



# Transitions News!



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## WELCOME MSU SOCIAL WORK STUDENTS

Transitions North and South are lucky to be the internship sites for four Michigan State University students this academic year. They are busy developing their learning agreements and getting oriented to the opportunities for Social Work at such a large program.



Kayla Kambeitz is a Sr. at MSU, majoring in Social Work. She comes from Macomb, Michigan where she has worked at a Parks and Recreation summer camp. This was her favorite summer

job. Kayla has a variety of volunteer experiences, such as rebuilding a church in Haiti, visiting an orphanage, assisting at Hospice Advantage in Lansing and assisting Habitat for Humanity with building a house in New Orleans. She is an avid movie watcher, music junkie and loves to discuss current events related to sports, entertainment and news. Kayla plans to continue her education in graduate school, but is not sure of her area of interest.



Erin Kennedy is starting her graduate studies in the MSU Social Work program. Erin was raised in Dimondale, MI and is a graduate of Rochester - a small private school - where she

completed a degree in Behavioral Science, with a track in social work and a minor in psychology. She has worked as a camp counselor near Detroit and in North Carolina for 5 years.



Mindy Warner is studying Social Work at MSU. She will begin doing some social work in Mason with a group called "Friendship Group." Mindy will identify a caseload from

Transitions South to follow during her 2 semester internship with CEI CMHA.



Lucas Gogliotti is a Senior at MSU majoring in Social Work. He has staffed several Kids with Special Needs Camps during the summer months.

Lucas is anxious to identify a caseload and develop relationships. He has been learning about CEI and the Transitions programs. He will practice at Transitions South and Mason.

Please welcome them to Community Mental Health. You may see them at different meetings, appointments and other events. We look forward to having them in the program this year!

## TRANSITIONAL EMPLOYMENT SOLUTIONS

### - WHERE DREAMS BECOME REALITY

By Terri Beard  
Vocational Services

Wendy and Sara work at the Jolly Java Kiosk housed at the main office. As their Vocational Counselor, I thought of Sara and Wendy when I received an invite from a colleague on Facebook looking for "actor's" to participate in a mock airport disaster exercise at the Capital Regional International Airport this past summer. The airport public safety staff worked with local medical response teams such as the fire departments, law enforcement agencies and hospitals to test their emergency responses.

This exercise was required by the Federal Aviation Administration (FAA). Tri-county area mutual aid emergency personnel were expected to respond in the exercise as if the events were a real disaster. Wendy, Sara and I spent 2 hours in "make-up" where Wendy's eardrums were burst, Sara had burns on her face and hands and I had a piece of glass debris in my neck. We also had acting coaches and I had to ride in the ambulance to the mock hospital. This was a unique and fun experience and it was meaningful to Sara, Wendy and the community.

## AND THE WINNER IS.....

By Elizabeth Putnam  
Transitions Mason



Once a week, from June through August, the Transitions Mason Beach Bums visited area swim beaches to find the best in the Lansing area. Each beach was rated on the following criteria: Cleanliness, Accessibility, Water Quality, Bathrooms, Picnic Area, Park Staff and Overall Fun Factor. Each of these criteria was rated as follows: 5 = excellent, 4 = good, 3 = OK, 2 = needs improvement and 1 = total dud.

In last place, Lincoln Bridge Park in Grand Ledge. This park was not accessible. There was a steep hill to get to the beach and there were no bathrooms. This park was a "total dud".

Second to last was Burchfield Park. The Beach Bums report the beach was dirty and the water was dirty and "slimy".

Third worse was Sleepy Hollow State Park. It, too, was dirty, the bathrooms were too far from the beach and there was no soap and no paper towels in the bathrooms.

Now for the good news. The scores were very close for the three remaining parks. There is a tie for second place between Hawk Island in Lansing and Motz County Park in Clinton County. Hawk Island has a concession stand which increased the overall fun factor, but Motz Park had beautiful clear water, which appealed to the majority of the Beach Bums.

And now for the winner! With scores of all 5's, in all criteria.....drum roll.....drum still rolling.....Lake Lansing Park South!!!! Some of the comments that propelled this beach into first place were "beautiful shade trees" for those who wanted shade, "soft grass for sun bathing" and of course "the very best concessions stand." What a great summer. It's going to be a long winter.

## A SENSATIONAL SEASON

Submitted by Emily R.

There are four seasons: Spring, Summer, Fall and Winter. Then there's the incredibly talented musical group of Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. On September 29<sup>th</sup> a fair amount of us from Transitions St. Johns went to the Wharton Center to see the musical - Jersey Boys. The musical told the story of how the group became who they were. The Four Seasons taught us how to "Walk Like a Man" and that "Big Girls Don't Cry". Throughout most of the songs, they showed the original performance of the songs by the group on a black and white projector screen. It was an afternoon filled with singing, stomping, but most of all sensational good times. We may not have seen the actual group that day, but near the end of the show - the actors who played each part took turns telling what their character is doing in their life now.

On October 5, a small group of us went up to Mackinaw City for the day. On this picture perfect day, the streets were lined with a rainbow of leaves on the trees. Shades of red, orange, yellow and green glimmered as we took the drive from St. Johns to Mackinaw City. After crossing the Mackinac Bridge to see how things looked from the Upper Peninsula, we ate lunch at Bridge View Park. The wind wasn't on our side for a while but the view was beautiful. After lunch we split into groups and hit the shops. Mackinaw City is known for their specialty shops - shirts, collectibles and artwork. The one thing Mackinaw City is most famous for is their fudge! So many shops, so many different flavors....

Seasons come and seasons go. Whether it is the sounds of birds chirping, leaves rustling or boots crunching in the snow - Transitions St. Johns is always prepared with many different fun events. We've had some sensational seasons so far. The year's not over yet!

## OUT WITH A BANG!!

By Dawn McLeod  
Transitions Charlotte

Ending the summer on a celebratory note, Transitions Charlotte, Mason and Grand Ledge had a perfectly beautiful day on September 9<sup>th</sup>, to spend with friends at their annual picnic.

Festivities were held at Funtyme in Grand Ledge, where people could enjoy a variety of activities like an indoor arcade, miniature golf and go carting. Pizza, pop, chips and cake helped everyone have a wonderful time! It was especially exciting to watch the smiles on faces as people raced around the go cart track and shared their best parade waves!

As a final goodbye to summer activities, Transitions Charlotte had one last picnic. A huge thank you goes out to Marie McCausey for opening her home for all to enjoy. There was food, music and fun. Also, a huge thank you to Marie's husband, Rod, and their friend, Jim! They loaded up a wagon full of people and drove them around trails in the woods, all while jamming to Rock and Roll. Everyone absolutely loved it! What a wonderful way to end the summer!

## TRANSITIONS NORTH COMMUNITY PARTNER GARDEN

By Kelli Quinn  
Transitions North

Gardening at Transitions North is always a challenge. With a location that is close to many fields, there are plenty of 4 legged visitors who enjoy munching on the things we plant. That does not stop efforts to grow both flowers and vegetables in the garden spots, which are tilled up by Jim Carter and Chris!

This year, several community partners assisted with the garden spot outside of Team 4. The Garden has been a co-creation with the following people: Ramona Adams, with the North West Initiative: Jim Meyerle (formerly with Urban Options), and the "Green Heads" and "Worm Bin" micro businesses. Ramona provided seeds, plants, weed control and hard work in the hot sun. She teaches people where food comes from, and how to grow it, from earth to sprouts to crops. Jim has been the expert on Vermicular (worm) compost and regularly assists us in keeping the bin functioning as it should. Faith, Bonnie, Michael, Benjamin, Tim, Bob and Adam worked in the garden as stewards for all the vegetables, flowers, worms and earth. The Garden serves as a focal point for developing community, growing food, and making money.



Ramona assisted consumers with selling worm compost and worm tea at community farmer's markets

throughout the summer. The Worm Bin business has experienced the best year of sales so far with product remaining for sale. The next Green Heads salad bar will be held at Transitions North in room 117 on Wednesday, October 19<sup>th</sup> from 12:00 to 1:30. The cost is \$2 for all the salad, salad dressings, pasta, breads, drinks and dessert you can eat or carry.

It is always sad when the growing season ends, but the plants then go into the worm bin and become fertile compost for next year.

## TRANSITIONS PROGRAM CLOSINGS

Friday, November 11.....Veterans' Day  
Thursday, November 24.....Thanksgiving  
Friday, November 25.....Thanksgiving

Friday, December 23 through Monday, January 2,  
2012.....Winter Holiday Break

Transitions Programs & Dean Transportation resume  
services Tuesday, January 3, 2012

## NOT JUST HORSIN' AROUND

By Inger Lanese  
Transitions Grand Ledge

What can a horse teach us about ourselves? It might surprise you that Animal Assisted Therapy (AAT), specifically Equine Assisted Mental Health is a growing field with positive results in many arenas. The Equine Assisted Growth and Learning Association ([www.eagala.org](http://www.eagala.org)) formed in 1999 with its vision being "dedicated to improving mental health of individuals, families and groups around the world by setting the standard of excellence in Equine Assisted Psychotherapy". Inquiries sometimes sound like "how does the horse fit on a couch?" Equine Assisted Psychotherapy (EAP) uses "horses experientially for emotional growth and learning". The collaborative efforts of a licensed therapist, a horse professional and the consumer, help to address treatment goals.

This experiential modality of mental health treatment promotes certain skills like "non-verbal communication, assertiveness, creative thinking, and problem solving, leadership, work, taking responsibility, teamwork and relationships, confidence, and attitude". EAP addresses a variety of mental health and human development needs, including "behavioral issues,

attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems and communication needs".

## DEVELOPING RELATIONSHIPS IN OLD TOWN LEADS TO POSITIVE EXPERIENCES FOR CONSUMERS LOOKING FOR EMPLOYMENT AND EXCITEMENT

By Terri Beard  
Vocational Services

The Old Town Commercial Association (OTCA) is a non-profit organization dedicated to the revitalization of Lansing's Old Town through socioeconomic development, historic preservation, business recruitment and community outreach. OTCA has employed 4 employees who performed odd jobs for the Association including watering all of the beautiful flowers that are hanging or curbside in Old Town. Tom Wright (job coach) was instrumental in assisting with these unique experiences.

Tallulah's Folley is an "eccentric retreat filled with a mélange of unique offerings, flora and shenanigans". In fact, the writing in the "garage door" is upside down. You will be greeted by the store cat and 2 dogs. Tallulah's Folley was the first business in Old Town to give a CMH consumer an employment opportunity.

Perspective2 Studio is an urban cool venue for special events such as the taping of "6 in the City". Wendy, Sara, Erin (all Jolly Java employees) were invited to



join me as guest in the audience for the WLNS "6 in the City" taping at Perspective 2 Studio in Old Town. They took photos with the WLNS TV staff

and collected autographs. Perspective2 has employed 3 CMH consumers...2 who are identical twins who wanted to be employed within close proximity of each other on the same days and times which was easily accommodated with the uniqueness of Old Town.

Lambs Gate Antiques offers antique furniture, primitives, glassware, pottery, vintage textiles, shabby chic painted furniture & retro items. There is something for everyone, a variety of wares at fair prices and they are always changing. They were the second business in Old Town to allow one of CMH's consumers an employment opportunity.

Sir Pizza sits along the flowing river in Old Town, where tires were once produced. It is a neighborly cafe with old world charm. It has a brick and mortar wall, comfy sofas, and an open beam ceiling. It is a great place to have meetings, study, hang out with friends, etc. Sir Pizza hired one of the twins mentioned earlier to work the same shift to commensurate with her twin sister.

## SPOTLIGHT ON RELIEF STAFF



My name is **Heather Cantu**. I was introduced to Community Mental Health in 2008 and began working at Transitions South. I have enjoyed the consumers and learned a lot over the past years. I have worked in many Transitions locations as well as a temporary stint in Life Consultation as a Mental Health Worker. My favorite assignment is doing a fishing group and a beauty class at Transitions South on a regular basis. My future plans include securing a permanent, regular position helping consumers.

**Christina Johnson** has worked at Transitions North since October of 2009. She found out about Transitions North when taking a class in the CEI training unit for a previous residential job. We were happy to hire her and truly enjoy having her in our relief pool.



Christina has worked throughout the unit and also has worked with consumers from Transitions Central and Transitions St. Johns. She particularly enjoys accompanying consumers on community based activities where they learn or experience new things. She also enjoys it when consumers teach her something new. Her co-workers describe her as a hard worker with a heart of gold.

Christina drives in from Lake Odessa each day and is cheerful and ready to work. Her hobbies are reading, spending time with family and friends, and being with her dogs Baby and Honey. She is currently working a temporary assignment in Team 1, where the consumers are benefitting from her skills and positive attitude.

# TRANSITIONS

## 2011 - 2012 Program Closing Schedule

Winter Holiday Break.....Friday, December 23, 2011  
through Monday, January 2, 2012

Transitions Programs & Dean Transportation resume services Tuesday, January 3, 2012

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Martin Luther King Day.....Monday, January 16, 2012  
Presidents' Day.....Monday, February 20, 2012  
Inservice Day.....Friday, March 2, 2012  
Inservice Day.....Friday, April 27, 2012  
Memorial Day.....Monday, May 28, 2012  
Independence Day.....Wednesday, July 4, 2012  
Labor Day.....Monday, September 3, 2012  
Inservice Day.....Friday, September 14, 2012  
Inservice Day.....Friday, October 26, 2012  
Veterans' Day.....Monday, November 12, 2012  
Thanksgiving.....Thursday, November 22, 2012  
Day After Thanksgiving.....Friday, November 23, 2012

Winter Holiday Break.....Monday, December 24, 2012  
through Tuesday, January 1, 2013

Transitions Programs & Dean Transportation resume services Wednesday, January 2, 2013



### Bubble Shoppe Enterprises

Handmade soaps, lotions, diffusers and air fresheners. Call Transitions North for scents, designs and prices. Special orders are available.

### MICRO ENTERPRISE PRODUCTS AVAILABLE AT THE MEGA MALL

The Micro Enterprise Committee of Transitions continues to support booth B-8 at this 300 booth Store. Products are available 7 days per week with the Mega Mall handling the sales. Consumers volunteer twice per month at the store as helpers, along with the other volunteers for 3 hour shifts. This provides a meaningful experience for consumers to explore work in a retail setting. Consumers who have micro-enterprise products on display are able to go to the Mega Mall to check inventory, restock, decorate and rearrange the display. They can solicit sales by telling their family and friends where their items can be purchased. The site is handicap accessible and all on one level.

We look forward to meeting your last minute shopping needs by inviting you to visit. The Mega Mall is located at 15487 Old 27, 2 miles South of I-69, exit 87. It is open every day from 11 am to 6 pm.

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