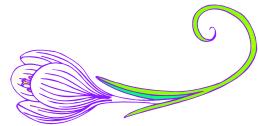


The Lakeshore Link



It's Time We Remove the R-word and Continue in the Right Direction for Mental Health

Michigan's legislators are making positive changes to ensure that state laws regarding individuals with developmental and intellectual disabilities include respectful, Person-First language. Currently, Michigan is one of the few states left in the country with laws that still include words like "mental retardation" or "mentally retarded." Fortunately, 15 bills – eight in the House and seven in the Senate – recently passed, putting us one step closer to removing a word that hurts so many individuals.

The proposals, which we view as a step in the right direction for individuals with mental illness or developmental disabilities, were introduced to coincide with R-word Awareness Day, which was observed in March. In addition, a national campaign entitled "spread the word to end the word" has been put in place to encourage people around the nation to stop using the exclusive, offensive and derogatory terms. Special Olympics also is leading a statewide effort to erase the hurtful word that has no place in our vocabulary or Michigan law – the R-word.

The call to remove offensive language from state laws came from a report released in February by the Michigan Mental Health and Wellness Commission, chaired by Lt. Gov. Brian Calley. In addition, changes have been proposed by state and local advocacy organizations aimed at reducing the stigma surrounding mental illness and developmental disabilities.

It is unfortunate that the hurtful words in our own laws have not progressed the way the delivery of mental health services has progressed over the past 50 years. We must be aware of the progress we have achieved in mental and behavioral health services, while acknowledging the areas in which we can improve upon. Mental illness knows no boundaries and does not discriminate. Instead, it can affect individuals of any age, religion or income. The R-word is discriminatory toward the 58 million American adults in our nation who experience a mental health disorder each year.

Removal of the R-word is a huge step for our state, but the ultimate goal is to eliminate the use of the word at large and to see people for the value they provide rather than their condition or diagnosis. As a state and as individuals, we must also strive to advocate for sound policy and to reduce the stigma associated with mental illness. We only hope that one day the R-word will not be a part of our language, as it is truly an unjust label that has wrongly defined people for far too long.

It's time our state shows we value all of our residents. Take a few minutes and commit to stop saying the R-word as a starting point toward creating more inclusive communities for all people.

Visit www.r-word.org and take the pledge today.

By: Mike Vizena, Michigan Association of Community Mental Health Boards

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John's Story

John is one of the most enthusiastic advocates for the rights of persons with disabilities I have ever met.

[He doesn't just talk the talk he walks the walk!](#)



John is very involved with Special Olympics; he has earned several medals for the 25 yard, 100 yard and 200 yard dash... all in Snow Shoeing! He also loves to run; and has run in the Grand Rapids Riverbank run.

John has been with the Best Buddies Program since 2008. Best Buddies was founded in 1989 by Anthony K. Shriver. Best Buddies is a dedicated volunteer movement that creates opportunities for one on one friendships, integrated employment, and leadership development for people with intellectual and developmental disabilities.

John also has a full time job working as a custodial worker at Grandville Printing. John is very proud of his job at Grandville Printing.

John is also involved with his church and the missionary program there. He raises awareness and money for the missionary program, which sponsor two sisters in Uganda, by riding his bike. He also enjoys public speaking. John likes to give speeches about his passion for self advocacy. John speaks at Grand Valley State University to students about his journey, his success, and his passion for advocating for persons with disabilities.

John is very passionate about people not using the R-word, "retard", "Having a disability does not mean Stupid!, Do not use the R-word."

By: Penny H. CPSS

The Assertive Community Treatment Team

ACT

The Assertive Community Treatment (ACT) Team has been identified as an effective model for providing community based services for persons whose needs and goals have not been met through traditional office-based treatment and rehabilitation services. It is a Multi-Disciplinary Team that consists of a psychiatrist, a psychiatric nurse, a peer/recovery coach, and several social workers. The team is also highly trained in treating individuals with a co-occurring disorder along with their mental illness using motivational interviewing, stages of training, and psycho-educational groups to help move the individuals toward further recovery.

The ACT Team is an evidence based practice focusing on helping individuals to maintain their independence, reduce homelessness and incarceration, as well as improve their quality of life. The team provides a variety of intensive services which include obtaining and maintaining ones basic needs, connecting to community resources, individual and group therapy to help address substance abuse/trauma specific issues, medication management, and assistance in obtaining a primary physician as well as connecting to transportation resources. The ACT Team is available 24 hours a day, 7 days a week to provide crisis services as well as support to help maintain their stability. The ACT Team has the ability to serve up to 50 individuals as often as daily if need be. The team works hard to promote each individual with hope in their recovery and works hard to teach each individual to be as independent as they can.

By: Michelle Beals LMSW, CAADC

10th Anniversary Rally — Walk a Mile in My Shoes



Why We Rally... To enhance public awareness because legislators need to know Mental Health Matters. To put an end to the stigma related to mental illness and developmental disabilities.

Because Michigan does not have parity (equality) between mental health and physical health care coverage. To promote mental health and wellness. **Because We Can Make A Difference!**

Wednesday
State

May 14, 2014, marks the 10th anniversary of the Walk –a-Mile in My Shoes Rally.
Capitol Building, Lansing

Join us for a walk around the Capitol, map signing, photo booths and more to help celebrate our 10th Anniversary

Registration will begin in late April

Flyers will be posted at Community Mental Health!

Keep looking for details!



CALL 211 Get Connected. Get Answers.



Dialing “211” provides individuals and families in need with a shortcut through what may be a bewildering maze of health and human service agencies’ phone numbers. By simply dialing 211, those in need of assistance are referred, and sometimes connected, to appropriate agencies and community organizations.

Types of Referrals Offered by 211

Basic Human Needs Resources – including food and clothing banks, shelters, rent assistance, and utility assistance.

Physical and Mental Health Resources – including health insurance programs, Medicaid and Medicare, maternal health resources, health insurance programs for children, medical information lines, crisis intervention services, support groups, counseling, and drug and alcohol intervention and rehabilitation.

Work Support – including financial assistance, job training, transportation assistance and education programs.

Support for Older Americans and Persons with Disabilities – including adult day care, community meals, respite care, home health care, transportation and homemaker services.

Children, Youth and Family Support – including child care, after school programs, educational programs for low-income families, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.

Emergency Suicide Prevention – referral to suicide prevention help organizations. Callers can also dial the following National Suicide Prevention Hotline numbers operated by the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services: 1-800-273-8255

Community Mental Health of Ottawa County

12265 James Street
Holland, MI 49424

Phone: 616-454-5545
Fax: 616-393-5687
E-mail: CMHCustomerServices@miottawa.org



carf
Commission on Accreditation
of Rehabilitation Facilities



Consumer Advisory Committee

Next meetings will be:

April 16 at 12pm at Holland CMH, 12265
James St.



May 21 at 12pm at Grand Haven CMH, 1111 Fulton St.
A light lunch will be provided. [Please RSVP: 494-5545](#)

Traveling Art Show Coming to Holland in May!

Creative Minds, Changing Minds features works of art created by individuals receiving Community Mental Health services throughout the State of Michigan. This exhibit is sponsored, in part, by the Public Relations Committee of the Michigan Association of Community Mental Health Boards (MACMHB).

More information to come.



April showers,
bring
May flowers...

Our Mission:

Community Mental Health of Ottawa County partners with people with mental illness and developmental disabilities and the broader community to improve lives and be a premier mental health agency in Michigan

The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The MDCH provides financial support to this agency. Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.

SAVE THE DATE!

May 14, 2014 in
Lansing Michigan



Keep
watching for
more details!



Tulip Time May 3—10 in Holland

Parades, food, entertainment and so much more! Go to: <http://www.tuliptime.com/> For all the information and calendar of events.



PEER FORWARD

WHO: Peer Forward Community Support Group is open to any adult in the Tri-Cities who has issues with moods or a diagnosis of a mental illness. You will find a warm welcome here!

Call Kelly at 846-8159 if you have questions about Peer Forward.

WHERE: Adventist Community Center, 432 S. Beechtree, Grand Haven

WHEN: Tuesdays from 2-3:30 PM

Tuesday, April 8: The 3 Little Pigs: A Recovery Story.

Tuesday, April 15: The 4 legs of a chair: A balanced life.

Tuesday, April 22: Recovery Eggs: Crack one open if you dare!

Tuesday, April 29: Serve 'N Sample: Healthy snacks, recipes.