

# Independent Facilitator Biography

## Contact Information

**Full name:** Tracey Bean

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## About the Facilitator

### **What qualities do you bring to your role as an Independent Facilitator?**

It has been my observation that before a person gets back up, they may need someone to first help them lift their chin (to help them regain sight of something that gives them a reason to get back up, engage, or advance). In addition to showing up with good intentions and a belief that betterment is possible, I bring *empathy* that translates into action, and a *professional commitment* discernible through the extension of diligence, patience, and accommodation. I would bring a *genuine desire to help* all involved in your care see the person beyond the disability, and the prospects beyond the travail, as they also continue to look up, get up, and advance through *personal, purposeful, and sustainable decision making*.

In addition to this, I have a *healthy respect for both evidence-based research, and the findings of methodically-conducted fledgling research* essential to meeting the permutable healthcare needs of society in general. While not likely to be predominant in my work as an Independent Facilitator, I do bring an expanding bank of insights gained through traversing two research domains currently working to improve patient outcomes. Some may find pausing to look at things through this lens to be refreshing, motivating, or a welcome break from emotional subjects.

### **Why do you want to serve as an Independent Facilitator?**

I believe having the opportunity to experience the dignity that comes through one's own functionality across the span of one's lifetime *and* the full landscape of one's community, is at the core of Continuity-of-Care. I believe this is reasonably achievable through Person-Centered Planning, and that Independent Facilitation helps ensure that persons navigating life with a mental disability traverse their life's continuum and their community's shared spaces *equitably*.

It was a more intimate observation of the work of clinicians, administrators, and researchers endeavoring to eliminate gaps in the care continuum of persons with mental health related impairments, and persons at heightened risk of suicide, that motivated me to train with MI-DDI. Now I reserve some of my availability to be able to offer an assist to persons *doubly cared for* by Primary Care Clinicians and Mental Health Clinicians *specifically*, and in a timely manner. I also do it out of appreciation for the professionals who made themselves doubly available to care *for me*.

**What are some skills or expertise that you have as an Independent Facilitator?**

I am willing to learn new skills for the benefit of you or your loved one. I am willing to use my other background as an illustrator, graphic designer, creative writer, public speaker, and customer service representative to overcome communication barriers.

**Are you a member of any professional organizations or groups? If so, which ones?**

Patient Engaged Research Center – Henry Ford Health, Patient-Centered Outcomes Research Institute (PCORI), National Council for Mental Wellbeing, NAMI Detroit

**Scheduling Details**

**Do you need any accommodations in your role as a facilitator?:** Yes, please contact me 24 hours in advance if ever you need to amend, reschedule, or cancel an appointment.

**Times of day you are available to facilitate:** To accommodate traditional work schedules, I reserve some general availability 10 am – 7 pm.

**Days of the week you are available to facilitate:** To accommodate the traditional work week, I reserve some general availability Wed – Sat. (Offering Sunday availability is not customary for me, but an exception may be feasible. Please inquire.)

**Geographic locations you are available to facilitate:** Wayne County

**Do you have a computer, tablet, or smartphone with internet access for virtual facilitations?**  
Yes.

**Independent Facilitator Level of Competency**

**Level of Competency: I (Trained)**

Level 1: Independent Facilitator has completed the Independent Facilitator training provided by the Michigan Developmental Disabilities Institute at Wayne State University.