

# THE HAPPENING

COMMUNITY  
Living SERVICES

OAKLAND COUNTY DIVISION  
CITIZENS' ADVISORY  
COMMITTEE NEWSLETTER



Renee Uitto authors this newsletter on behalf of the CLS/OC Citizens' Advisory Committee

FEBRUARY 2011

## CONGRATULATIONS TO JEFF GUTHRIE!



About a year and half ago Jeff Guthrie became a member of the Oakland County Community Mental Health Authority (OCCMHA) Citizens' Advisory Committee (CAC). In January of

2010, he was elected as the Committee's Chairman. We are very happy to announce that the great job Jeff has done was recognized and honored with his reelection as Chairman on January 19, 2011 for another year's term!

Jeff says that he enjoys being part of the OCCMHA CAC as he enjoys helping people, and he likes being part of a group aimed at improved quality of life and social justice for those served. Vicki Suder from OCCMHA commented: "I always appreciate Jeff's willingness to participate in workgroups and share his opinions. He is a very kind person, and I appreciate his sense of humor."

Jeff is no stranger to committees and workgroups. He indicates that he is an active member on about 10 different committees currently, including OCCMHA's Strategic Planning and Evaluation Committees. He also is a very active member on the conference committees in charge of planning and coordinating the annual Recovery and Self-Determination Conferences.

Jeff has had his share of set-backs and tough times in life. Despite these challenges, he has persevered and kept his passion for bettering himself alive. In 2007, Jeff found himself unemployed and living at home with his parents - not exactly where he wanted to be. Jeff's family wanted to support his desire to move out and be more independent, but they knew he would need support to be successful and they didn't see the more traditional group model as the right option for him at all (Jeff agreed).

It was Jeff who actively sought out information about Self-Determination. He volunteered to be involved in

county wide workgroups and conferences promoting this progressive model of supporting people, and he knew right away that it was the right choice for him. When Jeff's mother, Sharon Cole, learned more about Self-Determination and participated in his Person-Centered Planning meetings, she indicates she could tell that the focus was different. Most importantly, she could see the difference in the way Jeff felt about himself. Sharon adds, "It was obvious that Jeff was being asked what HE wanted in his life, and HIS wishes and choices were being heard and respected. This is what every mother wants for their child."



A plan was put in place to help Jeff transition to his own apartment with self-directed supports. Shortly after he moved in, he became employed in a job that he loves and has maintained for 3 years now. Jeff also developed public speaking skills and has become a statewide leader in the promotion of Self-Determination for people with developmental disabilities and mental health concerns - these are all accomplishments that make everyone who knows him VERY proud.

Jeff and his mom indicate that pursuing a life of Self-Determination has helped him develop a higher level of confidence, a sense of purpose, an expanded circle of support, and an ability to not only speak up for himself, but also for others. Jeff's mom adds, "As an aging parent, it's been a wonderful transformation to see Jeff thrive in his independence, and succeed." She further comments, "I can, with all honesty, say that I have walked side by side with Jeff through his life, but now I am proud to say, I walk in his shadow."



Thank you, Jeff, for all of your hard work and efforts to advance Self-Determination for ALL people. Plus, many congratulations to you from everybody at Community Living Services on your recent reelection as the OCCMHA CAC Chairman!

## GET INVOLVED!



The Michigan Disability Rights Coalition (MDRC) is a wide-ranging collaborative of people with and without disabilities, building inclusive communities. The majority of MDRC's board and staff are people with disabilities. They are dedicated to raising awareness and advocating for people with disabilities in the State of Michigan.

MDRC's vision is, "to build opportunities for people with disabilities so they may live fully integrated lives within their chosen communities, now and in the future. Full citizenship is the expected role that people with disabilities will play, and their hopes and dreams parallel those of citizens without disabilities."

Do you want to get involved in supporting this vision for all people with disabilities in Michigan? If so, MDRC may be a great group for you to explore. MDRC indicates regardless of where you live or what your disability is, you can effectively participate in building the type of communities that people with disabilities can live in and thrive.

As a member of MDRC you can talk to other advocates and build your advocacy skills. Also, you will receive their publication "Our Voices" and information about training opportunities and events. There are three levels of membership: Regular Membership with dues of \$10 per year, Advocate Membership at \$30 per year, and Supporter Membership at \$50 per year. To join and find more information about MDRC, visit their website [www.copower.org](http://www.copower.org).

You can also sign up for e-mail Action Alerts. When you sign up for MDRC alerts, they will e-mail you when issues arise and provide you with the information needed to take action on issues important to Michigan's disability community. To sign up, go to their website, [www.copower.org](http://www.copower.org), click on MDRC News, and then select "Make a Difference - Sign Up for Action Alerts."

## SINGERS NEEDED



The wife of a pastor in Oak Park has volunteered her time to help put together a choir. She is a kind and encouraging music teacher. We need to determine if there are enough people interested and committed to meeting once a week on Thursdays at 7pm in Oak Park. If you are interested, please call Maria Miller at 734-829-8950.

## RAY'S CORNER - YOU CAN CALL ME RAY



I sometimes get asked what Self-Determination means to me? The answer is easy: FREEDOM!

With Self-Determination, I have the Freedom to make my own life decisions. I live where I want, go where I want, I have a job that I love, and I choose the people who assist me in being a happy and healthy member of my community.

Not all people have these same daily Freedoms. Not all people live in places where their name is on the lease. I think it is important that people live in homes of their own, that they own or rent in THEIR name, so that they have control over who comes and goes through their front door and provides their support.

I am very proud that I am the only person who has keys to my place. Keeping my place clean and being a good neighbor is MY responsibility. Responsibility is part of Self-Determination.

It's important for EVERYONE to have control over their life and where they live. Having the Freedom to make our own choices is important.

Will everyone always make the best choices? No, but all people learn from their decisions - the good ones AND the bad ones. Having the Freedom to learn from mistakes is an important part of life.

I hope my thoughts about Self-Determination have been helpful. And please remember, call people by their names, do not use labels!



## WHAT DOES SELF-DETERMINATION MEAN TO YOU?



We would love to hear from our newsletter readers. Please contact Diana Kaszyca at 248-547-2668 or [dkaszyca@comlivserv.com](mailto:dkaszyca@comlivserv.com) and let us know your thoughts on controlling your supports through Self-Determination. We will try to feature the feedback received in a future newsletter article.

## A PRESIDENTIAL PROCLAMATION



On December 3, 2010, President Barack Obama made a Presidential Proclamation: December 3<sup>rd</sup> will be the International Day of Persons with Disabilities.

The President began his release with, "America stands with the growing number of nations around the world that have committed themselves to ending unequal treatment of persons with disabilities, we acknowledge the contributions of women and men with disabilities around the world, and we recognize our charge to ensure that all individuals can enjoy full inclusion and participation in our societies."

In the President's release he made reference to how the United States is a signatory of the United Nations Convention on the Rights of Persons with Disabilities. This treaty was signed last year and was the first new human rights treaty of the 21<sup>st</sup> century. The President said, "Like our laws in the United States, this treaty urges equal protection and equal benefit of the law for all persons with disabilities, and it reaffirms the inherent dignity, worth, and independence of the 650 million individuals with disabilities worldwide." If you would like to learn more about the United Nations Convention on the Rights of Persons with Disabilities, visit their website at [www.un.org/disabilities/index.asp](http://www.un.org/disabilities/index.asp). You will also find a listing of all the countries that are participating.

As the President continued he acknowledged the progress of the past years and reflected upon "important milestones in America's civil rights struggle for people with disabilities." He mentioned the 20<sup>th</sup> Anniversary of the Americans with Disabilities Act and the 35<sup>th</sup> Anniversary of the Individuals with Disabilities Education Act saying "These historic, bipartisan civil rights laws were clarion calls for equal access for, and an end to discrimination against persons with disabilities, and they have paved the way for countless Americans with Disabilities to share their talents and strengthen our communities."

In closing, the President said, "We have made progress, but still have a great distance to journey before every person living with a disability can benefit from the same access and protections, in the United States and abroad. As we celebrate International Day of Persons with Disabilities, let us reinvigorate our commitment to eradicate barriers and ensure equal opportunity for all."

Mark your calendars for December 3<sup>rd</sup> as the International Day of Persons with Disabilities to observe and celebrate.

## QUOTE OF THE MONTH

*"Create the highest, grandest vision for your life because you become what you believe."*

- Oprah Winfrey

## HOW TO MAKE THE MOST OF OUR SHRINKING RESOURCES – HAVE YOUR VOICE HEARD!



For the past several years the amount of General Fund dollars available to serve people with disabilities has been shrinking due to funding cuts. The General Fund is used to provide services and supports to people with mental illness, developmental disabilities or families who are not on Medicaid. OCCMHA would like you to participate in the conversation about how to best use these shrinking dollars to support people in our community. Here are three opportunities:

TOWN TALK – with Executive Director Jeff Brown  
January 27, 2011, 10am-12pm

Bloomfield Township Public Library  
1099 Lone Pine Road in Bloomfield Hills

- Learn about the General Fund - what it is, who it benefits, how it benefits our Community
- Participate in a discussion about which services are important to fund the future with less resources

COMMUNITY CONVERSATIONS-Telephone call-in  
(or web) sessions with Executive Director, Jeff Brown  
Space is limited

January 31, 2011 - 3pm-4pm

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

1-866-469-3239 (toll free) \*for those who pay long distance rates

Code: 800 365 315 ~ Password: 2011

- Learn about the General Fund - what it is, who it benefits, how it benefits our Community
- Share your ideas about the use of the General Fund in the Future with less resources

Visit [www.occmha.org](http://www.occmha.org) for more on the web meeting or to register. Registering does not guarantee a space.

"YOUR VOICE" SURVEY – We want to hear your opinion about what you think is important to use General Fund dollars to support. This short survey will be available beginning January 27<sup>th</sup> at [www.occmha.org](http://www.occmha.org).

For questions or special accommodations, call OCCMHA at 248-858-0929.

# NATIONAL BIRTH DEFECTS PREVENTION MONTH



January is National Birth Defects Prevention Month. This year, focus is on medication use and pregnancy. In recognition of this, the Center for Disease Control (CDC) has completed a number of activities to promote the theme, including a new Medication and Pregnancy website. This is a research-based site that is user-friendly. Some of its features include easy to read information for women, a compilation of important data and scientific publications, and an overview of the work the CDC and its partners are doing in the area of medications and pregnancy.

Visit the site:

[http://www.cdc.gov/ncbddd/pregnancy\\_gateway/meds/index.html](http://www.cdc.gov/ncbddd/pregnancy_gateway/meds/index.html).

You can also find a lot of valuable information on the National Birth Defects Prevention Network website at [www.nbdpn.org](http://www.nbdpn.org).

## CLEANING FOR A REASON



The Cleaning for a Reason Foundation is a nonprofit foundation that offers free professional housecleaning and maid services to improve the lives of women undergoing treatment for any type of cancer.

The Foundation partners with professional residential maid services who are insured and bonded to participate in the foundation. The companies have agreed to take two people at a time and offer four free general cleanings, one per month for four months, as a way to give back to their community.

Applications can be completed online by women currently under going cancer treatment. For more information, visit their website at [www.cleaningforareason.org](http://www.cleaningforareason.org).

**COMMUNITY**  
*Living* SERVICES

Oakland County Division

New address effective January 31, 2011

642 E. Nine Mile Road  
Ferndale, MI 48220  
Phone: 248-547-2668 Fax: 248-547-3052  
[www.comlivserv.com](http://www.comlivserv.com)

## A GREAT START TO 2011!!

The CLS/OC Happy New Year Party was a huge success.

Although the weather and poor road conditions kept some party goers away this year, there were still nearly 200 guests in attendance. It was once again a fun and exciting night.



LeeAnn Bear, LeeAnn Collins, LeeDell Collins and Stacy Jewell all enjoyed the festivities.



DJ David DeWitt Taylor, in the center, with Ryan Gray on the left and Amber Brantley on the right

While enjoying the food and many desserts, the party goers socialized and were dazzled by the music selections of "Dazzle Do Time" DJ services.

Once dinner was over, everyone tore up the dance floor and boogied the night away, while others practiced their shooting skills by playing basketball.



Elizabeth Martin and Teddy Fitzmaurice had fun dancing the night away.



David Taylor enjoyed shooting some hoops.

The fun night came to an end and everyone is now looking forward to a great new year and the next fun filled event sponsored by our awesome Citizens' Advisory Committee.



Jenene Nagy says I hope to see you at the holiday party next year!

Thank you to everyone who attended!

## 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.

**Protect Yourself: Know Your Rights** will take place on February 9<sup>th</sup> from 9:30-11:30am at Community Network Services, 38855 Hills Tech Drive in Farmington Hills. Join this workshop and learn your Rights under the Michigan Mental Health Code and some of the processes you can access should you need them.

**Be Your Own Advocate** (with Theresa Arini) will take place on February 22<sup>nd</sup> from 9:30-11:30am at Training and Treatment Innovations, 1450 S. Lapeer Road in Oxford. Participants will learn how to advocate for themselves and to communicate, convey, and assert their interests, desires, needs, and rights.

**Hope Givers, Hope Receivers, & Hope Stealers** will take place on March 8<sup>th</sup> from 9:30-11:30am at Easter Seals-Michigan Collaborative Solutions, 269 Summit Drive in Waterford. In this class, you will learn the double-edged strategy for how to grasp 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.

**Gambling: The Hidden Addiction** will take place on March 22<sup>nd</sup> from 9:30-11:30am at Training & Treatment Innovations, 1450 S. Lapeer Road in Oxford. The consequences for problem gamblers are devastating. This workshop will provide you with information such as problem gambling definitions and clinical terms, phases and types of problem gambling, who could be at risk and questions to ask, studies, statistics, and the impacts of problem gambling, plus information about Michigan Problem Gambling Helpline and ongoing counseling services.

Contact Debbie Wisser at 248-858-0929 or at [RegisterMe@occmha.org](mailto: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.

## THE NEXT CAC EVENT



### Bowling Fun!!!! A

group will be going bowling on Monday, February 28<sup>th</sup> from 4:30-6:30pm at Luxury Lanes, 600 E. Nine Mile Rd. in Ferndale. Please join us for a great time and shake off the winter blahs!! The cost is \$2.50 per game, plus \$2 for shoes. If you have any questions please contact Matt Buck at 248-547-2668.

## UPCOMING EVENTS

### Healthy Relationships Training



The Developmental Disabilities Institute at Wayne State University and the UCP of Metropolitan Detroit, in partnership with Oakland Regional Interagency Consumer Committee, is offering a learning opportunity for men with disabilities who live in Oakland County. This free training assists men with disabilities to build strong and healthy relationships.

The training will take place on February 10<sup>th</sup>, from 9:30am to 2:00pm at Wayne State University-Oakland County Campus, 33737 West Twelve Mile Road, Room 622 in Farmington Hills.

A second training will take place on April 14<sup>th</sup>, from 9:30am to 2:00pm at Macomb Oakland Regional Center, 1270 Doris Road in Auburn Hills.

A free lunch will be provided. If you are interested in participating in this event, please contact Angela Martin at 888-978-4334 or Paul Landry at 248-557-5070.

### Red Wing Tickets

There are two more games available for the Evening with Friends Red Wing Ticket fundraiser. Get your Wings tickets at a discounted rate, **ONLY \$35**, plus a food voucher.

- ✓ Thursday, February 24<sup>th</sup> vs. Dallas Stars
- ✓ Wednesday, March 9<sup>th</sup> vs. LA Kings

Please follow the link below to order and get you all of the information you need.  
<https://www.formspring.com/forms/2763697-S1whlNKunt>

## “Moving Forward” Peer Specialist Training –



Training is available for persons who have an interest in potentially working in a Peer Support Specialist role. The “Moving Forward” Peer Support Specialist Training is a 15 hour training for individuals receiving

services who have an interest in learning about the Peer Support Specialist role. The training is open to persons with developmental disabilities or mental illness.

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, 9 am-12 pm. You must be able to attend all five training days. The Spring Session will take place on March 4, 11, 18, 25 and April 1<sup>st</sup>. The Fall Session will take place on September 13, 20, 27 and October 4, and 11<sup>th</sup>. Both the spring and fall sessions will take place at MORC, 1270 Doris Rd. in Auburn Hills.

For more information or to sign up for the training, please contact Vicki Suder at (248) 858-1235.

## The “Assembly Line Concert, Third Shift, Operation Give Back” will take place March 19<sup>th</sup>– April 3<sup>rd</sup>.



Friends of CLS has partnered up with AJ’s Café of Ferndale to kick off an amazing fundraiser. At the Assembly Line Concert it will be attempted to break the Guinness World Record of a non-stop concert of over 360 hours. This event will be heightening awareness of the domestic auto industry, *plus* it will also put the spotlight on Friends of CLS to raise funds for transportation for people supported by CLS.

## THINGS TO DO IN YOUR COMMUNITY

**Ferndale Blues Festival** will begin on January 29<sup>th</sup> and go through February 6<sup>th</sup>. The annual Ferndale Blues Festival will bring music, food, and revelry to downtown Ferndale with at least 66 concerts and events in 23 venues over a 10-day period.



This annual music festival is held to raise money for two local charities. Most of the concerts are free with no cover charge. For more information about this event visit their website [www.ferndalebluesfestival.org](http://www.ferndalebluesfestival.org).

**Have some sledding fun** at the Family Sledding Hill at Waterford Oaks County Park. Waterford Oaks County Park has been restructured and is open daily from dawn to dusk or as posted at the gate. There is no admission or parking fee; just bring your own sled



for some exciting fun! Portable toilets are available. Waterford Oaks Park is located at 1702 Scott Lake Road, in Waterford. For more information about Waterford Oaks Park and other Oakland County parks, visit the website [www.destinationoakland.com](http://www.destinationoakland.com).

**Motown Winter Blast** will begin on February 12<sup>th</sup> and go through the 14<sup>th</sup>. This event features hip and cool winter events including



ice-skating in Campus Martius Park, Professional skating demonstrations, unique sculptures in the Ice Garden, and the Meijer Kid’s Family Fun Zone. Plus, there will be more than 50 entertainment acts performing. You can always find a place to warm-up in Comfort Zones.

Each visitor will be required to donate a canned food item or a book (or \$1) to gain entrance to Winter Blast. Each donation benefits Matrix Human Services and the Rotary Club's "Break the Ice" on the Cycle of Poverty Initiative. For additional information and a schedule of events, visit the website [www.winterblast.com](http://www.winterblast.com).

**Give Snowshoeing, Skiing, and skating** a try at



Independence Oaks Park. At this park there are groomed and marked trails. You can cross-country ski on all trails except the Habitat trail. There are Oakland County Parks cross-country ski and snowshoe lessons, plus a Volunteer Nordic Ski Patrol on duty as available and on weekends to assist skiers. You can also Hike, snowshoe and walk your dog (on-leash) on Habitat, River Loop, and All-Visitors trails. Also, you can give ice skating a try, when conditions permit, on Crooked Lake.

Ski and snowshoe equipment rentals are available 8am-4pm on weekends. Warming areas, shelter with a fireplace, and heated restrooms are available. For information, visit the website [www.destinationoakland.com](http://www.destinationoakland.com).



**CLS/OC IS  
MOVING!**

**Our New Location is:**

**642 E. Nine Mile Road  
Ferndale, MI 48220**

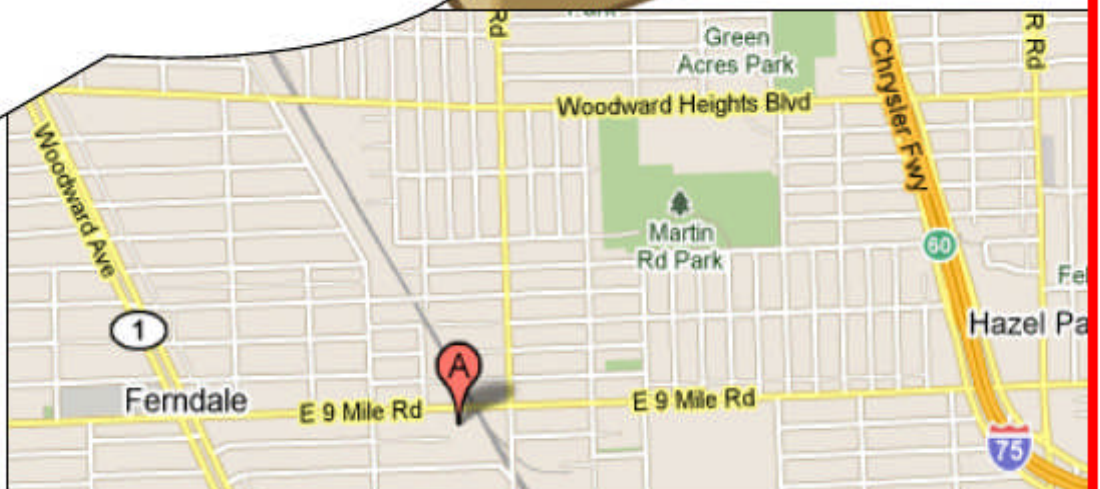
**Effective:**

**January 31, 2011**

**Our Phone and Fax Numbers  
are staying the same!**

**Phone: 248-547-2668  
Fax: 248-547-3052**

**We are easy to find! We  
are on Nine Mile between  
Woodward and I-75**



## You are invited to attend a FREE Parent Learning Opportunity

### Session 1: All things high school

Are you interested in learning more about high school? This learning opportunity will explore the scope of high school and considerations for a student with an IEP. The components related to high school will include:

- ◆ Graduation requirements
- ◆ Michigan Merit Curriculum
- ◆ Michigan Merit Exams
- ◆ Personal Curriculum
- ◆ Career Focused Education

Learn the differences between accommodations, modifications, diploma, certificate of completion, and how they impact education paths.

### Session 2: How to make IEP team meetings work!

When planning for children with special needs, it is important that the IEP team meetings go well. When they do, children are more likely to be successful. This workshop is designed to help the IEP team prevent conflict early-on and effectively manage it when it arises. Team members can use these skills to help evaluate their own interactions as well as offer ideas for improving team functioning. The workshop will cover:

- ◆ Understanding conflict in teams
- ◆ Conflict indicators
- ◆ Preventative strategies to manage conflict
- ◆ Meeting planning tips
- ◆ Facilitation tips and behaviors
- ◆ Setting a meeting agenda
- ◆ Post-meeting considerations

**Select the session, date and location that's right for you!**

**Both sessions will be held from 6:30 - 8:30 PM.**

**Sessions are simultaneous. Choose only one session per date.**

**Session 1 or Session 2**

#### Tuesday, February 1, 2011

Oakland Schools Technical Campus Southeast, 5055 Delemere Ave., Royal Oak, MI 48073



#### Wednesday, February 16, 2011

Oakland Schools, 2111 Pontiac Lake Rd., Waterford, MI 48328



#### Thursday, February 17, 2011

Oakland Schools Technical Campus Northwest, 8211 Big Lake Rd., Clarkston, MI 48346



### Four convenient ways to register!

**ONLINE:** [www.oakland.k12.mi.us](http://www.oakland.k12.mi.us), click on Register Online – locate class

**EMAIL:** [emregistration@oakland.k12.mi.us](mailto:emregistration@oakland.k12.mi.us)

**FAX:** 248.209.2021

**MAIL:** Oakland Schools, Event Management, 2111 Pontiac Lk. Rd., Waterford, MI 48328-2736

### Registrant Information (please print):

Name: \_\_\_\_\_ District: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

### Questions regarding workshop content?

Please contact Jacque Jimenez-Price at 248.209.2074 or [jacque.jimenez@oakland.k12.mi.us](mailto:jacque.jimenez@oakland.k12.mi.us)

### Questions regarding registration?

Please contact Event Management at 248.209.2500 or toll free 888.263.3867. Confirmations are sent via Email. If you do not receive a confirmation prior to the workshop please contact Event Management.

Please notify us within 10 days if you require special arrangements. Oakland Schools does not discriminate on the basis of sex, race, color, national origin, religion, height, weight, marital status, sexual orientation (subject to the limits of applicable law), age, genetic information or disability in its programs, services, activities or employment opportunities. Inquiries related to employment discrimination should be directed to the Director of Human Resources at 248.209.2059, 2111 Pontiac Lake Road, Waterford, MI 48328-2736. For all other inquiries related to discrimination, contact the Director of Legal Affairs at 248.209.2062, 2111 Pontiac Lake Road, Waterford, MI 48328-2736.