

# D & M Consultants, Inc.

August 2006

## MICHIGAN REPRESENTATIVES VISIT PREMIER LODGE

Hello from the Consumer Action Group (CAG). Wow, it has been a busy year thus far and there are still a lot of positive events the group will be promoting. We wanted to keep you informed of some of the things that CAG is involved with.

Recently we hosted our second "meet and greet" with State Representatives for an opportunity to have the consumers, parents, relatives, and staff discuss with them issues we feel are important. We would like to thank Representatives Alma Smith, Paul Condino, and Andy Meisner for taking the time to come out and meet with us. We would also like to thank the parents/relatives who attended. It showed a commitment from you that we felt was very important in getting the word out about the programs D & M provides.

On July 16, 2006 Premier Lodge hosted the event. Unfortunately, it was a hot one, but we had plenty of water and the consumers did a good job grilling some brats and hot dogs. A few consumers told about their experiences both before and since joining the Lodge. We also had consumers from the Shared Housing and Apartment programs of D & M. Consumers spoke of Ever-Glo Janitorial, the work component of the Lodge, and how working has given them a sense of being a part of something special. Parents were able to share first hand their stories of frustration that they have encountered in trying to get appropriate services for their loved ones. Parents expressed their pleasure in the fact that the Representatives took the time to come and listen to them and offer words of encouragement and pledges of support in their efforts. There were meaningful exchanges between the parents, relatives, and Representatives.



Parents and Reps. discuss the issues



Andy Meisner speaks on Mental Health

The Consumer Action Group is lead by President Lori F. and includes group members Mark A., Brian B., and Rodney H. This group will continue to work towards creating positive changes on issues that affect our members and the mental health system as a whole.

### Mission Statement

D & M Consultants, Inc. is committed to the provision of quality service for persons seeking psychiatric rehabilitation by offering choices that include housing, recreational, vocational and therapeutic opportunities.

### Vision Statement

In facilitation of this mission, it is the vision of D & M Consultants, Inc. that individuals we serve will recognize their self worth, find fulfillment through achievement and overcome defeat by perseverance. In attainment of this vision, individuals we serve will become integral contributors to the community in which they live.

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## CREATING A VALUE STATEMENT

Many businesses are now creating value statements along side of their mission and vision statements to explain what their business or corporation values. Here at D & M Consultants we first asked the consumers of all our programs what they value from our program. The most common statements were: 1) We value the opportunity for employment; 2) We value the chance to gain independence; and 3) We value the opportunity to educate ourselves on mental health issues. Some other areas that our consumers value included: 1) D & M provides us a sense of accomplishment; 2) D & M provides encouragement to learn team working skills; 3) We value community participation; and 4) We value the stability D & M provides us.

The staff tossed around their ideas at a staff meeting. Some of their ideas were: 1) A commitment to the recovery model; 2) Enhancing social skills and community integration; and 3) Enhancing the lives of individuals served.

In January of 2006, D & M developed agency value statements. Ideas for these came from both staff and consumer suggestions.

*D & M Consultants, Inc. values:*

- *Opportunities that provide employment for the individuals they serve*
- *A commitment to a recovery model of rehabilitation*
- *Opportunities to educate the consumers they serve on areas that are of interest to them*
- *The rewards achieved through learning the process of interdependence*

These value statements will appear in our brochures, welcome packets, power point presentations, and our newsletter from here on out. Thanks to everyone for their contributions.

## TRAINING UPDATES

This past summer, D & M once again offered CPR and First Aid Training to all staff and consumers. We had a record turn out this year as many people saw the importance of being certified in these fields. A certified instructor from the American Red Cross was invited to Premier Lodge for the two day training sessions. The following people earned certifications:

Mark A. - CPR Certification

Tom G. - CPR Certification

Rodney H. - CPR Certification

Brian B. - CPR Certification/First Aid

Ana Y. - CPR Certification/First Aid

Jon N. - CPR Certification

Lori F. - CPR Certification

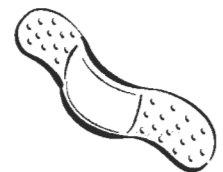
Valerie W. - CPR Certification

Chris M. - CPR Certification/First Aid

Jim H. - CPR Certification/First Aid

Eric S. - CPR Certification

Susan Y. - CPR Certification



Val W., Jim H., and Patricia K. also attended the Consumer Focus Conference sponsored by the Oakland County Community Mental Health Authority (OCCMHA). Pat was able to set up a table and display her art. There were a variety of workshops to attend and Michael Skupin was the guest speaker.

## SHARED HOUSINGS FIRST ANNIVERSARY

On May 18th, Shared Housing hosted an open house at our Royal Oak location. As a celebration of our first anniversary, we were glad to open our home and share some of the inner workings of the Shared Housing program. The members have been busy planting flowers and working hard on getting the yard ready for the summer. The members of Shared Housing take a lot of pride in their home and they relished the opportunity to have others come in to see how they are doing. We are a year and a half into Shared Housing program and the members feel that the program has been very successful for them. It is that way due to a lot of hard work, sacrifice, and commitment from the members.

Those in attendance were shown how the members work on planning and preparing meals as well as making out grocery lists and shopping together. They were also shown how the members work together to do the house and yard work, how each member has a role that is vital to the overall daily running of the home. Some of these roles include safety and medication monitoring positions. Each member has a hand in completing of the chores and paying the bills. The members are actively involved in staying abreast of the issues that affect our population. One of our members is the president of the Consumer Action Group (CAG) and the other member is working with the recreation committee and has been involved in planning some fun and enjoyable activities for Shared Housing and Lodge members this year.



All smiles at Shared Housing

Now, a lot of things are shared but there are also individual goals that the members pursue. One member currently is employed by Ever-Glo Janitorial and the other member is looking into pursuing taking college classes. They are living proof that you can be part of something yet still retain your own individual dreams and goals which are encouraged and supported by D & M staff.

We would like to thank everyone who attended. We were pleased to see all of the people who made time in their busy schedules to come by. We feel our programs are unique in nature and we are always pleased to get an opportunity to share it with others

### RECREATION CORNER

It's been a busy and hot summer but we hope the temperatures cool down when we go on our camping trip in late August. The reservations have been made up in Muskegon, Michigan. We have new tents and camping equipment that we will use during our two night stay. We will visit Michigan's Adventure Amusement Park during our stay.

We are also planning a trip to the Kensington, Metro Beach on August 16 for a picnic/barbeque.

The Recreation Committee will be meeting again in September to discuss the fall's activities.

### ANNUAL AUDITS

D & M Consultants, Inc. contracts with an outside agency, Safeguard Accounting Solutions, to do our annual external audits. These audits or Quality Assurance Reviews verify that D & M is operating at a level that meets accreditation standards.

Some areas that are reviewed include safety, personnel records, consumer records, staff training, physical plant, company vehicles, medication records and fiscal management.

The staff at D & M rely on these audits as a way to track how their departments are being run.

## SHARING A NEW BEGINNING

By: Patricia Kroesing

The main reason I chose to write about my opportunity here at the Lodge is because I wish to share this wonderful program with others. For individuals who have spent an adequate amount of time in group homes or supervised apartment settings and would like to manage their own affairs, this program is for you. If you are interested in meaningful employment and want to earn extra income for a savings account or a checking account, than this program is for you. Other people in this program have used their extra money for college classes and automobiles.

I have spent my extra money on the growth of my business, Volunteer, Inc. I hope to grow my business with the help of my staff so that I can use some of the funds raised to benefit the handicapped and disabled. I love to paint and hope to sell my paintings at art shows, conferences, and workshops.

Since I have been given another chance, I already feel successful in my endeavors. I am going to accomplish my goals and I will face any challenges that are thrown at me head on. I am happy that I fit in with this Lodge program and am able to work along side my housemates. In other words, I think I am getting along with others in this Lodge and I hope that others feel the same way. This new beginning has inspired me to accomplish my dreams.

Thank you for listening.



Pat proudly displays her paintings at a recent conference.

## A WARM WELCOME TO OUR NEWEST LODGE MEMEBER

In late June of 2006, the Premier Lodge welcomed their newest member Doug M. I sat down with him recently to see how he found out about D & M, how he likes working again, and any adjustments he has had to make.

**Jim:** How did you hear about D & M?

**Doug:** My parents heard about D & M through a friend. They arranged a visit and Val told me about the program.

**Jim:** What was your first impression of Premier Lodge?

**Doug:** It was very good. I felt welcomed right away. I remember thinking that I could call this place home.

**Jim:** When you moved in, how did the Lodge members welcome you?

**Doug:** They made me feel very welcomed. They showed me around and made themselves available when I needed to talk. They welcomed me with open arms and have been supportive ever since.

**Jim:** Have you had to make any adjustments since

you came to D & M?

**Doug:** I was living on my own before I was hospitalized but I have gotten used to my housemates because I need their support. I thought I might have a problem with living by new rules but have realized the importance for me to be in this type of program right now.

**Jim:** How does it feel to be working again with Ever-Glo Janitorial?

**Doug:** Working keeps me busy and gives me the energy I need to stay active. I've been learning the job and am getting quicker each day. Working has always been a part of me and I am so glad I have the opportunity to work.

**Jim:** How has living in the Lodge had a positive effect on you?

**Doug:** It has put me around good people and the staff are always available to talk. I can see other people have a mental illness like myself and that I am not alone. The support that I will get living here will help me the rest of my life.

## ADOPT A PARK PROGRAM STARTS 3RD YEAR

Three years ago, the consumers discussed the possibility of volunteering their time in the community and exactly what they would want to do. With the help of D & M staff, the consumers looked into a very unique program here in Southfield, Michigan called Adopt-a-Park. The premise was simple: pick a park located in the city and commit to cleaning it every month.

We have already started our third year of this volunteer project and everything is going great. The city was nice enough to hang up a large sign at the park, thanking D & M for their continued efforts in helping keep the city clean. The guys and gals seem to enjoy cleaning the park (when the weather is good) and rarely complain about going. Some have stated that they like to watch the kids play and others enjoy the walks we sometimes take through the woods on the man made paths.

Giving back to the community is an important idea that we stress here at D & M. Community integration is an integral part of the success our consumers experience when they take part in their recovery.

### SPOTLIGHT SOLO

The staff and consumers of D & M would like to shine this Spotlight Solo on lodge member Mark A. Mork has been with D & M for 11 years. Through his commitment to himself, his beliefs and to the Lodge, Mark has proven that success is inevitable.

Mark wears many hats at the Lodge as well as within Ever-Glo Janitorial. Recently, he accepted the position of Crew Chief and is considering the presidency position. He has taken more of a leadership role in the business and his fellow employees have responded well. Additionally, Mark is a student at a local community college where he is majoring in Psychology. He completed one class this summer so far and received a B.

Congratulations Mark! We are all very proud of you! And oh yes, we love your new car!



Mark's new ride!!

### A SENSE OF FREEDOM

When Al came to our program over a year ago, he was overwhelmed with joy on the freedoms living in Premier Lodge gave him. Since then Al has blossomed into the adult he deserves to be. One of Al's biggest goals was to own a car. This dream recently came true for Al. We would like to congratulate AL on the purchase of his van. Al states, "This is the first vehicle I have owned in over 30 years and it feels great!" After diligently saving his money he earns from his part time job at Ever-Glo Janitorial, Al rewarded himself by purchasing this vehicle. "I feel even more independent than I did before," Al has said.

Congratulations from all of us Al, great job!



The payoff of hard work

D & M Consultants, Inc.  
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### Service Sites

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25071 W. Ten Mile Rd.  
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24803 Kinsel Rd  
Southfield, MI 48033  
(248) 357-6426

*D & M North*  
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[www.dmconsultants.org](http://www.dmconsultants.org)

**D & M Consultants, Inc. is a 501c3 Not-For-Profit Corporation holding contracts with Community Network Services, Easter Seals Adult Mental Health Services and Training and Treatment Innovations**

### **100% COMPLIANCE**

Recently, Premier and Kinsel Lodges went through a follow up audit conducted by the Easter Seals Provider Monitoring Team. We received a letter from them stating:

"You will be pleased to know that both locations scored 100% compliance with standards required by Easter Seals. This score clearly demonstrates your agencies proactive approach to quality-driven client services."

The commitment from all the staff at D & M has shined brightly again. A special thank you to Rodney Howard and Val Windham for their continued efforts in working along side our consumers. Your efforts are making a difference!

### **CONFERENCE SEASON**

The Coalition For Community Living presents the 22nd annual Fairweather Lodge Conference September 14-15, 2006. The conference will be held at the Embassy Suites Hotel in St. Paul, Minnesota. Open to the public, this conference will be of interest to consumers, family members, and professionals. For more information contact Susan Bloom at 612-871-3320 or visit [thecccl.org](http://thecccl.org).

Also, Michigan IAPSRs hosts its 16<sup>th</sup> annual statewide conference Tuesday and Wednesday, September 26 & 27, 2006, with the theme, '**Empowermints: Curiously Strong**'. As a bonus, the conference, being held in Frankenmuth's Bavarian Inn Conference Center, will feature the comfort and food for which Frankenmuth is famous. Please contact Steve Szilvagy at [szilvagyta@gmail.com](mailto:szilvagyta@gmail.com) for more information.