



Disability Connection/West Michigan Is Proud to Present



The Annual Conference: **Get Into the GAME OF LIFE** “Employment & Hobbies”

Friday, May 4th - 8:30am-3:00pm
Muskegon Community College
Collegiate Hall
221 South Quarterline Road,
Muskegon, MI 49442

Keynote Speaker
RoAnne Chaney
Ability Advocate



Her life is an example; she is a worthy competitor!

She's knowledgeable, busy, and independent. She loves Tiger Baseball, reading historical novels, and cheesy pasta. AND RoAnne Chaney enjoys playing (and winning) games. In the “GAME OF LIFE,” she's had a lot of wins. Count them!

- RoAnne graduated from Eastern Michigan University twice: First with a Bachelor's degree and then with her Master's.
- The Governor appointed RoAnne to chair the Advisory Commission on Long-Term Care, Supports and Services from 2008-2011
- RoAnne is the Assistant Director for the Michigan Disability Rights Coalition
- RoAnne is married.

That's SIX significant wins in the “GAME OF LIFE.” RoAnne has strategies for winning the game...and she's not afraid to share them.

Scheduled Breakout Sessions:

- Scrapbooking ~Employment Panel ~ Creating Art
- ~ Dress for Success ~Jewelry Making ~Yoga & Exercise
- ~Assistive Technology (AT) ~Computer Navigation
- ~Fishing and much more!

More information? Call (231) 722-0088

COST: \$20.⁰⁰ ~Scholarships are available

Muskegon CMH Welcomes Executive Director, Julia Rupp

Julia Rupp, who joined the agency in April, said one thing that appealed to her is, “the programs are really driven by consumer needs and wants and preferences, I'm excited about coming to Muskegon.”



She said her first job in Muskegon will be to listen to the CMH staff and people using its services to find out what they think is going well and where they see a need for changes. She also wants to continue partnering with other organizations and preparing for the changes that will come with the federal Affordable Care Act.

Mrs. Rupp, grew up in the Chicago area, got her master's degree in rehabilitation counseling from DePaul University in Chicago and her bachelor's degree from the University of Iowa.

She got her start as a special education teacher working with teenagers with behavioral and emotional health issues. Mrs. Rupp worked with Thresholds, a Chicago social services agency helping people with serious mental illnesses, before taking a job in rural Indiana as the Chief Operations Officer for a Community Mental Health organization serving five counties.

In Muskegon, the staff encourage people with mental illnesses and developmental disabilities to make decisions about their treatment and set goals for themselves. Leading by example, the new director said, “One of my goals is to make sure we're seen as a partner in the community”

Wellness

Wellness and Empowerment

in Life and Living

"WELL" Classes here

at the Mental Health Center!

WELL classes cover a broad spectrum of life issues. The overall goal is "to develop everyday living skills to achieve and/or to continue an independent and meaningful life." "Wellness and Empowerment in Life and Living" takes a Holistic Approach to living our lives by addressing the entirety of the person, not just their mental health. I have often expressed that I am not my diagnosis; I am me, an individual who is oh so much more. Looking at my entire self and the environment around me helps to expand who and what I am capable of achieving. I have found through the facilitation of the WELL classes and that of WRAP and the implementation of both in my life, I continue to strengthen and broaden my own overall wellness, physically, mentally and spiritually.

Well classes help to stimulate thinking beyond which we are today, classes promote exploring possibilities and learning from our life experiences.

As a WRAP, Wellness Recovery Action Planning, facilitator for 6 years, I find the "**Well**" classes a great addition to an individual's wellness toolbox; things that can be used to help us to get well and stay well. There are 15 sections that are covered during Well classes. A few of the topics discussed include Hope, Self Esteem, Spirituality, Recovery from Trauma, Resolving Conflict, Employment and Education, Budgeting and Goal Setting, and Holistic Physical Wellness. Discussing and exploring these topics together and taking in what information that we may want to apply to our own lives is all a part of the process.

Here is one of the current participants opinion of the class:

"What I enjoyed most about the WELL class is how many topics we have touched on so far during the workshop. While I found all of the sessions helpful and interesting, I personally gained a lot from the sessions that focused on stress management, self-awareness and spirituality. It reminded me that taking time to have fun and rediscovering old passions and hobbies, as well as seeking new ones, is a vital part of the recovery process that I need to work on. We have four more sessions to cover before the workshop ends, and I'm especially looking forward to the sessions regarding budgeting and holistic physical wellness."

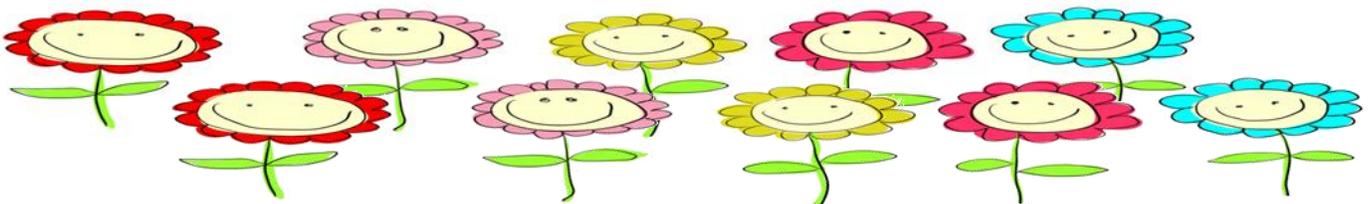
We will be completing the pilot series of WELL classes in the next few weeks. A new series of the WELL classes will begin the first week of March. These classes are facilitated by peers and we all grow together as the weeks progress.

All persons that receive services at the Mental Health Center are eligible to attend. **We will have pre-registration as the class size will be limited.**

For more information or to register

Call: 231-724-4467

"Remembering who we are and using our strengths to be all that we were meant to be and to utilize these personal strengths to overcome our challenges."





Self- Determination is for everyone!

If you have a disability, live in Muskegon County, and want to get more control of your life, your supports, your services, and the people in your life –

April 18, Arc Muskegon hosts daylong workshop to promote consumer leadership. Call **777-2006** to register

MAKING RECOVERY REAL: GOING DEEPER

Let's Talk About Recovery In Mental Health

What is Recovery?

Focusing On What's Strong.

Not What's Wrong



***Training Designed for Peers/Consumers and
Those Who Support Them***

Thursday, May 3, 2012

1:30 p.m. - 5:00 p.m.

South Campus, Training Building, Room 203

For Registration Information Call:

**Jill Sietsema
(231) 724-6057**

Lots of great things happening at the newly remodeled and nicely renovated “old” Clubhouse on Peck and Grand.



The reason I say old is the building was completely gutted and remodeled in the past 6 to 8 months while the Clubhouse operated out of its temporary location in the basement of the Red Cross building. Things are wrapping up and the plan is to move back into the building on Peck and Grand location on Tuesday May 1st with an open house shortly to follow.

We are all excited for this move however a lot of work will go into this move and you know ‘many hands make light work.’ So, old and new members alike please show up from now until the first week in may help pack and unpack in the moving process.

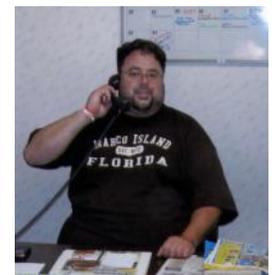
Well the dust is finally settling, the paint is finally drying and inside of the building looks AMAZING. The members of the Clubhouse even went so far to bring in the renovation with a new Clubhouse name and logo which will be **CLUB INTERACTIONS NOW!!**

Other things you might enjoy are a new workout room, craft room, and game room— not to mention the almost triple size all stainless state of the art kitchen.

So stop by—say HI!

As Spring came in like a lion we look forward to bringing in the new building with a **ROAR.**

Submitted by
Chad Hoffman



Eighth Annual

Walk a Mile



In My Shoes

Who: Mental health and developmental disability advocates, community associations, legislators, general public

When: Wednesday, May 9, 2012

Where: State Capitol Building, Lansing

Join us on the Capitol Steps!

**Mental Health
Matters**

**Rally Starts
at 1:30**

**Call CMH
Customer Service
720-3201**

**May is Mental Health
Awareness Month**

- Educate Legislators why Mental Health Matters!
- End stigma related to mental illness
- Educate others about how parity between mental health and physical health coverage is needed in Michigan
- Promote mental health wellness and why it's important.

In recognition of May as Mental Health Awareness Month, the Michigan Association of Community Mental Health Boards and other statewide advocacy agencies are hosting the eighth annual rally where consumer representatives from each county deliver a statement about mental health from the steps of the state Capitol building.