



## CLS Celebrates 30 Years!

This year marks the 30<sup>th</sup> anniversary of Community Living Services. Formerly known as Wayne Community Living Services when formed in 1983, a State of Michigan Mental Health Agency consolidating several state facility placement units. Back then, there were roughly 12,000 people with developmental disabilities living in 13 state institutions across the state. A large proportion of them were the responsibility of Wayne County. WCLS's purpose was to return children and adults from state-run institutions and nursing facilities back to their community. In the beginning, WCLS supported people in groups of six living in licensed adult foster care homes. At its peak, CLS oversaw 250 licensed group homes; now less than 80 such homes exist in the CLS system. This is a significant change. Now the majority of people CLS supports lease their own home with companions of their choice. In 1991, CLS became a non-profit, 501(c) 3 organization. Today, CLS is one of the largest non-profit organizations in Michigan. It remains true to its original mission, providing only community-based services and supports to well over 4,000 people with physical, intellectual and developmental disabilities, seniors and veterans living in the greater metropolitan area. Fittingly, in September 2009, CLS helped close the last remaining state institution, Mt. Pleasant Center, by returning 20 people home. All this was possible with a loyal and dedicated provider network, which supports CLS in its mission and vision, by going above and beyond to help create a life of freedom and independence for people supported by CLS.

A lot has happened in 30 years. Most notable was the shift in control from the *system* to the *person*. This change started with Person Centered Planning in the late 1990's and advanced with Self-Determination. Now over 1,700 people have control and authority over how dollars are spent on their behalf. Professional clinicians now have a support role; no longer identifying goals *for* the person to perform, but working *with* the person to design a life plan with a budget sufficient to reach outcomes important to them.

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### Medicaid Expansion-Contact Your Legislators



Time is running out for those who support Medicaid expansion. This month, the House reported out its 2014 budget, without Medicaid expansion. This week, the

Senate is expected to do the same. The Michigan Association of Community Mental Health Boards is recommending everyone who supports Medicaid expansion take action by writing letters and making appointments with your district representatives, especially those that are not in favor of expanding Medicaid. Several people supported by CLS are meeting with their district reps and others are attending the legislator's district coffee hours. "This is an important issue that affects a lot of people in Michigan," said advocate and Peer Mentor Andre' Robinson. "I believe Medicaid should be expanded to those who need it." For more information visit, <http://blogs.detroitnews.com/politics/2013/04/09/memo-to-michigan-legislature-support-medicaid-expansion/>.



### Michigan Businesses Now Required to Offer Autism Benefit

As you may know, effective April 1<sup>st</sup>, all companies in Michigan are now required to offer autism benefits. The Michigan Department of Community Health recently received federal approval to provide applied behavior analysis services to children 18 months old to five years who have been diagnosed with autism spectrum disorder. CLS offers option treatments from several ABA providers under the new legislation. Research shows this treatment can make a difference in improving autism behaviors, if offered in the early childhood years. To dovetail with this, MDCH and the Michigan Autism Council just released the Michigan Autism Spectrum Disorders State Plan. According to MDCH Director James Haveman, "This ASD State Plan will make a substantial difference in the lives of individuals with ASD and their families."

It is now up to the Michigan Autism Council to address the action items and implement the recommendations. The ASD plan was developed to have a collective goal of families and professionals to improve the lives and services for those with autism. For more info, [www.michigan.gov/autism](http://www.michigan.gov/autism).

CLS is a private, non-profit, organization that provides supports and services to over 4,000 children and adults with physical, intellectual and developmental disabilities in Wayne, Oakland and Macomb Counties. CLS also provides services to seniors and veterans. CLS is funded by the Detroit-Wayne Community Mental Health Agency, the Oakland County Community Mental Health Authority and Macomb County Community Mental Health. The Long-Term Care Division is under contract with The United Way of Southeastern Michigan, Detroit Area Agency on Aging 1-A, Area on Aging 1-B, The Senior Alliance Area Agency on Aging 1-C, The Information Center and the City of Allen Park. The CLS Annual Report can be found on the website ([www.comlivserv.com](http://www.comlivserv.com)) under "About Us."



# Wayne County



**APRIL IS AUTISM AWARENESS MONTH!!**



**9th Annual  
Walk a Mile in My Shoes Rally!!**

Wednesday, May 8th, 2013  
1:30 p.m.—3:00 p.m.  
State Capitol Lawn  
Lansing, MI

<p><b>CLS Transportation</b></p> <p>Charter Bus leaves from CLS at 10:30 a.m.</p> <p>Returns approximately 4:30 p.m.</p> <p>Limited seating, so please reserve your spot early!</p> <p>Accessible transportation available, please call Tiffany at X 7185 or Shari at X 4726 for reservations.</p>	<p><b>Detroit-Wayne Transportation</b></p> <p>Charter Bus departs from 640 Temple at 8:30 a.m.</p> <p>Please arrive by 8:00 a.m.!</p> <p>Returns approximately 5:00 p.m.</p> <p>Limited seating, please reserve your spot early with Margaret Keyes-Howard 313-833-4894</p>
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Boxed lunch and t-shirts provided as well as a "goodie bag!"  
We go rain or shine, so dress appropriately!

MAY IS MENTAL HEALTH AWARENESS MONTH! LET'S PUT AN END TO THE STIGMA RELATED TO MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES!

**WALK A MILE IN MY SHOES!!**

### Graphic Designer Looking for Freelance Work!

He has an eye for design! Meet 30-year-old, Redford resident Chris Warren, web, graphic, interior and landscaping designer extraordinaire! He can design just about anything for you or your company.

While attending Schoolcraft College, Chris was having trouble deciding what major to select. A friend suggested Computer Graphics Technology with a specialty in Web Design. Chris thought it sounded interesting so decided to go for it and graduated with his Associate's Degree. "I've always had an eye for design of any kind," said Chris. "I love designing landscaping and interiors, so I thought I'd be good at web design and graphics too."

Chris designed his own website ([www.cswarren.net](http://www.cswarren.net)) which is easy to understand and very well done. You'll find his portfolio, resume, current projects, blog and even a description of his Asperger's characteristics, which are explained clearly and helpful to prospective employers who may want to hire him. "It helps explain why I say and do the things I do," said Chris.

This time of year is one of Chris's favorites because he loves the outdoors. He's actually getting ready to volunteer at the Matthaei Botanical Gardens in Ann Arbor. He loves nature and hiking and is also considering applying for a position at Island Lake or Kensington Recreation Areas. "My dream job is to be a Park Ranger someday. I'm not sure if it's realistic, but it sure would be cool!" Chris practices his passion for the outdoors in his backyard garden. Chris lives on his own with the help of Supports Coordination from CLS.

### Wayne County's "Health on Wheels"

About 100 people attended a recent Health on Wheels event sponsored by the Wayne County Health department.

The free health clinic was open to people of all ages. Free health checks included dental, blood pressure, diabetes checks and much more.

Nurses from Garden City waiting for patients.

Proper teeth brushing demonstration!

Wayne Chamber of Commerce Executive Director Paul Strom chats with a representative of Michigan Works.

### Local Leader Training February 28, 2013



Isabella Bullock and Richard Crites listening intently.



Frances Bloomfield and staff learning valuable information.

Almost a dozen people were recently trained to become Michigan Partners for Freedom Local Leaders.

These leaders are now trained to give presentations out in the community, spreading the message of Self-Determination.

They are now preparing to share their unique stories with community organizations, civic groups and many other companies.



Group shot!

### Nominate Now and Nominate Often!

We are doing things a little differently this year for our biggest fundraiser of the year, **Evening with Friends, which is THURSDAY, SEPT. 19, 2013.** We would like to start getting nominations for the video awards ceremony MUCH earlier this year. So if you are interested in nominating a person supported by CLS or a community partner, please call or e-mail Tiffany Devon (734-722-7185 or [tdevon@comliveserv.com](mailto:tdevon@comliveserv.com)). You can nominate someone now instead of waiting until July!

# Oakland and Macomb County

## She Means Business! Her Job is Priority One!

"Good job! You did it!" are the words you'll most likely hear from customers and management while 30-year-old, Clarkston resident, Allison Rowe is on the clock. Allison works at Burlington Coat Factory in The Great Lakes Crossing Mall. She has worked there for eight years and loves it! Her job responsibilities include overseeing new merchandise shipments, making sure the clothing sizes are in correct order and ensuring each item has a security sensor.



**Allison punching in for her shift!**

"She is very focused and is there to work, not socialize!" says her job coach, Wendy Buchanan. "She is always anxious for Monday so she can start the work week!" Allison has had several raises and is highly regarded by management and other employees. "There has been a lot of turnover with management," said Wendy. "But each manager loves Allison and wishes they had 12 more just like her!"

Allison works Monday through Thursday, four hours a day. "She thrives on the predictability of the job which is very helpful since Allison has autism," said Allison's mother, Deborah. "Working at Burlington has made her more confident, given her a sense of accomplishment and she has definitely matured and improved her social skills since starting this job."



**Doing her thing!  
Don't interrupt!**

Allison is planning on taking a very big step within the next year by moving out of her parent's home and moving in with some friends. She says she's looking forward to becoming more independent. Allison receives services through CLS Oakland County.

## Applauding Ability, Advancement and Advocacy

For the second year, the **Champions for Achievement** event celebrated

people with developmental disabilities! Ron Savage from Fox 2 News served as host and more than 30 microenterprises run by people with



**George Hamilton transporting the crowd to the Bahamas!**

disabilities were on hand to sell their goods and services. The crowd was entertained by George Hamilton playing steel drums, Lamar Coleman's beautiful singing voice, Mark Taylor and his spot on Michael Jackson impersonation and Katrina Fisher signing the words to Josh Groban's "Raise Me Up."



## **CLS Providing Services in Macomb County**

CLS is now offering services and supports to people with developmental disabilities living in Macomb County. Currently, we are providing services to several individuals. "This is a very exciting opportunity to facilitate Self-Determination arrangements in Macomb County," said Director of Community Supports for Oakland and Macomb counties, Lisa Ballien.

Executive Director of Macomb County Community Mental Health, John Kinch, says he is delighted to offer this opportunity. "We are really excited to partner with CLS especially because of its long standing expertise particularly in the area of Self-Determination," said Kinch. "Especially now that there will be a greater demand with the possible expansion of Medicaid and dual eligibility, we wanted to offer more choice and options to people in our county. It's always good when we can offer choice in our delivery of care."

## **APRIL 10th is National Siblings Day!**

- A day to honor the special relationship between brothers and sisters.
- These relationships can be uniquely "special" when one sibling has a disability or chronic health condition.



Join us on Wednesday, April 10th at 6:00 p.m. at TGI Friday's (26299 Evergreen Rd., Southfield) to celebrate your siblings!

## **Happy Siblings Day!**

From The Arc Western Wayne County and MISIBS



National Sibling Conference to be held in Pittsburgh, PA June 6th, 2013

For more info visit [www.misibs.org](http://www.misibs.org)

# Long Term Care



## Partnering with the Aging and Disability Resource Collaboration

Community Living Services, Inc. is a part of the Aging and Disability Resource Collaborative, made up of various community organizations who operate resource call centers for people in need.

As partners, the CLS Long Term Care Division answers calls, refers people to resources and also works in the field, supporting people in ways that help them remain in their homes and communities.

The CLS LTC Division has noticed an increase in calls from people who don't have enough money to pay for basic needs. For example, Wayne County resident Alan Kissel, did not have healthcare benefits, lacked enough money to pay for his basic needs (food, shelter, utilities, etc.), was at risk of losing his home and was in desperate need of dental work. Support brokers helped Kissel apply for and secure Medicaid and cash assistance from the Department of Human Services and made sure his financial situation stabilized and health needs were met. Today Kissel is healthy, happy and remains living in his home and community.

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During the last decade, CLS expanded beyond Wayne County, offering solely Self-Determination arrangements to people living in Oakland and Macomb Counties. These arrangements are structured to deliver Self-Determination in its purest sense. This means each person is supported by an individual budget, a fiscal intermediary and an Independent Supports Coordinator. In 2010, a Long Term Care Division was created to meet the needs of seniors and veterans struggling to find in-home care and support.

The Self-Determination movement continues to grow with increasing numbers of people participating. Much credit is due to the strong influence of self-advocates who experienced Self-Determination for themselves and wanted others to have the same opportunity.

In the coming months, we will celebrate our vast history and successes with a June Open House, increased emphasis on capturing people's stories through media placements and of course, the big celebration on Thursday, September 19, 2013, our biggest fundraiser of the year, Evening with Friends.

If you are familiar with us and our work, please feel free to share a success story and we will try and incorporate it into our celebration throughout the year. Contact Tiffany Devon at [tdevon@comlivserv.com](mailto:tdevon@comlivserv.com) or 734-722-7185.



If you would like to make a donation to Friends of CLS, please go to the website, [www.comlivserv.com](http://www.comlivserv.com) and click on "Friends of CLS."

Donations allow grants to be given to people for items such as college courses, start-up monies for small businesses and memberships to places in the community.

To make a secure, online donation, visit [www.comlivserv.com](http://www.comlivserv.com) and click on the *Friends of CLS* tab and scroll to the bottom of the page.

### Startling Statistics-Alzheimer's now the Sixth Leading Cause of Death

The Alzheimer's Association just released its 2013 report indicating it is now the sixth leading cause of death in the United States. In 2010, 11.7% (4.7 million) of the 40.3 million Americans over age 65 were living with Alzheimer's diseases. It is now estimated that by 2050, 13.8 million seniors over the age of 65 may have the disease. Below are a few of the warning signs:

- Memory loss that disrupts daily life
- Challenges in planning and solving problems
- Difficulty completing familiar tasks at work, home, leisure
- Confusion with time or place
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps

For more information visit [www.alz.org](http://www.alz.org) or call the CLS Long Term Care Division for options and resources at 734-722-4697.

### CLS MISSION

To assist and advocate for each person to have supports they want and need:

- To control and exercise authority over their own lives.
- To live a life of freedom, opportunity and relationships, as family, friends and neighbors.
- To share in full community membership and citizenship.

### CLS VISION

People will fully participate in their communities and have a quality of life, which comes from freedom and its responsibilities, the authority to make their own life decisions and the financial resources to implement them.