

The Michigan Department of Health and Human Services &
The Community Mental Health Association of Michigan Present:

SELF-DETERMINATION CONFERENCE:

2 Sets of Virtual Concurrent Workshops Each Day

Keynote Sessions Tuesday, September 1:

Tuesday, September 1, 2020 from 9:30am – 12:30pm

Thursday, September 3, 2020 from 9:00am – 12:30pm

Thursday, September 10, 2020 from 9:00am – 12:30pm

Monday, September 14, 2020 from 9:00am – 12:30pm

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Conference Objective:

This conference will broaden and deepen your understanding of the crucial elements of Self-Direction and the importance of Self-Determination in Behavioral Health. It will provide training and technical assistance on the topics of Effective Person-Centered Planning, Independent Facilitation, Supported Decision-Making, Fiscal Intermediaries, How to Structure Self-Directed Service Arrangements, Budget Development, and more. Dynamic presenters and speakers will reenergize your commitment to the principles and practice of Self-Determination!

Location:

Virtual Education Series

**No Fee to Attend,
Registration is Still Required**

Who Should Attend:

This conference contains content tracks appropriate for all individuals who receive services, family members, case managers, supports coordinators, clinicians, CMH administrative and clinical staff, providers, HCBS and waiver coordinators, fiscal intermediaries and independent facilitators.

The Michigan Department of Health and Human Services, through the Community Mental Health Association of Michigan has provided funding for this initiative through a Federal Community Mental Health Block Grant.

CONFERENCE AGENDA

Tuesday September 1, 2020

9:30am – 10:30am Keynote Presentations:

Conference Welcome

- Robert Gordon, Director, Michigan Department of Health and Human Services

Journey to Recovery

- Michael B. Clark

In August of 2015, Michael B. Clark was released from prison after serving 14 years to find that the world had changed. He was homeless and unemployed, with no circle of support. Overwhelmed by these challenges and the new technology that had been developed during his absence from society, he began having panic attacks and symptoms of major depression. He sought help and today is an employed homeowner and a leader at Visions Clubhouse in Pontiac. Part of Michael's recovery plan is sharing his story, including how he used good person-centered planning to take charge of his life and identify the supports and services he needed to live the life he envisioned for himself.

Using the Tools of Culture of Gentleness and Self-determination to build a Stronger Person-Centered Plan

- Alex Kimmel, Trainer, Michigan Developmental Disabilities Institute

This keynote will provide an overview for both Culture of Gentleness and Self-Determination as well as some tips on how to establish a person-centered plan that embraces both philosophies. Known as "The Self-Determinator", Alex lives a full, busy life of family, work, and inclusion in many community organizations with a goal to help others realize the positive impact that living a self-determined life can have. He works toward this goal further by conducting trainings on self-determination. Kimmel has a unique blend of content expertise, personal experience and humor that allow him to clearly convey the meaning of self-determination. Be ready for laughter and an opportunity to update your thoughts on neurodiversity!

10:30am – 11:00am Break

11:00am – 12:30pm Concurrent Workshops:

1. Disability Pride and Assistive Technology (AT)

- Qualifies for 1.5 CE hours for Social Work

- Jen Mullins, BS, CTRS, Michigan Disability Rights Coalition (MDRC); Michigan Assistive Technology Program (MATP)
- Laura Hall, MSW, Michigan Disability Rights Coalition (MDRC); Michigan Assistive Technology Program (MATP)

Disability is a natural and beautiful part of human diversity. When it comes to Assistive Technology (AT), any tool or device that helps people with disabilities do things, devices are not always designed with personalities and style preferences in-mind. Getting comfortable with using AT can be an adjustment. During this session, we will share about and demonstrate AT devices that will meet the needs of a diverse spectrum of people on their journey of disability and AT pride. Specifically, we will cover the use of AT devices in these everyday situations: 1. While traveling; 2. Use for school and work; 3. While dining out; and 4. Personal care. All participants will learn about AT

and the services provided by the Michigan Assistive Technology Program (MATP). Participants will be able to: 1. Describe assistive technology and the concept of disability pride; 2. Gain hands on experience with a variety of assistive technology that could be customized to meet the needs of individuals as they are on their journey toward disability pride; and 3. Learn about the services and resources available through the Michigan Assistive Technology Program.

2. Person-Centered Planning: Having a Life Worth Living (Part 1)

■ Qualifies for 1.5 CE hours for Social Work

- *Sally Burton-Hoyle, Ed.D., Professor, Eastern Michigan University*

This session will outline: 1. The components of the Person-Centered Planning (PCP) process; and 2. The importance of the pre-plan to this process. Participants will learn the definition, values and principles of PCP and the positive outcomes associated with the use of this process. Additionally, participants will understand the role of the pre-plan, which empowers the individual with the opportunity to take control of their PCP process. Participants will be able to: 1. Understand and recite the definition of the Person-centered Plan; 2. Understand the pre-planning function of the Person-centered Plan; and 3. Observe the role of the pre-plan to the Person-centered planning process.

3. Advancing Person-Centered Planning: Michigan Initiates to Improve the Planning Process

■ Qualifies for 1.5 CE hours for Social Work

- *Marie Eagle, Project Coordinator, The Arc Michigan*

- *Angela Martin, LMSW, Senior Associate Director, Michigan Developmental Disabilities Institute, Wayne State University*

- *Amy Peckinpugh, LBSW, Research Assistant, Michigan Developmental Disabilities Institute, Wayne State University*

Person Centered Planning is a process mandated through the Michigan Mental Health Code for all individuals receiving publicly funded mental health services. The Michigan Mental Health Code defines Person Centered Planning as “a process for planning and supporting the individual receiving services that builds upon the individual’s capacity to engage in activities that promote community life and that honors the individual’s preferences, choices and abilities. The person-centered planning process involves families, friends, and professionals as the individual desires or requires” (MCL 330.1700(g)). A panel of presenters from The Arc Michigan and the Michigan Developmental Disabilities Institute will describe several state initiatives seeking to advance the Person-Centered Planning in Michigan. This session will share data on the quality of Person-Centered Planning in Michigan, identify areas for improvement, and strategies to enhance the quality of Person-Centered Planning process including the use of Independent Facilitators. Participants will be able to: 1. Present current data on the quality of Person-Centered Planning in Michigan; 2. Report Person-Centered Planning data and findings from MDHHS/BHDDA’s recent site review processes; 3. Describe the connection between Person-Centered Planning and the implementation of the Centers for Medicare and Medicaid Services Home and Community Based Services Rule; and 4. Define Independent Facilitation for the Person-Centered Planning process and its impact on the quality of planning processes.

**Thursday
September 3, 2020**

9:00am – 10:30am Concurrent Workshops:

4. I Have an Amazing Life!

- *Melina Bucci*

- *Emily Shaffer, Supports Coordinator, Community Mental Health for Central Michigan*

From the time I was born I have lived an inclusive life. I am 26 years old, I own my own house, I have several paid jobs, and I am a Rotarian. I have a boyfriend that I plan to marry, I have a dog, I teach Zumba and I am active in my community. United Way is one place I work, and during Campaign Season I speak to community organizations about my life and how I contribute to the Midland community! I

also have Down syndrome. I would like to tell you more about my amazing life, my supports, and my services. Supports Coordinator, Emily Shaffer, from Community Mental Health for Central Michigan, will speak about the role of the Supports Coordinator in a self-determination. She will answer any questions and share tips for organization and success.

5. How Much is a Quality Life Worth, Anyway? Building the Self-Determination Budget with the Person Served and Their Allies

■ Qualifies for 1.5 CE hours for Social Work

- *Deb Hemgesberg, LMSW, Self-employed*

How do we arrive at budget need? Ways to address "want" versus "need". How to get the funding administration on board with a creative or unique option. How to maintain fiscal integrity. The importance of authentic relationships, and how these fosters long term strength of service. Understanding the power of control and choices. What to say instead of "no". How to develop a sense of control for the person served, using the negotiation process. Tools to appealing to the realities of funding sources being reduced. Participants will be able to: 1. Understand the benefit and necessity of a comprehensive and well provided person centered plan to drive the budget discussion and service array; 2. Gain knowledge of ways to ascertain wants versus needs, and gain competence in developing a service allocation to address needs, while preserving a strong working relationship with the funder; 3. Better understand how using self-directed supports increases community inclusion, social and community networking, keeping people safer with a community safety net; and 4. Gain strategies and alternatives to saying "no", that increase the likelihood of a comprehensive and cohesive plan where all needs are met.

6. Home and Community Based Services Rule and Person-Centered Planning

■ Qualifies for 1.5 CE hours for Social Work

- *Leonardo Bravo, HCBS Trainer*

- *Julie Fitzsimons, HCBS Trainer*

- *Jamie Junior, HCBS Trainer*

- *Alex Kimmel, HCBS Trainer*

- *Blake Perry, HCBS Trainer*

The HCBS Rule explains what Michigan must do in their Medicaid HCBS programs for individuals to receive services and supports in their communities with the same opportunities as individuals who do not have disabilities. This presentation will cover how individuals can use the person-centered planning process to make changes to have services and supports to live, work, and to have fun in their community and receive services and supports that meet the HCBS rule. Participants will be able to: 1. Educate individuals with disabilities and their family members on the Home and Community Based Services (HCBS) Rule; 2. Discuss some of the main principles of the HCBS Rule of Protecting Individual Rights, Community Inclusion, and Independence in Making Life Decisions; and 3. Share lived experiences.

10:30am – 11:00am Break

11:00am – 12:30pm Concurrent Workshops:

7. Financial Management Services – FMS/FI 101

- *Tiffany Lang, GT Independence*

- *Megan Owen, GT Independence*

The goal of this breakout is to help answer common questions about the role of an FI/FMS provider. In this course we will discuss: 1. What is the Role of an FMS/FI provider; 2. How does their role differ from the CMH; and 3. How can they help me understand my authorized services and budget.

8. Discover the Hero in You

■ Qualifies for 1.5 CE hours for Social Work

- *Cheryl LaFleur, CPSS, Community Educator, Certified Peer Support Specialist, CNS Healthcare*

- *Malkia Newman, Team Supervisor, CNS Healthcare Anti-Stigma Program*

- *Andrew Parrish, CPSS, Community Educator, Certified Peer Support Specialist, CNS Healthcare*

People receiving services are central, but many don't come away from encounters assured that they really are primary. Often people receiving services through community mental health don't always understand services available, nor are they skilled in navigating this system, ensuring effective outcomes. Join the Peers of CNS Healthcare's Anti-Stigma Program as they explore unique ways peers

support the total health and well-being of persons served while encouraging us all to “take charge” and discover the “hero” within. Participants will be able to: 1. Examine 2-3 barriers that have made it difficult for people with physical and/or behavioral health conditions to realize their full potential and share their gifts and talents with others; 2. Identify what a hero is and 2-3 ways that people can empower themselves, as well as others they may support, to overcome the barriers and “take charge” of their destiny and their lives; 3. Identify 2-3 heroic qualities that Heroes possess and look at creative ways to incorporate them into daily life; and 4. Celebrate many local “Heroes” that live a full life and impact the lives of others despite the challenges they face.

9. Setting up Self-Determination Arrangements, Step by Step

■ Qualifies for 1.5 CE hours for Social Work

- *Marie Eagle, Project Coordinator, The Arc Michigan*

A common misconception within the CMH System is that Self-Determined Arrangements are complicated and difficult to set up. While there are many elements to consider and review while developing these arrangements, these steps should not be a barrier to implementing a robust Self-Determined system. This session will walk through the steps needed to help someone create a successful, supported Self-Directed Service Arrangement. Session will cover beginning conversations, information everyone needs to consider, required elements, agreements, basics on budget development, as well as ongoing support and monitoring of active arrangements. Attendees will leave with practical information on steps needed to implement successful SD arrangements. Participants will be able to: 1. Understand laws (DOL, FLSA, etc) that apply to SD Arrangements in Michigan; 2. Understand policy and procedure that governs SD Arrangements in Michigan; and 3. Understand steps of developing a SD Arrangement and support needed for success.

Thursday September 10, 2020

9:00am – 10:30am Concurrent Workshops:

10. Supported Decision-Making: Facilitating Lifelong Self-Determination

- *Dohn Hoyle, Director of Public Policy, The Arc Michigan*

Supported decision-making is an approach that encourages individuals with I/DD or a mental health disability to make their own decisions with help from a trusted circle of family, friends and allies. Guardianship, at one time seen as a benign way to “protect” people with disabilities, is now seen as an intrusion into a person’s basic civil and human rights and a legal process to be avoided. Thus, support systems in most states are exploring alternative means to guardianship and ways to restrict the effects of guardianship on the choices of individuals with disabilities. These efforts have resulted in the development of many alternative methods to handle decision-making that assist individuals with disabilities and their advocates. There are as many alternatives as there are issues. Education of those recommending guardianship is needed as many professionals and lay people, as well as court personnel, believe guardianship is the only way to resolve many issues that can be handled through less intrusive methods. We need to stop applying a legal solution to personal issues that can be handled through a person-centered process. Participants will be able to: 1. Define Supported Decision-Making; 2. Review Michigan guardianship statistics; 3. Compare and contrast Supported Decision-Making and Guardianship; and 4. Discuss alternative ways to support individuals that are less restrictive than guardianship.

11. Connecting the Dots: Writing Measurable, Strength Based, Person Centered Goals and Objectives (Clinical)

■ Qualifies for 1.5 CE hours for Social Work

- *Suzanne M. Gipperich, BA, LLBSW, Supervisor – Case Management, Open Arms Coordination Services*

This presentation covers using the person-centered planning process to develop quality goals and objectives. We will cover the concepts of dignity of risk for all populations as it relates to achieving goal development. Learn that medical necessity is all about self-determination and writing goals and objectives must be written to increase self-determination. Learn how person-centered planning can

be evident in goals and objectives while still being measurable and meaningful to the person. Finally, training and troubleshooting will be covered to allow for maximum success. Participants will be able to: 1. Connect information from assessment, the pre-plan, the person centered plan to be documented in the IPOS; 2. Understand what is a measurable goal and objective and what information goes into those goals, what belongs in methodology and what doesn't

12. Self-Determination In YOUR Life: Interactive Workshop!

■ Qualifies for 1.5 CE hours for Social Work

- Alex Kimmel, Trainer, Michigan Developmental Disabilities Institute

This conference emphasizes the importance the State of Michigan places on self-determination. This workshop invites YOU to define YOUR life! Alex Kimmel, aka "The Self-Determinator" www.alexkimmel.com will guide you through conversations in this interactive workshop. You will define your definition of self-determination, list out your Culture of Gentleness preferences and map out how you want these to be present in your individual plan of service. Alex uses humor, video, and opportunity for you to personalize your learning. Strongly suited for self-advocates, families, support coordinators and clinical directors. NOTE: PLEASE PRINT OFF THE WORKSHEET PRIOR TO SESSION FOR OPTIMUM PARTICIPATION AND IMPACT. You can email Alex for a copy up to the day prior at alex.kimmel@hotmail.com.

10:30am – 11:00am Break

11:00am – 12:20pm Concurrent Workshops:

13. How I Got Where I am Through Self-Determination

- Ashley Derrig, Community Living Services

- Cody Lamontagne

- Elaine Lamontagne

Cody is a young adult with autism and has gained years of knowledge from the support of Self-Determination services, he would like to take you through his journey with the help of his mother and Supports Coordinator. Cody is truly living a self-determined life and wants to share the good and bad.

14. Quality Measures of Person-Centered Planning

■ Qualifies for 1.5 CE hours for Social Work

- Laura Demeuse, LBSW, QIDP, QMHP, Self Determination Analyst, Michigan Department of Health and Human Services

This presentation is a high-level overview of what Person-Centered Planning means for the system, needs for documentation in the IPOS and an in depth look at quality measures related to showing the IPOS was developed through a person-centered planning process. This presentation would be helpful for administrative level staff interested in doing well in future audits. Participants will be able to: 1. Understand the underpinnings of person-centered planning and the system's responsibility to partner and co-produce plans; 2. Know why it is imperative that the person-centered planning meeting is documented; and 3. Learn the quality measures the Department is looking for in the Individual Plan of Service/Person Centered Service Plan.

15. If Not Me, Then Who?

- Kathy Lentz, Integrated Services of Kalamazoo

- Sheldon Schwitek, The ARC Community Advocates

As things begin to open up around the world, the Covid19 outbreak has brought to light many of the gaps in planning that we are now being called to address. In light of this fact, this workshop will begin address some of the planning that should be in place for ourselves and the vulnerable people we support in our lives. While we may imagine that this planning applies to only those who require daily support, the fact is that we could all spend a little time planning and thinking about how we might wish to be cared for in a time of crises. This workshop is designed to spark our collective and individual imaginations so we can ask deeper questions of ourselves and those around us. Our intention is to support participants to think about creating a plan to tap into when in crisis, which in turn leads us to think about future planning on a deeper level. When we are willing to engaging the community around us, we can all have richer and more meaningful lives of connection and contribution.

Monday September 14, 2020

9:00am – 10:30am Concurrent Workshops:

16. The Scope of Rights Protection for Self-Determined Individuals

- *Raymie Postema, Director, Office of Recipient Rights, Michigan Department of Health and Human Services,*

This session will discuss the issues concerned with rights protection and how rights can interface with those who are receiving mental health services as self-determined individuals. The complexity of giving emphasis to an individual's wishes and assuring rights protection will be discussed.

17. Partners Advancing Self-Determination: Learning from the Experience of the Northern Michigan Self-Determination Advancement Team

■ Qualifies for 1.5 CE hours for Social Work

- *Angela Martin, LMSW, Senior Associate Director, Michigan Developmental Disabilities Institute, Wayne State University*

- *Teresa Tokarczyk, LMSW, Chief Clinical Officer, AuSable Valley CMH Authority*

- *Sydney Larsen, MA, LPC, CADC, QIDP, QMHP, Program Director of Adult Intensive Services, AuSable Valley Community Mental Health Authority*

Michigan Partners Advancing Self-Determination (PAS) is a statewide project at The Arc Michigan to increase the quality and use of arrangements that support self-determination for people with developmental disabilities in Michigan. PAS supports local Advancement Teams to improve Community Mental Health Service Programs (CMHSP) processes to help make sure people can direct their own services. It is a collaborative process that actively engages individuals with lived disability experiences, Support Coordinators, CMSHPs and/or PIHP leadership, and local disability partners. This interactive presentation will share the experience of the Northern Michigan Self-Determination Advancement Team including its key activities, lessons learned, and the impact on self-direction for individuals who receive CMH services and supports. Participants will be able to: 1. Describe the Michigan Partners Advancing Self-Determination project goal and activities; 2. Report the key results from Northern Michigan Self-Determination Advancement Team; and 3. Identify opportunities to incorporate the Northern Michigan Self-Determination Advancement Team lessons learned into a local delivery of CMHSP services and supports to advance self-direction.

18. Self-Determination and Person-Centered Planning – Why They are Both Important and How They Fit Together

- *Annette Downey, CEO, Community Living Services*

Audience members will hear inspirational success stories and will be encouraged to “think outside the box” when supporting and encouraging people with disabilities in planning for their futures. Strategies will be shared aimed at helping people achieve Real Life Quality Outcomes by pairing Person-Centered Planning with individualized budgets and Self-Determination arrangements. The type of supports people are asking for is changing, and the funding for such arrangements is changing too. It is time for service providers to start adapting their service array to provide supports that achieve outcomes valued by all members of society. “Getting great services” is obviously NOT the only goal here -“GETTING A GREAT LIFE” is. Participants will be able to: 1. Make a compelling case for the need to change to more community-based supports through exposure to the history of the disability rights movement; 2. Cite reasons why service agencies need to start thinking, and serving people, differently; 3. Expose others to real life success stories, resources, and people like them who are already on board (videos, links, stories); 4. List examples of Real Life Quality Outcomes and how a focus on these can change the focus of a person's individualized planning process.

10:30am – 11:00am Break

19. Person-Centered Planning: Having a Life Worth Living (Part 2)

- Qualifies for 1.5 CE hours for Social Work

- *Sally Burton-Hoyle, Ed.D., Professor, Eastern Michigan University*

This shortened PCP session will demonstrate the components of the PCP with a particular focus on what the pre-plan focused on specifically for the participant. The individual along with his family and circle of support as identified in the pre-plan will be conducted by Dr. Sally Burton-Hoyle. Participants will be able to: 1. Understand that the PCP is a facilitated, individual-directed, positive approach to the planning, and coordination of a person's services and supports based on individual aspirations, needs, preferences, and values; 2. Learn that the goal of person-centered planning is to create a plan that would optimize the person's self-defined quality of life, choice and control, and self-determination through meaningful exploration and discovery of unique preferences and needs and wants in areas; and 3. See through demonstration that the person is empowered to make choices that lead to the development, implementation, and maintenance of a plan that may include both paid and unpaid services and supports.

20. Authorizing an Individual Budget with Confidence

- Qualifies for 1.5 CE hours for Social Work

- *Laura Demeuse, LBSW, QIDP, QMHP, Self Determination Analyst, Michigan Department of Health and Human Services*

- *Marie Eagle, Project Coordinator, The Arc of Michigan*

This presentation will introduce Administrative Staff to the wide range of options, including goods and services that can be planned into an individual budget and how to correctly plan for and complete claims around that budget allowing for real budget authority. Audience will include Supervisors, SD Coordinators, Finance, Contracts, and others involved in budget approval. Participants will be able to: 1. Understand what budget authority is and how it works; 2. Learn about changes to the waivers that made budget authority possible; and 3. Gain knowledge that will allow them to structure and bill a person centered individual budget confidently.

21. MDHHS Customer Service Listening Session

- *Lyndia Deromedi, Michigan Department of Health and Human Services*

MDHHS staff will give information about how to give feedback to the behavioral health system while giving people with lived experience and their families an opportunity to share their experiences.

CONFERENCE REGISTRATION INFO

NO FEE TO ATTEND, REGISTRATION IS STILL REQUIRED

POLICIES

Substitution Policy: Substitutions are permitted 3 business days prior to the training. Requests must be submitted to msholtz@cmham.org.

Continuing Education Information:

Social Workers: This course conference series qualifies for a maximum of **10.5 Continuing Education hours**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

Certificate Awarded: The virtual platform will be utilized to track participation and generate certificates. No other certificate will be given outside of the virtual platform generated one that will be accessible in your profile after the conference is completed.

Certificate Issued by: Christina Ward, Director of Education & Training, cward@cmham.org; 517-374-6848

Grievance: If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHA 517-374-6848 or through our webpage at www.cmham.org for resolution.

Virtual Requirements:

- After registering, you will receive a confirmation email.
- A few days prior to the conference, we will send you an email with login details so you can access the conference platform. We recommend that you save the link in your calendar for easy access.
- You must watch the conference LIVE to receive credit for the training.
- Each person must have their own laptop/computer/tablet – you cannot share a device.
- Recommend that attendees log into the conference at least 15 minutes before it begins.
- Registration report will indicate arrival time (note for continuing education you must be logged into the session within 5 minutes of the start of the training); and departure time.
- Polls and/or quizzes will be randomly given with a limited time for attendees to respond. Required for continuing education.
- After confirmation that you have fully participated in this conference your Continuing Education Certificate will be available to you.

Virtual Training Accommodations: If you need accommodations to attend this webinar, please email your request to msholtz@cmham.org 10 business days before the event. Information will be updated as applicable.

You will receive additional information on how to log into and navigate the conference site to select your workshops, sign up for CEs, exhibit hall, receive certificates, and other features of the conference site.

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QUESTIONS? Call CMHA at 517-374-6848