

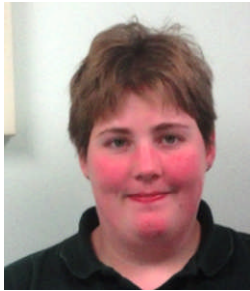


Renee Uitto, CLS/OC Citizens'
Advisory Committee Chairperson

OCTOBER 2012

CITIZENS' ADVISORY
COMMITTEE NEWSLETTER

ERICA – ONE BUSY YOUNG LADY



Erica Pusey is a busy young lady! This soft-spoken go-getter can make a person tired just listening to everything she does! Erica lives in Holly with her parents, Sharon and Mark, sisters Amanda and Katelyn, her dog Mazy, and rabbit Oreo. Erica adores her family, but is also looking forward to moving

into her own place in the future. We all know that it takes money to live in your own place, so Erica has been working on her career path and she sure isn't afraid of the hard work that it takes to be successful.

Erica currently works two jobs AND has her own microenterprise. For the last five years she has been working at Jo-Ann Fabrics stocking products and doing other miscellaneous tasks at the fabric shop. For the last year she has also been working at Wendy's five days for week. Erica says that she likes her co-workers and she has a lot of fun at work.

In addition to her two hourly jobs, Erica has started her own business as a Massage Therapist. While she was still in high school, Erica talked with people about her interest in being a Massage Therapist in the future. Erica set this goal for herself and worked to save enough money to purchase her own computer, so she could take the classes she needed to officially become a Massage Therapist. In 2010 she proudly graduated from Arvada School; the name of her business is "*Magic Touch*." Erica has her own portable massage table and chair. While doing her massage therapy, she plays relaxing music and uses wonderfully scented oils and lotions. Erica indicates that her favorite part of owning her business is all the wonderful opportunities to meet new people.

In addition to using her massage skills for income generation, Erica also feels good about being able to help people in her community. On Fridays, she volunteers her

massage therapist skills and gives massages to senior citizens at a local senior center in Fenton.

Erica and her support circle are thrilled at her determination and successes in both of her jobs, and in maintaining her own business. She is quick to talk to others about why business ownership could work for them and she tries to inspire her friends to identify their dreams for the future and make them happen.

When Erica isn't busy working, she enjoys relaxing by watching her favorite superhero and comic book movies, playing with Mazy and Oreo, bowling with her sisters, shopping at the mall, and participating in CLS/OC's Citizen Advisory Council events. Erica also enjoys spending time going out with her good friend, Erin.



Erica with her ISC, Sally Bagnall

Erica is also an athlete; She has been swimming for the last three years, played basketball since third grade, and has participated in track and field for one year. Erica has also volunteered her time to help out with the Holly Special Olympics teams.

Erica has hired an Independent Supports Coordinator (ISC), Sally Bagnall, through her Self-Determination arrangement and her individualized budget. Sally indicates that Erica is very responsible, creative, and driven to succeed in all that she does. Sally went on to say that Self-Determination has given Erica the freedom to make her own choices and receive the services and supports needed to achieve her goals and make her dreams come true.

Thank you Erica for sharing your wonderful life accomplishments with us! Keep up the great work!

QUOTE OF THE MONTH

*"The cup you choose to fill
has no bottom."*

-Kung Fu Panda 2



SELF-DETERMINATION - REAL LIFE QUALITY STANDARDS

HEALTH AND SAFETY

Self-Determination is all about freedom; Freedom to decide how one wants to live their life while having active and meaningful connections in their community. Real Life Quality Standards are universal human aspirations that can help guide a person with disabilities to real freedom. Universal human aspirations include: having a place of one's own, income generation, long-term relationships, community membership, control of transportation, and this month's topic, Health and Safety.

In February of 2012, the Michigan Department of Community Health presented to the House Appropriations Subcommittee on Community Health the Overview of Executive Budget. In this presentation, key goals were discussed, including: Improving the Health of Michigan Residents. A plan was outlined, including an active state-wide promotion of four key healthy living behaviors: 1) Maintaining a Healthy Diet, 2) Engaging in Regular Exercise, 3) Getting an Annual Physical, and 4) Avoiding All Tobacco Use. Multi-media campaigns and local coalitions are two of the many ways our state will be promoting healthy living for all Michigan residents.

Watch for future newsletter articles as we continue to explore all of the Real Life Quality Standards and ways support based on Self-Determination can help people achieve success related to Universal Human Aspirations.

MAKING SMART CHOICES FOR MY LIFE *By Renee Utto*



I used to have a roommate who shared my apartment and provided me with support. When my roommate moved out several years ago, I kept waiting for my support circle to say that I couldn't live alone due to my physical disabilities, but they never did. The people I chose to have in my support circle believed in me and they all wanted to see me succeed in my new found independence. I appreciate the dignity and respect that comes from me identifying the potential risks in my life and being able to decide how to keep myself healthy and safe. As a woman with severe cerebral palsy, I know I constantly have to be aware of health and safety issues. When I'm out in my powered wheelchair, it is up to me to be aware and cautious about my surroundings, and prepared for issues that could come up. In addition to making sure my battery is fully charged, I also have to know what my safety plan would be should my wheelchair stop functioning. I also need to use much precaution when crossing the street. The world is a busy place, and so many things can happen if you are not extra careful. I have an emergency response system I can use in case I need help right away. I know what to do should there ever be a fire or a tornado. I visit my dentist and my physician often. Eating a healthy diet is important, as is getting regular exercise. I also try to get enough sleep at night and rest during the day to make sure I am at my best when I go out. These techniques work for me, and I hope my suggestions will help you to be safe and healthy and live a happy and fulfilling life.

CENTER FOR INTEGRATED HEALTH SOLUTIONS

The National Council for Community Behavioral Healthcare describes the *Center for Integrated Health Solutions (CIHS)* as the first "national home" for information, experts, and resources dedicated to behavioral health and primary care integration. It promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. CIHS is funded jointly by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Health Resources and Services Administration (HRSA). Check out the SAMHSA-HRSA Center for Integrated Health Solutions website for some great information about Integrated Care at <http://www.integration.samhsa.gov/>.

OAKLAND INTEGRATED HEALTHCARE SITES (OIHN)

Joslyn Smile Center – Dental office
816 Joslyn Ave. in Pontiac
248-758-1231

Family Medicine Center at Doctors' Hospital
Primary care and mental health services
461 W. Huron in Pontiac
248-857-7200

Oakland Family Services Location
Primary care and mental health services
114 Orchard Lake Road in Pontiac
248-724-7600



Healthfinder.gov is a government (U.S. Department of Health and Human Services) website where you will find information and tools to help you and those you care about stay healthy. Here you can get the latest, most reliable information and resources on a wide range of health topics selected from over 1,600 government and non-profit organizations.

On the website, you will find a quick guide to healthy living, health news, and personal health tools which include free interactive tools to check your health, get personalized advice, and keep track of your progress. You can also send e-cards to friends and family, check out the dates of National Health Observances, and sign up for an e-newsletter.

Healthfinder.gov will also connect you to science-based prevention and wellness information that you can act on immediately. They use social media to support you and your community, get your feedback on how they can improve, and connect you with people and organizations that can help you on your journey to stay happy and healthy.

Check them out at www.healthfinder.gov.



EXECUTIVE ORDER TO EXPAND MENTAL HEALTH SERVICES TO VETERANS

On August 31, 2012, President Obama signed an executive order directing key federal agencies to expand suicide prevention strategies and improve access to mental health and substance abuse treatment for veterans, service members, and their families.



Citing an obligation to “build an integrated network of support capable of providing effective mental health services,” the order includes an array of directions for the Department of Veterans Affairs, the Department of Health and Human Services, and other federal agencies. Collaboration will occur with community-based providers – including community mental health clinics and substance abuse treatment facilities.

The Executive Order strengthens suicide prevention efforts across the military and in the veteran community, enhances access to mental health care by building partnerships between VA and community providers, increases the number of VA mental health providers serving our veterans, and promotes mental health research and the development of more effective treatment methodologies.

If you would like to read the Executive Order in its entirety, follow the below link. <http://www.whitehouse.gov/the-press-office/2012/08/31/executive-order-improving-access-mental-health-services-veterans-service>

MEDICAID NEWS

Medicaid will now pay for vision and chiropractic services for beneficiaries older than the age of 21. Medicaid already pays for these services for beneficiaries under 21 years of age.



- ◆ Vision services will begin October 1, 2012. Medicaid will pay for basic eye exams and glasses once every two years. Some services may need prior approval. You may have to pay a \$2.00 co-pay for each visit.
- ◆ Chiropractic Services began on June 1, 2012. Medicaid pays for visits to a chiropractor. Some services may need prior approval. You may have to pay a \$1.00 co-pay for each visit.



If you have questions about these services, call the Beneficiary Helpline toll-free at 1-800-642-3195 if you have regular Medicaid, or contact your Medicaid Health Plan Member Services Department if you are enrolled in a plan.

OCTOBER: NATIONAL BULLYING PREVENTION AWARENESS MONTH

**HELP
STOP
BULLYING!**

Stand up and speak out!

According to the U.S. National Institute of Health, SAFE, about 47 teens are bullied every five minutes, and every 30 minutes a teenager attempts suicide due to bullying. There are about 282,000 students who are reportedly attacked in high schools in our nation each month and 71 percent of students report bullying as an ongoing problem. Cyber bullying is on the rise in dramatic numbers; it is often more frightening if the bully is anonymous. Victims of cyber bullying show more signs of depression than other bullying victims. The leading cause of death among children under the age of 14 is suicide.

PACER Center is a parent training and information center for families of children and youth with disabilities from birth through 21 years of age. Located in Minneapolis, it serves families across the nation. In early 2000, PACER noted that calls from parents of children with disabilities about bullying situations were increasing. They decided to take action and began providing resources on bullying prevention.

In 2006, PACER Center founded the National Bullying Prevention Center. The center “unites, engages, and educates communities nationwide to address bullying through creative, relevant, and interactive resources. PACER’s bullying prevention resources are designed to benefit all students, including students with disabilities.” Also in 2006, PACER’s National Bullying Prevention Center sponsored the First National Bullying Prevention Month (originally a week) with co-sponsors: National Education Association, National PTA, American Federation for Teachers, and National Coalition for Parent Involvement in Education.



PACER’s National Bullying Prevention Center website offers a wealth of information and resources for schools, parents, teens and youth, including: videos, stories, resources, news, educational toolkits, how to get involved and petition. Plus, you will find digital based resources including:

- ◆ www.pacerkidsagainstabullying.org/ this is a creative and educational website designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.
- ◆ www.pacerteensagainstabullying.org/ this resource is created by and for teens. This is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.

To check out PACER’s National Bullying Prevention Center website go to www.pacer.org/bullying. If you would like to learn more about PACER, visit them at www.pacer.org, here you can find publications, workshops, and other resources to help make decisions about education, vocational training, employment, and other services for children with disabilities.

STOPBULLYING.GOV

stopbullying.gov

StopBullying.gov is a Federal government website managed by the U.S. Department of Health and Human Services. StopBullying.gov’s Mission is “provides information from various government agencies on what bullying is, what cyber bullying is, who is at risk, and how you can prevent and respond to bullying.” StopBullying.gov coordinates closely with the Federal Partners in Bullying Prevention Steering Committee, an inter-agency effort led by the Department of Education that works to coordinate policy, research, and communications on bullying topics.

On their website you will find great resources, videos, and information on how to respond to bullying, prevent bullying, and how to get help. Also, on their website you will find information on bullying laws and policy in Michigan. Through laws and model policies, each state addresses bullying differently. Find out how Michigan refers to bullying in its laws and what they require on part of schools and districts.

Go to www.stopbullying.gov to check out all of their valuable information and click on Michigan to find out more about our state’s anti-bullying laws and policies.

GET INVOLVED!



Are you interested in getting involved and working with professionals on research and training projects so that professionals can learn more about working with people with disabilities? Well, now

there is a resource to assist you on how you can do just that. The National Gateway to Self-Determination has provided the resource "Involved in Research and Training: A Guide for Persons with Intellectual Disabilities." This guide explains how people with disabilities can participate in research and training projects. The guide describes what research and training is and what a participant can do. It also provides examples of projects and of ways to address problems others have had when working on research and training projects. You can find this guide at <http://www.aucd.org/docs/GettingInvolvedinResearch.pdf>.

The National Gateway to Self-Determination is a consortium of University Centers for Excellence in Developmental Disabilities (Missouri, Kansas, Oregon, New York, Illinois) in partnership with a National Self-Determination Alliance (including self-advocates, families, and numerous national partners). The overall goal of this project is, "to establish a sustainable, evidence-based training system that enhances self-determination training programs and that lead to quality of life outcomes for individuals with developmental disabilities throughout the lifespan."

8th ANNUAL STEP UP FOR DOWN SYNDROME WALK

The Step UP for Down Syndrome Walk is a wonderful, heart-warming event that celebrates the many abilities and accomplishments of people with Down Syndrome.

This event to raise awareness and acceptance of individuals with Down Syndrome will take place on September 29, 2012, 9:00am-2:00pm at the Palace of Auburn Hills.

If you would like to learn more about this event visit their website at www.dsgsemi.org.

"WHOSE LIFE IS IT ANYWAY" SELF-DETERMINATION CONFERENCE

The "Whose Life is it Anyway" Self-Determination Conference was an excellent, informative event. The microenterprise businesses were amazing, the sessions were informative and helpful, and the key note speaker was inspirational, fun, and entertaining! Another great year at the conference!



Annette Downey, PJ DeCuir, Adam Laird, Emily Monroe, George Hamilton, and Katie Kress - Presenters at the "Making Self-Determination Work" session.



Presenter Lisa Ballien with panel members Elizabeth Martin and Stephanie Jackson at the Employer of Record session.



George Hamilton kicked off the conference by impressing the attendees with his drumming talent.

DRIVE SAFELY WORK WEEK



Did you know that October 1 - 5 is Drive Safely Work Week? This year marks the 16th year of the DSWW campaign sponsored annually by the Network of Employers for Traffic Safety (NETS.) On their website you can download a Drive Safely Work Week toolkit. This year's campaign materials take you back to the basics to remind you of some of the fundamental skills necessary for a safe driver. The toolkit is packed with tips and information to refresh some of the skills that may have become a bit rusty, and perhaps teach you a few new ones. And, for anyone facing the challenges of having a new driver in the household, the tips and activities in this year's campaign materials are ideal for assisting in the all-important role of being a good driving coach. The Network of Employers for Traffic Safety is an employer-led public/private partnership dedicated to improving the safety and health of employees, their families, and members of the communities in which they live and work by preventing traffic crashes that occur both on and off-the-job. To learn more about (NETS) and download a toolkit, check out their website at <http://trafficsafety.org/>

GT INDEPENDENCE STAKEHOLDER MEETING



Join GT Independence for an informative town hall meeting on October 23, 2012, 1:00-2:30pm, at the Community Living Services, Oakland County Office, 642 E. Nine Mile Road in Ferndale. At this town hall meeting, GT Independence Representatives will discuss the process they used to seek feedback related to their monthly budget

reports, the subsequent changes that are being made to the budget reports based on the stakeholder feedback they received, and answer any questions.

This is a great opportunity to learn more or have your questions answered about your monthly budget reports. Everyone is welcome. To RSVP please call Diana Kaszyca at 248-547-2668.

CONGRATULATION SPEECHCRAFT GRADUATES!!!

These Speech Craft graduates wowed the audience with their speeches at their graduation on September 11, 2012. Attendees at the graduation smiled, laughed, and cheered, and were definitely inspired by the terrific public speaking skills learned during this great class. Congratulations graduates!



Pictured: Vicki Suder, Bob Bray, Tradina Taylor, Colleen Marquis, Isaiah Wicker, Adam Weingarden, Beverly Thompson, Jessica Widzinski, Erin Gavin, Angela Hadad, Kathy Wilder, Michele Butterly, Tonya Dalton, Rebecca Borst, Katie Myers, Sherri Rushman.

CLS/OC BLOOD DRIVE



The CLS/OC Inaugural Blood Drive, held on September 6th, was a

huge success. We had a goal of 25 donors, and ended up having 28 people successfully donate. The American Red Cross followed up with us after the drive to let us know that out of 28 donors, we helped save the lives of 84 people.

Special thanks goes out to Colleen Marquis for organizing this event.



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

LIGHTHOUSE FOOD DRIVE



CLS was very happy to be asked to partner with the OCCMHA Strategic Planning workgroup to help them gather non-perishable food items to be donated to Lighthouse of Oakland County. THANK YOU to everyone who donated food for this great cause!!!



UPCOMING EVENTS

COMMUNITY CONVERSATION - LGBT Mental Health Forum

On September 24, 2012, from 6:30pm-8:00pm, join Dave Garcia, Executive Director of Affirmations and Jeff Brown, Executive Director of OCCMHA for a forum supporting the Lesbian, Gay, Bisexual & Transgender community (LGBT). This forum will take place at Affirmations, 290 W. 9 Mile Road in Ferndale. For more information call Affirmations at (248) 398-7105.



SAVE THE DATE - Don't miss out on a great time! Mark your calendar for the **CLS/OC Holiday Party**. The holiday party will take place on January 10, 2013 at Cross of Christ Lutheran Church, 1100 Lone Pine Road in Bloomfield Hills, 6:30pm-9:00pm. Stay tuned to future newsletters for further details.

THE NEXT CITIZENS' ADVISORY COMMITTEE



Next meeting will take place on Monday, October 29th, 2:00-4:00pm At the CLS/OC office in Ferndale Everyone is welcome to attend.

DON'T MISS OUT ON TWO GREAT TRAINING OPPORTUNITIES

SELF-DETERMINATION TRAINING will take place on September 28th, 10:00am-12:00pm at the CLS/OC office, 642 E. Nine Mile Road. At this Self-Determination Training you will hear how people are making great things happen in their lives by self-directing their supports and services through Person-Centered Planning and the use of individual budgets. The implementation of Self-Determination, individual budgets, and options for creative income generation will be explored. If you would like to attend this upbeat training session, please register by calling Diana Kaszyca at 248-547-2668.



EMPLOYER OF RECORD TRAINING will take place on Tuesday, October 2nd, 9:00am-12:00pm at the CLS/OC office, 642 E. Nine Mile Road in Ferndale. This training is available for people supported by CLS and their staff. Topics will include how you could go about hiring your own staff, the expectations of any staff you hire, and your role as employer. If you are interested, call Diana Kaszyca at 248-547-2668 to register.



THINGS TO DO IN YOUR COMMUNITY



The **HILTON FALL FESTIVAL** will take place Saturday, October 13, 10:00am-5:00pm on Hilton Road between Sylvan and Drayton in Ferndale. This spooktacular event will feature hayrides, pony rides, rock climbing wall, inflatables & interactive games for kids and adults, costume contests, carnival games, arts & crafts fair, music, and entertainment, plus much more. For more information, visit their website at www.hiltonfallfest.com.



The **GREAT LAKES REGIONAL CHILI COOK-OFF** will take place on October 14, 2012 in downtown Plymouth. This is the biggest Chili Event of the year, with 86 different chilies in the gathering along with over 15 restaurants in Kellogg Park serving up their best chili. Great Lakes Regional Chili, Inc is a not-for-profit organization that holds chili cook-offs to benefit local charities. The Chili Cook-Off Charities include: Make a Wish Foundation, The Rainbow Connection, Plymouth Salvation Army, Bridgepoint, Michigan Youth Soccer Association, Habitat for Humanity Western Wayne County, and Penrickton Center for Blind Children. For more information check out their website www.greatlakeschili.com



The **MICHIGAN INTERNATIONAL BOOK FESTIVAL** will take place October 26-28 at Laurel Park Place in Livonia. Aimed at educating and encouraging youth to read and author books, this festival will bring together hundreds of book writers, role models, and teachers of the literary craft. This will be an informative and fun-filled weekend. Bring the family, meet your favorite author, and buy his/her latest book. Amongst the writers selling and signing books, there will be several celebrity authors who will speak on the topic of helping youth to overcome adversity by reading, and reading often. For more information, visit their website at www.michiganinternationalbooksfestival.com.

SELF-DETERMINATION TRAINING

At this Self-Determination Training you will hear how people are making great things happen in their lives by self-directing their supports and services through Person-Centered Planning and the use of individual budgets. The implementation of Self-Determination, individual budgets, and options for creative income generation will be explored.

Consider joining this upbeat training session about making a difference in your life or the lives of those you know, love and support.

Where & When:

Friday
September 28, 2012
10:00am - 12:00pm

**Community Living
Services -
Oakland County Division**
642 E. Nine Mile Road
Ferndale, MI 48220

Everyone is welcome!

**Please register by calling
Diana Kaszyca at 248-547-2668**



EMPLOYER OF RECORD TRAINING

This training is available for people supported by CLS and their staff. Topics will include how you could go about hiring your own staff, the expectations of any staff you hire and your role as employer.



Please register by calling
Diana Kaszyca at 248-547-2668

Where & When:

Tuesday
October 2, 2012
9:00am – 12:00pm

**Community Living
Services -**
Oakland County Division
642 E. Nine Mile Road
Ferndale, MI 48220



