

Persons Points of View

SUMMER 2016

DWMHA

TOM WATKINS, PRESIDENT AND CEO



A Fresh Start for DWMHA By Chelsea Rauss and Michael Shaw

Consumer Driven Newsletter

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Fresh, clean lines mark a fresh start for DWMHA as we finally settle into our new building on Milwaukee. Situated in the New Center area of Midtown, the building is a convenient walking distance from a number of lunch spots including Birmingham Deli in the Fisher Building, New Center Grill in the New Center One Building, and Northern Lights just next door. Coffee, tea, and pastries are also just a walk away, with Tim Horton's situated in the College for Creative Studies on 2nd, and the Spanish-inspired Café Con Leche on West Grand Blvd.

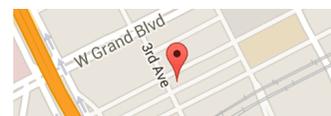
"Hip" restaurants nearby are not the only modern influences on 707 Milwaukee. Open-concept work spaces, careful color accents, and kitchenettes, complete with Keurig coffee makers have brought DWMHA's interior up to 21st Century par. Each kitchen has a refrigerator, a microwave, and a toaster. Employees have the option of bringing their own lunch or dinning out. So what's in it for the consumers? Well the new venue is spa-

cious. It has several meeting rooms where the Board can hold its sessions, the Constituents' Voice, (the consumer advisory board to the Authority) can meet and host its various committees, as well as space for various other internal and external meetings. It is conveniently located on bus lines, near Woodward and Grand Blvd. It is also right off the Lodge.

The furniture is brand new. In fact, the new technology allows for use of wireless devices which offers visitors the option of using the internet, free of charge. The most important aspect of the move is that the Authority will own the building. It has a mortgage, which will be paid off within the next ten years. The Authority was paying to rent space at the 640 Temple site, a building it would never own. This move was not only beneficial to employees and those served, it made good sense. There have been challenges. Employees, however, have adjusted to the change. The

public is welcome to visit. Customer Services' hours of operations are 8:00 am to 4:30 pm, Monday thru Friday. Because of scheduled and unscheduled holidays, and unforeseen closings (due to emergencies and inclement weather), please phone the department you intend to visit, make an appointment, and check their hours of operations before coming. Customer Services' general phone number is (313) 833-3232. The general Authority number (313) 344-9099. The public can phone and ask to be connected to any department or Authority employee. To contact the 24/7 Helpline, phone (800) 241-4949.

The future looks bright for DWMHA. We want everyone to know that your concerns, challenges, and issues are important to us. We will make a concerted effort to provide the services needed to all who live here and help those served on their road to recovery.



Recognition Corner

Marie Chapman, long time member of the Gateway Community Health Consumer Advisory Board, was

awarded the Star Excellence Advocate of the Year Award at the 11th Annual Gateway Community Health Consumer Awards Luncheon on

Thursday, June 9, 2016, at Sacred Heart Major Seminary in Detroit. Ms. Chapman is a strong advocate and well deserving of this award.

DWMHA BOARD OF DIRECTORS

Dr. Herbert C. Smitherman Jr., MD, -Chairperson, Dr. Cheryl Munday-Vice-Chairperson, Timothy Killeen-Treasurer, Dr. Cynthia Tauog-Secretary, Marsha Bianconi, Angelo Glenn, Dr. Bernard Parker, Frank Ross, Constance Rowley, Terence Thomas, Dr. Iris Taylor, Heather Underwood

My Disability By Heather Nixon

Hello! My name is Heather Lynn Nixon. I want to share a little bit about myself. I was born November 4, 1980 to parents Ward and Sharon Nixon. I have a mild developmental disability called Tuberous Sclerosis. I was diagnosed with this disability when I was 3 months old. The illness can involve seizures, cancerous and non-cancerous tumors that may appear and grow on all major body organs such as the lungs, kidneys, heart, bladder, eyes, and liver. When I was diagnosed with this disability, the doctors told my family that I wouldn't make it past 3 years old. But little did they know, I would surpass all their doubtful expectations! They said I wouldn't be able to obtain an education in school but I have with flying colors. They said I would never live to see my nieces and nephews be born, but I have done that too. I was told that I would never get married, but I did that. After almost 5 years of marriage, I got divorced as well. I am proud of myself in many ways. I have survived a lot of painful things. I am a kidney cancer survivor. In 2006 while married to my ex-husband, I was diagnosed with kidney cancer. I was scared, but through the pain of my surgery, biopsy and recovery, I have many people

to thank for praying and taking care of me. One of the many I have to thank is God himself for allowing me to live for as long as I have. I am 35 years old. I will be turning 36 on November 4, 2016. I am a fighter. I have been and always will be. I have strength in me that no one can take. I have a stubborn streak as well. I guess that's another reason why I am still here. I was an employee of the D-WCCMHA back in the 2000's but I am no longer there. In 2010, I decided to resign my position due to emotional and mental health issues. I just couldn't do it anymore. I suffered the loss of family members due to a car accident, suicide, and natural health causes, but I have overcome the hurt and pain from that as well. As the old saying goes "time heals all wounds." In some cases that's true and in others it's not. I say to all of you that you can and will overcome; If not now, in time. I'm not perfect by any means, believe me. I try my best to make and keep people happy. I'm telling you that you need to believe in God because he will bring you through no matter what happens in life. Why do I say this? Because we're all put here for a reason. I know my reason is to be here with you, to share my life story, and let you know my life isn't always easy. There are hard times. That's why we have fami-

lies to help us through. For those who don't have close families, I encourage you to reach out to a really good friend. There are things in my life I wish I could take back and do over. Things that I have said and done that I wish I could take back as well, but I can't. I'm not perfect. There are people that think I am. I appreciate the complements and encouragement I receive daily from those around me. If it wasn't for my late grandparents praying for me, and God giving me the strength that he has in trusted in me, I wouldn't have been able to get through this life thus far. I ask you as friends to continue to pray for me as I continue to help you and myself through this thing we call life! I will always give 100% in my life when it comes to things. I have the most amazing family and the support of persons such as Mr. Steve Kuhlman and Michael Shaw whenever I need someone to talk to. Please don't say "oh, I feel like I'm a bother to other people." I do say that occasionally. I used to say it all the time. It's a pet peeve now. If you have a question to ask, just ask it and see what happens! You have to speak up when something is wrong. Otherwise, there will be people in this world who will walk all over us as consumers. That's not right. Please take something from my story. I hope what's been written here has and will help many of you.

Saying "Know" To:

The New Home for Detroit Wayne Mental Health Authority!

- DWMHA, the "Authority" has moved and is now located on 707 W. Milwaukee, in Detroit.
- The new building has 21 small and large meeting rooms spread over five floors
- Formerly at 640 Temple, the new location was chosen for its close proximity to bus lines and the continued resurgence of the New Center area
- Visitors are encouraged to call for an emailed map showing available parking near the building
- DWMHA staff is comprised of over 160 professionals, who specialize in Children Initiatives, Managed Care and Clinical Operations, MI Health Link, Peer Participation, Recipient Rights, Substance Use Disorder, Evidence Based Medicine and Customer Service

The History Behind Heather's Personalized Gift Shop By Heather Nixon

I want to share how and why I started my microenterprise business. My name is Heather Nixon as many of you may know. I have a mild developmental disability called Tuberoses Sclerosis. I shared this with you in my story. I am also a kidney cancer survivor. During the time I was recovering from my kidney cancer surgery, I had three weeks off to really think about what I wanted to do in my spare time. I am not one to sit down or still for very long. I must have things to keep my mind and hands busy. I thought of my Uncle Herb who passed away from a heart attack in March 1993 while he was on a vacation with my Aunt Celine in Aruba. I thought about the times my uncle and I shared together. All the times he shared with me. The tips and suggestions he gave and words of wisdom he passed on while he was still

on earth. I have taken what he taught me and applied it to my microenterprise over the 11 years I have been running it. I have to give God the praise and thanks for giving me the talent and gift to make things for others. I have used my family and others as "test subjects" for my products. They really seem to enjoy and like what I make. I came up with the name "Heather's Personalized Gift Shop" because it's easy to remember and is named after a great woman "me!" lol! I give my uncle Herb a lot of credit for helping with the financial aspects of my business plan. I want you to know that you can do what I have done and start your own micro-enterprise business by contacting your MCPN, your caseworker, and your financial advisor through your mental health provider. They will help you develop a Person-Centered

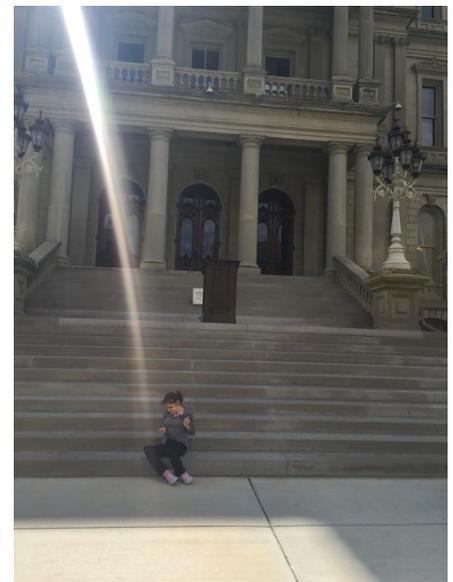
Plan for your micro business. You can name it anything you like. You can buy materials to make your products from local businesses such as Home Depot, Joanne's, Michaels, Mejiers, etc. I dedicated my business in honor of my uncle Herb. Once I got my business going, advertising was done through word of mouth and multi-media. I believe my business will grow. I am currently working on developing my own business cards and website. You can obtain help getting business cards or make your own on a site called vitaprint.com. If you want to see my work, go to my Facebook page. Feel free to "Like" and comment on my page. If you don't have a computer, I can email photos of my products. You can contact me by email at nixonheather876@gmail.com. I hope this has been helpful.

Walk A Mile In My Shoes 2016: Impressions and Analysis By Daniel Duane Spyker

"Walk A Mile 2016" was, if memory serves me, my third time attending this annual rally and lobbying day for community mental health. My impressions of the day include a feeling of disappointment, not unexpected, when the legislators did not show up early in the morning for the continental breakfast that those of us from the Tri-County [Wayne, Oakland, Macomb] Advocacy Committee had prepared for them. There is always some urgent thing that happens that will tie up the politicians on the floor of the House or Senate unless ones' cause is so immediately compelling that they can't afford to stay away. The rally followed its usual format with the march about the Capitol, and the roll call of community health authorities and their many constituents throughout the state. There were motivational speakers, and a marvelous play by peers from Wayne County called "The Office Zone," with characters drawn from "The Wizard of Oz," but adapted to the very real situations in which "consumers" often find themselves. This play will be uploaded to YouTube very soon. Overall, I was not inspired by the rally. I ended up

spending a great deal of my time trying to stay out of the sun and in the end, the day just exhausted me. So, could we make this day a lot more meaningful for us and much more compelling to the legislators whom we wish to bring to our side? I believe that we can by "changing the soundtrack" and making our rally feel like the culmination of an actual 'movement for change and inclusion of those who are living with mental illness, substance abuse issues, or are developmentally differently abled. We should see ourselves in the broader history of movements for social change and human rights such as the classic "Civil Rights" Movement of the 1950s and 60s, the Anti-war Movement of the same era, and the more modern campaign for LGBTQ rights. We should see ourselves as cousins to "Black Lives Matter" and "Take on Hate." Our campaigns against "stigma" and for full community inclusion could use the inspiration of motivated singers like Ritchie Havens or "Sweet Honey in the Rock." I'm an old campaigner who as a union steward in the mid-1970s fought against racism in a very nasty work place. I was working for Cesar Chavez when I came to Detroit some 34

years ago. I can't dance the Macarena" until I've sung along with "Sweet Honey in the Rock" "We who believe in freedom cannot rest. We who believe in freedom can not rest until it comes!" That is what "Walk A Mile In My Shoes" really means!



Sydney O'Conner
Walk A Mile, Lansing, MI
2016

New Center Community Services Peer Support Services

By Stephanie Hampton Certified Peer Support Specialist

New Center Community Services (NCCS) is a nonprofit mental health agency located in Detroit, MI with six locations in Detroit & Highland Park. The main office is located at 2051 W. Grand Blvd @ Dexter Ave, Detroit MI 48208, 313-961-3200, 9:00 AM-5:00 PM. The website: www.newcentercmhs.org.

New Center Community Services programs and services are designed to enable individuals to function at their fullest potential. For the past decade NCCS has offered Peer Support Ser-

vices. All of the Peer Support Specialists are certified by the State of Michigan. The Peer Support Specialists are an integral part of the treatment team that includes: Psychiatrist, Physician Assistant, Nurse and Case Manager/Therapist. Peer Support Services are provided by individuals with lived experiences who are trained to use their personal experiences with mental illness and substance use disorders to help others. At NCCS all individuals enrolled in treatment are entitled to Peer Support Services. Services pro-

vided by a Certified Peer Support Specialist includes; working with consumers individually or in a group setting, completing of documents to apply for DHS/SSA entitlements and other community resources, Patient Assistance Program applications for prescription medications, Supported Housing and Supported Employment assistance which also includes outreach services. The Peer Support Specialist Team at New Center Community Services is focused on empowering individuals for recovery and hope.

Try Your Hand At Poetry By Mary Ann Bozenski

When I have time I write poetry. I am a poet. I've belonged to writers' groups in Detroit and Downriver. My poems have been published in books and newsletters. Writing poetry is something special that I do for myself. It's therapeutic and a great way of expressing one's self and communicating with others. Poetry doesn't have to rhyme. I think just about everybody has a poem inside him or her. Why not take the chance and see what comes out. It's important to write about what you know. The writing is more powerful and comes easier that way. Do you have a burning thought

on your mind? Something you want others to know? Put it into written words and let others know what's on your mind or in your heart. Poetry can be spiritual. You can write to or about your Higher Power and share your faith. Your poetry can reflect your moods. Feeling sad? Write about it. Feeling happy? You can write that too. Have you lost someone or something important to you? Share your grief. Others may connect with your writing and work through their own grief issues. Do you enjoy a particular season of the year? Write what you like about it. Get ideas by reading

other's poetry. Is there a title that stands out for you? Is there a line that makes you think of something else entirely? Write about it. Try reading other people's poetry and learn what's out there. There are some pretty great poets; William Shakespeare, Edgar Allan Poe, Mark Twain, Robert Frost, Emily Dickinson, and Sylvia Plath just to name a few. Poetry can make you feel just about anything depending on the poem or poet. Wouldn't you like to be a part of that? Write for yourself or write for others but just write. You'll be glad you did.

Certified Peer Mentor Yolanda Carter Graduates From WCCC By Michael Shaw

Yolanda Carter graduated on June 4, 2016 from Wayne County Community College with an Associates of Science in Mental Health. Ms. Carter, single and proud mother of four adult children and grandmother of an adult, an adolescent, and a pre-teen, decided to return to college in 2009 to pursue her dream in higher education. "I'm proud of myself! I never thought I would graduate. I have faith in God! God is good!" stated Ms. Carter. Yolanda plans to continue her educa-

tion in the fall at Oakland County Community College. She will study sign language and accounting. Her son, Charles told her "Never give up on your dream of graduating from college. I will never forget this day. Love you Mom." Her daughters, Alana and Lakeia said "It's been a long and difficult journey but you did it! We're very proud of you. We wish you the best and continue to keep up the good work! Congratulations and we love you!"



Did You Know....**Enrollee Rights****You Have the Right:**

- | | | |
|---|--|--|
| <p>1. To receive benefits, services and instructional materials in a manner that may be easily understood.</p> <p>2. To receive information that describes the availability of covered services and supports and how to access them.</p> <p>3. To receive information in prevalent non-English languages.</p> <p>4. To receive interpreter services free-of-charge for non-English languages.</p> <p>5. To be provided with written materials in alternative formats and how to obtain them for those who are visually and/or are hearing impaired or have limited reading proficiency.</p> <p>6. To receive information within a reasonable time after enrollment.</p> <p>7. To be provided freedom of choice among network providers.</p> | <p>8. To receive information on the grievance, appeal and fair hearing processes.</p> <p>9. To receive information on the amount, duration and available benefits to which you are entitled.</p> <p>10. To receive information that provides information on how to obtain benefits from out-of-network providers.</p> <p>11. To be provided information on how to access 911, emergency, and post-stabilization services.</p> <p>12. To receive information on how to obtain referrals for specialty care and other benefits that is not provided by the primary care provider.</p> <p>13. To be made aware of those services that are not covered and may involve cost sharing if any.</p> <p>14. To receive information on advance directives.</p> | <p>15. To be provided with information on the structure and operation of the Authority.</p> <p>16. To be provided with timely written notice of any significant State and provider network related changes.</p> <p>17. To be provided with information annually about enrollee rights and protections.</p> <p>18. To be treated with respect, dignity, privacy, confidentiality, and non-discrimination.</p> <p>19. To receive information on available treatment options.</p> <p>20. To participate in decisions regarding health care, the refusal of treatment and preferences for future treatment decisions.</p> <p>21. To be provided with information on services that are not covered on moral / religious basis.</p> <p>22. To be treated in the least restrictive, clinically appropriate setting.</p> |
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Did You Know....

You have the right to know the Estimated Cost of Services (ECS) to DWMHA for the services identified in your IPOS? You should be receiving this information along with a copy of your IPOS within 15 business days of your IPOS Meeting. You also have the right to receive an Explanation of Benefits (EOB)?

Your EOB will identify the following:

- Services provided over a specific period of time
- Who provided the services
- The total number of each service provided

Remember that the EOB is not a bill, it explains what was covered by your insurance.

If you are not receiving the above information, you may request it at any time. Also, you may contact DWMHA's Customer Service Department at 1.888.490.9698 to assist you in this regard.

Notice of Privacy Practices

DWMHA understands the need to safeguard your privacy and we care about protecting your health information. We must protect and secure all health care information that we have created or received about your past, present, or future health care or condition, or health care we provide to you, or payment for your health care. We are only allowed to use and disclose protected health information in the manner described in the Notice of Privacy Practices. Your health information will not be disclosed without your written permission unless required or allowed by State and federal laws, rules and regulations. Without your consent, DWMHA will only disclose your PHI for the following purposes:

- Treatment
- Payment
- Healthcare Operations
- As Required by Law

DWMHA has administrative, physical, and technical safeguards in place to protect your PHI. You may find a summary of our Notice of Privacy Practices in your Member Handbook. This Notice is also posted on our website www.dwmha.com and we will provide you a paper copy of this Notice upon your request.

Fraud, Waste, and Abuse (FWA)

If you suspect, fraud, waste, or abuse within the DWMHA's behavioral healthcare system, you are encouraged to report it to DWMHA to be investigated. Your actions may help to improve the quality of healthcare system and decrease the cost for our members, business partners, and customers. To report suspected fraud, waste and abuse, you may do so by either calling DWMHA's Compliance Hotline 313-833-3502 or by E-mail: mtawak-kul@dwmha.com.

In reporting fraud, waste and abuse, you do not have to give your name. However, the report shall be made in good faith or reasonable belief of a violation. All information received by the Compliance Officer will be treated as confidential, and investigations will be conducted by DWMHA pursuant to its Compliance Plan and Investigation Policy.



Mark Your Calendars for EVOLVE!

The Detroit Wayne Mental Health Authority (DWMHA) will host **EVOLVE!**, a training opportunity for people who receives services. Sessions are designed to engage, equip and empower members to be more involved in decisions that affect their treatment and lives. If you want to learn how to be in the “driver’s seat,” these events are for YOU. EVOLVE! Gatherings take place on the 5th Wednesday from 11:00am – 1:30pm.



The first event took place on Wednesday March 30, 2016 at the Detroit Recovery Project (DRP). DRP is located at 1145 W. Grand Blvd. in Detroit. The theme was “OZ” and was inspired by the classic production *The Wizard of Oz*. Parking was free and available in the gated lot behind the building.

These events are held in collaboration with Oakland and Macomb County peers. They are free of charge and open to any service member within the tri-county region. Please RSVP. A light lunch will be provided. Your input will help us prepare.

To Reserve Your or Your Organization’s spot, click the Link:

<https://form.jotform.com/dcoulerdwmhacom/evolve-regisstration-form>

EVOLVE! 2016 DATES FOLLOW:

Wednesday June 29, 2016

Wednesday August 30, 2016

Wednesday November 29, 2016

Ask the Doctor By Dr. Carmen McIntyre, Chief Medical Officer, DWMHA



Question: Steve Kuhlman asked: “What would be your vision of the ideal integrated health care facility (mental and physical health) of the future?”

This month’s question is very timely. The integration of “mental” health and “physical” health has been written about and studied extensively. Recently, Michigan’s Governor Snyder proposed directing funding for the public mental health system through the Medicaid Health Plans, arguing that this was the best way to integrate care.

This is an important topic because unfortunately, people with serious mental illness die, on average, 20-25 years earlier than the general population. There are many reasons for this, but the cause is usually untreated, preventable illness. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), barriers to primary care, coupled with challenges in navigating complex healthcare systems, have been a major obstacle to care. Yet, primary care is often the referral point to specialty behavioral health services.

So the solution is “integrated” care. Integrated means that both sides of the healthcare spectrum are well coordinated. One model of integration has primary care settings within behavioral health clinics. This model argues that all persons with behavioral health needs also need general medical care. This model is efficient, and has been proven effective. However, it doesn’t make behavioral health accessible to most people who are receiving primary care services.

The flip-side of this model, where

behavioral health specialists are put in primary care settings, has also been shown to be effective. The benefit of this model is that it accounts for stigma. Many people are reluctant to go to a mental health clinic because they don’t want others to know they are suffering from a mental illness. So, if the specialist is available within their primary care clinic, they are more likely to follow-up. The problem with this model is that traditionally this specialist is a social worker who, while very helpful, doesn’t offer the full range of services that community mental health has available to it.

Since I’m being given the freedom to outline my ideal integration setting, I’m going to dream big here. What I would love to see is a movement toward community health and wellness centers. These centers would not revolve solely on a disease model, meaning that the focus is primarily on “fixing” illness. Instead they would be places that also focused on wellness and prevention. These centers would deliver quality care to the uninsured, those with Medicaid and Medicare, and those with private insurance. This way, no matter how one’s circumstances changed over time, the care would still be in a familiar place with familiar people.

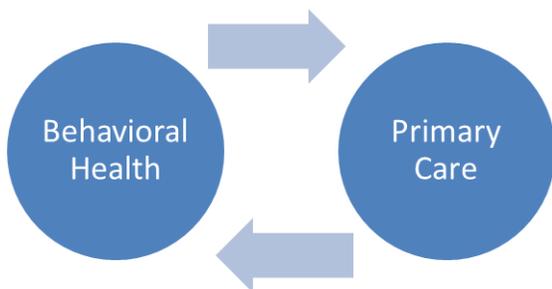
These centers would be located in the community, where people live so that transportation would not be an issue, rather than in big, complicated, hospital-based medical centers “downtown”. People typically see hospitals as places for “sick” folks. Community centers are places for socialization, education, and recreation.

In these community centers, all primary care needs could be met. For persons with severe and persistent mental illness, the current community mental health clinics *are* a primary care setting. Our settings are fairly holistic, offering assistance with obtaining benefits; food and housing; education and employment in addition to the clinical services. We also offer opportunities for socialization, and learning life skills to maximize independence. This is something missing from typical primary care settings that we have to offer.

Primary care settings are open to all, including those without current signs and symptoms of illness. There are recommendations for screening to identify risks, and make lifestyle changes before illness sets in. Often there are alternatives to medication, including physical activity, nutrition counseling, and “alternative” treatments that may be missing from typical mental health clinics.

The final benefit that I see to these sorts of community clinics is that the staff would interact and learn from each other. For example, symptoms that look like depression may be due to Lyme disease, vitamin D deficiency, or low thyroid hormone levels. Perhaps that person is going through a divorce, or has lost a job and can’t afford their medications. Collaborations between the family medicine doctor, psychiatrist, nutritionist, case manager and therapist would help to address all of the person’s needs.

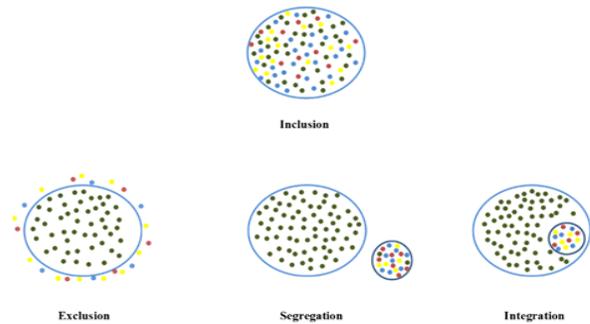
I hope this ideal is not just a pipedream, but becomes a reality one day soon!



Small Grants for Service Members

Have you heard about the **George Gaines and Roberta Sanders Fund for Community Inclusion (“The Fund”)**?

Envisioned by Tom Watkins, the President & CEO of the Detroit Wayne Mental Health Authority (DWMHA), the peer-led mini-grant is both by and for people who receive Detroit-Wayne services. The Fund was created to increase the community presence and participation of individual who receive community mental health services, and named for former DWMHA board members George Gaines and Roberta Sanders due to their years of service helping persons to live, learn, work, and recreate in their communities.



The Constituents’ Voice (CV), which is the DWMHA advisory group for service members, has been charged with overseeing the award and administration process. Awards are up to \$500 each. In 2016, 10 individuals who live in Detroit-Wayne County and currently receive community mental health services will be granted this special award. Because the Fund is a resource of last resort, applicants must first determine that their community mental health provider is not able to cover the service using its resources, e.g., Medicaid, General Fund, grants, etc.

Public Announcement of Award Recipients
June 15, 2016

This year’s (2016) awardees have been selected.

Anyone who needs assistance applying for 2017, should contact, the ARC Detroit at [313-831-0202](tel:313-831-0202) (o) or via email at thearcdetroit@aol.com.

DWMHA Customer Service Department
Keeping you up-to-date since 2007

June is Men's Health Month"

*"Encourage early detection and treatment of diseases among men and boys.
 . Seek regular checkups. Learn the signs of testicular and prostate cancer
 and other health issues that affect men.."*

- June 20 or 21 **Peer Support Curriculum Update**, for Certified Peer Specialists who have been certified with the state at least two years. Guest speaker Jean Dukarski will provide the latest in trainings, policies and more for CPSS. Detroit Recovery Project, 1145 W. Grand Blvd., Detroit 48208
- June 21 **Youth MOVE Detroit Advisory Council**, for ages 14-25. Help make suggestions and decisions that impact services provided youth in Detroit and Wayne County. Learn about training opportunities; Free. Today and every 3rd Tuesday; 5pm-630pm; Children's Center, 79 West Alexandrine, Detroit 48201
- June 23 **4th Annual Wayne County Fatherhood Initiative Forum**, speakers and resources focusing on the strong role model that fathers and 'father-figures' can be for their children and families; 10am-4pm. Greater Grace Temple Church, 23500 7 Mile Road, Detroit 48219; RSVP: kpalm-er@vceonline.org or call 734 785-7705x7560
- June 23 **Our Place Drop In Recovery Group**, an informal get-together to discuss personal challenges in a relaxed, non-confrontational atmosphere. 1pm-2pm every Thursday. Our Place Drop In Center, 12285 Dixie Street, Redford 48239; call 313 543-3393 for more information
- June 29 **E.V.O.L.V.E.**, an opportunity for people receiving mental health services in the tri-county area to engage, equip and empower members to have a hands on approach to their treatment *and* their lives. Open to anyone receiving services in the tri-county area; 11am-130pm; Virtual Center of Excellence, 13101 Allen Road, Southgate 48195; RSVP: www.form.jotform.com/61465234095153
- July 7 **RICC Meeting**, an informal meeting to discuss the rights and interests of people with developmental disabilities. Sacred Heart Major Seminary, 2701 Chicago Avenue, Detroit, 48206; 10am-12noon. RSVP: arobinso@comlivserv.com
- July 9 **NAMI Support Group**, every 2nd Saturday of each month at the John Dingell parking on the Canfield Street side. Call Zoe Williams for details: 313 784-9391 Veteran Hospital Building, 4646 John R, Detroit, room #B1314. 1pm-3pm

- July 11-15 **Metro Regional Peer Support Certification Training**, for employed Peers who meet state eligibility and have a passion to help fellow Peers. Sacred Heart Major Seminary, 2701 W. Chicago, Detroit 48206. For applications please call Steve Kuhlman 313 344-9099 x 3038 or email MDHHS-PeerSupport@michigan.gov
- July 15 **Constituents Voice**, mental health professionals and individuals receiving services to meet and exchange ideas on how to improve services and encourage Recovery in Wayne County and beyond; The Authority, 707 W. Milwaukee, Detroit; 10am-noon. Questions: Robert Spruce 313 344-3235
- July 15 **Persons Points of View Newsletter Meeting**, join the group that assembles the popular newsletter. New and fresh ideas needed! If you an interest in writing and seeing your work published, this group is for you. 12:00noon-1pm. At the Authority, 707 W. Grand Boulevard, Detroit, 48202. Questions, call Mike Shaw 313 344-9099x3039
- July 18 **NAMI Eastside Support Group**, an informal meeting to network and discuss mental health issues and supports, and innovative steps toward recovery. Group meets each month, the 1st & 3rd Mondays, 7pm. Henry Ford Cottage Hospital, 159 Kercheval, Grosse Pointe Farms; contact Barb 313 886-8004
- July 19 **4th Annual Community Health Fair**, health screenings and counseling, housing and employment opportunities; with music, prizes, food; Detroit Eastern Market, 2934 Russell, Detroit, Shed #3, 10am-3pm; free!
- July 26 **8th Annual Anti-Stigma Day**, learn how the state of Michigan combats the stigma of mental health services. Lunch included; 9am-4pm; Free; Lansing Community College-West, 5708 Cornerstone Drive, Lansing 48917. Register online: www.macmhb.org/education
- August 1 & 2 **DWMHA Interdisciplinary Mental Health Conference—Raising the Bar**
Seminars and workshops on caregiving, recovery, senior services, suicide prevention, and more. Detroit Marriott at the Renaissance Center. Discounted rate through July 15. Go to www.vceonline.org
- September 19-23 **Peer Support Certification Training**, for employed Peers who meet state eligibility and have a passion to help fellow Peers. St. Francis Retreat Center, 703 E. Main Street, DeWitt, Michigan 48820. For applications please call Steve Kuhlman 313 344-9099x3038 or email MDHHS-PeerSupport@michigan.gov
- September 24 **13th Annual NAMI 5K Walk Detroit**, a chance to get some exercise while supporting a great mental health cause. Belle Isle Park, Detroit. Details to follow.

Poetry Corner

Persons Points of View

DON'T COUNT ON IT

By Dona Tatum

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Add up all your friends,
The ones on whom you can depend,
don't count on it.

?

Count all of your affairs,
Multiplied by the ones who really care,
don't count on it.

?

?

Divide all the good you've done,
Now take a total sum
Of the ones who will thank you, and
Don't count on it.

?

Look at the government
And the careless money spent
On useless cause and things
And the peace it's supposed to bring.
Don't Count On It!

?

?

Care for the Earth

By Daniel Duane Spyker

Care for the earth as if it ends with you.
For truly it does.

You are made with its minerals,
Grown in its greenery,
Water washed under the sun,
And embedded in its global arc of living
beings.

Community is the first law of life.
The unconnected thing withers, and is
lost.

Hold out your hand, grab on, and live!

Editor

If you have any questions, comments, or wish to contact Michael Shaw, the editor, send an e-mail to mshaw1@dwmha.com or phone Michael Shaw at (313) 833-2310

Community Stakeholder Participation Requested

The Detroit Wayne Mental Health Authority supports stakeholder advocates involvement in the design, delivery and evaluation of the mental health system. Stakeholders (e.g., consumers/participants, providers, advocates, etc.) involvement through a variety of activities are held, sponsored or organized in collaboration with the Authority through a variety of committees and groups. Many of these activities are created, planned, implemented and monitored as the result of committee involvement. In an effort to en-

courage and ensure consumer and other stakeholder participation in all areas of the system, the Authority has centralized its process for recruiting new members to the Authority's various committees.

If you are interested in learning more about Authority committee vacancies and how you may be considered for participation, please contact the Customer Service Department by calling (888) 490-9698.

www.dwmha.com

Access Center

For

Enrollment Inquiries
Information and Referral

24-hour Crisis Line

313-224-7000 (Local Calls)

1-800-241-4949 (Toll Free)

TTY/TDD Line: 1-866-870-2599

(Hearing Impaired)

Customer Service

For

Consumer Affairs
Community Outreach
Grievances and Appeals

Family Subsidy

313-833-3232

1-888-490-9698

TDD Line: 800-630-1044

Office of Recipient Rights

1-888-339-5595

TDD Line: 1-888-339-5588

DWMHA