

The Michigan Department of Health and Human Services & The Community
Mental Health Association of Michigan Present:

2021 Virtual Self-Determination Conference

Self-Determination: It Starts With You!

August 25-26, 2021

Education Daily 9:00am – 12:30pm

**No Fee to Attend, Registration is
Required**

Who Should Attend:

This conference contains content appropriate for all individuals who receive services, family members, case managers, supports coordinators, clinicians, CMH administrative and clinical staff, providers, HCBS and waiver coordinators, fiscal intermediaries and independent facilitators.

The Michigan Department of Health and Human Services, through the Community Mental Health Association of Michigan has provided funding for this initiative through a Federal Community Mental Health Block Grant.

CONFERENCE AGENDA

Wednesday, August 25, 2021

9:00am – 10:40am **Concurrent Workshops:**

1. **Caring for Yourself While Caring for Others**

■ Qualifies for 1.5 CE hours for Social Work

- *Tana Bridge, PhD, Professor, Social Work, Eastern Michigan University*

While loss, trauma, and stress are recognized as occupational hazards, managing stress, and prioritizing wellness has the potential to aid in personal wellbeing, enhance workplace culture, and improve outcomes for patients. Dr. Bridge will provide an overview of the biology of stress and compassion fatigue with a focus on self-care. Participants will be able to: 1. Understand the biology of stress and risk factors for compassion fatigue; 2. Explore the impact of stress on personal health, job performance, and hospital/organizational culture; and 3. Identify self-care opportunities and opportunities to safeguard from the negative impact of stress.

2. **Lessons Learned from the PAS Project**

■ Qualifies for 1.5 CE hours for Social Work

- *Jill Gerrie, BASW, Project Coordinator, The Arc Michigan*
- *David Lowe, MA, LPC, CCTP, Director, Utilization and Management, LifeWays CMH*
- *Angela Martin, LMSW, Senior Associate Director, Michigan Developmental Disabilities Institute*

Michigan Partners Advancing Self-Determination (PAS) is a statewide project at The Arc Michigan to increase the quality and use of arrangements that support self-determination for people with developmental disabilities in Michigan. PAS supports local Advancement Teams to improve Community Mental Health Service Programs (CMHSP) processes to help make sure people can direct their own services. It is a collaborative process that actively engages individuals with lived disability experiences, Support Coordinators, CMHSPs and/or PIHP leadership, and local disability partners. This presentation will share the experience of the LifeWays CMH Team including its key activities, lessons learned, and the impact on self-direction for individuals who receive CMH services and supports. Participants will be able to: 1. Describe the Michigan Partners Advancing Self-Determination project goal and activities; 2. Report the key results from LifeWays CMH Advancement Team; and 3. Identify opportunities to incorporate the LifeWays CMH Advancement Team lessons learned into a local delivery of CMHSP services and supports to advance self-direction.

3. **From Prescribing Treatment to Partnering in Planning: Family Driven, Youth Guided Treatment Planning**

■ Does NOT qualify for continuing education

- *Kim Batsche-McKenzie, LMSW, Division Director, Michigan Department of Health and Human Services*
- *Jane Shank, MSW, Executive Director, Association for Children's Mental Health*
- *Justin Tate, LMSW, Manager of Programs for Children with Serious Emotional Disturbance, Michigan Department of Health and Human Services*

When children, youth and families are viewed and treated as partners, true individualized planning based on their needs and preferences is able to take place. True partnership in treatment planning recognizes the providers expertise in the services they offer as well as the families' expertise on themselves and what will work for them. Valuing that expertise from the family creates an open environment where a true partnership in planning can take place. This presentation will show ways to enhance partnership and move past just "engaging" families. Participants will be able to: 1. Understand how Family Driven, Youth Guided policy and practice applies to treatment planning; 2. Gain knowledge of how partnership with families creates effective, individualized plans of service; and 3. Learn how outcomes are positively impacted by effective partnership.

4. Understanding the Medicaid Administrative Fair Hearing Process

- Does NOT qualify for continuing education

- *Marya Nelson-Davis, BA, Supervising Administrative Law Judge, Licensing and Regulatory Affairs, Michigan Office of Administrative Hearings and Rules-Benefit Services Division*

This workshop will provide a detailed explanation of the Medicaid Fair Hearing process with the Michigan Office of Administrative Hearings and Rules (MOAHR)-Benefit Services Division (BSD); the rights of Medicaid beneficiaries; and the applicable law and policy. Participants will be able to: 1. Understand the type of administrative hearings handled by MOAHR-BSD; 2. Understand the Medicaid law and policy and the rights of Medicaid beneficiaries; and 3. Understand the Medicaid fair hearing process.

10:40am – 11:00am **Break**

11:00am – 12:30pm **Concurrent Workshops:**

5. Let's Talk About the Home and Community Based Services (HCBS) Rule

- Qualifies for 1.5 CE hours for Social Work

- *Leonardo Bravo, Self-Advocate, HCBS Trainer, Consultant at MI-DDI*
- *Julie Fitzsimons, Self-Advocate, HCBS Trainer, Consultant at MI-DDI*
- *Alex Kimmel, Self-Advocate | The Self-Determinator, HCBS Trainer, Consultant at MI-DDI*
- *Ryan Klotz, Self-Advocate, HCBS Trainer, Consultant at MI-DDI*
- *Blake Perry, Self-Advocate, HCBS Trainer, Consultant at MI-DDI*

This session is intended for individuals, family members, and professionals in the behavioral health field. Participants will learn about the Home and Community Based Services Final Rule through HCBS Trainers sharing their experiences. The HCBS Trainers will discuss the importance of the HCBS Rule and its impact on services and supports for individuals with disabilities. Information will be presented on the individual rights the HCBS Rule provides to live in the community, have freedom, a person-centered plan, and respect and privacy. Participants will be able to: 1. Increase their knowledge about the HCBS Rule regarding What are Home and Community Based Services and Who funds Home and Community Based Services; 2. Raise awareness of how Home and Community Based Services can support individuals to live a more fulfilled life; and 3. Realize ideas and realities on ways the HCBS Rule supports people to work, live, love, and play.

6. Writing Quality Person-Centered Goals and Objectives

- Does NOT qualify for continuing education

- *Laura Demeuse, LBSW, QIDP, Self Determination Analyst, MDHHS*
- *John Eagle, LLMSW, QIDP, QMHP, Supervisor of Adult Outpatient and Community-Based Services, Allegan County Community Mental Health Services*
- *Joshua Hagedorn, MA, Chief Knowledge Officer, TBD Solutions*

Learn how to elicit goals and translate a person's vision of a good life into meaningful, strength-based aspirations that meet the spirit and intent of person-centered planning. Document with confidence, knowing the plan is compliant and, most importantly, a map of how to support the person to make their ideal life a reality. Participants will be able to: 1. Discover and translate goals and objectives from the people we serve; 2. Link strengths and preferences to measurable objectives; 3. Understand how person-centered planning drives and must be documented in the IPOS; and 4. Define how the act of designing goals and objectives, and their documentation as part of the IPOS, relates to other key components of person-centered practice.

7. An Overview of Independent Facilitation

■ Qualifies for 1.5 CE hours for Social Work

- *Kristen Columbus, LLMSW, Research Assistant, Michigan Developmental Disabilities Institute*
- *Jan Lapman, BA, Consultant, Owner, Community Drive*
- *Angela Martin, LMSW, Senior Associate Director, Michigan Developmental Disabilities Institute*

Independent Facilitation is a part of the Person-Centered Planning process. It assures the focus person has an ally to facilitate the planning process. An Independent Facilitator is chosen by the person, or family with family-centered planning, to assist the individual to plan their life how they see fit. Attendees will learn what Independent Facilitation is and how it can be useful.

Barriers and strategies for using Independent Facilitation will also be discussed. Participants will be able to: 1. Define Independent Facilitation (IF) of the Person-Centered Planning process; 2. Describe the benefits of Independent Facilitation for an individual who receives Community Mental Health (CMH) services and supports; 3. Identify current barriers to individuals utilizing Independent Facilitation; and 4. Understand the relationship between Independent Facilitation and Person-Centered Planning.

8. The Direct Care Workforce Crisis: Solutions, Statewide Initiatives, Provider Options

■ Qualifies for 1.5 CE hours for Social Work

- *Emily Dieppa, BA, Director of Workforce Development, PHI*
- *Clare Luz, PhD, Associate Professor & Director, Impart Alliance, Michigan State University/College of Osteopathic Medicine*

There is a critical shortage of Direct Care Workers (DCWs) that is threatening Home and Community-Based Services (HCBS). Providers across the state are having to turn away individuals needing support, and the ongoing, costly challenge of recruiting and retaining a quality workforce. The shortage and rampant turnover rate are the result of multiple factors including rapid population aging, fewer family caregivers, longer life expectancy, and DCW jobs characterized by low wages/benefits and a lack of guaranteed hours, training, and respect. The need to grow and stabilize this workforce across all sectors and programs including those for mental health, intellectual and developmental disability, and self-determined supports and services, is urgent. This session will focus on recommended solutions, major initiatives at the state level to address the shortage, policy priorities, long-term goals and strategies, short-term options for providers, and the potential return on investment associated with these options. Participants will be able to: 1. Describe the reasons for the direct care worker shortage and major statewide initiatives aimed at addressing it; 2. List key strategies for recruiting and retaining direct care workers; and 3. Have increased knowledge of what is meant by “return on investment” and ways in which to determine the economic impact of recruitment and retention strategies.

12:30pm Adjourn Day 1

Thursday, August 26, 2021

9:00am – 10:30am **Concurrent Workshops:**

9. **Emergency Preparedness**

- Qualifies for 1.5 CE hours for Social Work

- *Jan Lapman, BA, QIDP, CAPP, Owner, Community Drive*

2020 certainly showed us all what can happen when disaster strikes. In the presenter's community, not only did the pandemic hit hard, but there was also a 500-year flood, which caused the evacuation of over 10,000 people in the span of a few hours. Everyone should have a plan in place for not only personal emergencies but also large-scale emergencies and disasters. This presentation will show you how. Participants will be able to: 1. Gain the knowledge to create a personal Emergency preparedness plan; 2. Become aware of community wide Emergency preparedness plans and know where to look for the plan for their community; and 3. Learn how state and federal agencies contribute to emergency preparedness.

10. **My Job, My Life!**

- Qualifies for 1.5 CE hours for Social Work

- *Yasmina Bouraoui, MPH, DrPH, Deputy Director, Michigan Developmental Disabilities Council*

- *Hassan Hamzi, Self-Advocate, Production Associate, FEAST Detroit*

- *Charles Roberson, Retail Clerk, STEP Thrift Stores*

- *Paige Zimmerman, Self-Advocate, Housekeeping Assistant, Soaring Eagle Waterpark Hotel*

Join three self-advocates as we describe our journeys to our own jobs in the community. We will discuss the experiences, resources, services, and supports that enabled us to reach our goal. What role did CMH, VR, and providers play to achieve our success? Join us for tips and tricks to reaching your employment goal! Participants will be able to: 1. Describe activities that enable discovery of employment interests; 2. Describe various agencies and services which support placement into employment; and 3. Describe various types of supports that can be used on the job (paid and unpaid).

11. **Re-thinking Person-Centered Planning: Helping Individuals Live Increasingly Self-Determined Lives!**

- Qualifies for 1.5 CE hours for Social Work

- *Michael Cupp, MA, LLP, CHC, Director of Contracts and Provider Network Management, LifeWays CMH*

- *Philip "PJ" Hoffman, MBA, Supervisor, Quality Improvement, LifeWays CMH*

Michigan's public mental health system has included person-centered planning for many years. This has resulted in a change of focus to the goals and desires of the individual guiding treatment plan/support plan decisions. This presentation will look at how the Person-Centered philosophy can be re-imagined. Participants will be asked to consider the Person-Centered process can be used to help increase the ability of individuals to live Self-determined lives. It is possible to see the process as a tool for the individual to achieve greater independence by removing some of the stumbling blocks that have developed over time. Participants will be able to: 1. Gain an understanding of the Michigan Person-Centered philosophy; 2. Discuss potential ways to implement Person-Centered Planning as a tool for developing Self-Determination; and 3. List methods for helping individuals learn about and take ownership of their PCP process.

12. **Being A Strong Sexual Self-Advocate is Part of a Self-Determined Life**

- Does NOT Qualify for continuing education

- *Mary Shehan-Boogaard, MS, QSE, Community Inclusion Coordinator, Michigan Developmental Disabilities Council*

- *Frank Vaca, Peer Mentor, LDO Fellow, Self-Advocate, Governors Autism Council*

During this presentation, we will discuss why it is so important to provide sexuality education to people with Intellectual and Developmental Disabilities (IDD). Peer educators will talk about the messages people with IDD get about their sexuality growing up, and the importance of teaching sexual self-advocacy and autonomy of one's own body. Resources available to all in Michigan will be presented. Participants will be able to: 1. Define Sexual Self-Advocacy; 2. Identify key aspect of education for families of, and individuals with Disabilities; and 3. Discuss educational resources available in Michigan.

10:30am – 11:00am **Break**

11:00am – 12:30pm Concurrent Workshops:

13. Living and Working It: My Experiences as the Parent of a Child with Severe Autism and a Children's Case Manager

- Does NOT Qualify for continuing education

- *Krissy Swett, BS, Children's Case Manager, Lapeer County CMH*

Living and working it. I am a social worker in the children's department at Lapeer County CMH. I have a beautiful, wonderful 9 ½ year-old son named Justin who has severe autism, an I/DD and is non-verbal. He is my soulmate and working in this field has given me a very unique perspective about services – IEP's, meds, OT/PT and other services. As a Medicaid provider and a parent of a child who is a recipient of services, I live and appreciate both sides of the table. Participants will be able to: 1. Demonstrate the similarities and differences in experience from both parent and case manager points of view; 2. Understanding the important role parents play in treatment; and 3. Learn the top 5 things every social worker should know when working with children and families.

14. Disability Pride and Assistive Technology (AT)

- Qualifies for 1.5 CE hours for Social Work

- *Kellie Blackwell, MS, BA, Assistive Technology Specialist, Michigan Assistive Technology Program*

- *Laura Hall, BA, MSW, Co-Director, Michigan Assistive Technology Program*

Disability is a natural and beautiful part of human diversity. When it comes to Assistive Technology (AT) – any tool or device that helps people with disabilities do things – devices are not always designed with personalities and style preferences in-mind. Getting comfortable with using AT can be an adjustment. During this session, we will share and demonstrate AT devices that will meet the needs of a diverse spectrum of people on their journey of disability (and AT) pride. Specifically, we will cover the use of AT devices in these everyday situations: 1) while traveling, 2) to use for school & work, 3) while dining out, and 4) for personal care. All participants will learn about AT and the services provided by the Michigan Assistive Technology Program (MATP). Participants will be able to: 1. Describe assistive technology and the concept of disability pride; 2. Gain hands on experience with a variety of assistive technology that could be customized to meet the needs of individuals as they are on their journey toward disability pride; and 3. Learn about the services and resources available through the Michigan Assistive Technology Program.

15. Understanding Your Mental Health Rights

- Does NOT Qualify for continuing education

- *Beverly Sobolewski, MA, Recipient Rights Specialist, LPH, Michigan Department of Health and Human Services*

This session will provide information on filing recipient rights complaints with the Community Mental Health Office. Participants will be given an in-depth review of the process and what correspondence to expect from the rights office. Potential action complainants may take following the completion of investigations will also be reviewed. Participants will be able to: 1. Gain an understanding of the process of filing rights complaints how to evaluate the response from the Office of Recipient Rights (ORR); 2. Gain an understanding of the investigative process and how ORR will conduct its investigation and communicate with the complainant throughout the investigation; and 3. Gain an understanding of the process of filing an appeal regarding the outcome of an investigation, what a local or state appeal involves and the potential outcomes of an appeal.

16. Health Equity and Person-Centered Practices

- Qualifies for 1.5 CE hours for Social Work

- *Tari Muñoz, BA, Departmental Analyst, MI Aging and Adult Services Agency*

This workshop will focus on how understanding health equities and social determinants of the health influence person-centered planning practices. Health inequity and social determinants of health are more than a diagnosis or pattern of behaviors. They influence who the individuals we serve are, their culture, families, and history. Participants will be able to: 1. Understand the meaning of health equity and social determinants of health; 2. Learn how to talk about health inequities and social determinants of health when facilitating person-centered planning; and 3. Addressing health equity and social determinants of health when creating person-centered plans with the individuals we serve.

12:30pm Conference Adjournment

CONFERENCE REGISTRATION INFO

No fee to attend, but registration is required. [Click Here to Register!](#)

POLICIES

Registration Deadline: Registration Closes at 5:00pm on Friday, August 20, 2021.

Substitution Policy: Substitutions are permitted 3 business days prior to the training. Requests must be submitted to msholtz@cmham.org.

Continuing Education Information:

Social Workers: This course conference series qualifies for a maximum of 6 Continuing Education hours. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818. Qualifies as "face-to-face (in-person) education."

Certificate Awarded: The virtual platform will be utilized to track participation and generate certificates. No other certificate will be given outside of the virtual platform generated one that will be accessible in your profile after the conference is completed.

Certificate Issued by: Christina Ward, Director of Education & Training, cward@cmham.org; 517-374-6848

Grievance: If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHA 517-374-6848 or through our webpage at www.cmham.org for resolution.

Virtual Requirements:

- After registering, you will receive a confirmation email.
- A few days prior to the conference, we will send you an email with login details so you can access the conference platform. We recommend that you save the link in your calendar for easy access.
- You must watch the conference LIVE to receive credit for the training.
- Each person must have their own laptop/computer/tablet – you cannot share a device.
- Recommend that attendees log into the conference at least 15 minutes before it begins.
- Registration report will indicate arrival time (note for continuing education you must be logged into the session within 5 minutes of the start of the training); and departure time.
- After confirmation that you have fully participated in this conference your Continuing Education Certificate will be available to you.

Virtual Training Accommodations: If you need accommodations to attend this webinar, please email your request to msholtz@cmham.org 10 business days before the event. Information will be updated as applicable.

You will receive additional information on how to log into and navigate the conference site to select your workshops, sign up for CEs, exhibit hall, receive certificates, and other features of the conference site.

[CLICK HERE TO REGISTER!](#)

(Registration Closes at 5:00pm on Friday, August 20, 2021.)

QUESTIONS? Call CMHA at 517-374-6848

