

10:54:25 >> : Where did you buy the camper, Mike?
10:54:34 >> : We got it from a small PRAS.
10:54:40 >> : We've done everything from home, which is nice. And now we can go just pick it up. Angela.
10:54:43 >> : You want to let Angela.
10:54:45 >> : Angela, who?
10:54:47 >> : You know, the person you work with forever.
10:54:49 >>: Oh. Yeah.
10:54:53 >> TEDRA JACKSON: Is there anybody else I need to let in early today?
10:54:55 (Laughter).
10:54:56 >> :
10:54:58 >> : Good morning, everybody.
10:55:00 >> : Morning.
10:55:12 >> : Tedra, are you all moved in? All the boxes are put away? Everyone is sleeping in their bed.
10:55:20 >> TEDRA JACKSON: I literally just told Jenny before you came on I'm sitting on the floor.
10:55:23 >> : Your kids have a playground.
10:55:34 >> : The play room is set up. That is one of the first things that got unpacked. Their toys are in the play room. And everything is else.
10:56:04 >> : I will do a little bit more this weekend and just see what happens. .
10:56:06 >> : Not too big.
10:56:22 >> : Fun pulling that and pulling the pop up for 13 years. It's going to be weird.
10:56:37 >> TEDRA JACKSON: Okay. I'm getting ready to go live on Facebook.
10:56:40 >> : Just so you know Tedra, we are recording now.
10:56:41 >>: Great.
10:56:42 >>: Thank you.
10:58:06 >> :
10:58:14 >> TEDRA JACKSON: Okay. We are streaming live on Facebook. We are recording.
10:59:33 >> : Mike, you want to go ahead and start letting people in.
11:00:03 >>: All right. Here they come. That is everyone for now.
11:00:31 >> TEDRA JACKSON: Thank you. Good morning, everyone.
11:00:46 >> : I see that we still have several people coming into the meeting. So we will wait for a couple minutes before we start to make sure that everyone can be in that wants to be in in the beginning.
11:00:48 >> : Ready, Tedra.
11:00:49 >>: Good morning.
11:01:04 >> : I apologize this is Mary. Is anyone able to hear me?
11:01:05 >>: Yes.
11:01:08 >> : Hi, Mary.
11:01:20 >>: Okay.
11:01:24 >> : Good morning, Barbar.
11:01:25 >> : Doing great.

11:02:49 >> TEDRA JACKSON: We'll wait just another minute or so and then go ahead and get started.

11:02:59 >> TEDRA JACKSON: Okay. We will go ahead and get started. Good morning, and welcome to our weekly webinar information series.

11:03:05 Today our topic is Person-Centered Planning in the age of COVID-19.

11:03:32 We know that even though with the pandemic life didn't stop. It hasn't stopped for any of us. That includes that people that are being served in the mental health system and so we wanted to take an opportunity today to share some information with you as well as some questions that you might want to consider when thinking about your plan during this time.

11:03:39 And also questions about what might need to change with your plan during this time.

11:04:09 And we also have someone who is going to talk with us and go through some tool that is we might use or you might use as you are thinking about planning and thinking about the changes that might need to happen for your life and how you can set up some supports that will help you make it through until we return to some bit of normalcy. Whatever that is going to look like for the future.

11:04:40 As with previous weeks we do have captioning available. If you would like to turn on the closed caption and joining by Zoom. Click on the right button, and say show subtitles. Also, if you have questions or comments during the presentations, please feel free to use the raise hand function or just type your questions in the chat and we will make sure that.

11:04:44 We get the questions out to the presenters.

11:04:48 Like in previous weeks we are also streaming live on Facebook.

11:04:57 So we will do periodic check in on Facebook to see if there is any questions or comments there.

11:05:07 As always we will share any resources being shared with us on this Zoom with people who might be joining us via Facebook live.

11:05:31 So without further adieu I would like to introduce our presenter for today. Angela Martin from the Michigan Developmental Disabilities Institute at Wayne State University and also presenting today Jenny TURNer from the University of Missouri LifeCourse Nexus.

11:05:35 I believe that Angela is up first. Right Angela.

11:05:42 >> : Thanks, Tedra. I'm going to share my slides. Just give me one second.

11:05:45 Can you see as it as a slide show now.

11:05:56 >> : Thank, Tedra. And thanks everyone for joining. As Tedra, my name is Angela Martin and I work at the Michigan Developmental Disabilities Institute at Wayne State University.

11:06:03 We are Michigan University center for excellence in developmental disabilities.

11:06:37 This morning I'm going to start out by sharing information about the Person-Centered Planning and share with Jenny TURNer and the institute is Missouri for excellence at the University of Missouri and tell you more about her work and just happens that Jenny works at our sister in the state of Missouri.

11:06:54 Thanks everyone, I believe we're going to hold questions, but as Mike put in the chat box if you have a question and don't want to hold it to the very end and put those in the chat box and we will gather them as we go forward.

11:07:12 So this slide presents what Michigan Mental Health say about person centered planning. In Michigan, we're a unique state for many reasons.

11:07:26 As it relates to Person-Centered Planning the Mental Health Code is a required planning process for all recipients in mental health in Michigan.

11:07:37 This statute or rule said the principles of the services is to build capacity for people that receive mental health supports to live a life in the community.

11:07:52 It also points out that the purpose of Person-Centered Planning is to honor the individuals preferences choices and abilities. It's about the person. It's about planning for one person. That person and reflecting their life.

11:08:01 It also states that with planning the planning process is supposed to be involved people that are key to the person's life.

11:08:08 That includes the person's family and friend and professionals that support that person as desired by the individual.

11:08:18 So the person decides who should be engage in the planning process with them, but again it's their focus.

11:08:25 Person-Centered Planning is grounded in values that respect and celebrate the uniqueness of each individual.

11:08:34 This slide is going to show a person in the middle and a series of smaller circles around it. I'm going to describe each circle and what it say.

11:08:44 One of the first values of Person-Centered Planning to presume competence. That means the person can make decisions and has abilities.

11:09:06 The next circle that we are supposed to honor the person's individual choices, preferences and strength just like in the policy, Mental Health code reflected that we are honoring the individuals preferences and what are their strengths.

11:09:14 Another value is to make sure that we're engaging the person, so we recognize that everyone can contribute to their community.

11:09:27 Everyone has a gift, talent, something to offer the community and the planning process is an opportunity for us to discover it and support the person in doing that and they are contributing member of their community.

11:09:36 The fourth value that we need to recognize is that we need to maximize people's independence. We need to create community connections.

11:09:41 The person can be the best of who they are and be connected to the community.

11:10:10 Sometimes the word independence is misconstrued or misinterpreted, some people think of independence is about going alone. In fact, independence is bringing your individual talent and being a part of the community and practice a value of inner dependence and making the person a larger community.

11:10:36 The last thing we want to recognize is the individual has their own culture. Personal beliefs and family beliefs. Each of us have idea and what we believe. Where we've grown up and where we live and engage and that is reflected in the individual's culture.

11:10:41 That planning process needs to take into account for those aspects.

11:10:47 So this slides share with information on what we should focus on the planning process.

11:10:49 This is going to be different for every person.

11:10:57 The important part the individual sets the agenda what should be included in the planning process.

11:11:03 They decided what the topics will be and what topics won't be discussed. That is equally important.

11:11:15 Topics may include talking about the individual's personal relationships. Their home life, finances. How they work or earn a living. Volunteersism.

11:11:35 How they're per suing higher education. And legal issues that have to take into consideration and personal health and safety and have fun and achieve that meaningful life.

11:11:39 When we talk about the focus needs to be individualize. Person specific.

11:11:49 We need to think about what is -- what the person is good at. Have to look at their capacity. And what is the individual's potential for success.

11:12:00 To do that we gather a group of people together that are committed to that individual. People that care about that person. Believe in that person and see the full potential of that individual.

11:12:10 And having these conversations and focussing on things that are needed to be addressed for the person we need to be thinking about what is the end goal of life for that person.

11:12:21 What is their hopes and expectations for their future? And that future is the right now future, what they're working on right now and longer-term future.

11:12:37 In doing so some people they might need help achieving some of these goals and need to bring people together that they can count on and believe in them and some people that also might be working on developing a network of people.

11:12:51 Some people may have just some relationships that are not as strong as others. The planning process is an opportunity to strengthen those engagements and connections.

11:13:02 Again, we need to be respectful of the person's cultural needs and honor the family's cultural values as well.

11:13:08 So in the Person-Centered Planning this is a slide with an arrow pointing to the right.

11:13:15 I'm going to put up three different circles or objections on there and going to have different information.

11:13:18 I'm going to start with the first one, which is preplanning.

11:13:22 The Person-Centered Planning is a process.

11:13:29 It's built together on a series of activities that you do, they are all interconnected.

11:13:36 One part of this step leads to the next step, to the next step, to the next step.

11:13:46 The first step in the process is preplanning and that happens before you gather people to give input and give feedback to you.

11:14:02 So the pre-planning is coordinated by the individual themselves or with the support of Supports Coordinator or inIndependent Facilitation and talk about later in the presentation.

11:14:10 It's a standard set of questions that are gather to help think about how we're going to bring this planning process together.

11:14:21 There is an agenda that is made. We decide who is going to be invited. I want to bring these people together on this date and discuss and this is what we're not going to discuss.

11:14:27 I need these accommodations and actively participate in the discussion and planning.

11:14:47 There is a determination by the individual if they want to facilitate their planning process or want somebody else, from the system or Supports Coordinator or case manager or facilitator or have the person, that former person help them facilitate their planning process.

11:14:55 Those are also discussions that happen before we gather together to do the more formal discussion of planning.

11:15:01 The next step in this objection is the planning process itself.

11:15:04 At that time is when we talk about what we want to achieve.

11:15:20 What are the goals of this person's life? What are some of the needs that he or she may need to achieve that? That might include identifying supports that will help them to be successful.

11:15:30 For the folks that are involved in the planning process, what are their roles and responsibilities to help that person achieve their life goals?

11:15:41 One of the things that might come out of that relative to the community mental health is a plan of supports. The plan of supports is an outcome of the planning process.

11:16:12 It is not the same as the Person-Centered Planning. The Person-Centered Planning is much larger than just a plan of service or a plan of support and I'm going to talk a little bit more about that in a couple of slides. But one of the things that come out of the Person-Centered Planning might be a planning service and the information these are the services and supports that the person needs to go about the life they are thinking for their own future.

11:16:23 So when we're doing planning we're pulling together, we have that preplanning process and then we have the planning process itself.

11:16:36 The planning is really a series of steps that honors all aspects of the person. Bringing the people together that care about the person, know about the person, and honored by the individual or valued by the person.

11:16:45 We talk about what's been happening in the past. Respecting the past and thinking about what brought this person to this point.

11:16:56 Not dwelling on the past. Thinking about how did it get here to this point? Then it's about talking about what is happening today?

11:16:59 That is the day-to-day life today for that individual.

11:17:21 It's also about talking about the what the person's individual attributes, their qualities, specific talents, skills, their interests, the things that really make that person tick that is really about who they are to describe who they are as an individual.

11:17:35 And then we kind of move into the next part, what is talking about the future. What does this person ultimately want for their life? And giving that person space to think about what they're going to do for their future.

11:17:37 From that we develop an action plan.

11:17:48 And that basically outlines what will be done after the planning process. To support the individual towards the future they've already lined out.

11:17:58 From there develop a plan to get the person, and people that care about them committing so there is some action steps.

11:18:31 I've been to a lot of -- I've seen several opportunities and had good planning and no solid action steps. Good planning without action steps lead to frustrations. So thinking about what does the next day look like? How are we going to act to make the planning process move to action? Over time seeing how things are going and monitoring and making adjustments as needed and continuing to see the successes as we move forward.

11:18:46 So from the planning process there is a circle in the middle and say this is the Person-Centered Planning and from that planning process it can contribute to the development of several other things.

11:18:51 Can mean that we help the person build a stronger circle of support.

11:19:04 Can also mean a plan of service and support is developed. Again, that means we're identifying serves in the community mental health to help that person go about that plan they have for their life.

11:19:10 It's about, it may give you information to help plan for a person's back up plan.

11:19:37 Emergencies in this time of COVID we really shifted thinking about what emergency means. A lot of plans I've been involved before it was more about what are we doing in an emergency a fire, or weather emergency or some other time of emergency that might come up in a general person's life.

11:20:01 And we really had to shift how we think about planning for emergency situation. It's not just an emergency fire alarm or the siren, it's about public emergencies and think better about that and using person planning to have broader discussions and Jenny is going to share more about tools we might have to have the discussion.

11:20:06 The planning process might also help you to think about what things you need in a medical situation.

11:20:19 For some people they might have medical needs they need to help, they need help with so others can help them respond and what to do in that situation.

11:20:59 If the individual is still in school gathering information supportive to their individualize supportive plan. For those of you probably very familiar IEP, Individualize Education Plan. That is the agreement between the students and the family and school what is going to happen. What we talk about in the planning process could be added to the EIP. And transitioning to school and after school this planning process can be successful in helping the person make the transition.

11:21:15 With that I'm going to hand it over to Jenny and she is going to share a little bit about the work that Charting the LifeCourse and we can have some tools to think about and use during the planning process. Jenny.

11:21:33 >> JENNY TURNER: HI, everybody. It's really excited to be with you here today. Like Angela take where she started about the Person-Centered Planning and charting can help to facilitate some of those discussions.

11:22:06 So really quickly. This is me. There is a picture, a couple of pictures on the screen of my family. I wanted everyone to know the most important thing about me. I'm a sibling. Two sisters one that has disability and one that is adopted and has some mental health that we access through our state Community Mental Health Program. I

have seen how these tools have really impacted my life, my family's life and not just work.

11:22:20 I like Angela said work for the University of Missouri Kansas City institutional, which is our for excellence in Missouri.

11:22:29 One of the cool things at part of my job is be a support for the State of Michigan.

11:22:45 That is a group of 19 states who work together to think about how we can use the Charting the LifeCourse framework to create better policies and processes that will support people and their families to live the lives they want.

11:23:03 So on the screen there is a map of the 19 states that are part of the community of practice. As well as the icons that are the key principles of the Charting the LifeCourse. I'm not going to talk about the icons right this second and share those with you in just a minute.

11:23:22 Before we begin I think it's important what is the Charting the LifeCourse framework and there is an image on the screen all of the key principles combined into one circle that we use to captured all of the important aspects of the framework.

11:23:59 Most importantly the framework is created to help individuals and families in all abilities and level think about what kind of life they want, identify what they need need to do and do. Figure out the supports and develop the support and achieve the vision for a good life. Like Angela said really mirrors the person planning process and develop some of the outcomes related to the service plan or developing a circle of support.

Thinking about past, present, and future and pull all of the infd.

11:24:02 The life that a person wants to live.

11:24:06 The framework is first and foremost a way of thinking.

11:24:15 So there is a box on the screen that say guiding framework and it's a way for framework is a way for us to kind of plan and problem solve.

11:24:23 The bottom box on the screen say tools. That is because we have a set of tools that I'm going to share with you very briefly today.

11:24:32 That can help us to learn about what might be possible in the life that we want as well as worksheets that can help us to plan and problem solve.

11:24:45 So on the screen there is a picture of lots of different people from all kinds of different walks of life and doing all types of different things. In the center of the picture is our core beliefs.

11:25:00 This is what drives everything we do. It's kind of like our mission STALT. That beef is all people and their families have the right to live, love, work, play, and pursue their life aspirations in their community.

11:25:16 I think that is really important this is the purpose of Charting the LifeCourse and using the tools. We want all people and the family member to have the life they want to live.

11:25:23 So when we think about the framework it starts with a person. There is an image on the screen of a person.

11:25:26 We know that person is a part of a family.

11:25:28 Like Angela, we all come from somewhere.

11:25:40 So whether it's a family that we were born into or close to or a family that we've chosen of friends or neighbors or community members. It's the circle of support.

11:25:51 Surrounding that person icon is another circle that includes other people that person chooses to be their group.

11:26:10 We know quality of life for that person and that family, the good life that we talk about is made up of lots of different types of things and talk about those as life domain. On the screen we have a wheel that has pie slices for all of the different domains we're going to dig into later.

11:26:22 We want to think about all of the different life domains. Not just health and safety, but all of the different parts of the person's life.

11:26:38 We have a circle that talks about the different things we might need in order to live the life we want. Sometimes we need information in training or connect to someone who has been there before and need physical goods and services.

11:26:59 In order to meet the needs there is now a star on the screen and think about the different types of support and services that may fill those buckets. Sometimes we refer to those types of needs as buckets and think about what the person can contribute? Like Angela said what are they good at? Skills and strengths?

11:27:15 Who is involved? Friends, families, neighbors, coworkers? Technology can be access? Community base, things that anyone can access and use. And what are the eligibility and specific services.

11:27:28 We use an arrow that is pointing up on the screen towards the picture of the star with the person and family in the middle. We know there is a path to get to the good life.

11:27:32 We want to think about what is the path and what steps do we need to take?

11:27:36 There are now little icons of the different life stages.

11:28:00 There is one of a baby. One of a toddler, what of school age child. One of adults and adults work force and ageing adults that are going across the arrow as we think about what needs to happen each stage of our life and each phase of our development and help us get to the life that we want.

11:28:17 That is a framework in a quick summary. And focus on two principles about Charting the LifeCourse framework and have an opportunity for another webinar and focus on the integrated support star in more detail.

11:28:24 Today we want to talk about the concept of trajectory. That is kind of a big word. All it means is path.

11:28:27 How to get to where you're going.

11:28:43 On the screen you see an arrow pointing up to the right towards a purple cloud or bubble and green cloud underneath that and talk about what the clouds are and arrow helps to think about the path we want to take.

11:28:57 First and foremost one of the most important questions, what is your vision for a good life? Angela talked about how the Person-Centered Planning centers on one person and helps to identify their goals and achieve.

11:29:07 We have a big blue cloud where we think about, what do you want? What is your good life? What would make up your ability to live the life that you want?

11:29:20 For me a good life is traveling and drinking good coffee and having time with family and friends and feeling good about the job I have and contributing to a greater purpose and to the world.

11:29:31 We also, though, know we need to think about what is not a good life? Sometimes it's easier for us to identify what we don't want and tell other people what we're afraid of.

11:29:41 What we don't want to have happened. Then it is for us to say what the good things. We may not be sure what is possible.

11:29:58 Sometimes we start what don't you want? I don't want to be bored? Alone? Isolated? Abused? We think about what we do want for our good life and don't want as we set out that vision and start the conversation knowing where we want to go.

11:30:05 There is a quote on the screen now that say, the future is not something that we enter, the future is something we create.

11:30:11 And creating that future requires us to make choices and decisions that begin with a dream.

11:30:31 Another way of saying that is we have to know where we're head. If you don't know where you're going it's hard to get there. If we think as a vision of a good life, quality of life. Start by saying what is the life you want and what do you want to avoid?

11:30:36 By doing that we can start to think about that path or trajectory.

11:31:21 There is another picture on the screen with a vision bubble and families things like families friends tattoos, and this is a vision of my friend Ben. He is getting his first tattoo. And vision of good life includes all of those things. And healthy and fit, and he identified what he doesn't want. He doesn't want to have poor money or poor health. . And so BEN and family and circle of support think about what needs to happen along the path in order to help Ben achieve that vision.

11:31:39 Like Angela said services and supports may be an outcome, but should be helping us to get to the ultimate vision. The purpose of planning is not services and support. The purpose of planning is to say what is the vision? How do the service and support help me on the path?

11:31:47 As we think about that path we know there are some experiences that people with disabilities may have.

11:32:02 They may go through early childhood or intern school or transition plan or visit the Social Security those are some of the key disability experience across the life span.

11:32:12 I talked about the little icons of the life stages and have them here on the trajectory arrow.

11:32:18 We want to think about more than just those experience as we think about how do we get what we want.

11:32:32 Now on the screen same icons and words chores and allowance. Dating and HAERT ache. Birthdays and parties. And learn TOG say no.

11:32:38 Those are some of the life experience that everyone experiences. That help us to get to the life that we want.

11:32:45 Some of those experiences are really positive and experiences that we want to have again or we want to remember and grow from.

11:33:04 Some of those aren't so positive. I remember dating and heartbreak, but help me to learn about the type of people I want to spend time with or weed out some of the guys that weren't best fit for my vision of what a good life would look like.

11:33:11 We know the life experience help us on our path to achieving the vision of what we want for our life.

11:33:16 There is a cycle on the screen and think about it like this.

11:33:18 We start with a vision. What do we want?

11:33:28 That helps us to have expectation and have a picture of a target. We know the vision sets out the target of where we're trying to get to.

11:33:32 It's the bulls eye what we want to achieve.

11:33:47 We think about what experiences might help us to get to or reach the target. If you're going to shoot an arrow what are the experiences that are going to fly the arrow towards the bulls eyes.

11:34:00 There is a person who is graduating and has a little red dash on. It's opportunities that lead to more possibilities. That same person is sitting at a computer. Looks like he is working.

11:34:17 As we set out what we want with our vision that determines what we expect and help us decide what experiences we want to have and create opportunities that lead to more possibilities that expand our vision more and more.

11:34:23 And that is kind of how the cycle works to lead us towards a vision of a good life.

11:34:40 On the screen now is tools we have that can help with exploring what vision you have for a good life and what you don't want. As well as what happened in the past. Accepting the past is part of the planning process and helping to think about moving forward.

11:34:53 I don't want to spend too much time digging those tools I can send you a link that has website to help with learning how to use the tools.

11:35:16 The reason I have them on the screen you can see that you have an opportunity to have the conversations as part of your planning process. And Angela is going to talk about independent facilitation and other strategies to help drive that and where don't you want to head and what needs to happen along the arrow, trajectory to get you there.

11:35:22 I do have a quick example. I talked about Ben earlier and now his trajectory is up on the screen.

11:35:29 His vision for a good life is listed out there along what he doesn't want.

11:35:40 And boxes to the left along the arrows what are some life experiences in the past that have been good? What are things that have not been great and don't want to happen again?

11:35:55 In the middle column ideas what goals do we have for the future? What are things need to happen to get him where he wants to go? And make sure things that don't happen in order to avoid the vision he doesn't want?

11:36:12 Another one of my friends has used the trajectory. He sets out his vision for a good life and what he doesn't want for the next year, Ben's trajectory was for all of life.

11:36:26 Peyton said for the next year, what do I want to have happened? That was his vision. What happened in the past year that went really well? What didn't go so well?

11:36:47 He goes into the team meeting with the middle column blank. If your vision is to make money and have a girlfriend and live on your own. What are some goals that we might have for this year? That helps to decide what supports and services will help us to achieve those goals.

11:36:57 On your screen kind of silly picture a trajectory on the left, what I planned and a straight line to the vision of good life.

11:37:16 And right hand side, what happened? And the line is swiggling and sometimes we plan for things to be smooth sailing and oftentimes they are not.

11:37:34 That is pretty evident to all of us with what is happening with COVID. We didn't plan for a global pandemic but use the trajectory to help us think about what is my good life even though all of these things are going on.

11:37:44 My friend Ben did a specific trajectory about the COVID-19 and thinking about what does a good life look like right now?

11:37:48 What are the things we don't want to happen during the crisis?

11:37:59 Keeping busy and working on fitness. And staying connected. And keeping mom and dad happy.

11:38:12 And put things like boredom and getting stressed and worried. Having seizures and missing his family and friends of vision what he doesn't want.

11:38:18 His family helped him to think about what are things we need to do in order to achieve that vision?

11:38:28 What are some things that are possible obstacles and barriers we need to overcome in order to avoid heading to where we don't want?

11:38:35 The trajectory can be used for all kinds of different purposes and thinking specifically what is going on right now?

11:38:41 How are we going to have the best experience we have even in a really difficult time.

11:38:50 Like I said earlier, we know that quality of life or vision for a good life really should include all of the different types of things that we are interested in.

11:39:15 That happen to us and for us and around us. It's not just health and safety, those are important, about what we do during the day and friends with? And on your screen right now are circles with the life domains and images that give a picture of that and describe with the next slide.

11:39:24 We have six life domains and the first one is a picture of calendar. We think about daily life and employment.

11:39:36 What does a person do as part of every day life? School, education, employment, where do you go? What do you do? How do you make sure you have a good day?

11:39:50 We have a circle with the house in the middle and think about community living. That is where and how someone lives. Not only the home and modification, and access to the community, and transportation.

11:40:09 We have another circle that has four people that are linking arms and we think about that as social and spirituality. That is things like building friendships and relationships and having things to do during the day and fun activities and being part of a faith network or a faith community.

11:40:20 We have a circle that has a fitness watch in the middle and that is helping us think about healthy living. Managing and accessing health care. Staying well.

11:40:25 Includes both physical and emotional behavioral consideration.

11:40:28 Things like nutrition and wellness.

11:40:40 We have another circle that has a shield and safety and security. What do we need to stay safe and security? Emergency? Legal rights?

11:40:56 And we have a circle with a man and woman reaching for the stars and that is advocacy and engagement. Values, roles, setting goals. Really contributing. We all have things to contribute.

11:41:00 We think about all of those life domains and how they are connected.

11:41:29 We can't think about healthy living without thinking about where does somebody live? What do they do during the day? Are they safe? We can't think about social and spirituality and friendship and connections without considering is someone healthy enough to be around people? Do they live in a safe place and explore relationship? Do they understand what safety and relationship look like? We know all of those domains are connected.

11:41:36 We want to think about all of them during this time of crisis. All of those help us to live a good life.

11:41:46 We have some tools and resources that can help us think about each one of the life domains. Depending on the stage that the person is in.

11:41:49 We call experiences and questions books.

11:42:06 And that has all of the different life domains as well as all of the different life stages. Questions to think about and request friend and family members to think about what is possible and know and do in order to live your good life.

11:42:10 And quick guides that focus on one age as well.

11:42:13 And on our website.

11:42:24 I wanted to spend the last little bit of my time talking about what are questions we can ask for now and in the future for each one of these life domain.

11:42:34 Think about and plan how to have a good life in the midst of pandemic and social unrest and challenges that are going on.

11:42:46 We also know that we need to be thinking about the long term and thinking about the future. Learning what is happening right now to help that shape our vision of what we might want later.

11:42:48 Thinking about daily life and employment.

11:42:57 The yellow circle with the calendar. Things like education and family life.

11:43:10 Some questions might be what is a good day right now? What do I want to do during the day interesting and valuable? Do I feel safe and comfortable continuing to work? I won't read every questions on the screen.

11:43:15 I think they will made available following the presentation.

11:43:28 We want to think about the future. Based on what you experienced over the past few months how has that changed your vision? Do you want a different job? Continue the job you have.

11:43:32 Think about educational experience that you might want to have.

11:43:43 It's also important to think about what are we doing right now during this time at home to learn the skills that help us prepared for and be more dependent in adult life.

11:44:12 Are we taking the opportunity to do some chores? I know that is not much fun. For my sister part of her vision for a good life was living on her own. You can't live on your own if you don't know how to do your own dishes. We spent some time helping my sister, Sara think about what are skills she might immediate to live the life she wants to live.

11:44:53 When we focus on community, and living options and accommodations and transportation and I think one of the most important questions where do we want to

shelter in place? What is the best place to be in place for you right now? And what modifications or other supports do you feel like are important in order for you to access the community? Do you need a mask? Gloves? What types of things are going to help you access the community.

11:45:04 Thinking about the future adaptations and modifications you have make sense? Discovered different modifications that you might need?

11:45:15 Are there things you need to learn related to transportation. Learning to drive or learning to ride a bike or walk or ride the bus, what are some opportunity ins that way.

11:45:24 When we think about community live, really about where do I like to live alone or someone else? Thinking about all of those different options.

11:45:53 When we think about and focus on social and spiritual, again, the orange circle with the link for people, the main questions that came to my mind in this domain, how do I maintain connections with friends and families right now? Who are the most important people I want to stay connected to? What do I want to do and available for me to do for fun? I'm a runner, I know that sounds crazy.

11:46:14 It's parent for me to have time to run. I don't like running when it's a hundred degrees outside and is in Missouri. And I can't go to my gym right now. What is a leisure activity I can do in order to have the opportunity to do something that is fun for me even though not fun for everybody else.

11:46:22 As we think about the future and think about what spiritual or faith community I want to explore or connect with.

11:46:30 What leisure activities I want to try or explore? What friends are important for me to maintain or to grow?

11:46:45 When we focus on healthy living there is a lot we can talk about related to healthy living in this current situation. We know we're thinking about health care and diagnose and specific and as well as fitness and nutrition.

11:47:18 Some of things can some of my therapy be replaced with regular physical activities using a treadmill or elliptical. Who else understand my medical needs? What do I need to do to maintain my emotional health? What are some of the supports I need for my own well-being? How might this experience impact me in the future? What do I need to think about moving forward?

11:47:32 As we think about the future and some questions that might be helpful what does healthy mean to me? Do I understand my disability needs and affects me?

11:47:40 As we think about safety and security, this is focus on person and public and considering some of the legal and financial issues.

11:47:50 As I thought about this what came to my mind, what did I learn from this crisis that will help me in being prepared for emergency in the future?

11:48:17 I don't know about you guys I know for me I had zero time to prepare for this. I got off a plan and couldn't leave my house for two straight weeks. I needed someone to go to the grocery store and needed my work stuff from my office and lots of things I didn't have a plan. And what are things I learned from that and put as a part of my own personal planning process.

11:48:44 I hope this never happens again. Who do I have in my circle of support and pick up grocery for me? Do I have learned to use delivery and help me to stay healthy and safe?

11:48:56 Do I understand who I should let in my home? What are you comfortable with? Related to the pandemic. And what is going to help you feel safe and secure in public?

11:49:13 Do you want to wear a mask and gloves? Do you not want to go into public? The person of planning is focus on you and identify your preferences and strength and abilities and your vision for what makes sense.

11:49:29 As we think about the future and think about what is our disaster or emergency plan? Do I feel safe and know who to tell if I don't feel safe? How do I handle situation where I feel I'm being victimize?

11:49:35 Started to think about the money management aspect for the future?

11:49:52 Finally think about advocacy and leadership, and self-determination and community contribution. There are all kinds of great things happening right now and global response to the pandemic and people coming together to help each other.

11:50:06 What issues do you care about? How do you want to be involved? Do you want to volunteer? Do you want to donate money? Do you want to sew mask? If that is a skill you have.

11:50:32 How do you want to connect to the community in a way that is giving back and contribute? -as you think about the future what kind of role do you want to have? What kind of responsibilities do you want to have? What decisions do you want to make for yourselves and how do you need to be supportive to make the decisions and continue to contribute to the causes that you care about?

11:50:50 I know it's a lot of questions and information and we have a tool that can kind of help us to think about those different life domains and identify some of the priorities in each of the domains as we think about the vision and helps us to jot down some of the things important.

11:50:59 For me if I take my big vision for a good life, tell you one thing that is part of my big vision.

11:51:06 For daily life and employment I want to keep my job. I need to figure out how to work from home.

11:51:19 Community living aspect. My house does not have air-conditioning in my office. If I'm going to work from home I have to figure that out. It's a 100 degrees in Missouri.

11:51:25 Social and spirituality, it's important for me to stay connected to my friends and family.

11:51:40 Part of my vision is having a weekly Zoom, it's not a meeting, I guess, Zoom dinner. We do Sunday dinner with my family over Zoom, because I can't see them.

11:51:50 Healthy living is continuing to run for me and thinking about how can I continue to run in a way that is going to keep my body healthy? Part of my vision.

11:51:53 Safety and security?

11:52:05 I have put -- part of my vision for safety and security is learning about what is happening in my community and really understanding what I can do to be a part of the solution.

11:52:08 And so I'm exploring that.

11:52:19 Sometimes exploring is a vision. We don't always have all of the answers. Sometimes we're putting a big question mark because we're not sure what it looks like.

11:52:37 Advocacy and engagement standpoint it's important to me to contribute to global issues and thinking about and exploring what are some of the charities or other organizations that I might be able to donate right now in a time I can't physically go across the world.

11:52:43 How can I contribute money or resources that will be supportive of that?

11:52:59 That is a just a quick run down how the vision tool might help you to break out the priority in each area as we think about what is happening now and what might happen in the future and learn what is going on now in order to help us have a good life later?

11:53:26 When we put it all together, like I said we got tools and resources on our website lifecourse.tools.com. And think about their ideas and know what they want and don't want.

11:53:33 We have some family tools that help family members to capture their vision and keep it separate.

11:53:57 Sometimes what I want and parents want for me is not exactly the same. What I think it's important and what my parents think is important is not the same. That doesn't mean my parents are wrong or I am wrong. We need an opportunity to have our own opinions and come together as part of the planning process and talk about what makes the most sense to the person and for the person going forward.

11:54:14 So again, those tools and resources are available on our website. It's lifecoursetools.com.

11:54:32 With that I'm going to give it back to Angela and what it means specifically for you in the current context.

11:54:35 >> ANGELA MARTIN: I'm going to pull my slides back up.

11:54:55 Jenny shared some great tools you can use for planning for yourself or for somebody that you care about and those tools are, I noticed that Tedra was putting a lot of the information that Jenny was sharing and make this available after the presentation along with the recording.

11:55:13 I wanted to take a few minutes to highlight and really, go farther down. Sorry. Opened up in the wrong spot.

11:55:22 To talk about this in the format of COVID.

11:55:47 As Jenny shared some tools and help to layout. Thinking about for you or your family member or person you care about. Thinking about the right now might mean you might need to modify, we talked about the service plan and support the overall Person-Centered Planning supports the plans the person has for their life.

11:56:05 In learning about that you might think that might mean I need to make some shifts and need to make some changes and things I need right now and that might mean choosing a different provider or services.

11:56:43 In thinking about that, brings you to a point of, is this something I need to make a small change to my plan of service or modification of who might be providing that service? Or is this something where I might need to have a reconvening of my planning process and talk about this in much more significant way. Maybe the changes due to COVID have been significant and bigger life changes and maybe had to move to a new living situation, because of a particular care that you need to take duringdem

11:57:07 But if it's a situation where you're maybe needing to different support or different provider of support or services or something in the community that you don't

want to use a traditional provider, you can work with your Supports Coordinator or case management to make sure that has been modified to meet the current need.

11:57:37 When we think about the future, we should always keep thinking about the future, I know it's difficult right now thinking about all of the things that have changed over the past few months and some of us have been dealing with heavy situations and had a family member that has experienced hospitalization or is recovering from situation of being sick, we want -- it's hard to sometimes think about the future when those heavy things are happening in our lives.

11:57:57 We need to be thinking forward and so when we think about the forward, the planning process is also to think about that future and maybe ask yourself as the experience of Coronavirus given you some new ideas or insights about yourself that you might want something different for your future?

11:58:04 In doing so it's an opportunity for you to think about how you can plan for this.

11:58:12 It could mean a change in service. Maybe the service doesn't reflect where I want to go or spend my days or live my life.

11:58:16 You can make a shift to a new support that can get you there.

11:58:22 May mean having somebody provide the service that is different than before. That is okay.

11:58:29 Or the provider can continue to change with you and meet your needs as your life has changed.

11:58:33 But it is about planning for the longer term future.

11:58:46 When you think about your future have you planned for the long-term goals? You may want to consider reconvening your planning process and planning and preparing for that future.

11:58:56 I do want to note, because I didn't say this earlier, anyone receiving mental health in Michigan can decide to reconvene their process at any time.

11:59:00 Doesn't have to be one year from now or on some specific date.

11:59:05 It's more important that it reflects you and your life.

11:59:30 Some people want to reconvene a planning process and bring people together and think about the process for them and other people it's just about making some major, some shifts or changes to their plan of service so that plan of service is supporting their life in a way that is reflective or going into the future.

11:59:49 I did want to take the opportunity of who facilitates and some people are aware, quite aware that independent facilitator, they could engage in independent facilitator and help them through the planning process.

12:00:03 As the name states independent facilitators someone outside from the system. Chosen by the person and focus on that person and planning process.

12:00:27 So anyone who receives community mental health has the opportunity to use an independent facilitate and that person, can work with the person. The person they want to facilitate their process and that is totally fine.

12:01:05 It's also important that the person chooses the independent facilitator. The Michigan Developmental Disabilities Institute, have been training independent facilitator, and I know Jan and others have been training facilitators for several years. So what we heard from people independent facilitators something they didn't know about, but also sometimes they don't know how to find an independent facilitator.

12:01:20 Or maybe not enough choices facilitator. Preparing a good pool of of tin dependent facilitate is really key.

12:01:55 We have some suggestions you might ask your local mental health or case manager or customer services for a list of people to use as an independent facilitators. If you're not able to find someone there you can reach out to the network. Michigan Mid. The upper and lower peninsula and color coded counties and you might find your counties and all of the colors together make up the region of your area.

12:02:05 Some people might check with their inpatient and regional network in their area.

12:02:24 The other place, Michigan Developmental Disabilities Institute has been preparing facilitators along with the Arc Mid land, trying to help this issue of not being able to find somebody to serve that role who is trained to provide that service.

12:02:33 We created independent facilitator directory. I opened up this link. Hopefully, work and you can see it.

12:02:37 I'm going to stop sharing for a second.

12:02:48 Share with you my screen so that you can see what, forgive me.

12:02:54 It's a map on our website. And organized by regions.

12:03:05 And with that it also provides some profiles. You will see the color. Tedra, can you give me a check, are you seeing the map up there?

12:03:07 >> TEDRA JACKSON: Yes.

12:03:09 >> ANGELA MARTIN: Thank you.

12:03:17 There is each region. You can find your region or county that you live in and click on the link.

12:03:35 I'm going to pick at random and pick my home county. Oakland. And people that have been trained as independent facilitators and offer their support of facilitation skills to others.

12:04:11 Within each of these, I think, Eileen is on here. She has been trained as independent facilitator and give a profile and people can learn about the person and see if it's a good match for them as a potential Independent Facilitator. The other thing I wanted to highlight on our website, we are doing, training events. We will be scheduling more webinar to provide more information.

12:04:29 This is a very brief overview of Independent Facilitation. We've been doing quarterly webinars on Independent Facilitation and doing some later this summer. Once a quarter at least. And find them on our web page.

12:04:45 With support from the Michigan Developmental Disabilities Institute the Arc of Midland. We had training scheduled in April and postpone to September and October.

12:04:59 We did have already two trainings events in, a training event in August in Flint and then another one in Gaylord.

12:05:03 On the screen there, hopefully, you can all see it.

12:05:07 There are links to the training fliers and registration material.

12:05:16 This is also a link. I just pulled up the flier and see what it looks like.

12:05:30 We do have people registering in advance. And confirm you're independent and able to participate. It's a little bit of a time commitment and we want people to preregister.

12:05:43 With that I'm going to hand it back over to Tedra so that we can address audience's questions or any information people would like to learn more about.

12:05:52 I want to thank everyone for the DD Council for hosting and engaging a discussion. So Tedra.

12:06:04 >> TEDRA JACKSON: Thanks, Angela. Thank you, Angela. And Jenny for sharing that great information with us.

12:06:14 Are there any questions? We did have questions, but really about accessing the resources and I think we answered those during the presentation.

12:06:37 As Jenny said we in Michigan we are really the Council along with some of our partner organizations, one of which is DDI. We are really trying to promote the use of the LifeCourse in Michigan for planning a number of things.

12:06:49 Can be used for this, but also in the education realm and dealing with health care and a lot of other -- a variety of other topics in your life.

12:07:01 And so we want people to be able to get to the good life that they want and that was the reason of doing this planning webinar today.

12:07:24 So are there any questions? We want to open it up and give folks an opportunity to ask any questions and I guess one of the questions I would ask, is have people had any success or experience in planning that you want to talk about during this time?

12:07:47 Has anyone reached out to ask for their plan to be reconvening or tried to convened a plan during the pandemic to make some changes?

12:08:03 >> : If you have a question you can unmute yourself and ask or type it in the chat or raise the raise hand button at the bottom of the chat window.

12:08:41 >> : I will give an experience. Jenny shared she is a family member and I'm also a family member. For my own family member, her planning process was scheduled for the end of March and she wanted to move forward with the planning and we were just talking the other day. Her circle did the best job they did by planning. A lot of us did too much talking and she had more control. We used Zoom that day. She thought we did a better job.

12:08:45 We did a better job as part of her circle.

12:08:57 So I think sometimes when difficult things come up you think it's going to be more difficult, but sometimes you will find that you actually end up having an outcome that you didn't expect.

12:09:08 We didn't know what to expect and it was really early in the time of the outbreak where every one had to be home. It was pretty uncertain.

12:09:18 The good part about that is, is that my family member felt more control over that planning and discussion then I think she maybe did.

12:09:22 There is a lot of people in her circle and a lot of chatter.

12:09:32 So sometimes having that focus of the technology can help maybe be a little more in control.

12:09:41 So that was just -- as a participant of a recent experience that I thought I might share.

12:09:50 >> TEDRA JACKSON: Great. Thank you, Angela. As Jenny said in a couple of weeks she is going to be back with us and talk about the integrated support star.

12:10:17 One of the things that COVID crisis taught us we are not able to rely solely on our mental health services and so with that integrated support star and going a little bit deeper into it and she is going to share how to take that star and use it to plan a meaningful day and help you to craft a life that you want.

12:10:40 Thinking about being socially distant for the near future and just how to -- what else we need to consider when looking at plans with other supports and services beyond CMH and what we are eligible for to help plan a life that you want to live.

12:10:48 I see we do have a comment or a question in the chat.

12:10:53 Mary, I think we will have to talk about that offline.

12:11:04 Because I do believe there are proven methods to do that.

12:11:34 >> : So, Angela, this is Yasmina, from the DD Council. I appreciate your overview as it relates to person planning. However, I think that is not operational everywhere. In terms of people being able to choose who comes to their meeting.

12:11:52 I think oftentimes meetings are convened by their Supports Coordinator with people and staff, and guardian, and may not be an impartial circle of support.

12:12:23 I was invited to a meeting a year or two ago by the client who asked me if I would go and then the, I was never contacted by the support coordinators. And this happens, I guess, pretty regularly. What is your recommendations on how to get this more enforced and honor? Looks good on paper, but...

12:12:51 >> ANGELA MARTIN: Thank, Yasmina. To paths we can address. Individual that the person can engage their local and not truly experiencing the full value of their -- of the premise of what person-centered planning looks like.

12:13:05 That is to say sometimes if there is not good services happening with the case manager or Supports Coordinator the person can make a change. You're not married to that that person for life.

12:13:11 That is a person you can make changes to. They work for you or on your behalf.

12:13:20 >> : So this individual, I mean conceptually doesn't know their rights, right.

12:13:51 And doesn't, I think, would feel really uncomfortable, with the thought of, you know, firing them or it wouldn't be her idea to pursue things at a higher level so I'm grappling with how to support her to do that with limited skill set.

12:14:11 And I will say and then I don't want to threaten my relationship with the individual as an advocate by jumping on the system. I've been trying to figure out how to till that line.

12:14:20 >> TEDRA JACKSON: I think, Angela, just dropped off. She will probably try to reconnect.

12:14:36 >> : So I can, I'm not in Michigan, but if I can maybe share some ideas that we've had from others that used the Charting the LifeCourse specifically for some of this conflict mediation and trying to avoid conflicts.

12:14:53 One of the things that we have found by using the trajectory it helps to articulate in a more positive way some of those concerns. Instead of saying here is not what is going well. Here is my vision for what I want.

12:15:03 That puts the lens around is this actually happening. If this is what I say I want can we identify where this isn't occurring?

12:15:24 It helps I think with some advocacy that doesn't feel like adversarial or being attack. Everybody can agree our job is to help the person achieve the life they want to achieve. They want these people involved in the planning process and go like this.

12:15:29 We're seeing that is not happening and problem solve in order to make that happen.

12:15:33 I think using the trajectory might be helpful.

12:15:39 >> : So Jenny, I know, that trajectory can be used by anyone, right?

12:15:40 >>: Yup.

12:15:56 >> : But sometimes institutions might choose to adopt that as something they use in their agency. If the agency isn't using that a family friend can go through the trajectory and bring it as a tool as a support.

12:16:07 >>: Absolutely. In many ways I think that is sometimes even more helpful, because it's not a form that is being filled out that is required.

12:16:09 It's really a planning tool.

12:16:12 So you can print them off from our website.

12:16:14 Anybody can go and get them.

12:16:15 Use them.

12:16:34 We've got some how to videos and sheets if you're not sure what goes in each box and walk through, like exactly what you said Yasmina, let's get the information down on paper and have it to take with the meet.

12:16:45 We have self-advocate who are calling it their paper current and use it to prepare to go into the meeting and feel like they have the courage to say, this is what I want.

12:16:47 >>: Great. Thank you, Jenny.

12:16:50 >>: Yeah.

12:16:53 >> : Sarah, go ahead.

12:16:57 >> : What state are you from, Jen ST.

12:16:58 ?

12:17:04 >> : I live in Missouri, but grew up in Kansas. I'm a Midwest girl.

12:17:11 >>: Okay. I didn't know.

12:17:44 >> : Sometimes also looking into for person centered planning for Yasmina's issue is looking at how people come into services and the education they get around person-centered planning. Having a peer support or mentor and somebody who has been through services and kind of help guide people and get them ready for, you know, what to expect.

12:17:46 What is coming up.

12:17:58 And really having a real education, kind of information with a different in the system, that I think needs to be filled.

12:18:28 So that if we're really making sure people truly understand their right and how person centered planning is supposed to work from the beginning and not receiving it in the way they are supposed to and have more confidence to say I don't think things are going right and contact somebody that can help them.

12:18:32 >> TEDRA JACKSON: Thank you Laura.

12:18:35 >> : Angela is back.

12:18:45 >> TEDRA JACKSON: Angela, jumped in for you with Yasimina question.

12:18:56 >> : Tracy said I'm going to give this next question to you. What is the plan to have LifeCourse used more widely in Michigan.

12:18:57 ?

12:19:05 >> : Jenny had mentioned Michigan is one of the community of practice on supporting family state.

12:19:18 We do have a state team who is really developing a strategic plan around policies and practice and better ways to support families and individuals.

12:19:34 And part of that is that we have Charting the LifeCourse ambassadors here in Michigan and go around the state and provide presentations. Education on the LifeCourse material and the framework.

12:19:58 And so if you are interested in having an ambassador come to your area or for us to provide a presentation via Zoom you can reach out to me and we can put my contact information in the chat.

12:20:02 >> TEDRA JACKSON: I'm typing it right now.

12:20:06 >>: Okay. Thank you.

12:20:14 >> TEDRA JACKSON: And, Angela, have the LifeCourse presentation taken place.

12:20:27 >> ANGELA MARTIN: Thanks for mentions that Michigan Supporting Including Brothers and Sister. And statewide chapter sibling.

12:20:36 Later this month on June, I have to look at my calendar. I shouldn't talk without looking at my calendar.

12:20:39 >> : June 24.

12:20:56 >> ANGELA MARTIN: So Amy is also on the meeting and part of the SIBS, and hosting a presentation for adult brothers and sisters sharing the tools and making sure that we are helping brothers and sisters who seek supports to use the tool.

12:21:09 What we find is a lot of brothers and sisters want to have a way to be supportive and they just maybe haven't been invited to the table or don't know how to get a chair at the table.

12:21:17 So maybe helping them get the tools and help them think about brother or sister in their future and be a support in that planning.

12:21:19 That is at 7 o'clock.

12:21:34 That is also at the Mi DDI website if you want to register and my Sibs.org website. We welcome all.

12:21:48 >> TEDRA JACKSON: Thank you. Are there any other questions or comments? Or anyone else that wants to share today?

12:21:57 Okay.

12:22:05 >> TEDRA JACKSON: Okay. Thank you very much for our presenters for sharing the invaluable information.

12:22:11 Thanks to everyone on the line that joined us and those that joined us via Facebook live.

12:22:19 Next week our webinar topic is your rights to access health care.

12:22:37 We're going to be hearing from a speaker that is really been digging into hospital and health care policy about support people at hospitals -- during hospital stay and medical appointments as well as.

12:22:52 Supported decision making, how supported decision making can help like into all of that. Just really helping people know a bit more about their rights when they have to go to a doctor right now.