

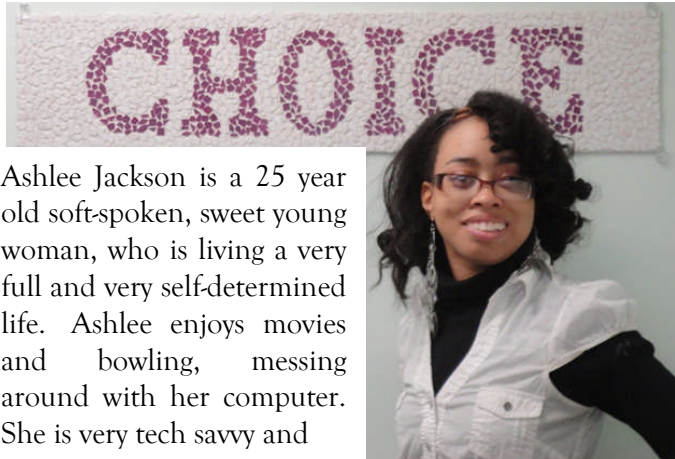


Renee Uitto, CLS/OC Citizens' Advisory Committee Chairperson

FEBRUARY 2012

CITIZENS' ADVISORY COMMITTEE NEWSLETTER

ASHLEE JACKSON—KNIT I SAY MORE?



Ashlee Jackson is a 25 year old soft-spoken, sweet young woman, who is living a very full and very self-determined life. Ashlee enjoys movies and bowling, messing around with her computer. She is very tech savvy and

has even been able to give her Independent Support Coordinator, Pat Christian, some pointers on how to use YouTube and the higher-tech texting options on her cell phone. Pat says when Ashlee texts, "her little fingers go like crazy." Ashlee especially enjoys spending time with her family, her mom, dad, niece, sister, brother and sister-in-law (who is expecting a baby girl in March).

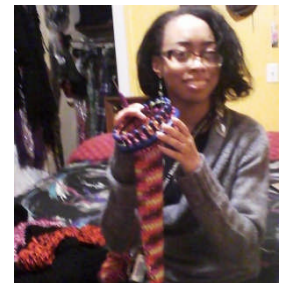
Even though Ashlee is very close to her family and always enjoys spending time with them, she also enjoys being independent and loves the freedom that came with her move into her own apartment nine months ago. Ashlee put a lot of time and effort into shopping with her mom and sister for the décor in her own place. She is quite the decorator and has a beautiful apartment in Waterford, where she is well liked by her neighbors.

Ashlee is active in her community. She is very active in her church. Ashlee enjoys attending bible study every week and participates in church social activities. Ashlee is an active member with Zeta Amicae, an auxiliary sorority. With this auxiliary sorority, Ashlee does volunteer work and participates in other social activities. Ashlee also volunteers at food banks, soup kitchens, and Lighthouse.

In addition to everything else she does, Ashlee also maintains a part-time office maintenance job at CLS/OC. She has worked with us for two years now and does a great job keeping our office space spic and span! Karen Edwards, the CLS/OC Office Manager says, "Ashlee is a quiet young lady with a lovely smile. She comes into the office ready to work and adapts to whatever office activity is happening on that day, be it a stakeholder meeting, Support Coordination training, it

doesn't matter, Ashlee always does her work in an efficient and effective manner. We are happy to have Ashlee work for us."

Even though Ashlee is doing a great job working at CLS/OC, she aspires to do more and continues to work on bigger plans for her future, including her desire to one day be a business owner. Approximately one year ago, Ashlee started learning how to knit with a knifty Knitter loom. Despite her developmental disability and visual impairments (she is legally blind in one eye), Ashlee caught on VERY quickly and now she uses to the loom to make hats, scarves, and blankets. Ashlee's family is very proud to have a new knitting expert in the



family! Ashlee indicates that thus far she has only given her knitted items to family members as gifts, but the warm, cozy and cute wears are going to be available to the public soon for purchase, as Ashlee is starting her own



business. She is still working on coming up with the perfect name of her business, but she has some very cute ideas in mind! If you are interested in purchasing some of Ashlee's products, give her Independent Support Coordinator Pat Christian a call at 586-242-6324.

Ashlee has worked very hard to become an independent, confident young woman. Her family is very supportive and they are very proud of how far Ashlee has come. Pat has indicated, "Ashlee has come a long way, in terms of her confidence, independence, and basic joy in her life." Congratulations Ashlee, and we look forward to hearing more about your knitting business in the future!



QUOTE OF THE MONTH

"The difference between the impossible and the possible lies in a person's determination."

-Tommy Lasorda

DISABILITY EMPLOYMENT STATISTICS RELEASED



When people are introduced to new people one of the first questions often asked in basic conversation is, “So, what do you do?” The question we need to ask ourselves is whether the people we know with disabilities can answer this question the same as the people we know without disabilities. The unfortunate truth is that often they can not.

Recently the U.S. Department of Labor's Bureau of Labor Statistics released disability employment statistics for December 2011 showing that the percentage of people with disabilities in the labor force is 20.7%. By comparison, the percentage of persons with no disability in the labor force is 69.3%. The unemployment rate for those with disabilities was 13.5 %, compared with 8.1% for persons with no disability. If you would like to see the entire Table of Employment status of the civilian population by sex, age, and disability status, (not seasonally adjusted) follow the link <http://www.bls.gov/news.release/empsit.t06.htm>

The attitude that having a disability means not being able to work has left many adults with disabilities condemned to a lifetime of poverty. As often discussed by Tom Nerney, from the Center for Self-Determination, many of the problems that people with disabilities have do not come out of their disability, but rather from their poverty and lack of resources.

At Community Living Services, we hold strong to the belief that ALL people can work with the right kind of support, creativity, and thoughtful planning. So, talk to your allies and your Support Coordinator about your strengths and areas of interest, and make sure to identify your desire to earn income as part of your Person-Centered Plan. There is no need to wait – start those important discussions today!

THINK BEYOND THE LABEL: A RESOURCE FOR PEOPLE WITH DISABILITIES LOOKING FOR A JOB



“Think Beyond the Label” began in January 2010 as a campaign to raise awareness about hiring people with disabilities. Through print, TV, digital advertisements, and their website, they work to counter attitudes and myths about people with disabilities, as well as demonstrate how to “think beyond the label” when it come to hiring people with disabilities. Their Mission: *“Think Beyond the Label is a public-private partnership that delivers information, outreach and resources to businesses, job seekers, and the public workforce system to ensure greater recruiting and hiring opportunities for job candidates with disabilities.”*

Think Beyond the Label (TBTL) provides businesses with up-to-date information, tools, and the state and local resources they need to hire people with disabilities and provide integration in their workforce, whether through outreach to their state employment partners, engagement with job seekers who register on their website, or advocacy with policymakers.

PLUS, they offer job seekers a network and digital hub that provides information, tools, and resources to aid in your job search so you can find meaningful employment in your chosen field. TBTL’s online tools and resources promote diversity and disability hiring; a connection point where businesses feature their jobs directly to qualified candidates with disabilities who can apply for those jobs online; and access to state and local resources where you can find more information about what’s available in your area.



When you visit their website, in addition to checking out the great job seeking resources, you can check out the blog, e-newsletter, read success stories, and communicate with job seekers through their social media channels. You can also “Spread the Word;” you can help spread the message and encourage employment of people with disabilities. You can “Make a label” and have some fun with family, friends, and colleagues by calling out their unique quirks by sending Label Maker eCards. The eCards are a great way to have fun, poke fun, and get the message out that labels don’t matter. You can also “Make a Pledge” and let everyone know that you “Think Beyond The Label”.

Go to www.thinkbeyondthelabel.com to check it out.

A GREAT RESOURCE FOR FAMILIES



Families
Serving Families with Disabilities Since 1982

“Through The Looking Glass” (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent, or grandparent has a disability. TLG is a community-based nonprofit organization, founded in 1982 in Berkeley, California.

TLG's staff includes psychologists, researchers, occupational therapists, rehabilitation counselors, social workers, marriage, child and family therapists, developmental specialists, and childbirth educators. The staff have diverse cultural backgrounds, and nearly 80% of the 30 staff members have a disability, are parents of children with a disability, or have family members with disabilities.

TLG provides national services including the National Center for Parents with Disabilities and their Families. TLG became the first National Resource Center on Parents with Disabilities funded by the National Institute of Disability and Rehabilitation Research (NIDRR), US Department of Education. The National Center continues TLG's mission of empowering parents and potential parents with disabilities by providing information regarding parenting, disability advocates, and legal, medical, intervention, and social services providers.

The National Center's overall goal is to increase information and support more disability-appropriate resources for parents with disabilities and their children throughout the US. They are working on national research projects that increase the knowledge about parents with disabilities and their families, as well as providing data to inform local, regional, and national policies. In addition, the National Center offers information and resources to parents, family members and professionals. Most of these services are free, including consultations by phone or email. They also offer several free publications.

TLG offers a legal program, training opportunities, and a National Parenting with a Disability blog. To learn more about TLG and check out their services and resources, visit their website at www.lookingglass.org.

2012 THROUGH THE LOOKING GLASS SCHOLARSHIP



Through The Looking Glass and its National Center for Parents with Disabilities and Their Families is offering new scholarships specifically for high school seniors or college students who have parents with disabilities. A total of fifteen \$1,000 scholarships will be given out in the Fall of 2012. These scholarships are open to all students whose parents have any significant disability or health condition (no specific parental disabilities are prioritized for these scholarships).

There are separate eligibility requirements for high school seniors and for college students:

1. High School Seniors: To be eligible, a student must be a high school graduate (or graduating senior) by Summer 2012, planning to attend a two-year or four-year college in Fall 2012 in pursuit of an AA, BA or BS degree, and have at least one parent with a disability.
2. College Students: To be eligible, a student must be currently enrolled in a two-year or four-year college in Fall 2012 in pursuit of an AA, BA or BS degree, be 21 years of age or younger as of March 5, 2012, and have at least one parent with a disability.

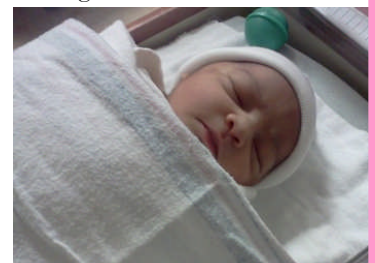
All application materials must be postmarked by March 5, 2012. Selection criteria for all scholarships include academic performance, community activities and service, letters of recommendation, and an essay describing the experience of growing up with a parent with a disability. Five of the fifteen scholarships will also consider financial hardship and academic potential in addition to the other selection criteria.

Please go to their website, www.lookingglass.org for more information, including the application form.



Kim Rosario with his adorable daughter Aliza, born September 17, 2011.

Congratulations Kim!



PEER SUPPORT JOB ANNOUNCEMENT



Community Living Services, Oakland County Division is accepting resumes from people interested in applying for a part-time Peer Support Mentor position. If

you are interested in applying, please contact Leigh Hilbert at 248-547-2668 for more information.

UPCOMING EVENTS

LIVING HOPE SERIES *By Sherri Rushman*



These training sessions are designed to encourage, educate, and empower people receiving public mental health services and their allies. The trainings are open to all. Social Work credits are available.

Dare to Dream: The Best of Person Centered Planning will take place on February 16th from 9:30-11:30am at Easter Seals, 269 Summit Drive, in Waterford. This training will help participants get fresh ideas about Person Centered Planning, learn how to lead their PCP process, and understand that Person Centered Planning is much more than just paperwork. Please register by February 9, 2012.

Hope Givers, Hope Receivers, & Hope Stealers will take place on February 7th from 9:30-11:30am (please register by January 31, 2012) at Easter Seals, 22150 W. Nine Mile Road in Southfield, and again on March 7th from 9:30-11:30am (please register by February 29, 2012) at Community Living Services, 642 E. Nine Mile Road in Ferndale. At this class, you will learn the double-edged strategy of how to grasp a hold of Hope when you don't have it, and how to keep it when you do! Sherri "the Hope Master" will show you why you must become a Hope Receiver and exactly how to become one, how to become a Hope Giver and how it helps you and others, and what a Hope Stealer is and why you don't want to become one.

Contact Debbie Wisser at 248-858-0929, or at RegisterMe@occmha.org to register for any of these trainings. Please leave a message with your name, the name of the training, and the date. Leaving a message will automatically register you for the training.



COMMUNITY
Living SERVICES

Oakland County Division
642 E. Nine Mile Road
Ferndale, MI 48220
Phone: 248-547-2668

DO YOU NEED TAX HELP? Accounting Aid Society's new Mobile Tax Team offers tax preparation at your location.



Services include Federal, State, and City returns, Home Heating Credit, Property Tax Credit/Renter's Rebate, E-filing, and Direct Deposit.

To be eligible for these services you should have an annual household income of \$50,000 or less for families, or \$25,000 or less for individuals. If you pay rent, taxes, or heating bills, but are not working, you may still be eligible for some tax credits.

The Accounting Aid Society will be at Peer Choices, Inc., 1105 N. Telegraph Road in Waterford on February 8th from 9:00am to 4:00pm.

Call 248-451-5350 to schedule your free tax services.

SKATE WITHOUT LIMITS



Detroit Red Wings
ALUMNI ASSOCIATION

versus



PUCKSTERS

Charity Game Saturday, March 3, 2012 Viking Arena, Hazel Park

1555 E. Woodward Heights Hazel Park, MI 48030 248-546-5700

Doors Open: 3:00pm Sled Hockey: 3:30 Alumni Game: 5:45pm

Admission: \$10 per person
Ages 5 & under free
Families up to 5 members: \$25
Afterglow Pizza Party: \$10

Silent Auction bidding begins at 3:30
Chuck-A-Puck to win Red Wing tickets
50/50 raffle
Plus much more family fun

Proceeds to benefit United Cerebral Palsy of Metropolitan Detroit
For more information, call 248-557-5070 or visit skatewithoutlimits.org



Understanding Bipolar Disorder, a Bright



Nights Community Forum Series by the University of Michigan Depression Center. Bipolar Disorder can be a devastating illness for both individuals and families. It is a chronic disease with unstable and unpredictable moods. However, the positive news is that bipolar disorder is treatable, and new research advances are underway. Join this forum on February 1st, 12:00-1:30pm at Oakland County Community College, Room G240, 2900 Featherstone Road in Auburn Hills and learn more about the latest research on the causes and treatments for bipolar disorder. This event is free and open to the public. For more information, visit the website www.prechterfund.org or www.depressioncenter.org, or contact Kay Bergman at 734-649-5268.

Employer of Record Training will take



place on Wednesday, February 8th, 2:00-4:00pm, at the CLS/OC office, 642 E. Nine Mile Road in Ferndale. This training is available for people supported by CLS, their staff, and allies. Topics will include how you could go about hiring your own staff, the expectations of any staff you hire, and your role as an employer. Registration is required before February 3rd. Call Leigh Hilbert at 248-547-2668 to register.

“Moving Forward” Peer Support Specialist/Peer Mentor Training



Training is now available for persons who have an interest in working as a peer support specialist/peer mentor in Oakland County. The “Moving Forward” training is 17-hour training for individuals receiving services who have an interest in potentially working as a peer support specialist/peer mentor. This is open to persons with developmental disabilities or mental illness. The training topics include: Role of a Peer Support Specialist, Using Your Story as a Tool, Listening and Communication, Gentle Teaching, and others. The training is one day a week for five weeks, 9am-12pm. You must be able to attend all five training days.

The Spring Sessions will take place February 27th, March 5th, 12th, 19th, and 26th. The Fall Sessions will take place on September 10th, 17th, 24th, and October 1st and 8th. All trainings will be held at MORC, 1270 Doris Road in Auburn Hills. For more information or to sign up the training, please contact Sherri Rushman at 248-975-9531.

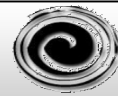
SPEECHCRAFT CLASS - This eight week



class will increase your confidence speaking in front of a group or in public. Learn in a small group setting how to effectively “tell your story” and “wow” the audience with your speeches while having fun!

The classes take place every Tuesday at 1:30-3:30pm at the OCCMHA office, 2011 Executive Hills Blvd in Auburn Hills. The next session runs March 6th through April 24th.

To register for a class, contact Sherri Rushman at 248-858-0929



Opening Minds

The Oakland County Community Mental Health Authority is presenting Opening Minds, an interactive program series on recovery and mental health. All of the workshops will take place at the NOVI Public Library, 48375 Ten Mile Road in Novi. The workshops available are:

- ***Mental Health Literacy*** with Eric Hipple will take place on February 22, 2012, 7:00-8:30pm. This program will answer the basic question: What does it mean to be mentally healthy? Why am I feeling this way? When do I need to see a doctor? What kind of doctor should I see? How can I talk to the doctor? Eric’s down to earth style will help everyone to understand and come to terms with mental illness. He will also describe how to use language that can help us and others explain and understand how we feel.
- ***Growing Old Gracefully*** with Leonard Rosen M.D. will take place on March 22, 2012, 1:00-2:30pm. At this workshop, Dr. Rosen will share some important life lessons he has learned from patients. Those who attend will find out about the new kind of aging and the scientific advancements that are contributing to this longevity revolution. Rosen will encourage participants to let go of their antiquated notions of ageism and fear of their future. Instead, he will encourage everyone to value their lives for the depth and layers of years of memories, emotions, and events. Dr. Leonard Rosen is a physician who specializes in geriatric psychiatry. He is the medical director of the Oakland County Community Mental Health Authority.

Contact Debbie Wisser at OCCMHA with questions and to register at 248-858-0929.

THINGS TO DO IN YOUR COMMUNITY

WINTER FEST 2012

will take place
Saturday
February 4th,

1pm to 4pm at Marshbank Park, 2805 Hiller Road in West Bloomfield. Join in on some *FREE* winter fun. Some highlights of this event include: creating a cardboard box sled and cardboard sled races, sled sprints with your best wooden sled or saucer, snowman building contest, plus, meet sled dogs and a professional musher, get some pictures with reindeer, and much more. This event is weather dependent and will be cancelled if there is no snow!! Call the special events hotline (day of the event) at 248-541-1923, or check out the website at www.WestBloomfieldParks.org for event updates.

North Oakland Dixieland Jazz Band will perform on Sunday, February 19, at 3 pm and 5pm at the West Bloomfield Township Public Library, 4600 Walnut Lake Rd, in West Bloomfield. The North Oakland Dixieland Jazz Band plays all your favorite New Orleans-style jazz from the 1930's and 1940's. Lots of toe-tapping and sing-alongs. This is a *FREE* concert event. For more information call the West Bloomfield Public Library at 248-682-2120.



The Chocolate Extravaganza in Chelsea will be a sweet event to check out on February 11th from 10:00am-6:00pm. Visit downtown Chelsea to celebrate an early Valentine's Day and indulge in all things chocolate-y. Bring a loved one to shop, eat, and "experience" chocolate. Over 30 different businesses throughout Chelsea will offer *free* chocolate tasting, sales on chocolate-themed merchandise, and family fun activities. For more information, call 734-475-3539.



Fire & Ice Fest will begin on begin on February 24th at 6pm and go through February 26th at 4pm in Downtown Rochester. The Fire & Ice Fest is a winter festival unlike any other in the Metro Detroit area; the highlights of the event include a fireworks display on Friday and Saturday nights, an ice sculpture show, a tastefest featuring local food and microbrews, a tubing hill, ice skating, dog sled rides and much more! For more information go to www.downtownrochestermi.com/events/fireandice/



The Art Experience




The Art Experience is located at 175 S. Saginaw St., #9 in Pontiac. For more information and to register, call 248-706-3304 or visit them at www.theartexperience.org and www.facebook.com/theartexperience.

Creativity Club—Textures and Functional Art. Looking to mix up the routine? Come have fun, create, and play with a new art form each week. A class for adults with developmental disabilities to explore various art processes, socialize, and express themselves through art, all while having fun! Activities include creating multi-media paintings, group puzzles, working with clay, and more! This class will take place on Mondays 10:30am-12:00pm, February 6th–March 12th. The cost is \$50, materials are included.

Soap Felting Workshop—Learn how to felt a bar of soap using wool and water. Each participant makes two felted bars of commercially-made soap. Space is limited; pre-registration required by February 10th. Class takes place on Saturday, February 11th, 11:00am-12:30pm. Ages 10 and older. The cost is \$20, material included.

Hopes, Fears, and Experience of Being a Teen—Students will use art as a way to communicate with each other, build relationships, uncover the strength we have within, and have fun! The goal of this program is to assist pre-adolescent and adolescent children through developmental stage and social issues by creating an identity within a safe environment, teach coping and social skills, while also encouraging students to set personal and academic goals. Pre-registration is required by February 24th. Classes will take place on Saturdays 11:00am-12:30pm, February 25th-March 31st (6 weeks). The cost is *free*!

Open Studio—Drop in and make some art! Choose from a selection of fine art materials including painting, drawing, collage, found-object sculpture, or your own. All ages as appropriate; must be able to work independently (or with assistance from parent/guardian/support staff). Call ahead for seating availability. Open Studio takes place Tuesday–Friday 12:30-3:30pm, Friday evening 6:30-9:00pm, Saturday 1:00-3:00pm. \$5 includes most materials.



Community Conversations *Call-In Session:* Changes to services funded by both Medicare and Medicaid

At the November 10, 2011 Community Conversation meeting sponsored by Oakland County Community Mental Health Authority, we discussed the Michigan Department of Community Health's (MDCH) plan to develop an integrated care system for people who receive services funded by both Medicare and Medicaid programs. We reviewed what changes are likely to occur and what this mean for people in Oakland County.

Join Jeffrey L. Brown, Executive Director for this Call In Session to get an update on this issue since our November meeting. There will be an opportunity to participate in a question and answer session with Jeff.

Telephone Call-In (or Web) Session

with Executive Director Jeffrey L. Brown

February 1, 2011

3:00 – 4:00 pm

Call: 1 (408) 600-3600 (toll)

1 (877) 668-4493 (toll free)

Access Code: 620 137 587

Password: 2012



Space is
limited to the
first 25
attendees!

Individuals covered by both Medicare and Medicaid, (often called *dual eligibility*) and persons that support individuals with dual eligibility are welcome to join this session.

For those unable to attend this session please visit our website at www.occmha.org for information regarding this issue and future informational meeting times.

You can attend this call-in session simply using your phone by calling the number above. You also have the opportunity to attend the call in as a web conference. This option will allow you to see Jeff speaking and any documents he shares.

Visit www.occhma.org for more on the web meeting or to register.
Registering does not guarantee a space.
Cell phone users will use minutes regardless of the number called.

www.occmha.org • (800) 341-2003

Find us on Facebook, Twitter and YouTube

For questions or special accommodations call (800) 341-2003



Come One! Come All!

Self-Determination and Self-Advocacy is for everyone!



Building Statewide Demand
For Self-Determination

If you have a disability and want to get more control of your life, your supports, your services, and the people in your life –

If you are a family member or friend of a person with a disability and want to support them to experience a more enriching life -

Join

MICHIGAN PARTNERS for FREEDOM

on February 2nd, 2012

Speakers:

David Dewitt Taylor and Ryan Nicholas Gray

At this workshop, we will share:

- ⇒ What self-determination and self-advocacy can mean for people with disabilities
- ⇒ How the principles of Self-Determination have enhanced our lives
- ⇒ How arrangements of Self-Determination can support us in our community

Date: Thursday,
February 2nd

Location:
CMN TV Studios
1230 Souter Dr
Troy, MI 48083

Time: 6:00 – 7:00 pm

Speaker Descriptions: LOCAL LEADERS will give a presentation and then answer questions

This workshop is FREE and no registration is required

For more information contact Leigh Hilbert at 248-547-2668.

This event is funded by a grant from the Michigan Developmental Disabilities Council to The Arc Michigan.