

Family Support

FOR FAMILIES OF ADULTS WITH A MENTAL ILLNESS



July 2015
Volume 17

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Families Against Narcotics

Families Against Narcotics, known as FAN, is a community based program for individuals in or seeking recovery from addiction, family members affected by addiction and community supporters. FAN is based out of Macomb County, MI and began in response to the deaths of teenagers due to opiate use in a small community there.

The southwest Michigan chapter hosts community forums in Kalamazoo on the first Thursday of the month at The Urban Zone, in Marshall on the second Tuesday of the month at Crossroads Church, and soon in St. Joseph on the third Thursday of the month at the Tryon School Community Center. These meetings often feature guest speakers and seek to provide education and support while dispelling the stigma of addiction.

For more information and to request to be placed on their mailing list, you can call 269-580-8290, email swmi@familiesagainstnarcotics.org, or visit the FAN website at www.familiesagainstnarcotics.org.

MI Health Link

If you have a loved one who is 21 years old or older and has full Medicare and full Medicaid, chances are they have been enrolled in MI Health Link unless they chose to opt out. MI Health Link is a new healthcare option that is being piloted in the Southwest Michigan Behavioral Health (SWMBH) eight county region, which includes Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, and Van Buren.

With MI Health Link, a person will have one insurance card and one health plan to access behavioral and physical health care, dental and vision care, home and community services, medications, equipment needed for activities of daily living, and nursing home services. There will be no deductible or co-pay for in-network services. The person enrolled in MI Health Link will be assigned a Care Coordinator who will help link them to the treatment they need through providers with their selected health plan. The Care Coordinator may also help make appointments and coordinate transportation.

A person can elect to change plans, join, or opt out of MI Health Link at any time by calling Michigan ENROLLS at 1-800-975-7630. For more information, individuals can call SWMBH Member Services at 1-800-676-5814. The Michigan Medicare/Medicaid Assistance Program, at 1-800-803-7174, offers information and assistance with making benefit decisions. There is general information available online at the Michigan Department of Health and Human Services website: www.michigan.gov/mdch/0,4612,7-132-2945_64077---,00.html

www.kazoocmh.org

**“The Road to Resilience”
can be found at:**

www.apa.org/helpcenter/road-resilience.aspx

COME JOIN US

2nd Tuesday
of every month
Family Support Group
6:30pm
418 W. Kalamazoo
No Registration
Required

NAMI Picnic

The Kalamazoo chapter of National Alliance on Mental Illness (NAMI) is having their annual picnic on Wednesday, August 12, 2015 at the pavilion in Milham Park off Kilgore Road at 5:30pm. Everyone is welcome at this event. Bring a dish to pass if you're able and even if not, still come! We hope to see you there!

Mental Health First Aid

Mental Health First Aid (MHFA) is an internationally used training course designed to give members of the public key skills needed to respond to signs of a mental illness. Like traditional first aid, MHFA prepares you to offer help to someone in a mental health crisis until the person can be treated by an appropriate professional or the crisis is resolved. MHFA is an evidence-based program and it is the hope of the National Council for Behavioral Health that it will become as commonly trained and used as CPR and First Aid. The target audiences of MHFA are friends and family members of the person with mental illness, faith communities, social clubs, community leaders, police and first responders, and the general public.

MHFA is an 8-hour course that introduces attendees to risk factors and warning signs for a range of mental health issues while discussing their prevalence and the need for reduced stigma. Attendees will learn about resources available to help the person having the problem and will develop skills to assess the situation and help the person connect to the supports they need.

Kalamazoo Community Mental Health and Substance Abuse Services (KCMHSAS) received a grant from the Michigan Department of Community Health that allows us to offer these trainings **free of charge** through the end of this fiscal year on 9/30/15. Trainings take place from 8am-5pm and are held at 418 W.

Kalamazoo Ave in Conference Room A. Dates for upcoming trainings are listed below. You can email slabon@kazoocmh.org to request a registration form and/or can get more information or you can access the registration form on our website, www.kazoocmh.org/MentalHealthFirstAid

KCMHSAS offers two types of MHFA training courses. The “Adult” course is for attendees who want to learn to help an adult (18+) experiencing a mental health related crisis. The “Youth” course is designed for adults who regularly interact with young people, such as parents, teachers, school staff, neighbors, caregivers, etc. The Youth course educates on how to assist an adolescent (12-18) who is experiencing a mental health challenge.

- July 20 – Youth
- August 20 – Youth
- August 25 – Adult
- September 17 – Adult
- September 23 – Youth

Additional information about MHFA can be found at www.mentalhealthfirstaid.org

Family Support Programs

~ Families In Action (FIA) ~ Fall 2015 Session

For those who care about or for an adult with a mental illness, our next FIA series begins Wednesday, August 26th and runs through November 11th from 6:30 pm to 8:30pm at 418 W. Kalamazoo Ave. Kalamazoo, MI 49007

This free program is a comprehensive series of workshops that provide tools for self wellness. Often times loved ones of individuals with a mental illness struggle with stress, communication difficulties, and setting boundaries, thus compromising their own health. This program is designed to offer skill building to successfully support our

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KPH Summerfest

Kalamazoo Psychiatric Hospital (KPH) will be hosting their annual Summerfest event on Thursday, July 30 from 11am-3pm on the lawn in front of their administration building located at 1312 Oakland Drive.

This event is a lot of fun and is **free** to attend. It is an opportunity for individuals with mental illness, families, friends, provider staff, and the community at large to enjoy positive social experiences in a festival atmosphere that includes many outdoor activities. There will be food and ice cream booths, a plant and rummage sale, live music, and raffles. Proceeds from the event are deposited into the Gifts, Bequests, and Donations account that is used exclusively for the needs of patients at KPH. There will be information available from various resources in the community, so it's not only fun, but informative as well.

Lending Library

Family Support has a collection of books, journals, and videos to help you understand emotions, mental illness, and the process of recovery. Please remember that while you may borrow these items at your leisure, we ask that you return them promptly when you are done so others may borrow them.

Contacting Police

There are times when a situation with our mentally ill loved one escalates into a crisis and we need to contact the police. If you find yourself needing to contact 911, be sure to share all the information with the 911 operator, including information about the mental illness. In Kalamazoo and Portage, we have officers who are trained in the Crisis Intervention Team (CIT) approach which teaches them how to work with individuals struggling with a mental health crisis. You can request a CIT officer and even if one is not available, the officer(s) responding will know the situation requires understanding.

mentally ill loved ones and ourselves through education, sharing experiences with others, and gaining knowledge about resources.

Call Heather at (269) 364-6961 to get more information or to register for FIA.

Family Support Group

Our Family Support Group is offered on the second Tuesday of every month. It begins at 6:30pm and takes place in the basement at the KCMHSAS building at 418 W. Kalamazoo Ave. This group is a free and confidential service open to all adult family members/friends of adults with mental illness. It allows participants to connect and find support with others in similar circumstances. No registration is required. Please arrive promptly by 6:30pm as doors to the building will be locked shortly after.

NAMI Homefront

NAMI Homefront is a free, 6 session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. Homefront uses a peer education model so that the trained facilitators are family members of veterans who can empathize with other military families. It is designed to address the unique needs of this population and will help participants learn to manage crisis, access services, understand treatment, and stay informed with the latest research.

This program will be offered at the Battle Creek Veteran's Affairs Campus, 5500 Armstrong Road, Building 7, Room 204A, beginning Thursday October 1 from 6:00-8:30pm. Registration is open. For more info or to register, email ghaff99432@aol.com, autons1@comcast.net, or david.baker8@va.gov and include "Homefront" in the subject line.

Contact Information:

KCMHSAS
Family Support Services
2030 Portage Street
Kalamazoo, MI 49001

Phone:

Heather Hoffman
 (269)364-6961

E-Mail:

hhoffman@kazoocmh.org

To allow us to stay better in touch, please call (269) 364-6961 and provide your email address if I've not already obtained it. Alternatively, you can send me an email at

hhoffman@kazoocmh.org with "Family Support" in the subject line.

Thank you! ☺

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When the police arrive, let them know this is mental health crisis. Stay calm, share any pertinent information, and then step back so that they can do their job. Know that this experience can be potentially upsetting to the person having the crisis and to you.

Police can sometimes talk to the person having the crisis into going to the hospital voluntarily. If the person is presenting as a danger, the police may take them involuntarily for a mental health evaluation.

Police can also be contacted to do a welfare check if you're worried about your loved one's safety and are unable to reach them. Responders will then intervene as necessary.

Info derived from www.nami.org/Find-Support/Family-Members-and-Caregivers/Calling-911-and-Talking-with-Police

Advance Directives

Advance Directives help people plan for medical care and mental health treatment in the event that they lose decision making capabilities due to illness or injury.

If you or your loved one have ever wondered about Advance Directives, you may want to attend a presentation about them. One will be held at InterAct, 610 S. Burdick, on 8/27/15 from 3-5pm. There will be a short informational session, questions will be answered, and assistance in completing an advance directive will be provided.

You can also find information on the internet. The National Resource Center on Psychiatric Advance Directives offers state by state information to individuals struggling with mental illness and their family members and friends at www.nrc-pad.org. The state of Michigan offers a useful guide that answers questions and includes forms that can be completed for Durable Power of Attorney for Health Care, organ donation, living will, patient advocate, and power regarding mental health treatment at www.michigan.gov/documents/miseniors/Advance_Directives_230752_7.pdf

If you're questioning whether an Advance Directive will meet your needs or whether a different kind of legal document would be more appropriate, the Kalamazoo County Probate Court, located at 150 East Crosstown Parkway, offers free clinics on the first and third Tuesdays of the month from 9am-12pm during which attorneys are available to answer questions related to probate matters, such as those about power of attorney and guardianship. No appointment is necessary. You can contact the Court at (269) 383-8666 with questions.

Change

Change is challenging. Mari McKinlay left big shoes to fill and I am doing my best to learn this new position, get to know the participants, and strengthen the program so that meets the needs of our community. One step I've taken is reaching out to you for email addresses so that we can stay better connected. I will use email to alert you about upcoming classes and events and to share resources. Please keep in mind email is not a secure way to communicate about your loved one; those conversations should still take place over the phone or in person.

If I've not talked to you already to get it, please call me at (269) 364-6961 with your email address. Or, you can send me an email at nhoffman@kazoocmh.org with "Family Support" in the subject line. If I do not have it, I may not be able to make you aware of upcoming speakers and topics that could be of interest to you.

I appreciate your patience and willingness to learn and grow with me as I adjust to my new role here in Family Support Services at KCMHSAS. I am open to feedback and welcome your ideas about what is needed and what can be done to improve the program. I'd also love to hear about any topics for speakers/education in which you have interest. Please do not hesitate to contact me.

