

Persons Points of View

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Editor: Ted Chipps

**Next Monthly
Consumer
Meeting**

**OCTOBER 20,
2005**

11:00 am

6th Floor Auditorium
D-WCCMHA
640 Temple
Detroit, MI 48201

**Did You
Know
That ?**

As a Consumer you have the right to use any hospital or other setting for **emergency care** without prior authorization by your provider.

CFAC CONFERENCE SET FOR SEPT 13-14 AT FOCUS HOPE

The 3rd Annual Consumer Family Advocate (CFAC) Consumer Conference will be held at **Focus: HOPE** September 13-14, 2005. The theme of the Conference is **“Enhancing Consumer Leadership.”** Seminar panels led by consumers will feature how the system provides and/or supports individuals with the skills to be effective leaders.

Tuesday’s opening session will offer attendees the opportunity to meet the Administrators of the Detroit-Wayne County

New Conference Site Offers Many Pluses

“This will be our best conference yet,” said CFAC Program Chairperson Cheryl Polite. The program committee not only has put together a great program but has selected a different site for this year’s conference .

Program Chairperson Cheryl Polite said the committee was careful in selecting a location that met the needs

Community Mental Health Agency. Presenters will provide an overview and update of the mental health system. They will also discuss how consumer advocacy skills can lead to leadership roles.

Wednesday’s program will focus on issues frequently faced by individuals dealing with mental illness. Presenters will also discuss how to become an effective, contributing member of a governing Board. **For reservations, call 313-833-3643.**

of our consumers. “The Focus: Hope site offers a spacious seminar environment, trouble-free entrance and egress for our consumers, and it is easy to reach from all parts of the city. A special added bonus is free parking,” she added. More than 17 vendors are participating with a variety of exhibits and displays of information.

**YOUR CFAC
CONSUMER
CONFERENCE
PROGRAM
COMMITTEE**



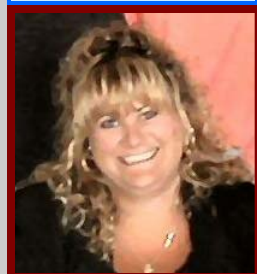
**Cheryl Polite
CFAC Program
Chairperson**



Mack Betts



Mary Ann Bozenski



Lisa Nygord

**A Consumer-Driven Publication from the
Detroit Wayne County Community Mental Health Agency**

Notes From The 2005 Consumer Conference July 28, 2005 at the Kellogg Center in East Lansing, MI.



Consumer Affairs Director James Lindsey makes a report on the Consumer Conference at a recent monthly meeting.

The 2005 Michigan Consumer Conference was held on July 28, 2005 at the Kellogg Center in East Lansing, MI. Consumers James Lindsey, Patricia Sargent, Benita Malone, Joan Barefield, Gabriel Williams, Linda Payne and Ronald Lambert represented the Detroit-Wayne County Community Mental Health Agency.

Notes from the Getting Ready to Dream Workshop by James Lindsey, Consumer Affairs Director

One of the workshops I attended was a presentation on Getting Ready to Dream. With persistence and time we can change negative thoughts, attitudes and beliefs to positive ones, which may have the effect of increasing your hope. Pursuing your dream with an attitude of hope will enable you to achieve your goals in the steps beyond the Recovery process. It was mentioned that if you are a hope receiver today, you could become a hope giver tomorrow to others. Also wherever your thoughts are today, they can be better tomorrow. There is power in what you say; one positive experience leads to another one.

Two Tell How Recovery Leads to Independent Living



"You can start to become independent while living with your parents or in an AFC home," said Consumer Benita M.

Two Consumers told their stories on how they moved from dependence to independence at a recent Monthly Consumer Meeting.

"I had always thought that I couldn't live independently because of my mental illness and learning disability," said Consumer Benita M., D-WCCMHA employee. "One day my eyes suddenly opened up because I realized that I could be independent. Don't wait to move on your own to become independent," she added.

"I have this disease called Tuberosus Sclerosis and cannot stand for any period of time," said Consumer Heather N., D-WCCMHA employee. "It requires that I use a wheelchair. Yet I do my own cooking, cleaning, laundry, and shopping. Heather says to contact your case worker and make independent living part of your person centered plan.

Transcripts of their talks are free and available for the asking. Call 313-833-2033 or e-mail to tchippis@co.wayne.mi.us.



"I know for a fact if you really want to do things independently you can do it," said Consumer Heather N.