

*Michigan Recovery Council Vision:
To lead the transformation of the public mental health
system to one based on a recovery foundation*

Michigan Department of Community Health

Recovery Council Meeting

July 15, 2011

9:30 am – 2:30 pm

LCC West Campus Facility

5708 Cornerstone Drive, Lansing

(517) 483-9300

- I: Introductions/Announcements Elizabeth K. began introductions at 9:45 a.m. Members present were: Tish Anderson, Kathy Bennett, Joel Berman, Tom Burden, Gerald Butler, Rich Casteels, Mary Cosens, Norm DeLisle, Jr., Jean Dukarski, MaryBeth Evans, Cheryl Flowers, David Friday, John Fryer, II, Tim Grabowski, Sarah Inda, Colleen Jasper, Amelia Johnson, Elizabeth Knisely, Carmela Kudyba, Tina Lauer, Marlene Lawrence, Greg Paffhouse, Marcia Probst, Ernest Reynolds, Pamela Werner, Dana Parker-Mathis, Amy Juntunen, Lori Solberg, Marty Raaymakers. Two new members were introduced: Ed Painter from Lifeways and Amy Juntunen from Copper Country. Partners and guests present were: Stephen Batson, Kendra Binkley, Marci Cameron, Karen Cashen, Anna-Magdalena Christianson, Darryl Cornwell, Debbie Freed, Kari Gulvas, Stephanie Harris Frischknecht, Valerie Inda, Stephen Wiland, Charlotte Lamb, Deborah Monroe, Alyson Rush, John Reed, Michele Vasconcellos, Deborah Odocha, Michelle Bidigare, Felicia Simpson, Candace Spitzley, Kristen Taylor, Susan Kennedy, Karl Kovacs, Pamela Lang, and Shelley Olson.
- II: Approval of Minutes from May 20, 2011 Meeting. Kathy B. moved to accept the previous minutes as submitted. Seconded by Tish. The minutes were approved as written.
- III: Deputy Director's Comments: Lynda Zeller has been named the new deputy director of the Michigan Department of Community Health. All members and partners received a copy of her biography in their folders provided at the beginning of the meeting. Ms. Zeller has worked extensively in the community. She starts on the 25th of July, 2011.

Strategic planning by the Department was discussed. Some of the questions were: "What is Governor's direction toward the Department?" "How does Recovery Council fit the Governor's vision?" Elizabeth announced that a Dual Eligible Project regarding Medicaid and Medicare is in the planning process. The intent is to better coordinate all health issues and pulling it all together. They will look at data from both

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Medicare and Medicaid and come up with a system that supports individuals who have both funding streams. They are currently in the beginning stages of development. Forums will be held across the state to receive feedback. Dates will be sent to the Recovery Council following the meeting.

- IV: Anti Stigma Tool Kit/Living Longer Fast Facts. Colleen, Deb and Stephanie conducted a presentation introducing the Anti Stigma Tool Kit. Colleen discussed the tool kit. All members and partners received a copy of the tool kit as well as a removable flash drive with the tool kit saved on it. Colleen stated that the question they asked was "Why do we need stigma tool kit?" Colleen stated that stigma exists in the community at large as well as in the mental health system. She talked about being victimized by the system. She reported that discrimination is reported by 21 percent of all mental health services consumers. The tool kit was created to change Michigan. Colleen recognized the following people who worked on the tool kit process over last two years: Steve B., Rich C., Norm D., Irene K., Carmella, Marlene L. and Ernie. Although the tool "isn't perfect," it will hopefully address the internal stigma within the mental health system. Within the system is the logical place to start. Deb talked about the tool kit contents. The goal of the book is to heighten awareness of people working in the system and to teach people how to work with consumers. There are nine brochures for nine different roles within the system. Dave F. stated that there will no longer be any excuses about not knowing about stigma. It was emphasized that there is to be no finger pointing. "We are all in this together." There is a survey in the tool kit to help determine stigma. The Committee decided what information would be most helpful to people and the contents were determined on the information they gathered. Stephanie explained the tool kit in detail. She explained that the tool kit is meant to be used creatively. As well as the actual tool kit book and flash drive, the tool kit and brochures can be obtained on line. Stephanie stated that every director of every Community Mental Health organization received a copy of the tool kit and they were asked to name a point person in their organization. About half of point persons have responded. This information is available on the Mirecovery.org website. The committee believes that the tool kit components are the first resource of its kind. Hopefully other states will benefit. Distribution of the tool kits will be intense through December. At that point, the committee will evaluate what needs to be done in follow-up. Mike Head was a big supporter of the tool kit and offered his assistance. Irene is the person who came up with idea of the tool kit. Marlene L. wanted each person to ask themselves what they would do to work to eliminate stigma in the system. We stated that we have an obligation to educate. Members and partners from designated areas should get together and come up with a plan.

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- V. Cheryl Flowers provided an overview of a recent peer training that was conducted by two individuals from Australia who were both peers. She talked about the similarities of the Aboriginal people in Australia and the Native Americans of the United States. She specifically spoke on behalf of Jay, one of the Aboriginal peers, and how her experience related to his and that they are of the same kin, the Turtle Clan. Jay and the other presenter, John, presented the peers with a turtle painting which will be photographed and put on the Recovery Council website. Cheryl shared, in a touching moment at the end of presentation, that she handed over to Jay her jade turtle necklace that she used for protection and as a sign of her clan. Jay, like Cheryl, is a member of the Turtle Clan.
- VI: MRCE and Editorial Board Overview. Rich said that there are four major updates to website. One month ago tool kit posted. Links to many materials were mentioned by Rich. Rich wants to determine and compile a list to show people across the state that are using the tool kit. The information available includes club houses, drop-ins, and other resources. A new Facebook page has been established. Rich stated that they are looking to post profiles of peers and consumers who have a story to tell about themselves or what is going on their communities. They stated that articles submitted for publication on the site are 200-300 words. Rich will help and advise anyone who wants to publish an article. Rich stated that the Facebook site is safe and that he monitors it often. Marty asked Rich if the website technology is “push technology” versus “pull technology.” Marsha P. suggested that the Recovery Council should be a “push” technology model. Rich will research push versus pull technology. There is currently and editorial focus on vet to vet projects. Dawn will work on an article regarding vet to vet. This should also include Michigan National Guardsmen and those who have been dishonorably discharged from military service. Next, programs and people living with dual disorders will be highlighted. The Editorial Board reviews and edits all articles that come in. Rich looks at everything that is printed. He is currently looking for people to share technical information so that people are comfortable on the website. Jean stated that the Editorial Board should feed information to the website. Articles are needed. Items that have previously published in other places are welcome. The third theme for articles will be homelessness. Next will highlight individuals who have lived in group homes and transitioned to their own apartments and homes. Rich would like the articles to detail the process of finding a home. Rich said the Editorial Board is looking for diverse content. Rich talked about the contents of the website and he encouraged people to explore the website. Rich was thanked by the members and partners for his hard work.
- VII: Recovery Statewide Curriculum presentation by John Fryer. He informed members/partners that there was a one day training by Recovery Innovations. It was a “speed training” of what it is like to go through peer

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training. The speaker at the training was Chris Flanagan. Next week Macomb County will be piloting the first week of three specific trainings to train the trainers. Looking for stakeholders to be involved. If interested, people are encouraged to talk to John. John stated that getting PCPs into the training will be a goal. Also encouraged will be peers being hired full-time instead of part-time. John stated that recovery is achieving a vital and meaningful life. He also talked about the contents of the "Making Recovery Curriculum sheet included in the day's folder. John stated that the focus is on barriers and how to prevent them. Peer stories have been known to be very powerful. He said that the focus of the curriculum will be on what a person wants and what is important to him or her. Anna C. stated that she learned a lot from the training. She noted with the curriculum you work from a strength based perspective. The terminology was empowering. Two pilot programs will be initiated later this summer.

- VIII: Recovery Policy: Committee to Develop Measurements presented by Elizabeth K. She stated that the Recovery Policy made it into the FY12 contract. Public comment came back and some of the ideas were incorporated. The idea was very accepted by the representatives. They had questions like "how are you going to monitor the technical advisory?" What do we want the system to look like as far as recovery goes? MDCH and Recovery Council have ideas on this. Marlene will head up this effort. A committee should be formed of Recovery Council members. The big vision of the state is an integrated system and how would that work for people in recovery. Some questions are "How many people graduate from services?" "What are your measurable outcomes?" "How do you measure that people are succeeding and not just graduating?" There will be a technical advisory in Oct 1 to Jan 1 (during site reviews). The committee will be formed out of the Recovery Council and will give recommendations for work groups from PHIPs. The goal would be that MDCH will use the outcomes to measure different sites. Talk to people who are satisfied as well as not satisfied. Some people thought that client satisfaction would not be indicative of graduation or success. A work group committee will be formed. The committee will have questions ready for site visits. This should produce quality questions. There are specific questions that are asked. Questions need to be attributed back to the treatment services. Marlene will come up with the committee. Jean asked "What role does the Recovery have in coming up with measurements?" The Recovery Council needs to make recommendations to work with groups that will be convened. This recovery policy should come out of the Recovery Council and be a workgroup of committee. Elizabeth can't make any guarantees. Recovery Council members and partners are encouraged to share your name if you want to be on the work group. People should consider that it is a time commitment. Conference calls as well as some face to face meetings will take place.

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- IX Meeting with Director Olga Dazzo. Marlene called Olga Dazzo and met with her on July 8, 2011. For ½ hour they talked about Recovery Council, where we came from, our passions, our great work, the REE, integrated health, PATH, and the early death statistics of people with serious and persistent mental illness. Ms. Dazzo said in response, please ask the Council to do some strategic planning. Three goals will be implemented over the next three years. The Recovery Council will give three goals for MDCH to accomplish in the three years. Marlene asked people think about the work and planning.
- X Group Discussion: Council Membership, Roles, Responsibilities and Expectations. It has never been spelled out what the roles are and how to become a member. What are my obligations? What is the role of the partners? To discuss these issues, the Council will break into groups for discussion at the September meeting of the Recovery Council. People should give Shelley their names if they are interested in being on the committee. This could be a phone committee.
- XI: Development of Request for Applications Regarding Michigan Recovery Center of Excellence. Pam stated that a steering committee and editorial board needs to make recommendations on MRCE and what the Council believes is the best use of funding. Please let Shelley know if you are interested in being on the committee. It will be a phone committee. The results should tie into the vision and the other strategies the Council has completed in the past several years.
- XII: 2011 Meeting Dates (9:30 am to 2:30 pm at LCC West in Lansing)
- Friday, September 16
 - Friday, November 18
- XIII: Adjournment