



## Who discriminated against you?



SAMSHA's ADS Center (2007) Improving Provider Attitudes and Practices toward People with Mental Illness

Peer Specialists and consumer leaders are particularly qualified to use their lived experience to educate others about stigma and the impact of stigma.

Peer Support Specialists are needed to help expand the range and availability of services and supports that other providers offer.

## What Peer support specialist Can Do

Partner with consumers to realize goals around self-determination and self-advocacy.

Work to expand and support the roles of peers and consumer-run services at your agency and in the community.

Identify and support individuals with mental illness and family members who have a desire to participate in focus groups aimed at eliminating barriers and improving the quality of services your agency provides.

Participate in committees charged with improving quality and guiding the implementation of evidence-based practices.

Use your own experience to increase your co-workers' understanding of mental illness.

Participate in advisory boards, work groups, and CMH boards of directors.

Look for teachable moments with your co-workers when you hear stigmatizing comments. They should be reassured about confidentiality.

Support individuals with mental illness in challenging stigma and the discrimination and abuse that arises from it.

## Muskegon CMH creates a welcoming and supportive lobby environment with 3 peer positions

### Peer Support in the Lobby

New faces can be seen in the lobby of the new Mental Health Center on Wood and Apple. New positions were established to create a welcoming and helpful environment in the front lobby. All three people will be trained "Peer Support Specialists" and will be available in the lobby sometime in November.

The three people include;



1.) **KERRY**, who has spent a lot of time in and around the Recovery Co-op and also worked there,

2.) **RUDY**, who sat on the CMH board and is also active on the Consumer Advisory Counsel; Rudy also spends time at the Muskegon Clubhouse and



3.) **CHAD**, is also a very busy member of the Muskegon Clubhouse taking part in all aspects of there daily activities going as far as doing some advocacy and peer support work.

# Our History

**The Lives They Left Behind**  
SUITCASES FROM A STATE HOSPITAL ATTIC  
**October 16- November 30, 2011**  
**FREE EVENT**  
Hilt Building, Betty Cannon Gallery  
425 W. Western Ave.  
**231-724-6639**  
[www.co.muskegon.mi.us/cmh](http://www.co.muskegon.mi.us/cmh)  
Sponsored by Community Mental Health and the MI Dept. of Community Health.



Community Mental Health (CMH) of Muskegon County (with funding provided by the Michigan Dept. of Community Health) is planning an event that offers a look at mental health treatment through the last century. When the Willard State Psychiatric Hospital in New York closed, many suitcases, trunks, and boxes were found in an attic that offered a glimpse of the person behind the 'patient'. (A flyer is attached.) An exhibit was created called "Suitcases: The

Lives They Left Behind" and we are bringing it to Muskegon. While there are no actual artifacts, the exhibit honors the lives of several individuals who spent most of their lives in the institution.

In addition to the New York Exhibit, several CMH consumers and their families are participating in a local 'suitcase' display with individuals telling their story and describing their recovery journeys. Some of them are going through this process with The Great Lakes Creative Arts Project, and others on their own. It's our way of honoring those who have benefited from all who've gone before, and those who are still teaching us what we never knew we needed to know!

The exhibit will be at The Hilt building in the Betty Cannon Gallery from mid-October through November. Check the CMH website for dates and times.

[www.co.muskegon.mi.us/cmh](http://www.co.muskegon.mi.us/cmh)



## **A MAN NAMED WINSTON**

by SCOTT BANNINGA

Winston Churchill would remark that he would write history. To me, I have found that to be true of Winston Churchill's life and service to not only his country but to mankind as well.

Perhaps you were unaware of the fact that Winston Churchill suffered from bipolar depression his entire life.

When World War II began and he had spent much of the 1930's isolated from British politics, Winston Churchill was appointed First Lord of the Admiralty. The same position he had served in World War I. This position was responsible for oversight of the Royal Navy. In fact, when he was called back into service during WWII, a signal was sent to all ships in the Royal fleet. It simply said; WINSTON IS BACK.

As 1939 moved into 1940, the Nazi war machine was running amuck. Neville Chamberlain, who appeasement policy had failed to contain Hitler in the 1930's was losing the confidence of his country in his conduction of the war. King George V called upon

Winston Churchill to form a coalition government of all three of Britain's political parties and serve as prime minister at age 66.

He not only served with all his strength and stamina along with health problems, but brought the war to a successful conclusion. An historian would not be the following;

"Had he been a stable and equable man, he could never have inspired the nation. In 1940, when all odds were against Britain, a leader of sober judgment might have concluded that we were finished."

Two days after becoming prime minister, France surrendered to Germany. The battle of France was over. The battle of Britain was about to begin.

The message presented here is that possible for an individual to overcome mental illness and be successful. Winston Churchill is a testament of someone who did.

"Community offers the promise of belonging and calls for us to acknowledge our interdependence. To belong is to act as an investor, owner, and creator of this place. To be welcome, even if we are strangers. As if we came to the right place and are affirmed for that choice." --Peter Block



## Including Our Neighbors



After reading and engaging in conversation about Peter Block's book, *Community: The Structure of Belonging*, several individuals from Holland and Muskegon came together to discuss ways to continue the dialogue and spread the principles discussed. Much like the overall premise of Block's work, it is our collaborative intent to:

- Build the social fabric and transform the isolation within our communities into connectedness and caring for the whole.
- Shift our conversations from the problems of community to the possibility of community.
- Commit to create a future distinct from the past.

During the past year community members began discussions about generating a more inclusive community. Members included individuals from business, faith-based groups, government, higher education and non-profits. The central focus of these conversations was to discuss concepts from Block's book, *Community: The Structure of Belonging*. The purpose was to learn about ways *everyone* can participate in creating a restorative community- one that shifts to gifts, abundance, chosen accountability, and citizen engagement.

The project idea emerged directly out of these conversations. While discussing the potential of this project additional people were invited to be involved in the project's planning including individuals with disabilities and an individual with developmental disabilities.

The project will involve people with disabilities and with developmental disabilities in every stage and on all levels of the project; bringing neighbors together to recognize that indeed, together we are stronger.

Orchard View Schools in Muskegon County and Good Samaritans in Ottawa received a grant from Michigan Disability Rights Coalition called "Including Our Neighbors" The grant will fund on-going small group conversations about building inclusive communities, a large community presentation by author Peter Block, and develop a strategy to implement additional conversation.

## Voices for the Future

Stephen Santo and Kaylie Malinowski joined the Including Our Neighbors planning committee to implement the grant event and to make sure our



communities of the future offer equal access to people with disabilities.



In the envisioned future, people with disabilities are valued contributors, responsible citizens and accountable participants in the creation of an abundant community.

## Muskegon Clubhouse

A place to belong – Meaningful relationships –  
Meaningful work – A place to return

## Temporary Relocation Information

### New Location:

313 West Webster  
Lower level of the American Red Cross Bldg.  
Directly Across from Hackley Library

Phone: (same) 724 - 4495

### Hours:

Open – Monday thru Friday 8:30am to 3:30pm

## Community Mental Health

## General Information

When you receive mental health services, Michigan's Mental Health Code and other laws safeguard your rights. You are encouraged to ask questions about your treatment and about your rights and to make suggestions that you feel are in your best interest

### You must give informed consent

- To receive treatment or,
- To have any confidential information about you provided to others by the agency from which you are receiving services.

*The concept of "informed consent" was developed on the premise of two distinct components: a person's inherent right to determine what happens to his or her body and a doctor's inherent duty to provide a person with enough information so as to ensure that the patient's ultimate decision is based on an appreciable knowledge of his/her condition, the available options for treatment, known risks, prognoses, etc. Importantly, this means that the patient does not have a duty to inquire about risks or options; the duty rests with the treating doctor.*

**Informed consent** means more than an individual agreeing to release information about themselves or to receive a particular set of services. Written informed consent requires three standards to be met in order to be valid.

#### Knowledge:

- An individual consenting shall be aware of the procedure, risks, other consequences, and other relevant information.
- The standard governing required disclosure by a doctor is what a reasonable patient needs to know in order to make an intelligent decision.
- Other relevant information includes the purpose of the procedure, a description of attendant discomforts, risks and benefits to be expected, a disclosure of appropriate alternatives, advantages

to the individual, and an offer to answer further inquiries.

#### Comprehension:

- An individual must be able to understand what the personal implications of providing consent will be based on.

#### Voluntary:

- There shall be free power of choice without the intervention of an element of force, fraud, deceit, duress, overreaching, or other ulterior form of constraint or coercion, including promises or assurances of privileges or freedom
- There shall be an instruction that an individual is free to withdraw consent and to discontinue participation or activity at any time without prejudice to the individual

In order to be able to give informed consent

- You should be told about the risks, benefits, and available alternatives to a course of treatment or medication. (KNOWLEDGE)
- You should be able to reasonably understand the information including the risks, benefits, available options or alternatives, or other consequences. (UNDERSTANDING)
- You should not be forced or pressured into a decision. The choice you make should be your decision. (VOLUNTARY)

**Consent** Mental Health Code Section 100 a[15] Administrative Rule 330.7003

If you believe your rights have been violated, you should inform a Rights Officer/ Advisor.

Office of Recipient Rights  
Garland Kilgore (R)  
Or Larry Spataro (L)  
In Muskegon County call (231) 724-1107

