

Benzie Consumer Council Meeting  
Minutes

October 3, 2017

10 members present  
3 Drop-in staff  
2 Centra Wellness Staff

The meeting was called to order at 12:15 pm at the Benzie Recovery 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

**> Old Business-** Jan reported on the Anti-Stigma event she with one of the NMRE REPS 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. Jan noted that this year's message provided hope and stories of recovery as well as support for survivors and prevention training.

**>Update from NMRE-**July and August NMRE REP meeting minutes were shared. Discussion and handouts about concerning- Health Homes and the House C.A.R.E.S Task Force. Renee' wondered about openings on the NMRE REP board. Interest was expressed by other consumers wanting to apply when term limits expire on current members. She also shared a concern about homelessness and the need for affordable housing. Renee' noted that Benzie county is actively work with area churches to bring Safe Harbor to the Benzie area.

Day of Recovery agenda was reviewed and registration forms distributed. Renee' will be gathering the names of people interested in attending. Deadline to register is Friday October 20, 2017.

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. Rene' volunteered to submit an article for the next newsletter about their Mackinaw Island trip and other fun activities.

**>Upcoming Events-** Day of Recovery Education-Treetops Resort -October 27, 2017  
MACMHB Fall Conference at Grand Traverse Resort-Scholarships available-check with Renee'. Renee' commented she reviewed the conference workshops and many of them are geared more for clinicians/professionals.  
Check out the new Mystength program- always adding new activities and wellness tools- (comment was made that there was little interest and lack of computer access.

Renee' commented members who attend the Drop-in are older and not as computer savvy. Some members may be open to the idea but would need to have an overview presentation. Jan will follow up with those interested.)

**>Important issues or concerns-**

Renee and Arysa wanted to send KUDOs out to Sherry Lundquist CPPS from CWN for the nice job she did this summer bringing a Nutritional Education group to the Recovery Center. It was well attended and Sherry was very accommodating to the group. The group learned various ways to make healthy meals and snacks. **Members would like CWN to provide more groups or even a onetime class at the Recovery Center. Renee' suggested Anxiety and Depression group for the winter months.**

1. Concerns were brought up about CWN appointments conflicting with some regularly scheduled activities at the Drop-in. Therapist is only there on Thursdays and he doesn't want to change therapist...can this therapist have additional days or change days? - Jan suggested he speak to his CSM and will also follow up.
2. Who is Benzie's peer? Jan explained that peers work out of both the Manistee and Benzie offices but provide services in both counties. Sherry's office is in the Benzie building but she provides services in both counties. Carolyn and Bre 's offices are both located at the Manistee Wellness Center but they also provide services in both counties. So not one peer is specifically assigned to a certain county.
3. Would Drop-in members be allowed to have an Art Show/jewelry display at BCRC?- Kasey said this concern was addressed after an earlier meeting. She referenced the following e-mail sent on 8/9/2017 to Arysa and Benziedropin @yahoo Good morning, ladies. I spoke with our new Director of Systems Development, Karen Goodman, regarding your request. Unfortunately, we are not able to accommodate the jewelry sales. We are limited on space, but she noted we would be able to display (with a price tag), a couple pieces of art that could be rotated out every 3 months. Art would need to be appropriate for all and a picture of the artwork would need to be sent to Karen for prior approval. Another option would be a flier, with artwork and prices noted that we could put in the lobby. Karen noted if you had any questions, you can contact her directly. Her number is [\(231\) 309-1705](tel:2313091705), and her email address is [kgoodman@centrawellness.org](mailto:kgoodman@centrawellness.org)
4. Request for the warm line number- Jan will contact Renee' with the number- Warm line the phone number and hours for the Warm line- Hours for Warm Line are Thursday –Saturday 4-8 pm @1-877-404-3190 or text support 85511

>Next meeting will be held in December date and time to be determined. 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.

