

COMMUNICATOR



Copper Country Relay for Life



The Copper Country Relay for Life will take place for 24 hours starting June 24 at 1:00 p.m.

The theme this year is “Relay Through the Decades” so there will be lots of poodle skirts and hippies running around. Our team will be celebrating 100 years of the cure looking back from the year 2115.

Our site and costuming will be very futuristic, think of “The Jetsons”. I don’t think we will be too elaborate, but whatever we do, it will be fun and our message will be optimistic.

We will need walkers on the track for the full 24 hours. There will be sign up sheets put up in various locations and participants can sign up for any of the 20 minute intervals they wish. I would like as many of you as possible to consider the overnight hours. There are always plenty of walkers during daylight hours, and that is good too, but we really need overnight walker commitments.

The CSP group has had its first fund raiser, a bake sale, last Friday and made over \$400.00. Thanks to all who provided and purchased the bakery for this very worthy cause. This group will also have a “Pot Luck” luncheon on June 9, 11:30 – 1:30 here at the Rice Center. Tickets are \$8.00 and can be purchased from CSP. They put on a great spread last year and this year will be no different. This group has done wonderful fund raising for the Relay every year.

There are many creative fundraising projects you can do and I have information sheets for any who are interested. I encourage all of you to support your team this year. Every little bit helps, from Casual Fridays to the selling of feet, suns and moons. Luminary bags are available for \$10 from team members to honor those who have died from cancer and those who are survivors. Please get involved.

If you have handmade items to donate to our silent auction at the event please let me know prior to the Relay. Once again, a good CCMH friend will join us selling Lia Sophia jewelry, with proceeds going to the Relay. We have several co-sponsors this year, United Steelworkers Union, Terri@Xpressions, The Smith Family, a group called KDSS and Garnet Garage. In the past 3 years, our team has raised over \$15,000.00 for the American Cancer Society. Our work isn’t done until there is a cure.

If you have questions, need supplies, etc., please call or email me. I hope to see as many of you as possible at the Houghton High School track this year, and as they say “RELAY ON”!!!

Sympathy



Our sympathy to the staff and residents at Atlantic House on the death of one of the original residents of Atlantic. At 89 she was the oldest resident in the CCMH group homes and will be greatly missed.

Recipe Exchange

Quincy House staff are asking if any other staff members would be willing to participate in a recipe exchange. They say they are tired of cooking the same old things and would like to try out some new recipes for the residents. Are any staff in other homes willing to share your favorite tried and tested recipes? We’ll publish a few in the Communicator and if we get enough recipes, we’ll put together a small booklet. All recipes are welcome.



Thank You

The Copper Country United Way is grateful to the employees of Copper Country Mental Health for your pledges and casual Fridays totaling \$4814.50 given to the 2010-11 Copper Country United Way Campaign. Many people in our community will be helped by your tremendous caring and generosity. Thank you very much for your support.

The Board of Directors— Copper Country United Way

Compliance CONNECTION

Thank you to all the staff who responded to the Compliance Quiz in the May Newsletter! Three entries were randomly drawn from the many correct responses received.

CONGRATULATIONS TO THE WINNERS!

Pick up your prize from the Corporate Compliance Officer.



Reminder

Don't forget to sign up for your annual Ethics training in June.

COMPLIANCE QUIZ ANSWERS

1. What is the name of the CCMHS document that provides guidance on doing the right thing?
d. Code of Ethics
2. What is an example of an issue to report to your supervisor or CCO?
e. The billing for a service that is misrepresented or not accurately documented in a consumer's record in Elmer.
3. What is the purpose of the metal gray boxes labeled "Corporate Compliance Concerns" located in each of CCMHS's office locations?
c. To provide employees a mechanism to report a concern in writing anonymously (or not) to the Compliance Officer.
4. What is an obligation of every CCMHS employee?
a. To report concerns of possible wrongdoing or suspected violations of policies or regulations.
5. Who is responsible for maintaining compliance within CCMHS?
b. Everyone
6. What is one of the purposes of CCMHS's Compliance Program?
f. To comply with all federal, state, and local laws and regulations that are applicable to agency operations.

Focus on: Support Groups

Here are more of the many support groups offered or supported by the agency:

Weight Wise—Led by the **Outpatient nurse** this group meets every Friday at 11am in the O/P Library at the Rice Center in Houghton. It is open to all and offers education on nutrition, weight loss and meal planning. There is no weigh in!

Smart Recovery—Support group meets Mondays at the Calumet office. This group is facilitated by a **Supports Coordinator**.

NAMI Connections—Meets at the Institute Fridays from 1-2:30pm. This is a recovery support group for adults with a mental illness.

NAMI—This support group is for families of persons with a mental illness meets the 2nd Wednesday of every month at 6pm at the Institute.

AA—Meets on Thursdays in Houghton and is facilitated by consumers for consumers. "The only requirement for AA membership is a desire to stop drinking."

Dialectic Behavior Therapy (DBT) Skills group—Weekly group for consumers that teaches skills to modulate emotions, improve interpersonal effectiveness, cope with distress, and increase mindfulness. Members typically attend group for a minimum of one year. Current facilitators are **two clinicians from the Outpatient staff**.

DBT Graduates group—This group is for consumers who have completed the DBT skills group and wish to continue the group experience to support their use of DBT skills. **The Outpatient Director** facilitates this weekly group.

Mindfulness Meditation Practice group—Weekly group to increase skills in mindfulness and meditation, practices which have been shown to relieve such conditions as anxiety, depression, pain, stress and insomnia. **Two Outpatient clinicians** are the facilitators.

Co-occurring group—run by a **case manager** meets Tuesdays in the Rice Center Board Room. The group is designed to address problems of people with a significant substance abuse disorder and a major mental illness. The focus is on developing support networks and coping skills.

