my heart

Feel my love flow.

Look into my soul,

See my faith.

Stroke my funny bone,

See a smile or even hear a laugh.

Hold my hand,

Find a friend.

Step on my toe,

See my anger.

Nourish my mind,

Share my thoughts;

My own brand of wisdom.

Be honest with me,

You'll find no one more loyal.

Tell me a lie,

You'll learn I see through you

And feel my mistrust.

Cause me pain,

See my hurt or fear.

See the range,

Share the feelings.

Show me you

& I may show you me.

By Mary Ann Bozenski

We the New Peer Mentors

By Howard Moore

The Peer Mentoring Program was held January 20-22, 2010 at the Kellogg Hotel in Lansing, Michigan. It was an experience that I will never forget. There were people from the east, west, north, and south of Michigan. We were all really excited to learn about and meet new friends in the days that followed. Some of the sessions focused on housing, sec-



ondary education, and health care. Many of the other sessions focused on a variety of subjects. In these sessions, we were given tools to help our fellow peers in their everyday lives. We also shared some of our life stories, which helped bring us even closer together. I am happy to be a part of this movement. To my fellow Peer Mentors, I say congratulation to you all, and let's get ready to board this train to do our best for the community. Nevertheless, everyone is different and even better yet, unique. I say this to urge my peers to step up and step out. Please seek education and communicate with your therapist so that you can journey into a self-determined life.

The REE is coming —

The Detroit-Wayne County CMH Agency is implementing the Recovery Enhancing Environment measures. The REE is a survey that collects information about recovery from consumers. It offers feedback on how programs are supporting recovery. The REE will be available this year at your provider.

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