

# COMMUNICATOR

## The Baraga RICC Attends WAM 2011

In recognition of May as Mental Health Awareness month, The Michigan Association of Community Mental Health Boards organized the seventh annual Walk-A-Mile in My Shoes Rally at the state capitol on Wednesday, May 11<sup>th</sup>. This year we were unable to recruit members of other UP RICCs or other advocacy organizations to travel with us to Lansing so we could not charter a bus as was done previously. Luckily, because of the support of Copper Country Mental Health, we were able to use a large van to make the trip.

As we have done for the past couple of years, the RICC members stayed at a hotel in East Lansing very close to the MSU campus. This was great fun as we shared the energy and fun that is contagious around the environment of a great university. The group dined at the Ukai Japanese Steakhouse Tuesday night which was a new experience for members that had never had a meal prepared at their table.



Flag carried by RICC members



Rep. Matt Huuki

The weather cooperated this year so we had a pleasant day for the rally. Prior to the official start of the rally, the group had the opportunity to meet with Matt Huuki, our state representative. While he is VERY busy in Lansing, Mr. Huuki generously gave us the opportunity to discuss our concerns regarding the frightening potential of cuts to Medicaid and funding for Community Mental Health programs.

We are very appreciative of Mr. Huuki taking the time to meet with constituents from Baraga County and we hope to call on him again when in Lansing.

The way that the rally is structured is that representatives by county take turns on the capitol steps making a brief statement, usually followed by the challenge to, “walk-a-mile in my shoes!” The president and vice president of the Baraga County RICC carried the banner this year.

Two RICC members proudly carried the Baraga County flag, made the call to end the budget cuts to vital services and issued the walk-a-mile challenge. It is difficult to describe the electricity, the camaraderie and the atmosphere of support that is evident at the rally. It is unmistakable to people in attendance and speaks to the power of organizing a group around a common cause.

Traveling to Lansing for this or any event from Baraga County requires a three day road trip. We believe however that it is worth the effort and expense to be heard and to add our UP voices to those of our colleagues in advocating for the needs of those in the disability community.

## Recipient Rights Audit

An auditor from the state Office of Recipient Rights visited CCMH July 12-14. The agency passed the audit with flying colors! Our Recipient Rights Advisor, received 276 out of 277 possible points. Congratulations!!



## Copper Country Mental Health Services—August, 2011

### Coffee Addiction?

This photo was taken by our Outpatient Program Director during the power outage in May. Outpatient staff showed great resourcefulness in finding a way to make coffee while the power was out.



### 2011 Recovery Lecture Set for September 21

The Rice Memorial Clinic Foundation Board and Copper Country Mental Health Services are pleased to announce the date and speaker for the 2011 Recovery Lecture. **Carol Bailey Floyd** will be the speaker on **September 21** at 1 pm at the Magnuson Hotel Franklin Square and 7 pm at the **Institute**.

Ms. Floyd is the Director of Programs for Mental Health Recovery and WRAP (Wellness Recovery Action Plan) and has facilitated WRAP since 2003. She enjoys training facilitators and has been involved with WRAP in various capacities around the U.S. and Canada. Embracing WRAP wholeheartedly as a way of living has enabled Carol to find balance and well-being in ways she never thought possible. Carol is the WRAP Consultant and Trainer for the Ohio Empowerment Coalition, and with the help of Thelma Rist, is setting up WRAP activities around the state. When the University of Illinois at Chicago conducted their WRAP Research Project, Carol was the Project Coordinator. As a DBSA (Depression Bipolar Support Alliance) facilitator, Carol has been involved for many years with their support groups and leadership activities. She is the founder of the Laughing Club of N.E. Ohio. Carol enjoys giving presentations on many subjects – gratitude, journaling, loneliness, fun and creative wellness tools and other WRAP related topics, as well as regular WRAP overviews and other WRAP presentations.



### Huron Creek Clean-Up Report

On Friday May 27<sup>th</sup>, the annual Huron Creek Clean-Up was held. This year twelve participants volunteered & recovered approximately 11 bags of garbage from the creek & surrounding areas. It was a beautiful day to be outside & we were then all rewarded with pizza from Studio Pizza. We hope to see a larger crew out there next year!



These baby robins were born in a bush in the side yard at Rice House in Liminga.

### DCH Audit Set for August

DCH auditors will be onsite at CCMH on August 15 to complete our annual audit. They will visit the Northern Lights Clubhouse, the drop-in center at Directions Unlimited and two of our group homes.

DCH auditors were here July 12-14 as part of this audit and certification process.

