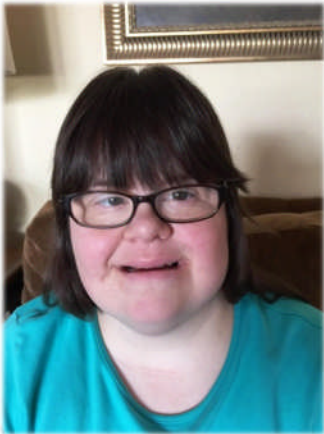


# THE HAPPENING

**COMMUNITY**  
*Living* SERVICES  
OAKLAND COUNTY DIVISION  
CITIZENS' ADVISORY  
COMMITTEE NEWSLETTER

January/February 2016

## DO YOU HAVE QUILTING NEEDS? CALL BECKY!



Rebecca "Becky" Shaver is a bubbly, friendly and cheerful young lady that is always very excited about life.

Becky is very independent and immersed in her community. She is active in her church and volunteers by assisting with the high school Sunday school class. Becky likes to go

bowling with her friends and enjoys attending a weekly craft group where she enjoys learning knitting and other crafting skills. Becky is a small business owner and a proud home owner.

Becky has been living on her own for 14 years now. At the age of 23 years old, she first moved into her own apartment. Then, in 2010, with the assistance of her parents, she bought her own house in Oxford. Through her Self-Determination arrangement, Becky hires her own direct staff to assist her with some daily chores like grocery shopping, banking, and getting out in the community. However, for the most part, Becky is very independent. She keeps a very neat house, does most of her own cooking, and gets out on her own frequently by taking walks in her neighborhood. Like so many other people these days, Becky is focused and motivated to reach her 10,000 steps on her Fitbit each day!



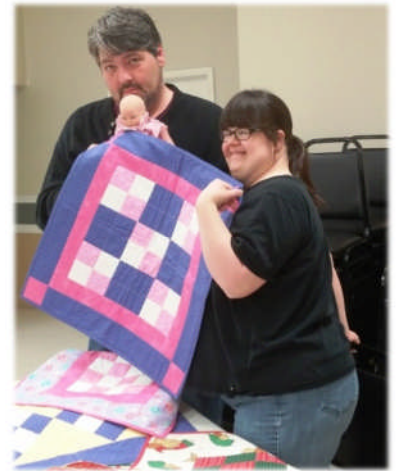
When Becky was 14 years old, she became interested in hand quilting. Today she has taken that skill and created her business, called

Becky Boo Creations. Becky started her business off by just making doll quilts. She has now expanded out to create table toppers and runners. Becky receives assistance to operate the sewing machine, but Becky does all of the hand stitching by herself. Her items are particularly popular around the holidays as she specializes in holiday prints and designs.

Becky sells her handmade goods at craft shows, church events, and through her family, friends and people she knows. Through her Person-Centered

Planning process, Becky had set a goal for herself to sell 90 toppers or quilts last year. She came close, in that she sold 70, but she is aiming to increase her sales and hit her goal of 90 items this year. Becky is now looking to diversify her product line and she is learning the process of how to network and market her business more. Community Living Services is happy to help by featuring Becky and her business card on the cover of our CAC newsletter. Please consider contacting her for your quilting needs!

Thank you Becky for sharing your story. Your independence and success is inspiring. We look forward to following the continued success of your business Becky Boo Creations.



## QUOTE OF THE MONTH

*"Don't let small thinking cut your life down to size. Think big, aim high, act bold. And see how BIG you can blow up your Life."*

-Gary Keller

## BUDGET UPDATE AND SECTION 298

The Oakland County Community Mental Health Authority (OCCMHA) reports that they expect continued rebasing in the upcoming year that will negatively impact the OCCMHA's budget. At the end of Governor Snyder's proposed Fiscal Year 2017 budget he added Section 298 which calls for transferring behavioral health dollars from the state system of Prepaid Inpatient Health Plans or PIHPs (like OCCMHA) to the state's HMOs.

Currently in the state of Michigan, behavioral health services are "carved-out" meaning they are offered by the state's 10 Prepaid Inpatient Health Plans (PIHPs). Under Section 298, the behavioral health services (both private and non-profit) would be "carved-into" HMOs so that people with intellectual or developmental disabilities, mental illness and substance use would receive their physical health care and behavioral health care under one organization, an HMO.

There have been many media articles written in the last few weeks about what this would look like and how the system could potentially change if Section 298 were approved as written. There is currently a Task Force established by Lt. Governor Brian Calley which has been discussing this issue. The Task Force has been specifically developed as a result of the many concerns raised from the community about the original plan to transfer funding to the HMOs that was noted in section 298 of the Governor's 2017 budget. The Task Force includes Lt. Governor Calley, the State Department of Health and Human Services, the Michigan Association of Community Mental Health Boards, the Michigan Association of Health Plans, PIHPs including Wayne, Oakland and Macomb counties, Michigan Assisted Living Association, Michigan Protection and Advocacy, ARC-MI, National Association for Mental Illness, the Michigan Disability Rights Association, Michigan Epilepsy, the Sheriff's Association, the Hospital Association, the Psychiatric Association and potentially others. The charge of the Task Force is to recommend additional strategies to improve the system of integration of physical and behavioral health care that could potentially replace Section 298.



On March 1<sup>st</sup>, there were advocates from both Wayne and Oakland counties who provided public testimony on how these changes could affect their services. The information on the status of Section 298 changes frequently. Please follow the OCCMHA website for the most current information, [www.occmha.org](http://www.occmha.org).



Regardless of any potential future changes in our funding source, please be assured that Community Living Services will remain committed to assisting people to lead self-determined lives as happy, healthy, and productive members of their local community.

## HOW DO THE PRESIDENTIAL CANDIDATES STAND ON MENTAL HEALTH ISSUES



NBC news recently provided a summary of the views of the major presidential candidates on a range of mental health issues. Check it out and see where your candidate stands.

That summary can be found at the following link:

<http://www.nbcnews.com/politics/first-read/where-2016-candidates-stand-mental-health-issues-n524826>

## NEW MICHIGAN LAW SERVICE ANIMAL LAW



On January 13, 2016, an announcement was made regarding a new law that went in to effect on January 18, 2016. The new law helps ensure that people with disabilities who use service animals won't be refused entry to businesses, schools, hospitals and other public places in Michigan.

The law, Service Animals for Persons with Disabilities, clarifies the rules regarding the use of service animals and updates the terminology related to service animals to bring it in line with the Americans with Disabilities Act (ADA). The law also will make it easier for establishments to determine who is legally entitled to an accommodation. The four-bill package was signed into law by Governor Snyder on October 20, 2015.

If you are a person with a disability who uses a trained service animal in Michigan, the State of Michigan now offers two new tools to help ensure you won't be denied access to public places.

Register your service animal with the State of Michigan and you'll receive an official Registered Service Animal identification card for you, and a big, bold patch for your service animal. Registration is voluntary and there is no charge for this service.

To begin the process of registering a service animal, go to [www.michigan.gov/serviceanimals](http://www.michigan.gov/serviceanimals). Flyers and posters are available for download, some with information for service animal owners and others designed for businesses to print and display to help the public and their employees understand the laws covering service animals.

## PEER MENTOR SUPPORTS

Community Living Services knows that "getting great services" is obviously not the goal for people with disabilities. . . "GETTING A GREAT LIFE" is. This is why we focus our supports on helping people achieve Real Life Quality Outcomes, which are outcomes that are valued by ALL members of society - Control Over One's Own Home, Income Generation, a Contribution to One's Community, Long-Term Loving Relationships, and Health & Safety.

One of the methods we use to help people achieve these Real Life Quality Outcomes is the utilization of Peer Support Mentors - people with disabilities sharing their life experiences with other peers in order to help them grow in their own personal empowerment and to succeed in accomplishing their life dreams. We are proud that we have been able to double our Peer Mentor service provision over the last year as an example of just one of the many support options we offer.

## PEER MENTORS VISIT WITH BOY SCOUTS

Peer Mentors David Taylor and Stephanie Jackson spoke with cub scouts aged 6-8 years old in January at Country Oaks Elementary School in Commerce Charter Township. Stephanie and



David both described their disabilities and how it effects their life. There was also discussion about common interests, how we are more alike than different,

kindness (do and don'ts - i.e. don't stare, if you are curious about something just ask), bullying, setting goals, never

giving up even when it's tough, being a leader, believing in yourself, etc. The kids listened intently and asked good questions. The Scout Leader sent CLS/OC's Executive Director, Annette Downey, a message the next morning after their visit saying their Disability Awareness presentations were really good not only for the young scouts, but their parents as well (who you can't

see in the photos but every child had a parent with them who listened in on the discussion). I imagine there was some good child - parent

dialog on the car rides home after their meeting.





# RESOURCES

## NEW RESOURCE: UNDERSTANDING PARITY OF MENTAL HEALTH AND SUBSTANCE USE BENEFITS

A new resource has been made available in the form of a pamphlet to help people and their providers understand protections related to their mental health and substance use disorder (MH and SUD) benefits. The new publication provides information about how the Mental Health Parity and Addiction Equity Act applies to employer-sponsored health plans, including standards for parity among MH and SUD benefits, and other physical health benefits.

The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the same level of benefits for mental and/or substance use treatment and services that they do for medical/surgical care. The Affordable Care Act further expands the MHPAEA's requirements by ensuring that qualified plans offered on the Health Insurance Marketplace cover many behavioral health treatments and services.

In this document you will learn laws about parity of MH/SU benefits with other physical health benefits; reasons why some MH/SU benefit claims are denied; how to file an internal or external appeal if your claim is denied; ways to learn more about parity, your MH/SU benefits, and appeals of denied claims.

To download this pamphlet for free go to:  
<http://store.samhsa.gov/product/Parity-of-Mental-Health-and-Substance-Use-Benefits-with-Other-Benefits-/SMA16-4937>



## MY STRENGTH

On January 26, 2016, Oakland County Community Mental



Health Authority (OCCMHA) issued an announcement introducing myStrength. myStrength is a free web and mobile application that offers a range of personalized online resources to improve mental health and overall well-being.

After completing the secured, online registration, each user receives a unique homepage on myStrength based on his or her confidential wellness assessment and personal profile. The user can then engage in a personalized eLearning program, with the option to focus on stress management, depression, anxiety, or substance use. The eLearning is supported by simple tools and exercises, mood tracker and daily inspirational quotes and videos in a safe and confidential environment.

myStrength registration is available on OCCMHA's website at [www.occhma.org](http://www.occhma.org) or at [www.mystrength.com](http://www.mystrength.com). The access code for Oakland County residents is "OCCMHA."

## myStrength.com

The health club for your mind.™



### SIGN UP TODAY

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code: **OCCMHA**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)

## TICKET TO WORK



Social Security's Ticket to Work program supports career development for Social Security disability beneficiaries, age 18 through 64, who want to work. The Ticket program is free and voluntary. The Ticket program helps people with disabilities progress toward financial independence.



### TICKET TO WORK VIRTUAL JOB FAIR FOR PEOPLE WITH DISABILITIES



If you receive Social Security disability benefits and are ready to work, you should

participate in Social Security's Ticket to Work (TTW) Virtual Job Fair on **March 16, 2016**. If you receive Social Security disability benefits, you may have considered going to work. If you decide that working is right for you, Social Security's Ticket to Work program can connect you with services and supports to enable you to succeed!

Section 503 of the Rehabilitation Act requires federal contractors and subcontractors (companies that do work for the government) to take deliberate steps to recruit, hire, and retain people with disabilities. The updated rules encourage employers to make efforts to ensure that 7% of their workforce is made up of individuals with disabilities. As a result, these companies are now searching for skilled workers.

If you're ready to work and are interested in exploring the employment options that may be available to you as a result of Section 503, on March 16, 2016, Social Security will host its second Ticket to Work Virtual Job Fair. The job fair is open to individuals with disabilities whose Ticket is currently "assigned" to an Employment Network (EN) or state Vocational Rehabilitation (VR) agency and who are ready to accept a job, should an offer be made.

Not sure if you have a Ticket? Want to know if your Ticket is currently "assigned" to an EN or a VR? Call the Ticket to Work helpline at 1-866-968-7842 (V) or 1-866-833-2967 (TTY) from 8:00 a.m. to 8:00 p.m. They can also tell you more about the Ticket to Work program and other Social Security Work Incentives that can make working easier. You can also visit the website [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work) or e-mail [support@choosework.net](mailto:support@choosework.net) for more information about Section 503.

### EMPLOYMENT NETWORK (EN)

An Employment Network (EN) is a public or private organization that contracts with Social Security to provide free employment support services to Social Security disability beneficiaries ages 18 through 64. EN services may include: Career Planning, Job Lead and Placement, Ongoing Employment Support and Benefits Counseling. If you choose to work with an Employment Network, it's important to choose one that will provide the services you need to support your work goals. Not all ENs provide the same services so it's important to talk with as many ENs as possible to see what they have to offer before assigning your ticket. For a fact sheet on Choosing the right Employment Network follow this link:

[http://www.chooseworkttw.net/Assets/docs/materials/TTW\\_Choosing\\_EN.pdf](http://www.chooseworkttw.net/Assets/docs/materials/TTW_Choosing_EN.pdf)

### TICKET TO WORK WORKSHEET: FINDING AN EMPLOYMENT NETWORK AND ASSIGNING YOUR TICKET

If you decide to work with an Employment Network (EN) to access job support services, the Ticket to Work program has released a new resource that can help you review your options.

The Finding an EN and Assigning Your Ticket Worksheet can help you compare Employment Networks and figure out what job support resources are right for you. The worksheet provides a list of questions for you to think about, and space to write down answers to help you assign your Ticket. The worksheet also lists services that ENs typically provide so that you can understand what services you may need. To download the worksheet and get more information go to:

<http://www.chooseworkttw.net/blog/new-ticket-to-work-worksheet-finding-an-en-and-assigning-your-ticket>

### VOCATIONAL REHABILITATION AGENCY (VR)

State Vocational Rehabilitation agencies furnish a wide variety of services to help people with disabilities return to work. These services are designed to provide the person with the training and other services that are needed to return to work, to enter a new line of work, or to enter the workforce for the first time. Michigan's Vocational Rehabilitation Agency is Michigan Rehabilitation Services (MRS). For more information about MRS go to:

[http://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_25392--,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-73971_25392--,00.html)

**Best Training for Champion VIP's** will take place on **March 24<sup>th</sup>, 9:30-11:30am** at MORC, 1270 Doris Road in Auburn Hills. Best Champions who represent Oakland County Community Mental Health Authority (OCCMHA) and its service provider agencies are recruiting VIP's to partner with them to end stigma toward and promote respect for people who have a mental illness, developmental disability, or substance use disorder. See registration below for this important training and become a team member. **- BEST -**

**Social Media and Benefits of Networking** will take place on **March 31<sup>st</sup>, 2-4pm** at Dreams Unlimited Clubhouse, 1222 Catalpa Drive in Royal Oak. Social Media facilitates the exchange of information, ideas and brings people with common interests together. This training explores the benefits of social media and networking and the different sites and the benefits of those sites.

**Keep Control Over Your Life** will take place on **April 27<sup>th</sup>, 1:30-3:30pm** at MORC, 1270 Doris Road in Auburn Hills. In this training persons with disabilities, family members, and professional staff will learn the importance of advanced planning for difficult times; what is an Advanced Directive and who will administer it; and how to write an Advance Directive that will speak for you when you are unable to make decisions.

**Dare to Dream: The Person of Person Centered Planning** will take place on **May 10<sup>th</sup>, 1:30-3:30pm** at MORC, 1270 Doris Road in Auburn Hills. Person Centered Planning is a proven practical tool to stretch your thinking about new goals. Through the exercises in this training you will get some fresh ideas, learn how to take the lead in your planning, and understand it's more than just paperwork.

**Defeat Loneliness with WRAP** will take place on **June 13<sup>th</sup>, 1:30-3:30pm** at Easter Seals Michigan, 22150 W. Nine Mile Road in Southfield. Everyone needs friends we can talk to, pals to share activities with and people we can depend on. This training is based on Mary Ellen Copeland's the Loneliness Workbook. This training will explore how to reduce loneliness and the next steps to use after the training.

If you are interested visit the OCCMHA's website at [www.occhma.org](http://www.occhma.org), then select Training/Online Test then click calendar, select the training, then enter your contact information or you can call Beth Jacobs at 248-858-1795.

**“Moving Forward” Peer Support Specialist/Peer Mentor Training**

Training is now available for persons who are interested in working as a peer support specialist/peer mentor. The “Moving Forward” Peer Support Specialist/Peer Mentor Training is a 17 hour educational program for individuals who are receiving services and want to support others in achieving their personal goals. The training topics include: Role of Peer Support Specialist, Using Your Story as a Tool, Listening and Communication, and Gentle Teaching and others.

Training is a one day a week for five weeks and you must attend all five training days. You can catch the spring or summer sessions.

All sessions are held at MORC, 1270 Doris Road in Auburn Hills. This is not a Peer Support Specialist Certification training.

SPRING SESSION 2016	SUMMER SESSION 2016
MARCH 22 <sup>ND</sup> AND 29 <sup>TH</sup> APRIL 5 <sup>TH</sup> , 12 <sup>TH</sup> , 19 <sup>TH</sup>	JULY 28 <sup>TH</sup> AUGUST 4 <sup>TH</sup> , 11 <sup>TH</sup> , 18 <sup>TH</sup> , 25 <sup>TH</sup>
TIME: 1:00-4:30PM	TIME: 9:00AM-12:30PM

If you are interested visit the OCCMHA's website at [www.occhma.org](http://www.occhma.org), then select Training/Online Test then click calendar, select the training, then enter your contact information or you can call Beth Jacobs at 248-858-1795.

## 2016 WALK 4 AUTISM



The Autism Society of Oakland County's 2016 Walk 4 Autism will be held on Sunday, April 24, 2016 at the Somerset

Collection in Troy! Rain or shine walk the mall to raise funds and raise awareness.

You can help to continue to improve the lives of those impacted by autism. Sponsors, Businesses and Walkers are needed! The Walk 4 Autism efforts exist to support those impacted by autism right here in our community.

For information about the 2016 Walk 4 Autism go to: <http://autismsocietyoaklandcounty.org/page/2015-walk-4-autism>

Forget the black ties; it's no formal affair  
Just come as you are for that casual flair!

Michigan Chapter



*Spring into step with*

**aaidd**

American Association  
on Intellectual and  
Developmental Disabilities

*For a Wine Tasting Event*

**Saturday, April 9, 2016**

6:00 p.m.—10:00 p.m.

Join us in Historic Eastern Market at the

Cost Plus Wine Shoppe

2448 Market St Detroit, MI 48207

**Lighted, Convenient and Secure Parking**



Tickets are \$45 per person. You can pay at the door. Proceeds will be used to further the mission of AAIDD. For more information about this event contact Diane Ciric at [ladydiahs@sbcglobal.net](mailto:ladydiahs@sbcglobal.net) or call 734-722-4580 X5

## THE NEXT CAC MEETING

**Monday, April 25, 2016**

2:00-4:00pm

At the CLS/OC office

642 E. Nine Mile

in Ferndale



**Everyone is Welcome!**



**Oakland County Division**

642 E. Nine Mile Road

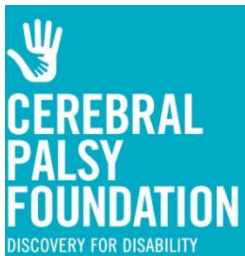
Ferndale, MI 48220

Phone: 248-547-2668

Fax: 248-547-3052

**COMMUNITY**  
*Living* SERVICES

## JUST STAY "HI"



Late last year the Cerebral Palsy Foundation (CPF) launched a new public service campaign to celebrate their 60th anniversary. The "Just Say Hi" campaign addresses the uneasiness and hesitation some might feel around people with physical and intellectual disabilities. The "Just Say Hi" campaign is a video campaign that features celebrities and public figures encouraging people to strike up a conversation with individuals with disabilities just like they would with anyone else.

To support the campaign, in addition to practicing 'just saying hi' to those in public, people are being asked to start conversations on social media by using the hashtag #JustSayHi.

To check out the "Just Say Hi" video collection, go to <http://yourcpf.org/just-say-hi/>

Come join us at our



# Resource Fair

Wednesday, April 6, 2016  
10 a.m. - 2 p.m.  
Resource & Crisis Center  
1200 N Telegraph Road  
Building 32E  
Pontiac, MI 48341

Get information and resources from dozens of community agencies on:

- Mental Illness
- Developmental Disabilities
- Substance Abuse
- Employment
- Housing
- Health & Wellness
- Education
- Transportation
- Youth Services
- Legal Aid
- Veteran's Assistance
- Training

Free Snacks and Treats Provided

Giveaways

Prize raffles



Arab American and Chaldean Council (ACC)

AUTISM SOCIETY Oakland County



LHSA  
A Community Action Agency



And Many More!





# 12th Annual Walk-A-Mile In My Shoes

**Wednesday, May 18, 2016**

Walk 5,280 Feet With Us!

One Mile to.....

**Hope**

**Equality**

**Understanding**

## **Oakland County Pride!**

We will take a Oakland County group photo on the Capitol steps! Please be on the left side of the Capitol steps at noon for the group photo.



**State Capitol Building, Lansing**

**Check-in: 12:30 p.m.**

**Rally: 1:00 — 2:30 p.m.**

## **We Walk Because...**

- May is Mental Health Awareness Month
- Michigan does not have parity between mental health and physical health care coverage
- Legislators need to know *Mental Health Matters*.

## **Our Goal...**

- Enhance public awareness
- End mental illness and developmental disabilities stigma
- Promote mental health and wellness



Visit [www.occmha.org](http://www.occmha.org) for more information.



# Ride On The Walk-A-Mile In My Shoes Rally **BUS!!**

State Capitol Building, Lansing

**Wednesday ~May 18, 2016**

## What You Need to Know

- There are two locations where you can get on the bus:  
**North Oakland:** MORC—Auburn Hills Office  
1270 Doris Rd, Auburn Hills, MI  
**South Oakland:** United Cerebral Palsy of Metro Detroit  
23077 Greenfield Rd, Southfield MI
- The bus ride is FREE. Space is limited
- The bus is able to accommodate foldable wheelchairs—please indicate if you use a wheelchair when you call
- You **MUST RSVP** to save a spot for yourself on the bus and indicate which location you will get on the bus
- There is no smoking on the bus
- Bring your own lunch, beverages & snacks
- The buses will leave promptly at the scheduled times
- Tell your provider agency you want to attend
- All 83 counties have a designated flag carrier
- Make signs and bring them to the rally
- OCCMHA will provide t-shirts to represent Oakland County

## BUS SCHEDULE

9:15 a.m.	Leaving North Pickup location
10:15 a.m.	Leaving South Pickup location
12:00 p.m.	Arrive in Lansing
3:00 p.m.	Bus Leaves Lansing
4:30 p.m.	Bus arrives at South drop off
5:15 p.m.	Bus arrives at North drop off

## *Reserve Your Bus Seat!*

Contact Debbie Wisser  
(248) 858-0929  
Or  
[wisserd@occmha.org](mailto:wisserd@occmha.org)

Rally Bus Sponsored By:



For more information visit [www.occmha.org](http://www.occmha.org).