

Manistee Consumer Council Meeting
Minutes

October 2,2017

7 members present
1 Drop-in staff
4 Centra Wellness Staff

The meeting was called to order at 1:00pm at the Friendship Center (Drop-in). Minutes from the June meeting were read and one correction was made-the location of the Peer/Consumer Conference was corrected to read Lansing

Introductions followed-Cheryl Kobernik, CWN Clinical Director, Kacey Kidder, CWN Drop-in Liaison, Kristin Parrott, CWN Administrative Secretary were welcomed.

> Old Business-Tammy reported on the Anti-Stigma event she attended in July. A suggestion was made at the NMRE REP meeting to design a presentation for next year's event centered around presentations at the DRE. Jan shared that the Suicide Prevention and Awareness Walk took place on August 29 in order to have youth from the Youth Armory Project join the walk. Backpacks and bracelets displaying the suicide prevention hot line and text # were given to participants and members at the Youth Amory with the hopes of them carrying the message back to school in September. Articles from the Manistee newspaper about the walk were shared with the group. Cassandra commented that she did not make it a group outing for the Friendship center due to the last years message being so depressing. Jan noted that she brought that back to the Suicide Prevention Coalition after last year's walk and that this year's message provided hope and stories of recovery as well as support for survivors and prevention training.

September Recovery Month- The Friendship Center made Recovery Box Toolkits- they placed items inside to strength their recovery. Tammy suggested perhaps having a group at the Friendship Center to write recovery stories. Discussion on how some have made story boards in the past.

>Update from NMRE -July and August NMRE REP meeting minutes were shared. Discussion and handouts about-Health Homes and the House C.A.R.E.S Task Force. Discussion on topics being presented at the Day of Recovery Education- Kevin's law- Cheryl Kobernik explained the difference between an AOT (assisted outpatient treatment) which is addressed in Kevin's Law and an ATO (alternate treatment order). Cheryl continued by giving a little background on Kevin's law and that it is going through some changes right now. Members were encouraged to attend the Day of Recovery to learn more.
Day of Recovery agenda was reviewed and registration forms distributed.

Request was made to submit articles to the NMRE consumer newsletter about local events or share a talent by submitting a drawing or poem you have written.

>Upcoming Events- Day of Recovery Education-Treetops Resort -October 27, 2017
MACMHB Fall Conference at Grand Traverse Resort-Scholarships available -check with Cassandra

Check out the new MyStength program- always adding new activities and wellness tools

Update from Cheryl Kobernik-

Cheryl asked what MyStength needs to change to get people to check in daily? (like you do with Facebook) Discussion followed-many people were unaware it changes thought once modules were completed you were finished.

Cheryl asked the group if they were registered and using the CWN Portal- it was determined that most were not aware of the Portal. Cheryl briefly explained the purpose of the portal.

>Important issues or concerns-

Concerns from Manistee CC meeting on October 2, 2017-Clinical Director, Cheryl Kobernik attended meeting and addressed the following concerns:

1. Does the Crisis line need to hear my entire mental health history, I don't always want to revisit those events?
Cheryl said "No they don't need all that. They should have all that in your file and should be addressing the current situation. It is not an Intake."
Cheryl noted that anyone can call the Crisis line you do not need to be a CWN client.
2. Can CWN start a music therapy group? Cheryl told the group that CWN is exploring options for different groups and she will follow up. There was recent talk of starting a mindfulness group.

>Next meeting will be held on December 11, 2017 at the CWN Admin. Building in the large conference room. Meeting dates and times will be posted at CWN sites and at both Drop-in centers.

Meeting adjourned

Submitted by Jan Chandler, CWN Customer Service Rep.

