



CNS News

Community Network Services

Helping Hands for Healing Minds

Winter 2009

www.cnsmi.org

Vol. 5 • 1st Quarter

Message from the President



Altona M. Rone

At CNS, we understand the importance of transforming lives and building new foundations for consumers to stand on.

Last year, servicing over 2,900 consumers, we positioned ourselves to help thousands "find the strength within to face a brighter tomorrow." Our successes and innovations have strengthened CNS' position as a healthcare provider and brought significant strides in redefining the lives of people with mental health and substance abuse problems.

As an organization who implements various programs to help those on the road to recovery, end homelessness in our communities and eradicate the stigmas surrounding mental illness; we are dedicated to change.

We were excited when Congress approved a mental health parity legislation guaranteeing equal insurance coverage for mental health and substance abuse issues.

In 2008, our Anti-Stigma team was recognized for their hard work in helping erase the stigma of mental illness through its "Stomp Out Stigma" program. The program received the Michael Curtis Award from the Alliance for the Mentally Ill (AMI) of Oakland County, as well as the MIRA Milestone Award from the Mental Illness Research Association.

We also organized the CNS Foundation to assist in fundraising efforts to support CNS programs.

Our accomplishments in 2008 were enthusiastically enjoyed by all participants and staff. CNS continues to receive the largest number of referrals, meet and exceed contractual performance indicators and continuity of service.

For 2009, we plan to build and strengthen the technology data base, integrate our physical and clinical operations, and continue to provide outstanding care to the public and our consumers.

We thank everyone for their loyalty, support, passion and patience.

Altona M. Rone
President,
Community Network Services

Coping in Tough Economic Times

Many people are dealing with anxiety due to economic hardships, job losses, lack of health insurance and foreclosure. These various setbacks have increased over the past year, and as a result people are struggling to stay afloat.

Through Community Network Services there is hope. CNS offers individual and group therapy to help reduce stress levels and depression.

"At CNS, we have seen a significant increase in our intake services," said Dr. Carmen McIntyre, Vice President of Medical Affairs. "With so many people facing harsh circumstances and losing their sense of purpose, it is important that these individuals seek help."

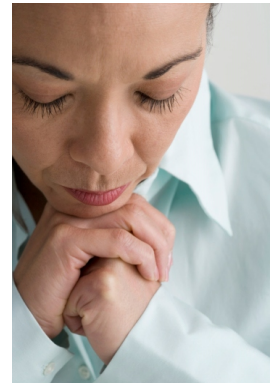
If you find yourself feeling overwhelmed on a daily basis, you may want to ask yourself these questions:

- Are you having a hard time getting over a loss or trauma in your life?
- Do you have persistent thoughts of suicide?
- Are you feeling hopeless and worthless?
- Are you unable to keep up with your daily responsibilities at home or work?
- Do you feel tired all the time, sleep more than usual or have difficulty sleeping?
- Has your appetite increased or decreased significantly?
- Are you having a hard time concentrating?

If you answered yes to one or more of these questions, CNS' professional staff can help address your concerns. CNS also offers excellent mental health services to all individuals struggling with severe mental illness.

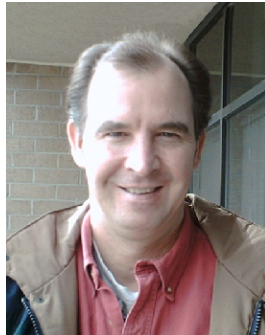
People with mental illness can lead a normal productive life and it is the goal of CNS to improve the quality of life for its consumers, their families and the community.

For more information about CNS services and programs, contact a CNS representative at (248) 994-8001 or toll free at (800) 615-0411.



CNS Programs Offer Healing, Recovery and Independent Living

Independence and a healthy lifestyle are two of the many important elements that make up the total experience of living a productive life. Recently, Doug Antishin, a CNS consumer experienced first-hand the joy of independent living. When Doug first began treatment at CNS in 2001, he was depressed and suffered from an anxiety disorder. His family was aware of CNS' services and felt that he could receive help in battling his illnesses.



Doug Antishin

Immediately he began working with CNS staff and soon found himself on the road to recovery. "I loved all the activities CNS had in place for me ... CNS is an award-winning service and I'm glad that my family referred me to them," mentioned Antishin.

After completing his treatment at CNS, Doug felt very inspired to live independently and began taking the first steps to living on his own. "My case manager Fred Powell guided me, making sure I kept at it even though things seemed rough, he made sure I had a positive outlook on life to reach my goal of becoming a homeowner," said Antishin.

Because of CNS, Doug feels he has been provided with the necessities needed to restore stability into his life. "I've been employed for six years. This is a feel good process and I'm comfortable and secure with my lifestyle and I now have a place I can call home."

Coping with Depression

Don't stress or burden yourself about "I wonder" or "what if" scenarios: A healthier approach to take is to remain positive and focus on the things you can do now to stabilize your future.

Maintain relationships with family, friends and associates: Too much time alone with your problems can lead to BIGGER problems. Spending time with the people you love and care about can help you remain focused and provide a method for coping with anxiety.

Get involved with positive and fun activities: More home-based hobbies like board games, gardening and family nights, can create happiness and relaxation.

Volunteer: Get involved in your local church, block club or become a mentor.



Become a Mental Health Ambassador

Would you like to know how you can become a Mental Health Ambassador? First, train yourself to be aware of how you talk about mental illness. Do you use words such as *psycho*, *nuts*, *wacko*, or other slang expressions that put mental illness in a negative framework? Did you know that a true Mental Health Ambassador uses "person-first" language? Instead of saying "mentally ill person," person-first identifies an individual as a "person who has an illness." This simple word shift focuses on the who, not the illness as a primary aspect of identification.

As a Mental Health Ambassador, you can help create a community of people who are not stigmatized and therefore are not afraid or embarrassed to get treatment for their illness. It's easy! Just notice the words you use! For more information about being a Mental Health Ambassador, call the Oakland County Community Mental Health Authority (OCCMHA) at (248) 858-1210 or send an email to castinej@occmha.org.



CNS Foundation

The year 2009 is well underway and the CNS Foundation is working tirelessly on securing funding for programs, planning activities and finalizing educational initiatives for CNS consumers and staff.

Incorporated in August 2007, the CNS Foundation focuses on securing CNS' future to continue to provide quality services to consumers and promote community involvement, which supports the mission and vision of CNS.

"Each Foundation member and employee of CNS is dedicated to helping the public reduce and eventually erase stigma surrounding mental illness," says Valeria Bell, CNS Foundation Chairperson.

In the past 17 months, the Foundation has met to apply for a state license; solicit funding; completed IRS solicitation requirements and plan some amazing fundraising initiatives to help support CNS endeavors.

The Foundation will actively solicit donations of funds to promote and assist CNS' current programs.

CNS Foundation members are grateful to all the volunteers who give their valuable time and skills to the work of the Foundation; which supports the work of CNS.

Spotlight



Lauren Hicks Barton, MD, MPH

Dr. Barton has been a member of the CNS board since 2008, and currently holds the position of Chief Physician, Occupational Health and Safety at Chrysler LLC. She is a graduate of Fisk University, Meharry Medical College and the University of Michigan. She is also board-certified in Occupational Medicine and has worked in the medical field for over 10 years. Dr. Barton truly appreciates the excellent work CNS does in providing mental health

services to residents of Oakland County. "Mental health is one aspect of medicine that has often been viewed as deserving a lower priority, when in fact, it impacts many physical problems and should be addressed more often than it does," says Dr. Barton.



Mark Foss

Mark Foss is a current CNS consumer and was nominated to the Board of Directors in 2005. He now serves on five committees, and assists in improving employment policies, client services, quality management, recovery facilitation, and oversees board functions. Mark earned a Liberal Arts degree from Oakland Community College and works part-time as an artist assistant for Gray Art Studio, Ltd. Mark strongly believes that his personal story and experience can help

eliminate the stigmas of mental illness. "My passion is to ensure consumers and professionals are treated fairly ... it's important that the mental health system continues to offer programs that will help consumers succeed and offer them independent living," says Mark.



Retiring Board member, Donald Vainer (left) receives the Award of Excellence from Manuel Alfonso, Board chairman, in appreciation for his outstanding service and dedication to mental illness and CNS.

6th Annual Board of Directors Community Reception



2008 Consumer Award Recipients: From left to right Thomas and Donna Sikes, Julie Donaldson, Christopher Fogelberg. Second row: Board Members Mark Foss and Harold Nevils Jr.



Manuel Alfonso, CNS Board Chair, Altona Rone, CNS President, Fran Amos, Michigan State Representative, recipient of the "Friend of Mental Health Award," Terrie Williams nationally acclaimed author and public speaker.



Terrie Williams greets guests and signs books.

Photos provided by Rogers W. Foster

Locations

CNS Corporate Office

38855 Hills Tech Drive
Suite 200
Farmington Hills, MI 48331
Business Office: (248) 871-1550
Business Fax: (248) 994-8005

Clinical Services: (248) 994-8001
Toll Free: (800) 615-0411

Intake Services (877) 211-8611

CNS Waterford

279 Summit Drive
Waterford, MI 48328
Business Office: (248) 871-1550
Business Fax: (248) 745-6872

Clinical Services: (248) 745-4900
Toll Free: (800) 273-0258

Intake Services (877) 211-8611

Calendar of Events

MARCH 4, 2009

Anti Stigma Presentation
Wayne State University
224 Cohn Building
Detroit, MI 48202
4:30 p.m.

MAY 3 – 4, 2009

**National Alliance on Mental Illness (NAMI)
Michigan Annual Conference**
"HOPE: Treatment is the Key to Recovery"
Valley Plaza Resort
5221 Bay City Rd.
Midland, MI 48642

"Unlocking the Mind" Cable Show
Comcast Channel 52 and WOW Channel 18
Every Tuesday, 2:30 p.m. & Wednesday, 6:30 p.m.

APRIL 21, 2009

**Oakland County Community Mental Health Authority
(OCCMHA) Recovery Conference**
"Keys to Total Health"
Troy Marriott Hotel
200 W. Big Beaver Road
Troy, MI 48084
For more information contact OCCMHA at
(248) 858-1210

SEPTEMBER 12, 2009

CNS 2nd Annual Stomp Out Stigma 5k Run/Walk
Independence Oaks County Park
Clarkston, Michigan
8:00 a.m.
For more information call Amy Yashinsky at
(248) 871-1430

Community Network Services is funded by the Oakland County Community Mental Health Authority

About CNS

Community Network Services (CNS) is a private non-profit human services agency that provides comprehensive mental health and social services. Currently, CNS has 220 employees providing premier services to 2,800 consumers in Oakland County.

CNS is the provider of choice in Oakland County. CNS' vision is to be the premier mental health care provider of choice in Michigan.

CNS received a three-year accreditation from the Commission on Accreditation for Rehabilitation Facilities (CARF), the highest level of accreditation an organization can receive. CNS was also listed in Crain's Detroit Business as one of the "Cool Places to Work" in Michigan.

Mission

Community Network Services is a mental health care provider that identifies, supports and promotes opportunities for eligible persons in Oakland County with mental illness, including substance use. Our services include assessments, case management, psychiatric therapy and recovery services.



Community Network Services
38855 Hills Tech Drive
Suite 200
Farmington Hills, MI 48331